

HUDSON VALLEY & NORTHERN NEW JERSEY







## **Looking forward** with 2020 vision

This January, **Bruderman Asset Management LLC**, the parent Company of **Gary Goldberg Financial Services (GGFS)**, launched **1879 Advisors**, merging the Goldberg and Bruderman brands into one forward looking financial advisory firm with a long history of helping investors. We recently held a 'fire-side chat' with James M. Bruderman, President of Bruderman Asset Management LLC, Michael Murphy, Chief Investment Officer, and Rich Kersting, President of 1879 Advisors and Head of Advisor Development. Below are some excerpts from the discussion:

#### Jim, why 1879 Advisors?

James M. Bruderman: The name expresses the continuity of our experience and philosophy in helping investors. My family has been managing client portfolios for three generations, going back to my grandfather who started his career on Wall Street in 1928. He inherited his business from his mentor, an investor and philanthropist named Robert Brunner, whose father started in the business in 1879. That's five generations of experience, each with an overlap of 20 years or more; learning from each other and passing that knowledge along. Coupled with Gary Goldberg Financial Services' forty-year history, Mike Murphy's leadership of our Portfolio Management Team, and Rich Kersting's training and development of our Advisors, we have a world class team dedicated to our clients success, we wanted a brand name that captures our collective experience, rather than just one person's name on the door. That's why we are 1879 Advisors.

Wonderful background. You must have a lot of great stories and lessons learned over the years. Is there one thing that differentiates 1879 Advisors from everyone else?

**James M. Bruderman:** I could talk for hours, if not weeks, about the lessons and stories I've learned from my father and grandfather and promise to share more in future discussions and meetings. The one thing that I think differentiates us most is having a dedicated Portfolio

Management team led by Michael Murphy who also chairs our Investment Committee. Rather than relying on the stock picking prowess of one individual who could be wearing a lot of hats at other firms, our clients receive the collective experience of the entire firm and our full-time staff of securities analysts; most with the Chartered Financial Analyst - CFA® designations or working towards them. Michael and his team truly deliver institutional quality investment management to our individual investors

Thanks Jim. It sounds like a great team. Michael, can you tell us more about the team and how client portfolios are managed?

Michael Murphy: More than anything else, we focus on quality and risk management. We have a robust securities analysis and screening process, which lays the framework for our overall investment strategy. Our portfolios are designed to take significantly less risk than their benchmarks or portfolios from many of our peers. Moreover, by focusing on strong and disciplined stock selection, we have historically achieved market-like returns while exposing our clients to less volatility and risk than the S&P 500 or other broad indexes.

Thanks, Michael, for that great perspective. Looking ahead, what is your outlook for 2020 and beyond; are there any immediate risks investors should be concerned with?

Michael Murphy: While there are more than a few economic and geopolitical risks on our radar screen, our outlook for the economy and markets is generally positive for the year ahead. The most important advice we can provide investors is to make sure their portfolios are sufficiently diversified and structured around their time frame and risk tolerance. Rich Kersting and his team of Investment Advisors are experts at helping clients structure their assets to provide the right combination of growth and safety to reach their goals and still sleep at night.

Thanks Michael, great advice. Rich, what makes a good Financial Advisor, and what do you look for in an Investment Advisor?

Richard Kersting: Advisors should have a financial planning background and expert knowledge of investment products and strategies. It's also important that they share our investment philosophy. The single most important attribute though is having a real passion for helping people by providing the right education and recommendations

so that investors can have the confidence and peace of mind that comes with knowing they're on track to reach their goals. We're growing quickly and are looking for Advisors that share our passion. We recently opened a new office in White Plains and will be adding more offices in Rockland County and Long Island in 2020.

Wow, that's impressive and certainly shows a commitment to helping area investors! Along those lines, what sort of clients do you think would benefit from the services 1879 Advisors offers?

Richard Kersting: Great question. Investors who are planning for retirement or are currently retired and want to make sure their

portfolios are structured properly to provide for their income needs can benefit from our expertise. Helping these clients has always been our strong suit, and getting it done right is critical when people are leaving their best earning years. Along the same lines, we can help anyone switching jobs evaluate their 401(k) roll-over options to make sure their retirement money is working at least as hard as they are. Given our affiliation with Bruderman Brothers, we also have an impressive suite of resources for closely held private businesses. These include company and self-employed retirement plans, and Investment and Merchant Banking services for owners considering a sale or looking to raise capital.

#### Finish the year on a healthy note with a complimentary portfolio consultation.

"our clients

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our full-time

collective

analysts"

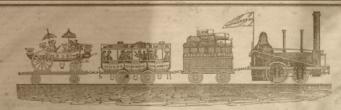
1879 Advisors has generations of experience providing investors and their families with institutional quality portfolio management and innovative wealth planning strategies to preserve and grow their assets.

During these unprecedented times, your portfolio may be impacted by the current market volatility. Call today at (800) 433-0323 for a one on one complimentary portfolio review.

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#### AMERICAN RAILROAD JOURNAL, AND ADVOCATE OF INTERNAL IMPROVEMENTS.

gle side cuts,
Frankstown line and
South Branch feeder,
Columbia line, eight
miles, 227 perches,
165,750 30

64,238 58 410,701 42

## EOUITABLE'S BOARD DECIDE TO-DAY

Reported that Amicable Agreement Will Be Reached.

#### STATEMENTS FROM BOTH SIDES

Hyde's Friends Call Opposition a Conspiracy—Too Much Power In One Man's Hands. Says Alexander

#### THE MEN WHO MOVED WALL STREET DURING THE

FROM TUXEDO PARK

NORTH PLATTE, NEBI

We have bought at panic prices goods for SPOT, CASH at the lowest prices, thereby giving our customers TIME TO BUY FOR CASH

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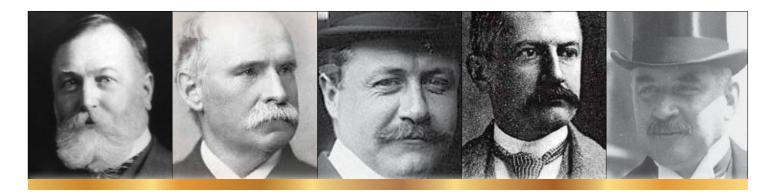
Patal Wreck on the Hig Four Road

SIX PERSONS WERE KILLED.

County authorities were informed today that Robert Coelet of New York has just come into possession of Glenmere Lake, which he has bought

from Roland Harriman, and added it to the Goelet country place at Ches-

The lake is a fairly large sized one. It is reported that promiseuous fishing, bathing and hoating will he residents of the neighborhood will be granted permits to use the



nchored by Wall Street, New York City has been called both, the most economically powerful city and the leading financial center, being home to the world's two largest stock exchanges by total market capitalization, the New York Stock Exchange and NASDAQ.

