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DUTCHESS COUNTY



STAATSBURGH STATE HISTORIC SITE // 845.889.8851

NATURE

ARTS

FAMILY

HERITAGE



March 1 – March 30, Fridays & Saturdays

Mansion Tours

Mansion tours <u>by advance reservation only</u>. See the magnificent Gilded Age home of Ruth Livingston Mills, decorated with its original furnishings.

Reservations required: https://Bookeo.com/StaatsburghSHS

Cost: \$10/Adults, \$8/Seniors & Students, Children 12 & under are free



March 2: 11am A Life in Service

It took a small army to run a Gilded Age estate. See the mansion through the servants' eyes, as they rose before dawn and toiled until after midnight. The tour—led by a costumed guide—will include visiting the unrestored servants' hall. Even in its unrestored state, the hall is a striking artifact of servant life and work, featuring the servants' dining room, the footmen's bedrooms, and the tiled kitchen with its massive coal range.

Reservations required: https://Bookeo.com/StaatsburghSHS

Cost: \$12/Adults, \$10/Seniors & Students, Children 12 & under are free

Staatsburgh continued... 2.



March 2, 16: 2pm

Slavery, Segregation & Staatsburgh: From Black Service to White Servants In 1810, there were nine Black people enslaved on the Staatsburgh estate. In 1910, there were no recorded Black employees working inside Staatsburgh. What happened? Join Staatsburgh staff for a conversation about their new research into this transition from a Black presence at Staatsburgh during the early 19th century to a total absence during the Gilded Age.

Reservations required: https://Bookeo.com/StaatsburghSHS

Cost: free



March 9, 16, 23, 30: 11am

The REAL Gilded Age: America's Elite in the Downton Abbey Era

This tour highlights the real-life characters and themes at Staatsburgh that parallel *Downton Abbey* and HBO's *The Gilded Age*. Led by a costumed interpreter, the tour shows how the Mills family and their servants conducted a busy weekend of high society entertaining, comparing Staatsburgh to what viewers saw on TV.

Reservations required: https://Bookeo.com/StaatsburghSHS

Cost: \$12/Adults, \$10/Seniors & Students, Children 12 & under are free



March 10: 1pm

Gilded Age Tea & Talk Series: Enjoy tea and scones in the formal dining room while listening to talks about Gilded Age history.

Spilling the Tea: A History of Tea Drinking in New York State

Learn about the history of tea in colonial New York, from its introduction in Dutch New Netherland to the Tea Act boycotts of the American Revolution. Sarah Wassberg-Johnson from Philipse Manor Hall State Historic Site will lead us on a journey through the history of tea and sugar, and New York's unique role in American tea culture. **COST \$60/PERSON**

Reservations required: http://bit.ly/staatsburgh-tea-and-talk



March 24: 1pm

Gilded Age Tea & Talk Series: Enjoy tea and scones in the formal dining room while listening to talks about Gilded Age history.

The Beautiful Architecture and Tragic Life of Arnout Cannon Jr.

Some of the most glorious buildings of Poughkeepsie and its surrounding communities were the work of one man, Arnout Cannon Jr. His vision gave us such masterpieces as the Masonic Temple on Cannon Street and Rhinecliff's Wilderstein. Many of the homes he designed are still cherished today. However, even with all of the beauty he created, his life was full of tragedy. Shannon Butler, the Historian for the Poughkeepsie Public Library, shares the work and life of Arnout Cannon Jr. **COST \$60/PERSON**

Reservations required: http://bit.ly/staatsburgh-tea-and-talk



Explore Staatsburgh's beautiful grounds along the Hudson River self-guided walking tour



Flag Changing Ceremony | Sunday, March 17–12-12:30 p.m.

The American Legion Post 739 organize and present monthly Flag Changing Ceremonies on the Walkway to honor our region's veterans and their service to our country. These events, organized and presented by these local veterans' organizations, are open to all who wish to attend.

Sunrise Stroll | Tuesday, March 19-7-8 a.m.

Celebrate the start of a new season with a Sunrise Stroll on the World's Longest Elevated Pedestrian Bridge. During the vernal and autumnal equinoxes, the sun rises in line with the Walkway deck, making for a spectacular photo opportunity. We're opening the gates early on both approaches to allow everyone to enjoy this magnificent experience. There's no cost to attend Sunrise Stroll.

BANNERMAN CASTLE TRUST // 845.831.6346

ARTS

FAMILY

HERITAGE

NATURE



"Art of the Garden" Annual Art Exhibition
The Bannerman Castle Trust's Bannerman Island Gallery
150 Main Street in Beacon, NY Beacon, NY

Saturday, February 10th - April 7th 2024
Public Opening Reception Saturday, February 10th, 4:00 – 6:00pm



A floral and garden themed show of paintings, watercolors, drawings, photographs and mixed media works featuring flowers, still life and garden scenes will be featured in the gallery through April 7th. Traditional and contemporary works by over 20 artists will be included in this diverse show. All works will be available for purchase. Proceeds from art sales for this exhibition will help further restoration projects on Historic Bannerman's Island.

Gallery Hours are Saturdays and Sundays from 12:00 noon – 5:00pm and most weekday afternoons and early evenings by chance or appointment by calling (845) 416-8342. Group tours are also available. Please or contact bannermangallery150@aol.com or visit www.bannermancastle.org for more information - thank you!



