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THE LOVING FAMILY AT
THE ASTOR HOME



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HI FRIENDS!

Happy 1st birthday to *Living Rhinebeck*! This issue is dedicated to all of YOU, with tremendous gratitude for the support and enthusiasm you have shared with us in this journey so far.

Our mission is to connect our community by sharing the stories of the incredible people around us. There is no end in sight to the sea of remarkable people we hope to showcase as we move forward; our lives have already been touched deeply by the stories of the compassionate, talented, fascinating people we have had the privilege of interviewing. We hope that you have been inspired by some of them as well. We are especially glad to have Maureen Gates of Sharp Images Photographic as our official photographer - she captures the essence of our feature families and is a joy to work with; we also adore our business partner, Rona Boyer (editor of the monthly food column), and really enjoy having Peter Michos, ad sales rep, on the team.



The Cale Family
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Naturally, the advertisers are the ones who really bring this magazine to life every month. Please let them know you enjoy the read, and support their businesses when you need products or services that they offer. They are truly awesome human beings and we are so proud to have each one of them as part of the Living Rhinebeck family.

Speaking of awesome human beings, there are two wonderful young men who celebrate birthdays in July as well - our sons, Dylan and Christian - the inspiration for all we do. Happy birthday, guys!

Embrace the magic of summer; hope to see you at the Farmer's Market! ■

Warmly, Tom and Marybeth Cale

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The Loving Family of the Astor Home



By Marybeth Cale

French novelist George Sand said, "there is only one happiness in life: to love and be loved." The quote often popped up for me during eye-opening shifts at Astor Services for Children & Families in my college years, when I saw incredible staff share love with children who most needed to receive it. While most of us pass the beautiful property on a daily basis, few realize that the group of staff, volunteers, and children inside those doors have navigated complex emotions and worked through difficult experiences to create a loving family.

What is Astor?

Astor Services for Children & Families is a non-profit organization which provides children's mental health services, child welfare services, and early childhood development programs to children with behavioral and emotional health problems, children at risk of foster care placement, and families who need help developing the skills necessary to raise their children in challenging environments. Through its prevention, early childhood, special education, community behavioral health, and residential treatment programs, Astor serves thousands of children annually.

Here in Rhinebeck, 64 children reside full-time and 15 day students attend school, and the feeling that they are one big family is evident from the moment you walk in the doors. But, like family life for everyone, it is not always easy. These children have, in many cases, experienced heartbreaking events that could strip them of innocence and steal their sense of wonder. Like the rest of us, though, in coming "home" to Rhinebeck, they can forge connections with people who work to help them rediscover joy.

As native Rhinebeck resident James Reardon, Deputy Director of Agency Operations said, "I've found that these kids simply long for a childhood experience as normal and memorable as we ourselves are accustomed to. Although born and raised in Rhinebeck, I had very little exposure to the Astor community. I played Lions Club basketball with a few Astor kids, but at that age (9-12), you don't fully understand the gravity of the challenges they face. I took for granted the simplicity of everyday life in such a safe and loving community. I try to treat every day as an opportunity to recreate that experience for these kids."

Sonia Barnes-Moorhead, Executive Vice President of the Children's Foundation of Astor, added, "Our children are like any other children; they simply want to be loved and to feel safe. They have experienced trauma in their young lives, and are with us to begin to heal."

According to Sonia, the children primarily come from the New York City area, Long Island, and further north. "Our goal is to try to get our children back into a community setting as soon as possible." Sometimes that takes months, sometimes a couple of years.

Measuring Success

Says Dr. Kathy Mills, Psy.D., Clinical Director, "when we think of success, we think of the child who is able to return to a community setting, whether that is their home, an adoptive family, or a foster home. However, success is much more than that and is very individualized. It can range from a child making eye contact and having a conversation with his family to a child returning home and never having to be hospitalized again. Each child's situation is unique and their family's definition of success is very personal. What people should know about mental illness is that it is not "fixed" after a stay in a residential program. Like any other illness, the results of treatment vary. Having one type of treatment might not 'fix' it. People can go into remission and the illness is managed with 'check-ups,' the illness can occur again and different treatment may be needed, or the symptoms are controlled with proper treatment. However, during the residential treatment, the child and family learn how to cope with the symptoms of the mental illness and how to access resources in their community to support their family."