Captains of finance and industry in the gilded age were legendary icons enabling this country to become strong and independent. American industrialists and philanthropists revolutionized industry and defined the structure of monetary gain. Many were deeply involved in developing and financing railroad empires by reorganizations and consolidations, building a strong vision of an integrated transportation system.

Beginning in the 1870s, thanks to a modern corporate form of ownership, a new merger movement, and a dominant form of competitive, proprietary capitalism, industrialists like John D. Rockefeller, James Pierpont Morgan, Andrew Carnegie, and Cornelius Vanderbilt rose to unprecedented heights of prosperity and power. More and more, wealth was concentrated in the hands of a few.

Not all of the changes were positive. During the Gilded Age, America, and the world, experienced a series of periodic economic crises, including a devastating Wall Street crash that inaugurated the Panic of 1873. Recurrent cycles of boom and collapse brought dramatically different consequences for those at the top and bottom rungs of the economy.

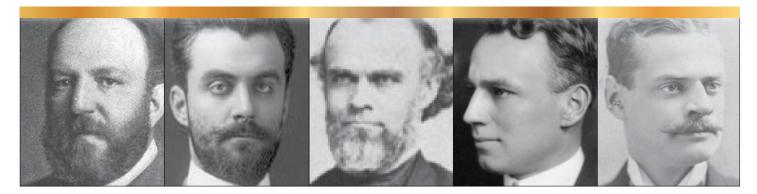
Developing an awe of such magnitude, these men of power, these men of economic strength, possessed the stability of perseverance and vision. They grasped multitudes of opportunities to swing the pendulum of control in their direction, and through this, enabled the monetary system of America to lean in their direction, thus, obtaining methods for expansion, momentum, and achievement of an empire so vast, it moved Wall Street, and the world.

Dow Jones, Barrons, Wall Street Journal, S&P 500, J.P.Morgan financial institutions, the largest insurance companies in the world and the railroad reorganization methodology, all began with these men with tenacious business dispositions and the wherewithal to connect the dots between industry, human power, and money.

They walked through the finest clubs in New York where money was aged, and new money balanced on that noble money, became ripe. The blue bloods of iconic industry, their gilded empires appear like legendary fairytales of capital worth, sending echoes of success down the corridors of Wall Street.

The old clubs which still exist, such as the Tuxedo Club, the Union Club, and the old Knickerbocker Club, where once these men shared visions of industry and wealth with one another, still house the dark paneled rooms where they once discussed finance over fine brandy and cigars. The corridors still display an old portrait or two of the club's founding fathers whom gaze from polished frames. These portraits are a tangible glimpse into the world of the Gilded Age, and the men who moved it. 115

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# CHARLES HENRY COSTELLA

#### J. P. Morgan's Main Partner... Reorganization Expert of Railroads

he hardest working, and best financier among J.P.Morgan's partners, was railroad reorganization expert Charles Henry Coster. Originally recruited by Pierpont's father, Junius Spencer Morgan, who among many things had been a leading banker that channeled British savings into American railroads.

Coster was once described by Morgan's biographer as, "a gentleman with a faultless memory for small and extremely important financial details." He was tireless as he carried his portfolios home in the evening and back to the office in the morning, then from meeting to meeting for the many

railroads of which he was the director.

Having a mystic genius for figures it was once quoted by John Winkler in 1930 of Charles Coster that "He possessed a mental solvent by which all the intricate and interwoven relations of railroads, obligations, bonds, underlying bonds and collateral trust mortgages, resolved themselves into original and perfectly distinct elements."

He was a financial chemist and was said to take strange and unaccustomed quantities, and by means of his mental process, reduce them to perfect simplicity. J. P. Morgan and Charles Coster reinforced and supplemented each other.



The tremendous series of reorganizations perfected by Morgan in the traditional railroad reconstruction era between 1884 and 1885 would have been impossible without the aid of Mr. Coster. It was said that his magic powers of mind found their opportunity in preparing material for his partner's creations.

Coster and other partners of Morgan examined and hand wrote documents behind desks in large open rooms and attended countless meetings of boards of directors and prospective investors, owners and executives. It was said that all of Morgan's partners were rewarded with generous shares in profits and worked exceedingly hard, some dying quite young due to the hard work and stress. The Morgan partnership consisted at any given time of about twelve partners and three clerks per partner. The clerks were all male except for George Perkin's secretary whom worked for him previously at New York Life, and whose office was outside of the Morgan building at the corner of Wall Street and Bond.

The Morgan partnership was thought by some to be dangerous because its interests were so large. There was a concern over the concentration of the business of finance being in the hands of only a few investment banks led by the Morgan partnership.

This concern dominated public policy debates over the securities industry for some time. One danger that was noted by progressives was that the Morgan partnership was a source of several conflicts of interests.

One of J. P. Morgan's best friends and Tuxedo Park resident,

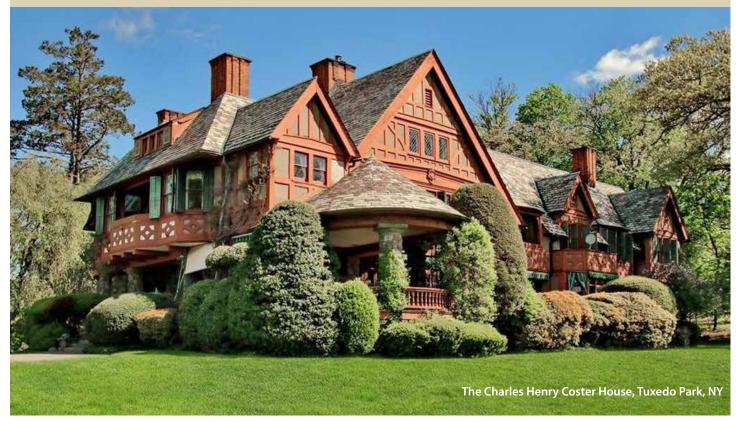
George F. Baker was asked by Morgan to serve as the deciding voice in arguments among his partners after his death. Mr. Baker was the head of The First National Bank and sat on the boards of six railroads as well as the board of AT &T.

It took time for Coster, who also lived in Tuxedo Park, to work his way up in the Morgan hierarchy. When he was made a partner, it was at the time when Morgan was just beginning to assert himself financially. It has been noted that the most enduring of the house of Morgan's accomplishments came during Coster's time with the firm. They were the railroad reorganizations that survived into the 1920's.