Paintings top to bottom:
On the Wild Side, Oil by Deborah Cotrone
Copper Pot and Daisies , Oil by Tarryl Gabel
Saunders Farm, by Amanda Epstein

COLUMBIA COUNTY



LAKE TAGHKANIC STATE PARK // 518.851.3631

NATURE

FAMILY



Fri., March 8: Mid-Hudson Astronomical Association Monthly Star Party, 6:00 PM

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



Saturday March 9, 2024 1:00 PM

Those Who Served: The Enslaved and Paid Servants of Clermont Meet at the Visitor Center

Over the course of more than 200 years Clermont was inhabited by seven generations of the Livingston family. They were not alone though. Hundreds of people worked at Clermont to keep the Livingstons comfortable, enslaved or later paid labor. Come hear some of the stories these people left behind.

Tickets for this tour are \$5. Space is limited. Please make reservations in advance on Bookeo: https://bookeo.com/clermont.



Sunday March 17, 2024 1:00 PM Luck Be a Lady Story Hour Visitor Center

Join us for a special St. Patrick's Day Story Hour. Since it's actually March 17th, we couldn't help but read some lucky Irish stories and, as a special bonus, March is also International Women's Month, so here at Clermont we'll be reading stories about some wonderful Irish ladies to celebrate! This event is free. This is a children's event; all children must be accompanied by an adult and all adults must be accompanied by a child. Space is limited. Please make reservations in advance on

Bookeo: https://bookeo.com/clermont.

Saturday March 23, 2024

1:00 PM

The Livingston's Landscape: Uncover the relationship the Livingston's had with the land and those living on it.

Meet at the Visitor Center

Join us at Clermont State Historic Site for a guided landscape tour. On this tour we will look back through generations of the Livingston family and explore how their role as landowners shaped the land and local communities. From the questionable land purchases from Indigenous tribes to enslaved men and tenant farmers tilling the soil, to the Livingston's own gentleman farmers, the relationship with the land and those who worked it changed many times over the past 300 years.

Tickets for this tour are \$5. Space is extremely limited. Please dress for the weather and wear sturdy shoes. Please make reservations in advance on Bookeo: https://bookeo.com/clermont.



Thursday, March 21, 2024 4:30 pm Spring Microgreens D.R. Evarts Library, 80 2nd St, Athens, NY 12015

Come celebrate the first week of Spring with Clermont State Historic Site's knowledgeable horticulturalist, Leslie Reed at the library as we make a mini greenhouse for the kitchen window and sow it with microgreens. Tiny but

mighty, microgreens are full of flavor and nutrition powerhouses. Every seed comes with all it needs to germinate and grow a sprout. Harness the power of a seed by growing your own amazing microgreens. As well as planting microgreens to take home we will sample several different microgreens. This program is funded through the generous support of the Friends of Clermont. This event is free. Please make reservations in advance on Bookeo: https://bookeo.com/clermont



OLANA OUTDOOR + INDOOR TOURS

Olana State Historic Site's 250-acre landscape is free and open to all, every day from 8:00 AM to sunset. Tours of the historic landscape and main house are offered Friday-Sunday from 11 AM - 3:15 PM.

The Museum Store is open Friday – Sunday, 10 AM – 4 PM.

See tour listings at OLANA.org for more details. Photo: Peter Aaron/OTTO



SPECTACLE: Frederic Church and the Business of Art Through March 31, 2024 Sharp Family Gallery | Olana State Historic Site Organized by The Olana Partnership

Frederic Church's *The Heart of the Andes* was the pinnacle of his critical and popular success as America's preeminent landscape artist and now holds center court at New York's Metropolitan Museum of Art's American Wing.

Spectacle: Frederic Church and the Business of Art combines immersive video technology with the wealth of Olana State Historic Site's archival holdings to demonstrate how Church's art responded to the most advanced scientific thought of his day and reached a broad public audience, the largest of any 19th-century American artist. In doing so, this special exhibition responds to two of Olana's most frequently asked questions: how did people experience Frederic Church's major paintings and how did an artist make enough money to create Olana? To learn more visit, OLANA.org/SPECTACLE



OLANA EYE SKYCAM

Virtual visitors can experience the iconic view from Olana's Studio Tower at any time and from around the world at OLANA.org/OLANAEYE. Use the hashtag #OLANAEYE on social media to share your amazing screen captures. Follow us @OlanaFredericChurch.



VIRTUAL TOURS

Learn about Olana and explore the 250-acre landscape from the comfort of your own home. Virtual tours are available on the Olana website at https://www.olana.org/virtual-olana/

OLANA EYE SKYCAM

Virtual visitors can experience the iconic view from Olana's Studio Tower at any time and from around the world at OLANA.org/OLANAEYE. Use the hashtag #OLANAEYE on social media to share your amazing screen captures. Follow us @OlanaFredericChurch.



Olana continued... 6.



K-12 FIELD TRIPS AND VIRTUAL TOURS - ACCEPTING RESERVATIONS FOR WINTER!