She added, "we have many success stories, from the child who was adopted and able to be taken off his psychotropic medications within a year of his adoption to the child who was discharged home to his biological family and years later went to the Fashion Institute, fulfilling a longtime dream. These children are growing and developing just like other children. As a child learns to walk, the success is in each step: pulling themselves up, standing on their own, taking a few steps while holding on to something, walking with support, taking first steps without assistance, walking, and then running. We are just as excited for the first time they pull themselves up as we are for the first time they walk on their own. Success in residential treatment is very similar. Residential treatment meets the child and family where they are in the process of healing from trauma and coping with the symptoms of mental illness, and supports them through as many

steps as they need until they can do it with less support."

Families for Astor

And, beyond the 200 dedicated members of the staff, our community has become an extension of the family at Astor. "Families for Astor," formed in 2016 by local mom Kate Kortbus, gives "caring individuals who have an interest in children's mental and behavioral health and education the opportunity to develop leadership skills in a philanthropic environment, and to advance their talents through challenging volunteer assignments," says Samantha Lowe, Senior Program Manager, Public Relations & Development at The Children's Foundation of Astor. Volunteers who belong to the group help generate funds and interest in Astor's programs, and also educate children about charity and the importance of giving back.

Astor provides top-notch services for their children. However, there are 44 children who reside in four units of a building constructed in 1960 which needs serious renovation. Thanks in part to Families for Astor, a mini-renovation project recently transformed one unit into a magical, joyful sanctuary for some of our community's most vulnerable children. The initiative, which was the brainchild of beloved local humanitarians, celebrities, and part-owners of Samuel's Sweet Shop, Hilarie Burton and Jeffrey Dean Morgan, not only brought the rooms of the Paulist Unit to life, but reinvigorated the spirits of its residents. The kids received a clear message which will undoubtedly resonate in their hearts forever: there is tremendous goodness in this world, and they are loved.

Hilarie developed the uplifting designs for the entire unit, creating a cohesive, outdoorsy woodlands theme complete with inspirational quotes stenciled onto the walls, shelving for the most prized possessions of each child, custom-made blankets for each resident, an upgraded living room with a welcoming mural and fireplace painting, a new kitchen, and more. She then organized a volunteer corps, secured donations of supplies, and got to work with her team every day until the space was complete.

As James shared, "Hilarie is a dynamic leader, visionary and strategist. The atmosphere of belonging and ownership she promotes is contagious."

For anyone who has had the chance to see the result (and knew what it looked like before), it makes your eyes tear up, your smile spread wide, and your heart swell. The project is truly a beautiful expression of love.

Sonia shared, "We are still in awe of Hilarie and Jeffrey's commitment and dedication. Hilarie showed up each and every day for five days, to

begin work at 8 a.m. and stayed until the end of the day, sometimes until 7 p.m. In addition, although Jeffrey had to go out of town on that Thursday, he made sure he and Hilarie spent time with the children during the week to get them prepared for the renovation and to let them know how much they care about them. Prior to the renovation, Hilarie made sure that the children were a part of the process and received their likes -- i.e., sports team, cartoons, etc. She then took the time to personally order all the items and organized them. She was hands-on with every aspect of the project -- from design to implementation. During the mini renovation, each night before Hilarie left, she left a handwritten note for the children; and on the last day of the renovation, she and Jeffrey left handwritten notes on each of the 11 children's pillows! It was priceless to see the children's reactions when they returned to their newly refurbished rooms. The sequels of happiness, the hugs, and broad smiles were priceless. Hilarie was there to experience this level of gratitude from the children and staff. It is often difficult to quantify the impact on the children from a project like this, but let me tell you what we witnessed: when one of the children in the unit who never makes eye contact and carries an aura of sadness clutched his new pillow in his hands, and raised his head to make eye contact with Hilarie and engaged in a conversation with her with a big smile on his face -- this is indeed an impact -- it said to him and all the children that people in the community really

care about them. As James McGuirk, PhD., Executive Director/CEO said, 'a lot of people use these opportunities to advance their celebrity. They are using their celebrity to advance this opportunity!' and we can't thank them enough."

Plans are now underway for the next phases of renovation in nearby units (a total of 4 units are in need of refurbishing).

We applaud all who made Phase I of the project a success: Hilarie Burton, Jeffrey Dean Morgan, Mark McEathron (McEathron Contracting), Mike DiBlasi (New Creation Painting & Wallpaper), Frank Talbot, Jess McEathron, Mike Stanhope, Mike Stanhope Jr., Families for Astor (Kate Kortbus, Liz Allen, Donna Faraldi, Lawrie Bird, Sam Binetti, Carol Gorczynski), Astor staff, Susan Pruitt, Michaela Monroe, Tom Cale, Williams Lumber & Home Centers, Davis Furniture, and Benjamin Moore.