Charles Henry Coster's ancestors arrived in New York around the time of the Revolution and quickly gained prominence in the shipping field. His grandfather was trained as a Doctor and later joined his brother (Charles Coster's great uncle) in the shipping firm. Both had large families and both had sons whose names held the name "Washington" within them. It was said that the first president stood godfather to one or perhaps both of them.

Charles Henry Coster was a familiar figure on Wall Street whose methods were not those of fantasy; his reorganizations held their own buoyancy. He rode the railroads he was studying, watching roadbeds from the back platforms of trains. He worked hard and died young, making great strides in the world of wealth and the echoes of Wall Street.

Research material courtesy of the late Count Alexander Salm, Tuxedo Park resident and Grandson of Mr. Charles Henry Coster.









## Designing a Vision

hen it comes to the art of interior design, finding a designer that is willing to collaborate is paramount. Having a creative vision is one thing, but retaining this vision despite practical limitations is quite another. New York's Dorian De-Haan is 2020's recipient of the LUXlife's Award for Excellence

in Interior Design Services

Classically trained, with professional degrees in both interior design and architecture from the

> prestigious Pratt Institute in Brooklyn, NY, Dorian DeHaan is exactly the sort of interior designer to

bring a sense of class to any home remodel. Fully certified, and able to take advantage of decades of practice, Dorian has developed a level of sophistication in her design aesthetic that she can bring to a variety of projects.

Dorian specializes in the remodeling of kitchens and bathrooms, as well as full home renovation. Her clients range from first-time home buyers to those wanting to transform their home into a compilation of unique living spaces. Working in partnership with her clients, she is able to draw out the key elements of their vision and produce a design plan based on a preferred budget.

As an independent designer, she has developed long-term working relationships with experienced construction trades people who become part of her project installation team. Dorian also offers her own custom cabinet line from Crystal Cabinet Works in Minnesota, affording her almost limitless design possibilities. Should a client have their own contractor, she would be delighted to work alongside them.

Generally speaking, Dorian enjoys complete control of the selection, specification and ordering on her projects,



consulting with the client throughout the process. Where a client has requests for specific items, she is generally able to accommodate them. A key aspect of what Dorian has to offer clients is clear communication about any and every element of a project. This is a product of her hands-on approach to the job, being present daily on a site to oversee every detail and help solve any unforeseen complications that may arise during the course of a renovation project.

Dorian likes to stay aware of current trends and has noticed a movement toward more neutral interiors. Where bold colors were once the signature of a space, now they are primarily used as accents. Custom cabinet doors used to have heavy detailing, but now the styling is more simply stated. More and more, Dorian has adapted to these changes, presenting clients with increasingly minimalist and uncluttered concepts. This suits Dorian's style quite well, as she tries to design each space to take advantage of as much natural light as possible, while supplementing with custom lighting features and trendy fixtures. Labeling her style "artisanal eclectic", she aims to combine transitional modern luxuries, one-of-a-kind artisan pieces, and traditional architectural detailing. This produces a look and feel that is unlikely to become dated and thus less likely to require future re-design.

When it comes to designing spaces for clients, Dorian

uses various programs to create design documents to work with. She uses one program specifically for custom cabinetry and another for floor and space planning. These design programs allow her to create documents for clients to review online. The programs also offer 3D rendering and virtual reality capability to facilitate better client visualization of the project design. Having access to this sort of technology has created a situation whereby Dorian can work on projects remotely through the use of email and video conferencing. Scheduling meetings in person is important, but where the opportunity is unavailable, it is relatively straightforward to use modern technology to harmoniously combine designer and client goals.

At heart, Dorian DeHaan wants to help bring your dream space to life, and what she offers is the expertise, wisdom and sheer vision to bring it about in the most effective way. Finding an interior designer who can elevate your vision is the dream, and with Dorian at your side, dreams can definitely come true. In her words, "there is no place like home".

Dorian DeHaan Interior Design & Remodeling 1389 Kings Highway, Chester, NY 10918 845-469-5342



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Full Breakfast each morning, afternoon food indulgences, beverages, signature cookies!



Mother Lurana White

## Out of a Rock... Heaven

#### The Beginning of Graymoor Religious Retreat



In October 1898, Fr. Paul Wattson and Lurana White met face-to-face for the first time at the White family home in Warwick, New York. It was there they made a formal agreement to found the Society of the Atonement. Lurana suggested a location across the Hudson River, near the hamlet of Garrison, as a place for them to begin their dream. That same year, leaving her comfortable home, Lurana departed for Graymoor with several others.

This was a difficult journey, for the route over to Putnam was an uneasy one. Through the woods and raw wilderness that crowded the countryside of both shores of the river, they traveled.



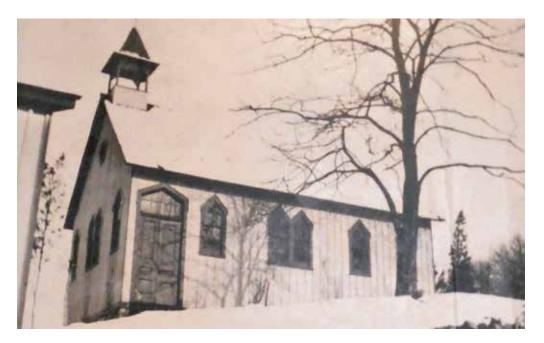
The property they chose was situated in a retired part of the country at a distance from any well-traveled road. Through bog and mire they carried crates, boxes, and baskets conversing with few along the way. With the mighty Hudson River as their backdrop, a diary entry recalls, "The clouds rolled in volumes over the mountain tops: their summits still bright and snowy, but the lower parts of an inky blackness, the rain began to patter down in broad and scattered drops, the wind freshened and curled the water on the Hudson. The lightening leaped from cloud to cloud, and streamed, quivering the stoutest forest trees."

Existing on the property they chose was a tiny chapel and an old farmhouse standing in the midst of the "howling



wilderness," then known as "Graymoor". Howling wilderness or not, Lurana White decided to spend the winter of 1898 at Graymoor in the rustic farmhouse which was near the chapel named, St. John's-in-the-Wilderness. Later the following year, Fr. Wattson also went to Graymoor where he lived in an old paint shack which he called his "Palace of Lady Poverty". Their experiment had begun in earnest.

On October 30, 1909 the Society of the Atonement was received into the Roman Catholic Church. It was Fr. Paul Wattson's vision that the first stone building at Graymoor would be its first Catholic church, St. Francis Chapel. Fr. Paul wrote in his diary, "A stone chapel ... where the Holy Sacrifice of Mass should daily be said or sung to





The original chapel that was on the property when Mother Lurana first arrived



the glory of God." Fr. Paul was already dreaming of a time "... when the missionary Friars of the Atonement, clothed and professed within its walls, will be sent forth to preach the Gospel in many lands."