Explore Frederic Church's masterwork, Olana, through a field trip or virtual tour in any season! During onsite field trips and virtual tours, students learn more about the art, culture, and history of Olana and the Hudson River Valley through place-based learning activities and lessons. For grades PreK-12 and education groups; \$5-\$15 per student | FREE for schools in Columbia and Greene counties. Transportation reimbursement available for Title 1 Schools through the New York State Connect Kids Grant. Learn more by visiting https://www.olana.org/tour-category/school/

PANORAMA: SUMMER ART + NATURE PROGRAM

Dive into Frederic Church's Olana this summer during PANORAMA Summer Art + Nature Program. Back for its 15th annual season, The Olana Partnership will offer four weeks of hands-on exploration for children ages 6-11 from July to August at Olana State Historic Site. Experience art, science, and nature through sketching, lake exploration, hiking, painting, play, and more, all while meeting new friends and learning from the experts. The whole summer focuses on art and nature with special guest visits and activities each week. You don't want to miss this unforgettable summer adventure! The program runs Monday-Friday, 9 am to 3 pm. Secure your space! Early bird registration is available from January 1 through February 29. Registration will close on June 1, 2024.https://www.olana.org/learn/panorama/



Re-Presenting Landscape: the Paintings of Lydia Rubio March 6 | 6:00-7:00 PM (EST)

How can landscape painting serve as a source of refuge and self-reflection in today's challenging world? During this virtual webinar, Cuban artist Lydia Rubio will discuss how her work reinterprets the notion of "landscape," taking inspiration from Frederic Church and members of the "Hudson River School". Much like Church himself, Rubio's paintings take inspiration from her travels as well as the landscape and ecology of the Hudson River and are deeply informed by her interest in philosophy, geometry, and Latin American culture.

Following a brief presentation of Rubio's work, Cuban-American writer, poet, and scholar Enrico Santí, will lead a moderated dialogue with the artist.

Register

Olana continued... 7.



THIRD THURSDAYS / TERCER JUEVES March 21 / 21 Marzo | 11:00 AM - 5:00 PM

Olana's Free Community Day at Olana State Historic Site, the Third Thursday of every month, organized by The Olana Partnership. Dia Comunitario Gratuito al Sitio Estatal Histórico Olana cada tercer jueves del mes, organizado por La Asociación Olana.

LEARN MORE



Lunch & Learn: The Women of Olana March 21 / 21 Marzo | 11:00 AM - 12:00 PM

Do the names Isabel and Downie ring a bell? Bring a bag lunch and join Allegra Davis, Associate Curator, for a look into some of the women who called Olana home. This FREE talk in honor of women's history month will explore the untold histories of Olana's female residents, their social circles, and these women's artistic contributions. Drop-in program; FREE; meet at the Wagon House Education Center. Light refreshments will be provided.

LEARN MORE

Pop Up Printmaking March 21 / 21 Marzo | 1:00 PM - 5:00 PM

Ever wondered how Frederic Church spread the word about his famous works of art? Explore themes of art and advertisement by experimenting with technologies used for popular print in the late 1800s, such as letterpress, engraving, woodcut, and lithography. Make your own poster or nature print and take away a special letterpress commemorating the event. Learn more about the history of printmaking from a special resource library of books, objects, and source images. Led by teaching artists Meghan Forbes and Joana O Leary. Drop-in artmaking program; FREE. All materials provided. Located in the Wagon House Education Center. LEARN MORE



Artmaking in the Afternoon Saturday, March 23, 2024, 1:00-5:00pm

Inspired by your time at Olana State Historic Site? Join The Olana Partnership educators for hands-on artmaking using professional materials and a series of prompts to get your creativity flowing.

Drop in program; FREE. All materials provided. Located in the Wagon House Education Center.

WESTCHESTER COUNTY



HERITAGE

FAMILY

ARTS



Philipse Manor Hall Tours 10:30 AM, 12:00 PM, 1:30 PM, 3:00 PM

Self-guided and guided tours of Philipse Manor Hall are offered Wednesdays through Sundays, 10:00 am to 5:00 PM. Tours led by our knowledgeable museum interpreters are available at 10:30 AM, 12:00 PM, 1:30 PM, and 3:00 PM each day. Reservations recommended for guided tours, but not required.

Call 914-965-4027 to reserve. Special scavenger hunt available for kids, free! Admission is \$6 for adults, \$3 for seniors and students (13+), kids 12 & under get in free.



Philipse Manor Hall Virtual Wing

Visitors from around the world can experience the history of Philipse Manor Hall via our Virtual Wing. Explore our 360° Virtual Tour, read interesting articles about Philipse Manor Hall, check out our blog, or peruse our bibliography of historical books. Open 24/7 to anyone with an internet connection. Visit us at www.philipsemanorhall.com.



Every Sunday Morning Hatha Yoga

10:30 AM | in-person at Philipse Manor Hall State Historic Site | \$18 (\$15 for Friends of Philipse Manor Hall)

Join us for this new Sunday morning Hatha yoga series at Philipse Manor Hall State Historic Site! The beautiful sunlit Gothic Chamber is the perfect place for

a morning yoga class. Open to all levels and abilities! All proceeds benefit the Friends of Philipse Manor Hall. Register at www.philipsemanorhall.com/programs-and-events.



Saturdays, March 2 & 16, 2024 Historical Games

12:00 PM – 2:00 PM | in-person at Philipse Manor Hall State Historic Site | FREE

How did people entertain themselves in the past? Join us indoors (outdoors, weather-permitting) at Philipse Manor Hall to try your hand at all kinds of historical games. Learn the history behind these games and then learn how to

play Quoits, Nine Men's Morris, Skittles, Shut the Box, Cribbage, Mancala, and more! For children and adults. Free! Children must be accompanied by an adult. Registration is recommended, but not required. Register at www.philipsemanorhall.com/programs-and-events.