What You Can Do

"Our kids' most memorable experiences are forged through strong relationships with others



PHOTO BY MAUREEN GATES

who share their interests. I always tell people that those opportunities to volunteer with our kids have brought me more love and gratitude than I've ever been able to give them in return. It is a profoundly meaningful experience," said James.

"We so depend on our community for support. People can attend our events, participate in our holiday Adopt-A-Family program or our new Adopt-A-Room program to help defray the cost of the refurbishing of the other three units, or volunteer. We welcome everyone to visit and see that we are doing really good work that impacts the lives of so many vulnerable children," added Sonia.

Visit astorservices.org or call 845.871.1000 to get involved or to donate. ■



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Wilderstein Historic Site



By Marybeth Cale

This editorial space was donated by Vicki Haak, CFP®, our expert advisor on wealth. Vicki has been a longtime community leader who has supported organizations such as Wilderstein Historic Site, Winnakee Land Trust, Rhinebeck Farmers' Market, Art Studio Views, Morton Memorial Library, Rhinebeck Science Foundation, and the Rhinebeck Area Chamber of Commerce, among many others. She specializes in wealth management strategies that are tailored to each client's needs, and has been in practice for over 20 years. To contact her call 845.876.1157.

Wilderstein Historic Site, a not-for-profit house museum, is truly a local gem. Its Queen Anne mansion overlooks the Hudson River, and the property is often referred to as the Victorian crown jewel of the Hudson Valley National Historic District. While most of us have walked the trails and taken in the majestic views, very few may know its backstory.

Wilderstein was the home of the Suckley family, descendants of the Beekmans and Livingstons. In fact, the last person to live at Wilderstein was Margaret (Daisy) Suckley (who welcomed our family to Rhinebeck when we first moved here in 1985 by paying us a visit with some food, and telling us tales of her ice fishing adventures!). Her extraordinary friendship with President Franklin Delano Roosevelt is well-documented, and was even showcased in the Ken Burns PBS documentary series *The Roosevelts: An Intimate History*.

Staff and volunteers have worked tirelessly over recent years to make Wilderstein a destination and, as executive director Gregory J. Sokaris put it, "a viable cultural resource," adding, "when Wilderstein first opened to the public, the estate was in



a severe state of decay. Since that time, the exterior of the mansion has been restored in its entirety, significant projects on the mansion's interior have been accomplished, the potting house has been restored, the carriage house has been structurally stabilized, and the Calvert Vaux landscape with its breathtaking views of the Hudson River has been reclaimed."

According to Sokaris, Wilderstein continues to be a "restoration in progress" with additional preservation work being undertaken each year.

Says Vicki Haak, CFP® and longtime supporter, "Wilderstein is the perfect example of people coming together and offering their diverse talents to preserve this unique Hudson Riverfront estate. Along with being rich in national history, Wilderstein also showcases landscape and architectural design from years past, providing a glimpse of life in the nineteenth century. The ongoing commitment to the preservation of the buildings and maintenance of the

landscape and trails makes Wilderstein the ideal place to visit, whether for a casual stroll or to experience their popular annual exhibits and celebrations."

This summer, head over to Wilderstein to enjoy a few special attractions. The 4th Outdoor Sculpture Biennial Exhibition, on view through October 31st, includes 18 sculptural works and installations from Hudson Valley and regional artists such as Michael Asbill, Carl Grieco, Alex Kveton, Jodi Carlson, Michael Ciccone, Joe Chirchirillo, David Nyzio, Peter Schlemowitz, Naomi Teppich, Tom Holmes, Jeff Johnson, Bernard Klevickas, Norm Magnusson, Shelley Parriott, Herman Roggeson, Suprina and Mimi Czajka Graminksi. Franc Palaia is the curator; he is an award-winning artist whose resume includes over 350 exhibitions from New York City to Rome. The biennial is on view daily, and there are tours of the exhibition available as well.

To mark the 100th anniversary of the US entry into the First World War, there will be

a special exhibition which also runs through end of October entitled "An American Family in World War I," which explores this unprecedented global event through the eyes of the estate's family, the Suckleys, who left a comprehensive record of their activities during that time. Three weeks before the US declared war on Germany, eldest son Henry Suckley, a volunteer ambulance driver for the American Field Service who was based in Albania, was killed by a bomb dropped by a German plane. Brother Robin joined New York Squadron A, and older brother Arthur

served as part of the American National Red Cross in France. Sister Margaret "Daisy" Suckley was a nurse's aide, tending the wounded at a veteran's hospital on Ellis Island, while twin sisters Katharine and Betty took Red Cross courses in elementary hygiene and home care of the sick.