The cost to build St. Francis Chapel was expected to be \$8,000. There was only \$200 in the Friar's treasury when construction began on St. Patrick's Day, March 17, 1911. That evening, Mother Lurana jotted in her diary, "The cornerstone of the new chapel was laid today. Only Father can see how it is ever to be finished!"

It was not only financial concerns that threatened the construction of St. Francis Chapel. Graymoor was not far from New York City, although, in 1911, the area of Putnam County around Graymoor was sparsely populated, and the only major highway, the Albany Post Road, was a narrow dirt road. Graymoor was a half-mile from the Post Road through dense forests and hills, and St. Francis Chapel was to be built at the summit of the steep mount. Mother Lurana wrote in her diary, "the poor archbishop must think Graymoor a howling wilderness where no (one) living... could exist."

The first offering was a \$1 contribution from a non-Catholic neighbor. Then more donations came. For many years, in exchange for a few days of shelter and hot meals, travelers of the road (they named, Brothers Christopher) would help the friars and sisters with projects around Graymoor. Unable to afford to pay masons and stone layers, Fr. Paul recruited the "Brothers Christopher" to provide volunteer labor. A few months after construction began, in the summer of 1911, the only cistern near the chapel went dry. To supply the water for mortar, Brothers Christopher had to carry pails of water up the mountain from a spring a mile away. Throughout 1911, hundreds of Brothers Christopher worked

thousands of hours quarrying the stone, and building St. Francis Chapel.

In July 1911, Fr. Paul noted that the Brothers Christopher "have dug the sand, quarried the stone, mixed the mortar and laid the walls two feet think in solid masonry". The following year, Fr. Paul would summarize, "The summit of the Mount of the Atonement is now crowned with St. Francis Chapel and from the lowest stone in the foundation to the highest brick in the Assisian tower, the building stands

on Mount Alverna, Italy. The altar of white marble had been made in Florence in 1892. It arrived at Graymoor in 16 crates and was valued at \$8,000 – the same cost of building St. Francis Chapel.

Several years later, Fr. Paul wrote in his diary, "One of the works we do at Graymoor is to give a place of refuge and retreat to those who wish ...." Through the years, St. Francis Chapel and Graymoor became a pilgrimage site as thousands came to experience

Through the years, St. Francis Chapel and Graymoor became a pilgrimage site as thousands came to experience Graymoor's special spirit."

a monument to the skill and industry of the Brothers Christopher."

There are twenty-four windows in St. Francis Chapel, its sacristy and tower. On September 14, 1911, Mother Lurana traveled to New York City to choose glass for the windows. "It is a greenish-amber, leaded Venetian glass," she wrote in her diary that night.

In less than one year St. Francis
Chapel was dedicated. The evening
before the event, Mother Lurana noted
many details of the new chapel in her
diary: "a statue of St. Francis in a niche
above the high altar and statues of St.
Anthony on the gospel side and St.
Clare on the epistle side of the east wall
look as though they would speak. St.
Peter, the door keeper, is very properly
standing by the west door to let the
people in."

In May 1930, a benefactress gave Graymoor a very special gift for St. Francis Chapel – an altar that formerly stood in the Chapel of the Stigmata Graymoor's special spirit.

"We have been called to heal wounds, to unite what has fallen apart, and to bring home those who have lost their way"...St. Francis of Assisi

Enduring the harsh elements, and raw hard work, they persevered and truly created "Heaven out of a rock". Lurana White and Paul (Luis) Wattson began as friends with a strong common bond. Together, they passed pleasantly through magnificent tranquility and bravely through turbulent times, always keeping their eyes turned upward and their hearts balanced between the world.

Written by Tuxedo Park Magazine in collaboration with: "The History of the Society of the Atonement"; "Graymoor history and the building of it"; Photos courtesy of Graymoor archives, Graymoor 1350 Rt. 9 Garrison NY 845-424-3671

## Over 85 Years of Comfort



It is 1934, the middle of the Great Depression. Moviegoers flock to see It Happened One Night, starring Clark Gable and Claudette Colbert. The Dionne quintuplets are born. The United States Department of Justice offers a \$25,000 reward for John Dillinger, and SOS Fuels is founded by Murray Spiegel upon this principle:

In the years to follow, SOS Fuels, now known as SOS Xtreme

Comfort, has grown to become one of the largest suppliers of residential propane and heating oil in Orange, Rockland and Sussex counties, providing Ultra Clean

Heating Oil and Xtreme Clean Propane. Plus they have become one of the largest distributors of premium On & Off-Road Diesel for commercial businesses and farms in these areas.

Four generations later, SOS is still family-owned and operated by grandsons Robert and Jeffrey Spiegel with great-grand-



Murray Spiegel

sons Steven Landers and Adam Spiegel managing the Wholesale Fuels divisions. They continue to pride themselves on giving the best c u s t o m e r service possible with the same values

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and the

important

Murray started with. Anyone can sell oil and propane, but being dependable and conimportant.

has embraced new technologies to safely deliver cost-effective products and solutions for their valued customers.

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centrating on the customer's needs is what SOS finds most For more than 85 years SOS

The SOS Comfort Watch®

reduce back-office paperwork. The result is a seamless network from delivery truck to office that allows greater accountabili-

ty, control and i m m e d i a t e availability of information. Routes created and assigned visually to each truck. The dispatcher can view the trucks and their course, speed and location, as well



as pending deliveries and inventory.

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SOS is among the first in the Heating Oil Propane industry, use the latest wireless technology in their fleet. Improving delivery performance and



A few decades after it's inception, SOS Xtreme Comfort began providing Heating and Cooling system repairs and installations, whether or not you

were a heating oil or propane customer. SOS service technicians routinely undergo training to stay in the lead when it comes to HVAC technology knowledge and skill. That way customers can be confident that SOS services are always up to date.

Even SOS's office staff and Customer Service Representatives, often referred to as Comfort Specialists, undergo routine training to ensure they are giving the most informed and friendliest service they can.

For 84 years the simple notion of doing right by the customer and not taking shortcuts has ensured SOS a solid foundation for decades to come.



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#### Tastemakers Guide

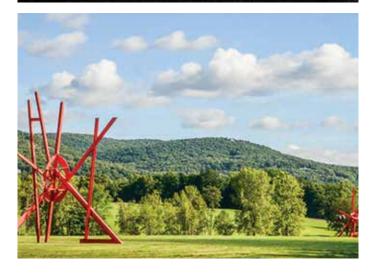
Art, Design, Nature & Hospitality Upstate New York

**UPDATES FROM THE FIELD BUSINESS STATUS** BROWSE

LOCATIONS Y







Welcome,

As the world reopens, we want to make it easy for you to find out who is open and what they are offering.