Friday, March 8, 2024

Historian & A Movie: The Patriot (2000)

7:00 PM | in-person at Philipse Manor Hall State Historic Site | FREE If you could think of one Hollywood movie about the American Revolution, it's probably this one, for better or worse. "The Patriot" (2000, 165 mins) follows the fictional story of a veteran of the French and Indian Wars and his family as they are reluctantly pulled into the American Revolution. Set in South Carolina, it includes graphic depictions of the brutality of war. We'll

hear from Michael McGurty and Chad Johnson of New Windsor Cantonment State Historic Site, as they reveal the accuracies and inaccuracies of the film's depiction of the American Revolution. This film is rated R and is not recommended for young or sensitive audiences. This program is free and open to the public. Registration is recommended, but not required. Refreshments provided by the Friends of Philipse Manor Hall. Register at www.philipsemanorhall.com/programs-and-events.



Wednesday, March 13, 2024

Lecture: "The Land in Controversy:" Natives, Colonists, and the Fight for the Hudson Valley

7:00 PM | online via WebEx | FREE

In the mid-1760s, what is now Putnam County became a literal and figurative battleground as Wappinger Indians, colonial tenant farmers, and Philipse family landlords fought over the past, present, and future of these lands. First Natives and their tenants combined forces to contend for their rights in New

York courts. Losing that fight, they took separate paths. On the one hand, tenant farmers organized resistance against the landlords, unrest that during the summer of 1766 culminated in a firefight with British redcoats and a show trial of these "Mob Men" in Poughkeepsie. On the other, the Wappingers, led by Daniel Nimham, sailed to England to plead their case with British leaders. This controversy, long forgotten, has much to tell us about Natives and newcomers, about power and resistance, about connections between then and now. This virtual program is free, but registration is required.

Register at www.philipsemanorhall.com/programs-and-events.

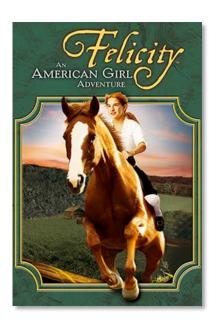


Friday, March 22, 2024 Old New Year's Eve Fundraiser

6:30 PM – 9:00 PM | in-person at Philipse Manor Hall State Historic Site
New Year's Eve? In March??? Yes, until 1752, the British Empire celebrated
New Year's Day on March 25th! Although the Dutch had adopted the new
calendar in 1582, the English held onto the old ways much longer. Which
meant the January 1 New Year in the colony of New Netherland changed back
to March 25th when the British took over in 1664! Join us for an evening
celebration featuring a short historical overview of the calendar history and

traditions by Philipse Manor Hall Site Manager Michael Lord, followed by live music by Carla & Keyes, dancing, and a faux New Year's Eve countdown. Featuring hors d'oeuvres and 18th century punch.

Old New Year's Eve is a fundraiser for the Friends of Philipse Manor Hall, whose mission is to foster public interest in and support for Philipse Manor Hall, to make PMH more accessible and inviting to the local community, and to provide funds and volunteers for programs and activities offered by the site staff. Tickets are \$50 (\$35 for Friends Members) and include the evening program, live music, dancing, hors d'oeuvres, and beverages. Tickets available at www.philipsemanorhall.com/programs-and-events.



Wednesday, March 27, 2024

Family Movie: "Felicity: An American Girl Adventure"

12:00 PM – 2:00 PM | in-person at Philipse Manor Hall State Historic Site
FREE

Looking for a fun, family-friendly activity over Spring Break? Join us for "Felicity: An American Girl Adventure" — a story about a horse-loving girl who experiences the start of the American Revolution. While you watch, try making your own paper doll. Afterwards, complete our special Felicity activity booklet, including an American Revolution-themed scavenger hunt of the museum! Take your paper doll on the activity adventure or bring your own doll from home. Children must be accompanied by an adult. Registration is recommended, but not required.

Register at www.philipsemanorhall.com/programs-and-events.

Thursday, March 28, 2024

Historical Games: Shut the Box

12:00 PM - 2:00 PM | in-person at Philipse Manor Hall State Historic Site | FREE

Looking for a fun, family-friendly activity over Spring Break? Learn about the history of Shut the Box – a game that dates back to Medieval France – and then learn how to play! You can also learn how to play a simple version at home in our take-home activity booklet. Children must be accompanied by an adult. Registration is recommended, but not required. Register at www.philipsemanorhall.com/programs-and-events.

Friday, March 29, 2024

Historical Games & Scavenger Hunt Bingo

12:00 PM - 2:00 PM | in-person at Philipse Manor Hall State Historic Site | FREE

Looking for a fun, family-friendly activity over Spring Break? Join us indoors at Philipse Manor Hall to try your hand at all kinds of historical games. Learn the history behind how kids and adults played in the past, and then learn how to play Quoits, Nine Men's Morris, Skittles, Shut the Box, Cribbage, Mancala, and more! Then try a special scavenger hunt of the museum, including a bingo version. Children must be accompanied by an adult. Registration is recommended, but not required.

Register at www.philipsemanorhall.com/programs-and-events.

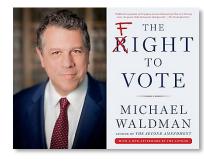


JOHN JAY HOMESTEAD STATE HISTORIC SITE // 914.232.5651

FAMILY

NATURE

HERITAGE



Lecture: The Fight to Vote

Friends of John Jay Homestead present a lecture with Michael Waldman on his book *The Fight to Vote* on Wednesday, March 27 at 7:00pm at Bedford Playhouse in Bedford, NY.