Each room on the first floor of the Wilderstein mansion will shed light on the lives of the Suckley children during this period; items like diaries, uniforms, and medals will be showcased, along

with letters and newspaper clippings - a fascinating look into how the war impacted this prominent American family.

Wilderstein relies on the support of local individuals and businesses to thrive. "Saving Wilderstein and making it relevant to life today in the Hudson Valley is a labor of love for a vast number of dedicated individuals. We are grateful for the incredible support of the Rhinebeck community, which makes so much at Wilderstein possible," shared Sokaris. ■



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The Gallery@Rhinebeck



By Thomas Cale

With Rhinebeck

becoming more of a tourist destination, and city dwellers traveling north to relax in the beautiful Hudson Valley, it seemed only natural for a new, large, street-level art gallery to appear in Rhinebeck's downtown corridor.

The vision of executive director Patrick D'Antonio, the Gallery@Rhinebeck opened its doors in the late fall of 2016 in the old Rhinebeck Hardware building. This historic property offers a large open space with high ceilings, exposed brick walls, and rustic hardwood floors, and now houses the works of over 65 talented local artists.

Patrick, formerly involved in theater production, had also assisted in creative direction and design for events such as IBM's high-tech exhibit at the 1996 Olympics. An art collector himself, he felt inspired to use his design sense and expertise to develop a not-for-profit organization that now showcases fine art, sculpture, and jewelry in our community. Located at 47 East Market Street, the gallery serves as a convenient location for art openings, and as a traditional gallery space for tourists and locals to enjoy. Also, there have been a number of famous local people who have taken part in the gallery's ongoing *Celebrity Series* events, such as James Ransome, Brian Hamill, Danny Shanahan,

and Elliott Landy. "Our vision is to continue to enhance the spirit of our venue by hosting performances, interviews with Hudson Valley artists, writers and celebrities, and staging spoken word events," says D'Antonio.

Patrick also shows a true desire to give back to our wonderful community through the artists themselves. "As a not-for-profit member organization, we are committed to our mission of promoting the work of local artists, but we are also focused on harnessing their talent to give back to the community through a number of service projects in the works. It is an exciting collaboration that will create incredible synergy among members and within the entire community." Examples of the community service component of the organization include mentoring programs for aspiring artists, bringing art to residents of nursing homes and hospitals, and supporting existing not-for-profits by sharing volunteers. "We are different from traditional co-op galleries," Patrick explains. "We are run by myself and a small professional staff, rather than being member-run, which allows us to foster the development of art-related service projects for our members that will improve quality of life for people in the community. We want to use art as a platform to make a positive impact beyond having openings and showing work. We want to proactively bring art into the lives of others."



PHOTOS BY CALE ARTWORKS



If you have guests in town for the weekend, or you are just strolling through the village after a delicious meal, be sure to stop in to see a wide variety of works by a number of local artists who have been waiting for a place like the Gallery@Rhinebeck to provide them with the perfect venue to display their unique talents.

To learn more, visit galleryrhinebeck.org. ■

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Fri., Jul. 4

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Time: 10am • Cost: Free
845-229-8086 • hydeparkny.us

Fri., Jul. 4

City of Poughkeepsie Fireworks Spectacular

At dusk, 9pm. View from Waryas Park, Main St., and Walkway Over the Hudson. Park free in municipal lots.
Time: 9pm • Cost: Free
845-451-4202 • cityofpoughkeepsie.com

Fri., Jul. 4

Walkway Over the Hudson State Historic Park opens early for a panoramic view of the City of Poughkeepsie and Town of Lloyd's firework displays bursting over the Hudson River.
 @Park at 61 Parker Ave., Poughkeepsie
Time: 6:30pm • Cost: \$10, kids 6 & under free
845-454-9649 • walkway.org

Fri., Jul. 4

Rhinecliff Landing for Fireworks!