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We all expect places to be trying new things and have adjusted hours, so we are making it easy for them to share their business status and updates from the field. You will be able to save all of your favorite places on one page and easily check on their status before you head out. You can search by businesses that have online commerce and click right through to their website to shop.

We are excited to be working with the community to create this special guide that you can use as we venture back out into the world. We hope you will find it useful in making your time count!

Most of our team is either working pro bono or their time has been donated by the company they work for. This service is free to the businesses and institutions we love.

Please share it with your friends and family and tag us on Instagram and Facebook @tastemakersguide.

Warm regards, Michael Bruno

## Smith Seaman & Quackenbush Funeral Homes... Guiding You Through a Time of Need

heir History of
Benevolence began
in one of the oldest
homes in Orange County.

Rev. John Boyd, who was the minister of the Presbyterian Church in Monroe from 1826-1834, purchased the land where Smith, Seaman, & Quackenbush funeral home stands today, so he could build his house in 1834.

Rev. Boyd died in 1842 and his son, Dr. John C. Boyd occupied the house until his death in 1892. The Boyd family owned the property until 1910. In April, 1929 Edmund & Edna Seaman purchased the property for their funeral home.

Today, Smith, Seaman & Quackenbush still occupies the property. David Smith established the funeral home in 1835. It is one of the oldest businesses in Orange County.

In 1983 Tom Sullivan purchased the funeral home. Tom sold the business to Colin W. Campbell, who





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#### DIRECTORS:

Colin W. Campbell Thomas P. Sullivan

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had been a funeral director of the funeral home since 1997. Colin currently owns and operates both the Monroe and Highland Mills, NY locations. The business continues to operate as a family owned business as it has since 1835, providing compassionate and caring service to our community.

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#### MOUNTAINVILLEMANOR

Master Chef Craig Shelton, a Forbes 5 Star, James Beard Award Winner Arrives at Hudson Valley's Mountainville Manor



raig Shelton, internationally recognized Relais & Chateaux Grand Chef comes to the Hudson Valley to showcase his award-winning farm-to-table cuisine and masterfully executed wine pairing dinners at Mountainville Manor.

Craig Shelton was born in 1961 in New Hampshire, although has dual citizenship in the US and France. It was in Cognac, France, at his grandparents' restaurant that he first caught the culinary bug.

Chef Shelton, who holds a dual degree in molecular biophysics and biochemistry from Yale University, honed his culinary philosophy in the kitchens of haute chefs such as Joel Robuchon, Paul Haeberlin, Ferran Adria, Gaston LeNotre, and David Bouley. It has been his lifelong goal to help heal the nation's food system. As one of the pioneers of the farm-to-table movement on the East Coast, he supports sustainable practices, superior food, self-sufficiency and a return to the family meal. His relentless quest for perfection has earned him the most prestigious awards in the culinary community.

It was at the Ryland Inn in Whitehouse, NJ where Chef Shelton, as Proprietor and Chef, earned the James Beard "Best Chef" award (an Oscar in the culinary world). Chef's restaurant was the first outside of Manhattan to be awarded two sequential "Extraordinary" ratings, 4-stars from The New York Times.

"I had a mission at Ryland to start something pure, a prototype where the chef is farmer. Having a farm is not about saving money by growing vegetables and fruits ourselves, but the quality, the freshness, the purity—the life found in each natural morsel—was superb."

"There's something about the country meal that speaks to all parts of your body; your soul, your intellect, and your heart."

During his helm at The Inn at Dos Brisas in Texas, Chef Shelton received his Forbes 5-Star rating, one of only 22 in America. Some would say that Chef Shelton was destined to find his way to the bountiful, organic farms of the Black Dirt Region of the Hudson Valley. "I have been dreaming of doing a project in the Hudson Valley for a very long time."

As Chief Operating Officer and Executive Chef at Mountainville Manor, he will bring his extensive wealth of knowledge, skill, and passion to the kitchen and to your plate. The boutique manor, with its romantic and intimate atmosphere will only compliment Chef Shelton's fresh, farm-to-table, locally-sourced menus. You will feel as if you have come home, and are ready to sit back and enjoy a delicious, fresh, home-cooked meal with the best paired wine in the world.

Chef Shelton is looking very forward to establishing himself in the community and developing relationships with the local farmers, apiculturists, vintners, cheesemakers and bakers. And it will be glorious to witness as his passions flare when sharing with his patrons the freshest, most delicious, nutrient-dense food that he has spent his entire life perfecting.



#### OTHER HONORS WHILE AT HIS INN INCLUDE:

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- Top Ten Restaurant in America ranking by Gourmet magazine
- No. 1 Top Table in the USA by GQ magazine
- Four-Stars rating from Bob Lape of Crain's New York Business
- Relais & Chateaux, Relais Gourmand "Grand Chef" in 2006 - then, one of only 10 in the nation



There's something about the country meal that speaks to all parts of your body; your soul, your intellect, and your heart.









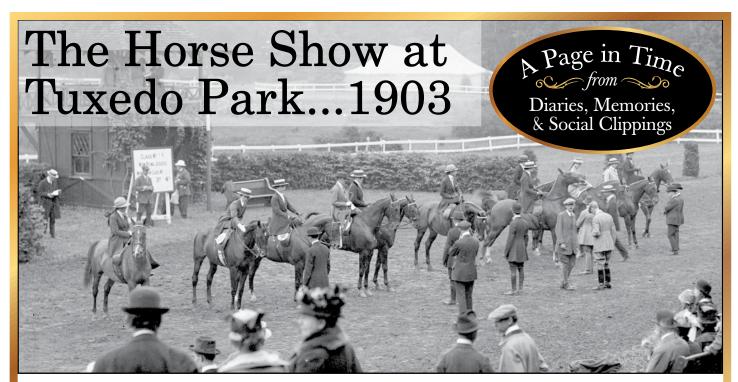


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iles of horseback riding trails wound through the rich forestland in Tuxedo Park. The sport was very popular and all eagerly anticipated ■ the horse shows. The amazing equestrian skills displayed, were unequally matched in the state.

The grand turnout for the 1903 horse show was proof of the sportsmanship in the park.

The early part of the week in Tuxedo was full of excitement, and many cottagers entertained guests for the event. Heavy rains came Friday and Saturday and caused much damage throughout the park. The guests who arrived for the horseshow were not able to leave due to the flooding damage. The railroad washouts were so bad that trains could not run until Tuesday and then, only one each way from Tuxedo to the city.

The horse show that was to have taken place on Friday and Saturday of that week was postponed until Monday.