The Fight to Vote traces the expansion of voting rights in this country from the very limited allowances in the Founding period to the contested and

contentious present. Michael Waldman is a constitutional lawyer and writer, and since 2005 the President and CEO of the Brennan Center for Justice at NYU, a nonpartisan law and policy institute that focuses on improving systems of democracy and justice. He has written many other books and articles, including most recently Supermajority: How the Supreme Court Divided America, which we expect he will discuss too.

This lecture will be held at Bedford Playhouse (633 Old Post Rd, Bedford, NY) due to ongoing construction at John Jay Homestead. Purchase tickets for this event at https://bit.ly/waldmanlecture



Virtual Thematic Tour: Women of the Jay Family

Sarah, Nancy, Eleanor, and the rest! Six generations of strong, educated women lived at John Jay's Bedford House. Their stories shed light on the roles of women in upper class homes in the eighteenth, nineteenth, and early twentieth centuries. Take our Women's History Month thematic tour to learn more about these fascinating women.

The tour can be found online at johnjayhomestead.org.



Self-Guided Historic Landscape Tours

John Jay began to inherit his land near Bedford, New York, in 1785. He began developing the land as an income-producing farm in 1787, strictly as an investment. He developed it further in the late-1790s to become his home in

retirement. His descendants lived here into the 1950s, and as you walk around the property, you will see many features developed by the different generations of the Jay family.

Self-guided historic landscape tour booklets are available to download from our website at johnjayhomestead.org/explore/historic-landscape-and-farm/ and on the door of the Carriage Barn Education & Visitor Center. The grounds of John Jay Homestead are open daily from sunrise to sunset. Free admission.



Family Story- Mary Van Cortlandt Jay

This month's Family Story looks at the connection between Mary Van Cortlandt Jay and the Philipse Family. Dutch law allowed women to have an active role in the economy, inherit wealth and own land; British law did not.

The strategic marriages between the Van Cortlandt and Philipse families would preserve their respective wealth and legacy even with the shifting powers in the colony. The story shines a light on the often-neglected story of female wealth distribution in colonial America.



ROCKEFELLER STATE PARK PRESERVE // 914.631.1470

ARTS

NATURE

Rockefeller is a designated State Park Preserve. A Park Preserve is a protected area of importance for flora, fauna, or features of geological or other special interest, which is reserved and managed for conservation purposes. We are recognized as an Important Bird Area by the National Audubon Society and have a diverse population of animal residents. We are also part of the Old Growth Forest Network and are home to a number of rare and protected plants. We welcome passive recreation such as walking, jogging, photography or wildlife viewing but please leave the picnic and



History of Rockwood Hall March 2 from 10 am – 12 pm

Join Rockwood docent, David Teich, on an adventure into the past as we explore the remains of Rockwood Hall and its rich history dating back to prehistoric times. Former estate of William A. Rockefeller Jr., this site boasts scenic views overlooking the Hudson, lush forests, and remnants of 19th century luxuries. Leashed dogs are welcome. The hike is about 2 miles roundtrip. Max: 40 people. Cost: \$4.

Photo courtesy of Guardian Melissa. RockefellerStateParkPreserve.org/events



Wildlife Rehabilitation Workshop March 3 from 10:30 – 11:45 am

Join us for a free presentation in light of World Wildlife Conservation Day and learn what to do if you find an animal in need and how to identify whether an animal requires intervention in the first place. Licensed wildlife rehabilitator, Maggie Ciarcia-Belloni, has been in practice for 25 years and specializes in small mammals. Special guests will include Oboy, her beloved opossum, and Sheldon the box turtle. Cost: FREE, registration required. Parking: \$6 per vehicle. Max: 20 people. *Photo courtesy of Josh DiPaola*.

RockefellerStateParkPreserve.org/events

Rockefeller continued... 12.



Postural Therapy: Living Comfortably March 5 from 9 – 10 am

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



Fly Tying Workshop Series Saturdays March 9 – 30 from 10 am – 12 pm

Catch a fish with a fly you've tied yourself! Prepare for the warmer months and stay involved in the sport, even when the weather forces us indoors. Immerse yourself in the practice and history of fly tying under the guidance of instructor, Len Savanella, and become a better angler. If you're new to the sport, this is a great place to begin! By the end of this 4-part series, you'll be able to turn out streamers, wet flies, nymphs and dry flies. Basic tools and materials will be provided. Ages 16+. Cost: \$50 for the whole series. Parking: \$6 per vehicle. Max: 6 people. *Photo courtesy of Len Savanella*. RockefellerStateParkPreserve.org/events



Unfolding Seasons in the Preserve March 9 from 9 am – 12 pm

This is the first in a series of hikes sensitizing you to the Preserve's seasonal changes. What you see, hear, smell, and feel in the Preserve changes throughout the year. This 6-mile hike with Mike will include views of the Hudson River, lakes, and fields, raising your awareness of the complex world adjacent to the trails. Leashed dogs are welcome. Be prepared to move at a steady pace; some hiking experience is recommended.

Max: 20 people. Cost: \$4. Parking: \$6 per vehicle.

Photo courtesy of Heidi Fuhrman. RockefellerStateParkPreserve.org/events



I Now Pronounce You Lucy Stone™ March 10 from 2 – 3:15 pm

The first woman from Massachusetts to earn a college degree, Lucy Stone was an ardent supporter of human rights. Her impassioned speeches motivated prominent figures such as Susan B. Anthony and countless other women across the country to push boundaries and change the course of our society forever. Step back in time and onto the forefront of the women's suffrage movement in this unique performance in honor of Women's History Month. Appropriate for all ages. Max: 60 people. Cost: \$5.