Head to the Rhinecliff Dock to enjoy the Kingston fireworks celebration across the Hudson River. The Rhinecliff Hotel and China Rose are perfect for pre-fireworks beverages; enjoy!
 @Rhinecliff Landing
Time: Fireworks at dusk/9pm

Fri., Jul. 7

2017 Hudson Valley Hot Air Balloon Festival

Friday-only advance sale ticket saves \$2 per person; includes admission and all activities (excluding tether and balloon rides) from 10 a.m. to 10 p.m. Friday, July 7.
 @Barton Orchards, 63 Apple Tree Lane, Poughquag
845-454-1701 • drcoc.org/balloonfestschedule

Sat., Jul. 8

An American Family in World War I

Benefit for the Wilderstein Historic Site
 A "World War I Era" Summer Lawn Party with cocktails, picnic fare, music and lawn games, and a World War I special exhibition.
 @The Wilderstein South Lawn, 330 Morton Road, Rhinebeck
Time: 5pm • Cost: \$25 • wilderstein.org

Sat., Jul. 8

77th Regimental Balladeers, performing music from the Revolutionary and Civil War era. Proceeds help steeple clock restoration
 @Rhinebeck Reformed Church, 6383 Mill St, Rt 9, Rhinebeck.
Time: 3pm • Cost: \$10 donation
845-876-3727 • Email: dottief4@yahoo.com

Sat., Jul 15

Green Day's American Idiot

The two-time Tony Award-winning hit musical, based on the Grammy Award-winning multi-platinum album, boldly takes the American musical where it's never gone before. This high-octane show includes every

song from Green Day's album, "American Idiot," as well as several songs from its follow-up release, 21st Century Breakdown.

@The Center For Performing Arts, Rhinebeck
Time: 11pm • Cost: \$27
centerforperformingarts.org

Fri., Jul. 21

The Weight Band

Members of The Band, the Levon Helm Band & the Rick Danko Group, performing songs of The Band. The Weight Band is keeping the spirit and the music alive that helped define an era. The group features Jim Weider from The Band, Brian Mitchell of the Levon Helm Band, Marty Grebb, who wrote for The Band and worked with Rick Danko and Richard Manuel, and Albert Rogers, who shared the stage with Levon Helm and Garth Hudson in The Jim Weider Band. Michael Bram, the newest member of The Weight, played with Jason Mraz.
 @Daryl's House, 130 Rt. 22, Pawling
Time: 8pm • Cost: TBA • darylshouseclub.com

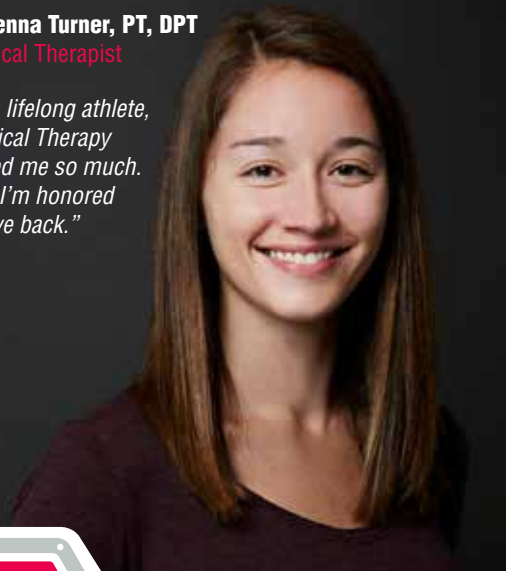
Sun., Jul. 23

Classical...And All That Jazz

Guitarists David Temple and Steve Gravino join forces to create an innovative mix of classical, jazz, and popular styles. They will fill this afternoon concert at The Center with a wide range of rhythms, colors, and flights of melody that will enchant many musical tastes - and will delight listeners of all ages.
 @The Center For Performing Arts, Rhinebeck
Time: 3pm • Cost: \$20
845-876-3080 • centerforperformingarts.org

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Choosing a Sports Program



By Dr. David Fenner, our Expert Advisor on Children's Health

Youth sports can be great for kids! Though a sport may come more easily to some than others, personal determination and love for the sport should take the lead without pressure from parents.

Match the child's personality and passion to the sport. A kid who loves the water may thrive in competitive swimming. An avid runner could fall for cross-country. Think outside the box; look at sports like fencing, rugby, or skiing if available. If offered, sign up your child for a free class to see if it's the right fit. Try and keep them in the class until the very end – sometimes a sport is harder than anticipated, but pulling them out early won't teach the importance of completing a difficult challenge or allow them to reach their potential. With time, they will improve, which is a great life lesson in and of itself. Better success comes with playing only one sport at a time – allowing them to put all their focus and energy into it and see how far they can go.

Great benefits come from involvement in sports:

- Leadership skills
- Physical activity
- Development of motor skills
- Working with a team and a coach



- Experiencing new challenges
- Learning new habits, skills
- Learning discipline
- Overcoming defeat

Check in regularly to see if your passion as a parent is the driving force behind your children playing their sport.

Too often kids will choose an activity because they don't want to let anyone down, but how they think and feel about it is more important than anything else. They're more likely to give their best if they pursue something they feel passionate about, and you don't waste time, money and lead to the child resenting the sport.