Despite the condition of the track, there was a large crowd present and everything went smoothly.

The warm weather brought out all of the fine points in the horses. The showground and grandstand were artistically decorated, and the boxes were filled with a large gathering.

Many distinguished visitors were in attendance. A famous New York tailor brought in 3 manikins dressed in the latest equestrian riding habits for Tuxedo Park residents and guests to view the latest styles for their wardrobes.

There were numerous luncheon parties at the Tuxedo Club, which was also in fine décor for the occasion. Although deprived of electricity, the cottagers entertained as usual. The judges of the horse show dined at Mr. and Mrs. Frelinghuysen's on Monday evening; many residents were invited to this special dinner and a general excitement prevailed as everyone toasted one another's achievements in the show.





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#### Saddle River Day Successfully Transitions to Remote Learning

n keeping with the New Jersey State mandate that all private and public schools remain closed indefinitely, SRDS understood the transition to remote learning became a necessity that needed to happen in a very short time frame. Under the leadership of newly appointed Head of School, Jalaj Desai, and the superb work of Technology Director, Laura Hollis and her team of Niles Patel and Verne Becker, this transition happened seamlessly and successfully. Remote learning officially began on Tuesday, March 24th.

Faculty and staff spent the second week of their spring "break" immersed in setting up their virtual classrooms, researching online

teaching resources, and working tirelessly to ensure that remote instruction was easily accessible and clearly communicated for everyone involved so they would be ready to go on the 24th. Using the Google Meet platform, students followed the same schedule as they had when they were on campus to maintain some level of stability. In addition, the administrative team felt strongly that the ability to "see" classmates and teachers was important when students don't currently have the luxury of meeting their friends in person.

"Exciting, fun, engaging" - these were words that described the first two weeks of remote learning at SRDS. In addition, parent feedback was incredibly positive. One parent wrote: "I have to say, the bar is set pretty high to begin with at SRDS. But you, the teachers, students and staff, just blew it out of the water today!" Another wrote: "Giving our children a regular schedule, their virtual classroom, and the chance to all be together learning live is such a gift - not only for their education but also for their psyche."

A good teacher is someone who gives their students



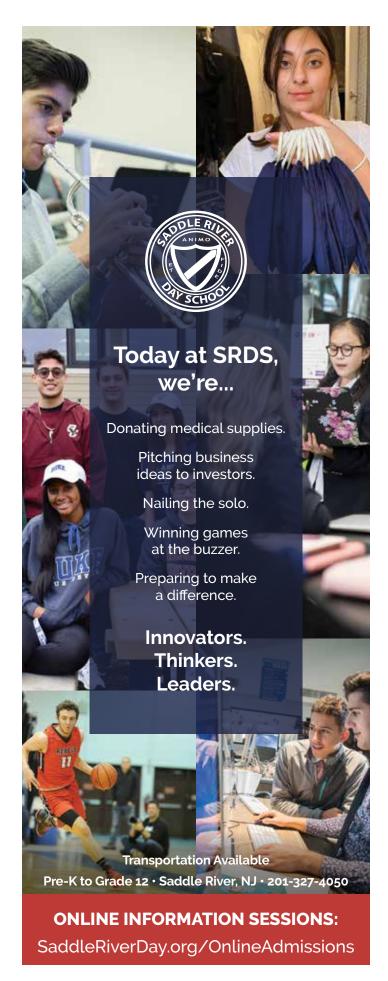
and those around them something to think about other than homework... someone who believes in their students and inspires them and others around them to be better... someone who goes above and beyond, even when they are not specifically asked to do so. During one of the most challenging times in our nation's history, SRDS is so proud of its faculty and staff for the work they have done to make the transition to remote learning as seamless as possible. We are also grateful to our families for the positive engagement and support they have shown during this stressful time. The SRDS community has bonded together in a way we have never experienced before.

The school continues to monitor the situation carefully, based on state and federal guidelines. Please log in to https://www.saddleriverday.org/about-srds/covid-19-information-for-srdsand https://www.saddleriverday.org/academics/remote-learning for the latest updates. Also, we invite you to follow #RemoteRebels on social media to see how our "Rebels" are engaged in remote learning.

Rebel Pride is alive and well at Saddle River Day School!

"It's the teachers that make the difference, not the classroom." - author Michael Morpurgo

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## West Point's Constitution Island Birthplace of the World's Most Popular Hymn

The Warner House



onstitution Island is located on the east side of the Hudson River, directly opposite West Point. It is the only part of the U.S. Military Academy Reservation on the east side of the Hudson River. Constitution Island is the site of the earliest Revolutionary War fortifications in the Hudson Valley. Taken briefly by the British in 1777, the island was re-occupied by American forces in 1778, and made an integral part of Fortress West Point.

George Washington was appointed by the Continental Congress to make plans on how the Hudson River should be fortified against the British. Subsequently, Bernard Romans, an engineer, was appointed to begin the construction of the large fort on the island, which was to be named "Fort Constitution." When British troops went up the Hudson River from New York City in 1777, the small group of American soldiers encamped on the island destroyed as much as possible of the unfinished fort, as to not let the British use it. British troops occupied the island for twenty days. Fort Constitution was never rebuilt. West Point was the new site of the forts built in January 1778.

Constitution Island is perhaps best known as the eastern anchor-point for the Great Chain, a massive iron structure that stretched across the narrow bend in the Hudson between the island and the mainland at West Point. The chain was intended to prevent British naval vessels from navigating freely



along the Hudson. It remained in place from 1778 to 1782. A large barracks was built and American soldiers were stationed on the island until December 20, 1783, when General Washington's personal "lifeguard" was disbanded there.

After the war, Constitution Island returned to civilian use. The Warner family owned the island and lived in the house from 1838 to 1915. The oldest part of the Warner House includes a thick stone wall existing from Revolutionary War days. Henry Warner built the Victorian wing of eight rooms in 1836, when he moved his family from New York City to the island. Miss Anna Warner lived there until her death in 1915.

The early years of Susan and Anna Warner's life were spent in New York City where the family lived comfortably. During the summer months, they often visited Mr. Warner's brother who was the Chaplain at the United States Military Academy at West Point from 1828 until 1838. As a result of these visits, Henry Warner became interested in Constitution Island, the property directly across the Hudson River from West Point. Susan Warner recorded the family's first visit to the island in her journal for July 28,1834:

"This morning we all took the boat and rowed over to Constitution Island. We wandered about looking at the prospect, and considering the ground."