Since 2010, *History At Play*TM, LLC, has been chronicling the lives of influential and often forgotten women. Founded by Artistic Director Judith Kalaora, H.A.P. is woman-owned and operated, with a commitment to employ artists from the region. Kalaora is a professional educator, writer and living historian. She graduated from Syracuse University and completed the Globe Education Program at Shakespeare's Globe Theatre of London, England. **PLEASE NOTE: This special program will take place at the Pocantico Hills Fire Department 531 Bedford Rd, Tarrytown, NY 10591**. RockefellerStateParkPreserve.org/events

Rockefeller continued... 13.



Space Rocks: Asteroids, Comets, and Meteorites March 13 from 6 – 7:15 pm

Did you know that up to 100 tons of dust and sand-sized particles from space bombard Earth *daily*?! Thankfully, most of it doesn't make it through our atmosphere. However, the larger meteorites that do survive offer a unique glimpse into the formation and evolution of our solar system. Join educator, Kim Fendrich, for a presentation on asteroids, comets, and meteorites, and learn about the stories they tell us. Experience what it feels like to hold an

iron meteorite forged in the core of an asteroid as old as the solar system itself! All ages are welcome; however, this program is best suited for those 12+. You are encouraged to register for the stargazing program afterward and view the night sky with a renewed perspective! Feel free to bring your dinner or a snack to enjoy while you watch the presentation. Cost: \$4. Max: 20 people. *Photo courtesy of Vinny Coulehan*. RockefellerStateParkPreserve.org/events



Stargazing in the Preserve March 13 from 7:30 – 9 pm Tickets available on February 19 at 10 am

Peer into the cosmos with Vinny Coulehan of the Rockland Astronomy Club. With the super new moon on March 10, we should have relatively dark skies. We'll use a telescope to observe the waxing crescent moon only 15% illuminated, as well as Jupiter, Orion, and more! Cost: \$4. Max: 20 people. You may also be interested in attending the *Space Rocks* presentation beforehand where you'll learn about asteroids, comets, and meteorites. You'll

even get to hold an iron meteorite forged in the core of an asteroid as old as the solar system itself! *Photo courtesy of Vinny Coulehan.* RockefellerStateParkPreserve.org/events



Sensory Hike: Rise and Shine! March 15 from 9 – 10:30 am

Awaken your senses and tune in to nature in this embodied experience with Linda Parker. You'll be amazed at what you notice when you home in on one sense at a time. Take this opportunity to quiet your mind and connect with the forest using this unique approach. We'll begin with light stretching and breathing exercises before we set out on a short hike. Max: 15 people. Cost: \$4. Parking: \$6 per vehicle; NYS residents over 62 park free on weekdays. *Photo courtesy of Kim Fendrich*. RockefellerStateParkPreserve.org/events



Forest Therapy: Equinox Celebration March 16 from 10 am – 12 pm

Embrace change with mindful movement, nature observation, community, and tea with the trees. Led by Mindful Outdoor Guide and certified Forest Therapist, Cindy Olsen, this experience will be an opportunity to celebrate the natural world in honor of the vernal equinox on March 19. Warm blankets, backpacks, seat cushions and warm seasonal tea will be provided. Ages 18+. No dogs please. Cost: \$5. Parking: \$6 per vehicle. Max: 20 people.

Photo courtesy of Andrew Lerman. RockefellerStateParkPreserve.org/events

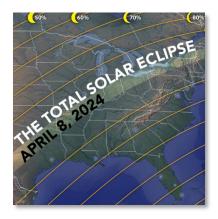
Rockefeller continued... 14.



The Delicate Balance of Aquatic Ecology March 17 from 10 am – 12 pm

Celebrate upcoming World Water Day by joining us for an exploration of one of the most expansive aquatic ecosystems in the Preserve. The Pocantico River is a sensitive habitat that supports an abundance of wildlife but due to its large footprint, this ecosystem is subject to a broad range of threats. Get your hands dirty with naturalist, Josh DiPaola and educator, Kim Fendrich in this interactive program and see firsthand how our stewardship team evaluates this habitat by taking water samples, searching for aquatic insects,

and considering the health of nearby trees as we explain how they are all connected. The program will involve a 2-mile round trip hike and periods of standing. Cost: \$4. Parking: \$6 per vehicle. Max: 20 people. *Photo courtesy of Bill Golden.* RockefellerStateParkPreserve.org/events



The Final Countdown: Solar Eclipse FAQ & Crafts! March 17 from 2 – 3 pm

On April 8th, the moon's shadow will obscure 90% of the sun in our area, with the path of totality crossing over northern New York and several other states. In preparation for this rare and exciting event, educator Kim Fendrich will answer some commonly asked questions as we craft models of the celestial movements that cause this phenomenon. We'll also create pinhole viewers for safe enjoyment of the eclipse in this fun [FREE] family-friendly program. Appropriate for all ages. Max: 20 people. Registration required.