Be sure you can make the financial commitment before your child falls in love

with a sport. If necessary, research to see if there are free or less expensive programs available.

Show your support by attending games or meets, and that you can get your children to and from their activities with minimal fuss, so they don't feel like it's a burden on the family and try to quit for that reason. Be honest about all aspects of joining a sport before making the commitment. Look into programs, carpools and calendars that keep the family organized.

Sports can bring great joy to kids and parents... But remember to think things through, make a plan, and keep communication open. And have fun! ■



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Williams Named “Family of the Year”



By Marybeth Cale

Hats off to Williams Lumber

and Home Centers! They quickly got back to work and rebuilt their Rhinebeck store after an epic snowstorm back in March caused a roof collapse (if you had any doubt, we want you to know that YES, they are open for business!), and in April, they were named “Family of the Year” by Family Services.

Each year, through the family business, Williams Lumber and Home Centers proudly supports the Children’s Miracle Network, St. Jude’s Hospital, the Boy Scouts of America, Little League, the American Heart and Cancer Association, the Chamber of Commerce, Northern Dutchess Hospital, the Rhinebeck Rotary Club, the ASPCA and many other worthy organizations. In addition, the family serves in a number of volunteer roles.



For 30 years, Family Services has recognized local families who make significant contributions to the community and reflect the ideals of the organization: providing hope, improving lives, and strengthening community. The Williams family was honored with the Quality of Life Award for the outstanding ways in which their business and philanthropic pursuits have improved the community. Congratulations to the entire Williams family! ■

JEWELRY

Wedding and Anniversary Bands: 2017 Trends



By Jocelyn Klastow, our Expert Advisor on Jewelry

Wedding season is in full swing! So, if you are about to tie the knot, or you want to honor an upcoming anniversary by upgrading or enhancing your engagement ring, consider the latest trends:

Five- and Seven-Stone Bands While eternity bands are still popular, five- and seven-stone bands are now in the spotlight. And with so many benefits to these styles, we can see why. The fact that they hold fewer diamonds means a better price point. Women who like larger diamonds in their band may find that not having them go all the way around makes them more comfortable and practical for their active lifestyles. Among the most popular designs are “shared prong,” an open look that really shows off the brilliance of all the diamonds, and the new “halo style,” which frames larger center diamonds by surrounding them with a halo of smaller diamonds. The halo five- or seven-stone bands are also popular as right-hand and anniversary rings.

Pave Diamond Pave-set rings have tiny full-cut diamonds set closely together to cover the surface of the band. The finished look is magical! Think twinkling white lights strung in the trees at dusk on a summer night, brightening the entire space in a whimsical way. These are a favorite for our classic modern brides because the look is very sparkly, but not overwhelming. Single-, double-, or even triple-row bands can easily be nestled up closely to your engagement ring to create a magnificent pairing.

Vintage Inspired What’s old is new again! Vintage and antique inspired bands are making a splash again this year. Floral motifs create a romantic look for these symbols of eternal love, and a range of gold colors: pink, white and yellow, either alone or used together, create a delicate, old-world charm, and a very unique option.

Classic Gold and Platinum Making a big comeback this year are classic gold and

platinum bands. More and more couples are attracted to the clean, minimalist aesthetic of these timeless bands. Many couples will have them engraved on the inside with initials and their wedding date—a tradition that goes back to the turn of the 19th century.

Stacked Combining different shapes and textures, the stacking concept is not exactly new, but remains a top choice for brides today. Having a few different bands that can be switched up on different days and occasions creates a fun and flexible jewelry option. Many brides start out with one band and add more to celebrate life’s important moments through the years, like anniversaries or births of her children. No matter what look feels right for you, our wish is that you enjoy the beauty of eternal love that these rings all represent. For more information, visit us in our Rhinebeck or Poughkeepsie locations, or online at zimmerbrothers.com. ■





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Cover Letters: Making a Great First Impression



By Ros Geuss, PhD., our Expert Advisor on College and Careers

In Living Rhinebeck's

March publication, I provided an overview of crafting powerful résumés that showcase your strengths and accomplishments for job, college, or internship applications. To introduce your résumé and purpose for applying, the cover letter is another opportunity to communicate your unique value to a prospective employer or college admissions director. Too often, applicants spend hours polishing their résumé or application, only to throw together a poorly developed and cliché-ridden, run-of-the-mill-ho-hum cover letter.

Cover letters are your first impression... in writing. They can excite and help you stand out from the crowd and be remembered, or binned and forgotten.