Their father, Henry Warner, was a New York City lawyer originally from New England. Their mother was Anna Bartlett, from a wealthy, fashionable family in New York's Hudson Square. Although Henry Warner had been a successful lawyer, he lost most of his fortune in the Panic of 1837 and in subsequent lawsuits and poor investments. The family had to leave their mansion



at St. Mark's Place in New York and move to the old Revolutionary War-era farmhouse on Constitution Island. In 1849, seeing little change in their family's financial situation, Susan and Anna started writing to earn income.

Susan wrote under the name of "Elizabeth Wetherell", thirty novels, many of which went into multiple editions. However, her first novel, The Wide, Wide World (1850), was the most popular, and became the best seller of its day. It was translated into several other languages, including French, German, and Dutch. Other than Uncle Tom's Cabin, it was perhaps the most widely circulated story of American authorship. Other works include Queechy (1852), The Law and the Testimony, (1853), The Hills of the Shatemuc, (1856), The Old Helmet (1863), and Melbourne House (1864). In the nineteenth century, critics admired the depictions of rural American life in her early

novels. American reviewers also praised Warner's Christian and moral teachings, while London reviewers tended not to favor her didacticism.

Some of her works were written jointly with her younger sister Anna Bartlett Warner, who sometimes wrote under the pseudonym "Amy Lothrop". The Warner sisters also wrote famous children's Christian songs. Susan wrote "Jesus Bids Us Shine" while Anna was author of the well-known children's song "Jesus Loves Me".

In 1875 the opportunity came for Susan and Anna Warner to communicate their faith to the cadets at West Point. At the request of several cadets, Susan began a Bible class for them on Sunday afternoons in the Cadet Chapel.

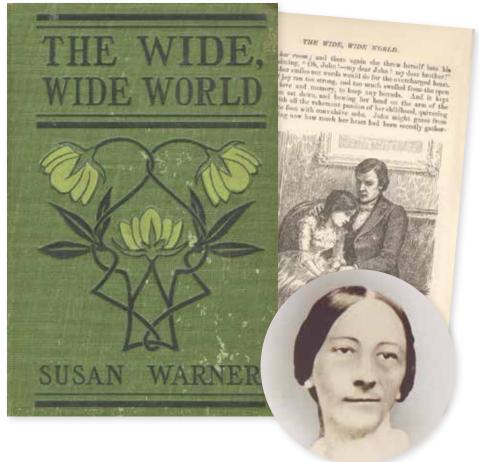
Anna wrote: "The first day, there was a very large gathering, curiosity helping on the numbers. After that, it varied from week to week, guard duty sometimes interfered; and Sunday being the free day for seeing friends.

At home, in the summer, they met in our tent near the house, the forage caps tossed out upon the grass; the gray figures in all sorts of positions in and out of the tent".

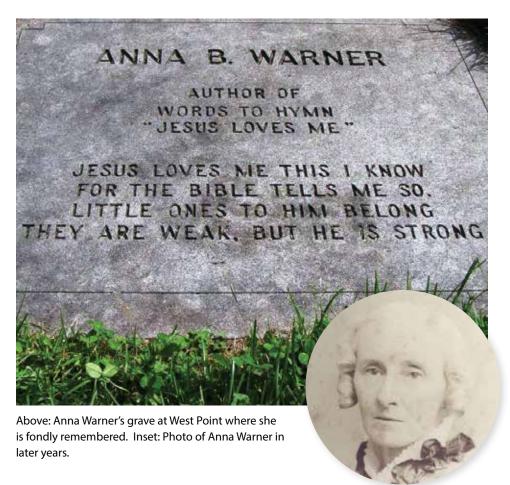
Following is a vivid account of these classes written by a former cadet and published in 1925 by Olivia Phelps Stokes in her biography of the Warner sisters.

"The visits to Constitution Island were regarded as a great privilege, for not only did they make a break in the severe routine of the daily life but they enabled the boys to roam further a field than was possible at the Academy, where the restrictions of the cadet's limits were pretty irksome to boys accustomed to the free run of the town or country. So the privilege of going to Constitution Island as one of 'Miss Warner's boys' was eagerly sought and highly prized. Every Sunday afternoon during the summer encampment the sisters would send their elderly man of all work, after the favored ones. He pulled the old flat-bottomed boat across the river to the West Point dock, where the boys with the coveted permits were waiting for him. Usually the trip back was accompanied with excitement, for the boat was always loaded to the last inch of its carrying capacity."

Susan Warner and Anna Warner were popular prolific novelists whose works sold millions of copies in the United States, England and elsewhere. The Warner sisters are recognized as among the most significant American women writers of the nineteenth century. Upon Susan's death, Margaret Sage, a friend, persuaded Theodore Roosevelt to accept the 280 acre island for the government as an addition to



Left: An 1850 edition of Susan Warner's "Wide, Wide World". Inset: Photo of Susan Warner.



West Point, with the condition the island could never be used for another purpose, and that Anna remain there until her death. Both sisters are buried at West Point Cemetery.

In 1944, John Hersey wrote an article for The New Yorker entitled "Survival." This was the story, told to him by John F. Kennedy, concerning the rescue of Kennedy and his crew after their PT boat was destroyed in the Solomon Islands.

After being stranded several days on the island, Kennedy and his men were discovered by two natives who led a rescue boat to the island for them. One of the men rescued with John Kennedy sat with his arms around two of the natives that saved them, and without a common language between them, on the way home they sang together a hymn they all happened to know:

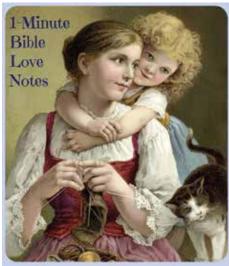
"Jesus loves me, this I know,

For the Bible tells me so: Little ones to Him belong. They are weak, but He is strong. Yes, Jesus loves me; yes, Jesus loves me . . . . "

This familiar hymn carried all over the world by nineteenth century missionaries, with its simple words and lilting tune made it so popular, that it served as a common bond between the American sailors and the Solomon Island natives. "Jesus loves me", became one of the most popular Christian hymns ever written and served as a common bond between much of the world and its faith.

The Warner House has changed very little. The Warner girl's cradle is still there, as is their mother's wedding china, a medicine chest, hundreds of books, and tattered area rugs.