Parking: \$6 per vehicle. *Photo courtesy of greatamericaneclipse.com*. RockefellerStateParkPreserve.org/events



Birdwatching with the Saw Mill River Audubon Society March 18 and 30 from 8 – 10 am

Get to know our feathered residents! Join an expert from the Saw Mill River Audubon Society on a bird walk around the Preserve. Great for all levels of birding experience, beginners welcome! Binocular loans available upon request. Ages 8+. Max: 25 people. Cost: FREE. Parking: \$6 per vehicle. NYS Residents over 62 park for free on weekdays. *Photo courtesy of Todd Cameron*. Please register at: sawmillriveraudubon.org/register-trips/



Sound Healing March 19 from 4 – 5 pm & 5:30 – 6:30 pm Tickets available on February 19 at 10 am

Celebrate the vernal equinox with Dayna Gralla in this therapeutic and restorative sound healing experience. Envelop yourself in the sounds of crystal singing bowls, chimes, and a variety of soothing instruments as you allow your mind to drift from an active state to a relaxed and meditative state. Ages 10+. Max: 18 per session. Cost: \$8. Parking: \$6 per vehicle until 4:30 pm.

Photo courtesy of Kim Fendrich. RockefellerStateParkPreserve.org/events

Rockefeller continued... 15.



Yoga in the Gallery March 24 from 5 – 6:15 pm

Join instructor, Shivani Singh, on the eve of the full moon for a calming and balancing session focused on mindful movement of the spine. The class will incorporate moon salutations, breathing techniques, and meditation. Appropriate for all levels of experience, ages 18+. Max: 12 people. Cost: \$8. *Photo courtesy of Kim Fendrich*. RockefellerStateParkPreserve.org/events



Full Moon Hike: "Worm Moon"

March 24 from 7 – 9 pm

Tickets available on February 19 at 10 am

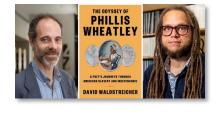
Experience the Preserve after dark! Join Shayla, Hailey, and Dave for a 4-mile hike on carriage roads lit by moonlight. We walk at a brisk pace; some hiking experience is recommended. Leashed dogs are welcome. Cost: \$4. *Photo courtesy of Kim Fendrich*. RockefellerStateParkPreserve.org/events





NATURE

HERITAGE



A Discussion about Phyllis Wheatley with David Waldstreicher March 3rd at 3pm

Jay Heritage Center is excited to welcome back **David Waldstreicher**, a historian of early and nineteenth-century America with particular interests in political and cultural history, slavery and anti-slavery, and print culture. His latest book, <u>The Odyssey of Phillis Wheatley: A Poet's Journey Through</u>

<u>American Slavery and Independence</u>, is the most deeply researched biography of the poet. **The New York Times** recently featured the book and described Waldstreicher's willingness to put Wheatley "smack in the middle of the raging debate over the relationship between the American Revolution and slavery."

Waldstreicher will discuss his work with **lain Haley Pollock**, Director of the MFA Program in Creative Writing at Manhattanville College. The event is free but please register here.



Garden Volunteer Orientation March 3rd at 9:30 am

Roll up your sleeves and learn about how to support our award-winning Gardens at the Jay Estate. Our Horticulture Director, Lucia Maestro, will walk you through the various ways to help out this spring and summer.

All ages welcome!

For more information email Lucia Maestro hortdirector.jhc@gmail.com.



Croton Dam Hike Sunday, March 3, 2024 - 11:00am

Enjoy a free, easy, 2 miles/hours (total) loop hike north along the Aqueduct and atop the beautiful Croton Dam. Meet near the restrooms at the rear (south end) of the parking lot at Croton Gorge Park, Rte. 129, Cortlandt, NY. 10567, GPS Coordinates: 41.22603, -73.85770. The leader of the hike will discuss the history and construction of the Old Croton Aqueduct and the

features of the Croton Dam, the trailhead of the Old Croton Aqueduct Trail. The Aqueduct was completed in 1842 to supply fresh water to a thirsty New York City. (From Metro-North Hudson Line Croton-Harmon Train Station: 15-minute taxi.) Walk may be rescheduled if weather does not cooperate.

Required: preregistration: https://aqueduct.org/events/croton-dam-hike-2



Weir Tour Saturday, March 9, 2024 - 10:00am

Free, easy, 2-hour tour. Meet at the front (upper level/south side) of the Joseph Caputo Center, which is located at 95 Broadway, Ossining, NY 10562, just west of Rte. 9/Highland Ave. at the junction of Croton Ave., Rte. 133 (from Metro-North Ossining Train Station by taxi or 15-minute uphill walk - parking lots nearby). After a brief walk, descend into the Weir in Ossining and

explore the original 1842 brick water tunnel and learn its history. Walk may be rescheduled if weather does not cooperate. Required: pre-registration: https://aqueduct.org/events/weir-tour-62



Historic Irvington and Tarrytown Walk Saturday, March 16, 2024 - 11:00am

Free, easy 4-mile loop beginning and ending at Main Street School at 101 Main Street, Irvington. Enjoy the mostly level, shaded walk in one of the most storied sections of the Aqueduct. Learn about the remarkable Villa Lewaro, the estate of Madam CJ Walker, the African-American entrepreneur who was America's first female self-made millionaire. Walk the grounds of Lyndhurst

Mansion, country home of notorious robber baron, Jay Gould and location site for HBO's "The Gilded Age." Tour the seldom seen but spectacular Belvedere Estate. Along the way, we will talk about the history of the Aqueduct, the origins of the village of Irvington and Washington Irving's fascinating connection with the village. Four miles total, the walk is approximately 3 hours. Walk may be rescheduled if weather does not cooperate. Required: preregistration: https://aqueduct.org/events/historic-irvington-and-tarrytown-walk-1