Taking time to write this thoughtful, purpose-driven self-marketing document will add value to your candidacy, helping

your résumé rise to the top of the applicant pool and land an interview, job offer, or acceptance.

Why include a cover letter (even if it is 'Optional')?

A Cover Letter:

- **Is customized to each opportunity**, emphasizing the most relevant résumé information that sets you apart from the competition.
- Communicates your **motivation** and **reasons why** you are excited about the job and the unique value you will bring to the organization.
- Creates a **connection** with the exact job and the specific company
- **Highlights** your specific strengths, skills, and successes that will resonate with the employer or admissions officer.

Cover Letter Format:






Books and online resources provide templates and ideas for writing effective cover letter and *e-notes. (*An e-note is the message you write when you are emailing your résumé. Some design elements differ. This discussion focuses on the cover letter.)

In general, cover letters

- **Instantly** state your reason for writing.
- Is conversational, concise, and easy to read.
- Use the same letterhead as your résumé.
- Include a salutation to a specific person if possible and a complimentary close.
- Use good business writing practices and are **100% typo free.**

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- Avoid clichés, such as ...
 - "I have attached my résumé for your review."
 - "I am looking for a position where I can grow my career"
- Highlight job-specific keywords, and relevant terminology that accurately and truthfully describe your experiences and successes.
- Close with a 'Call to Action'. For example, replace "I look forward to hearing from you" with proactive statements emphasizing your enthusiasm and a promise to follow-up, suggesting a coffee meet-up, phone call, or an interview

Cover letters are integral requirements of finding a new position, allowing you to go beyond your résumé. With time devoted to contemplating the reasons why you are applying, and how your skill set and strengths are ideal for the organization's needs or mission, you can create powerful documents that will get your foot in the door for an interview or admission offer.

Please contact Ros if you would like more information or assistance writing résumés, job search letters and e-notes, or support with your career development and job-search or college campaign. Call 845.663.4308, email ros@fulfillingfutures.com, or visit www.fulfillingfutures.com ■

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What's Happening to all of our Ash Trees?



By David Hughes,
our Expert Certified Arborist

The Emerald Ash Borer is a beetle that has killed millions of trees in North America and its effects in Dutchess County have been devastating. The Emerald Ash Borer (*Agrilus Planipennis*) was first discovered in the United States back in 2002 in areas of southeastern Michigan. The insect destroyed thousands of Ash trees as it traveled through parts of Canada and from Minnesota to New York. They have been infesting our beautiful trees here in Dutchess County, our own backyard, since 2012.

The insect kills North American Ash species (*Fraxinus* sp.) including green, white, black and blue ash. Therefore, all native ash trees are susceptible. Most trees die within two years of becoming infested.

Emerald Ash Borers do their damage as larvae. They eat into the bark, through the cambium (the liquid under the actual bark, the tree's lifeline) and burrow deep into the core of the trunk. They do this to insulate themselves against the cold of winter. During this process, they cut off the tree's natural ability to get its nutrients and water that the tree requires to survive. Think of it as if you were to cut off the veins and arteries to a human, this is essentially what the borer is doing to our Ash trees.

After surviving the winter, they emerge in spring as adults, mate, lay eggs, and leave the next generation of larvae to fatally violate our trees internal organs. Adults leave distinctive D-shaped exit holes in the outer bark of the branches and trunk. Adults are roughly 3/8 to 5/8 of an inch long with metallic green wing covers and a deep maroon almost purple colored abdomen.

They are present from late May through early September but are most common in June and July. Signs of infection include tree canopy



MEET THE WRITERS EVENT, 2014

dieback, yellowing, and browning of leaves. The tree's bark also may appear to have a light color almost a shaving look to it. This is not caused by the actual borer, but by woodpeckers pulling the bark away attempting to locate the borers as a food source. Woodpeckers are very rarely wrong, if they spend the time to tunnel into your tree's bark, you can be almost certain your tree, any species of tree, has some form of insect infestation.

If you are lucky enough to be the owner of an ash tree, there is some hope. Although it is extremely important to diagnose the infestation at the earliest stages, we have had great success using insecticide treatments. Azadirachtin, Dinotefuran, and Acephate, combined with both granular and/or liquid organic injections are just a few of the treatments we are currently using. Timing is crucial and no doctor can save every single patient, but if you have a love of trees as I do, fight to keep our foliage. ■



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Duck on the Grill



By Rona Boyer

I was always looking for new dishes to make on the BBQ especially when our French chefs came up for lunch. When I found this recipe I knew I had a winner. I learned about "indirect grilling" (the best method for grilling whole large birds, whole large fish, roasts, bone-in leg of lamb and lobsters) and above all impressed our friends with a delicious meal they had never made or eaten!

If you have tried to grill a 4 pound fish or entire chicken on the BBQ- most likely you wound up with burnt exteriors and uncooked flesh inside. Thicker foods need to cook over lower heat for a longer period of time- thus "indirect grilling". Light the coals and when they are blazing red push them to the sides and place a disposable aluminum drip pan in the center. (Sometimes this is half filled with water, beer, wine or marinade to steam flavor into the meat, but this is not necessary with juicy duck). Replace the grill and place the duck over the pan, cover the grill and let it cook slowly. After one hour you will need to remove the duck and grill and add 10-12 fresh coals to each of the sides. Allow them to take flame uncovered for about 5 minutes, then return the grill, the duck and the cover to continue cooking. The full recipe (for 6-8) is below. I grill one



duck for three or four people depending on the size of the ducks and how copious the rest of the menu is.

INGREDIENTS

2 Ducks (4.5-8lbs)
4 cloves garlic quartered lengthwise
4 slices fresh ginger cut into slivers
Salt & freshly ground pepper

DIRECTIONS

Fire up the grill for indirect grilling. Remove and discard excess fat just inside the cavity (and of course remove the packet of giblets). Rinse inside and out with cold running water and pat dry inside and out with a paper towel. Turn the duck onto its breast and with a sharp knife cut a small slit in the fatty part of the duck just under each wing and in the underside of each thigh. Insert a sliver of garlic and ginger in each slit and return the duck onto its back. Place the remaining garlic and ginger inside the cavity. Prick the duck skin all over with a fork without piercing the meat. Season the duck with lots of salt and pepper inside and out.

Place the ducks breast side up on the rack over the drip pan. Cover the grill and cook for 1 1/2 hours. Discard the juices from the cavity. Continue cooking the duck until the skin is brown and crispy 30-60 minutes more (30 if 4.5 lbs; 60 if 8 lbs.) until the meat is well done and tender (170 degrees on a meat thermometer).

When done remove from the grill and cover loosely with aluminum foil to let the ducks rest 15-20 minutes to allow the heat and juices to redistribute before carving. You can grill some vegetables over the coals while the duck is finishing and resting. ■

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Eric Clapton: *E. C. Was Here*



By Thomas Cale

Eric Clapton has had such a wide and far-spanning career that, for me, it was always hard to put my finger on what part of it I appreciated most. He is clearly a living guitar legend and an emotionally-charged lyricist and singer. Derek and the Dominos' *Layla and Other Assorted Love Songs* was always a favorite of mine. Still, acknowledging his musical genius and therefore being overly critical, I often found it difficult to put my finger on a Clapton solo album that could display his various abilities and hold my complete interest from start to finish (let's leave *Eric Clapton Unplugged* out of this for the time being).

Following his recovery from various addictions in 1974 and coming back with his album *461 Ocean Boulevard*, Eric Clapton proceeded to tour extensively, and *E. C. Was Here* captures the spirit of that time period.

It was recorded live in 1974 and 1975 at the Long Beach Arena, the Hammersmith Odeon, and the Providence Civic Center by Record Plant Remote during Eric's first tour since Derek and the Dominos in 1970. Wanting to remain open to the possibility of finding my perfect Clapton solo record, I grabbed this one used on vinyl for around six bucks and threw it on the turntable. The album makes it clear that Clapton was and always will be a blues devotee. Having only six songs, the record's two cuts, *Have You Ever Loved a Woman* and *Ramblin' on My Mind*, both clearly illustrate the fact that Clapton had a firm grip on his electric guitar blues ability. The songs include some amazing runs and licks along with some very believable lyrical intonation. There is a short version of *Drifting Blues* with a slow-driving Delta feel that is exquisite. Along with these intense blues performances, Clapton includes two songs from his Blind Faith period, *Presence of the Lord* and Steve Winwood's



unforgettable *Can't Find My Way Home*. These wonderful renditions highlight co-vocalist Yvonne Elliman, whose singing adds incredible emotion and expression to Clapton's gritty blues vocals. The last track, *Further on up the Road*, makes it official. This could very well be my favorite Eric Clapton "you'll get yours" song. The heartbreak and anger are palpable, and his guitar cries out in response to drive his point home. A great way to end side two and the album. So, I have put the stamp on the Clapton solo record that I cannot get enough of. I know that there are many Clapton enthusiasts that would love to debate and argue that I am dead wrong, but for me, this is an all-around outstanding record and it remains an excellent document of the period. ■

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