Weir Tours Thursday, March 21, 2024 - 10:00am Saturday, March 23, 2024 - 10:00am

Free, easy, 2-hour tour. Meet at the front (upper level/south side) of the Joseph Caputo Center, which is located at 95 Broadway, Ossining, NY, 10562, just west of Rte. 9/Highland Ave. at the junction of Croton Ave., Rte. 133

(from Metro-North Ossining Train Station by taxi or 15-minute uphill walk - parking lots nearby). After a brief walk, descend into the Weir in Ossining and explore the original 1842 brick water tunnel and learn its history. Walk may be rescheduled if weather does not cooperate. Required: pre-registration:

https://aqueduct.org/events/weir-tour-64

PUTNAM COUNTY



TACONIC OUTDOOR EDUCATION CENTER

75 Mountain Laurel Lane, Cold Spring, NY 10516

FAMILY

NATURE

ARTS



29th Annual Maple Celebration 2024 Saturday, March 9, 2024

8:30am - 1:00pm

The sap will be flowing and we'll have pancakes on the griddle, as TOEC hosts its annual Maple Sugar Celebration! The Taconic Outdoor Education Center will be hosting its 29th annual pancake breakfast, on March 9, 2024. This event has been popular for many years and is often referred to by locals as

"Sap to Syrup". Enjoy some of the Hudson Valley's best syrup on fresh pancakes in a woodsy setting! Maple syrup artisan John Stowell calls his handy work "the best darn maple operation east of the Hudson". See live demonstrations of sugaring the sap into syrup in both traditional and modern methods! Children and adults will be fascinated by the free nature lectures being offered by experienced staff on site. This is a ticketed event that sells out fast: Please purchase your tickets early!

Tickets can be purchased on: https://www.eventbrite.com/e/29th-annual-maple-celebration-2024-tickets-814438526557?aff=oddtdtcreator



LITTLE STONY POINT CITIZENS ASSOCIATION

3011 Route 9D, Cold Spring, NY 10516

FAMILY

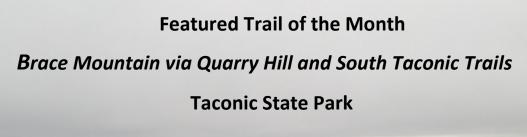
NATURE

ARTS



Little Stony Point Citizens Association Presents: Maple Syrup Day Sunday, March 24, 10-1pm

Come join LSPCA for free pancakes, local maple syrup, coffee, hot cocoa, live music and fun for all. If available please walk, bike, train or carpool.





Address: 42.03261, -73.50467, North East, NY 12546

Trail Map: https://parks.ny.gov/documents/parks/TaconicCopakeFallsAreaTrailMapSouth.pdf

Distance: 2.80 miles

Difficulty Rating: Moderate to hard

Follow the Quarry Hill Trail (0.6 miles) and South Taconic Trail (0.8 miles) to reach Brace Mountain, the tallest point in Dutchess County at Taconic State Park at 2,311 feet. The summit overlooks breathtaking views of the Taconic Range and Berkshires. This moderately challenging out-and-back hike leads 2.80 miles from the parking area off Quarry Hill Road. Along the trail are cascading waterfalls and steep rock scrambles to the top. South Taconic Trail also leads hikers to Alander Mountain, Bash Bish Falls, and Sunset Rock going north and Rudd Pond going south.

NEW YORK STATE PARKS—TACONIC REGION FACILITY LOCATIONS & PHONE NUMBERS

Please contact the park/site for information regarding fees & availability



STATE PARKS

Clarence Fahnestock Memorial Carmel (845) 225-7207

Fahnestock Winter Park

Administration (845) 225-7207 Snow conditions (845) 225-3998

Franklin D. Roosevelt

Yorktown Heights (914) 245-4434

Hudson Highlands

Peekskill to Beacon (845) 225-7207

James Baird

Pleasant Valley (845) 452-1489

Lake Taghkanic

Ancram (518) 851-3631

Margaret Lewis Norrie/

Ogden Mills & Ruth Livingston Mills (Mills-

Norrie)

Staatsburg (845) 889-4646

Rockefeller Preserve

Pleasantville (914) 631-1470

Taconic/Copake Falls

Copake Falls (518) 329-3993

Taconic/Rudd Pond

Millerton (518) 789-3059

Wonder Lake

Kent/Patterson (845) 225-7207

STATE GOLF COURSES

Dinsmore

Staatsburg (845) 889-4071

James Baird

Pleasant Valley (845) 452-1489

STATE HISTORIC SITES

Clermont

Germantown (518) 537-4240

John Jay Homestead

Katonah (914) 232-5651

Olana

Hudson (518) 828-0135

Philipse Manor Hall

Yonkers (914) 965-4027

Staatsburgh

Staatsburg (845) 889-8851

EDUCATION/NATURE CENTERS

Taconic Outdoor Education Center (OPRHP) By Group Reservations Only Cold Spring (845) 265-3773 Norrie Point Environmental Center (DEC) Staatsburg (845) 889-4745

STATE HISTORIC PARKS

Old Croton Aqueduct

Dobbs Ferry (Park Office) (914) 693-5259

Walkway Over the Hudson

Highland/Poughkeepsie (845) 834-2867

PROPERTIES OWNED BY NYSOPRHP AND **MANAGED BY NON-PROFITS**

Bannerman Island Beacon, (845) 831-1001 **Jay Heritage Center** Rye, (914) 698-9275