The floors that creak, and lean



Some truths
are easy enough for a
child and profound
enough for a theologian:
"Jesus loves me
this I know, for the
Bible tells me so."

crookedly toward the front of the fireplace where the girls used to sit and write in the early morning hours, compliment the low ceilings crowning the small windows that peek out towards the river. It was quite a picturesque rustic home, with its grassy glades, and wide-reaching views of the river. And although their fortune was lost, Constitution Island became the dearest place on earth to them. It was the quiet gladness and gradual strength-gaining power that emerged from living on their "Island", where came the words of magical passion they shared with the world. 👣

Written by Tuxedo Park Magazine References: The Wide-Wide-World, 1850, Susan Warner, Putnam; In search of Captain Warner, Patricia Barry;The Constitution Island association; Pine Needles and Old Yarns, Susan Warner, 1891, New York Hurst & Co.; Office of Chaplains, West Point, NY



# Hudson Valley's | Mailey's | | APPROACH | | In The 1700's

he history of pharmacy in America is the story of a melting pot of new pharmaceutical ideas and innovations drawn from Europeans, Native American medicine, and newly discovered medicinal plants in the New World. American pharmacy grew from this fertile mixture, and has impacted U.S. history, and the global course of medicine.

Throughout the Hudson Valley in the early 1700's, apothecaries (pharmacists) practiced as doctors. Most learned to diagnose medical conditions and compound medications through an apprenticeship, some attended medical school in addition to an apprenticeship.

Much of the research used by early apothecaries and physicians of the Hudson Valley was gleened from one of the early geniuses of medical and herbal practices from the 1600s. Nicolas Culpeper wrote and translated many medical books from Latin into English. His largest success being, *The English Physician* of 1653 (now known as *Culpeper's Herbal*), which was one of the most successful publications throughout

England and America from the mid 1600s through the 1800s.

Culpeper's Herbal was an attempt to integrate ideas of the doctrine of signatures (herbal uses of treating ailments), along with astrology, into herbal medicine. It also included a translation, describing plants and their medical uses.

Nicholas Culpeper was an English apothecary and physician who rejected traditional medical authorities. Culpeper published books in English, giving healers who could not read Latin, access to medical and pharmaceutical knowledge. Many Americans possessed this "Bible of Medicine", while settling and living in the Hudson Valley.

Culpeper dedicated himself to serving the sick, the poor and the powerless. In 1644 he set up his own shop in east London, and started to translate medical books

from Latin into English. The early colonists who settled in America in the 1600s & 1700s were strong followers of Culpepper. They transported seeds from their most useful plants back in England, to America.



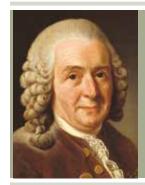
These new settlers planted their herb gardens within steps of their homes. Household herbs were extremely important, as there weren't many as of yet, so their "Bible of Medicine" at the time, was Culpepper's Herbal. They dried many of the herbs, storing them for use as ailment remedies throughout the long winter months.

Colonial apothecaries were thought of as doctors. They treated patients, made and prescribed medicines, made house calls, and taught apprentices. Some even performed surgeries, most surgeries occurred at the time without anesthesia. Even in the 1600s and 1700s, apothecaries were sophisticated in their knowledge of remedies. For example, they knew that calamine could be used to treat itchy skin problems and that heartburn could be cured with chalk (similar to modern-day antacids). Apothecaries often used leeches to "bleed" people and chinchona bark to treat fevers. Some

"Herbs and plants are medical jewels gracing the woods and fields, which few eyes see, and few minds understand. Through this want of observation and knowledge, the world suffers immense loss"

Jane developed a technique for making ink impressions of leaves, and to many drawings she added pieces of folklore, suggesting medicinal uses for the plant.

According to medical journals of the 1700s, medicine was based on empirical observations and reason. The sciences of biology and chemistry had not made significant impacts on the theories of disease. For the apothecaries' and surgeons' trades, there were textbooks, and many still survive. The National Library of Medicine, the nation's largest medical library, published a bibliography of the books from the 1700s in a collection. Most of the 501 pages are titles on such matters as medical theory, midwifery, pharmacy, surgery, and diseases.



"Herbs and plants are medical jewels gracing the woods and fields, which few eyes see, and few minds understand. Through this want of observation and knowledge, the world suffers immense loss"—Linnaeus

apothecaries crafted their own remedies from any number of substances, herbs, animal parts, and other mixtures.

Apothecaries, and the practice of medicine in general in the 18th century, focused on the symptoms of disease rather than the causes of the disease. The major medical problems of the time were not cancer, diabetes, or heart disease, but rather smallpox and malaria.

In the home, women were the primary caregivers for the sick. They relied on simple recipes passed down from their families or their "Bible of Medicine" to treat common illnesses. These Receipts for treatment often included in gredients that were readily available, usually from their backyard or the surrounding area, and stored in their root cellar or attic.

Jane Colden of Coldenham near Newburgh, was America's first woman botanist, earning the respect of leading scientists and leaving a valuable record now in the collection of the British Museum. She began cataloging Hudson Valley's flora in the mid 1700's, compiling specimens and information on more than 300 species of plants from the lower Hudson River Valley, and classifying them according to the system developed by Linnaeus, her mentor, who believed:

Much of the material in the collection embraces such social history as the stories of doctors and their patients. This bibliography reads more like a diary weaving the stories of medicinal practices throughout everyday life of the small towns that dotted the regions. The patients became as much the part of the page as the practices and treatment. Weather also played a large part of certain epidemics and conditions and was mentioned often in the physician's notes.

In the 1700's, many small roads meandered throughout the Hudson Valley known as Quaker roads. Many of which were responsible for the 1802 publication of an extensive study on a new form of medical practice known as "Medical Electricity".

Elisha Perkins brought his new concept of "Metallic Points" from Connecticut to the Hudson Valley in the late 1700s. A name given to devices that had to be pointed in the direction of an organ afflicted or diseased, touched to the surface of the body, and held above the skin for a few minutes to get rid of illness. The philosophy for this method of healing was based on the belief that there was too much electric energy stored beneath. It was believed that to treat the condition, this electricity had to be removed from the body by using a set of "points" made of two different metals.

The first mention of this method in Hudson Valley history came as an article in the Poughkeepsie Journal on September 21, 1796. This article mentioned the believers and the disbelievers of Perkin's theory, and highlighted that it was becoming quite famous and supported in the Hudson Valley.

At the time, public transportation had everything to do with how new healing faiths would be preached and practiced. Local newspapers carried the news to the public of "where and when" the preachers and healers were to appear, so that the town could gather and witness the new methods of medical approach.

Many Quaker families in the Hudson Valley held monthly, quarterly, and annual, meetings to share their knowledge about whatever new philosophies were brewing within their neck of the woods regarding medicine, although, they made the "Metallic Points" a part of their local community's natural philosophy. This medical breakthrough (or so they thought of it as), spread throughout the rest of the Hudson Valley throughout the late 1700s and early1800s.

Through Latin and English translations came the wealth of knowledge handed down from time immemorial, conducting cures and healing powers, derived from the plants around us. The Hudson Valley proved saturated with these healing remedies used so often, so long ago. Small apothecary stores dotted the Hudson valley on the meandering "Quaker roads" throughout the valley.

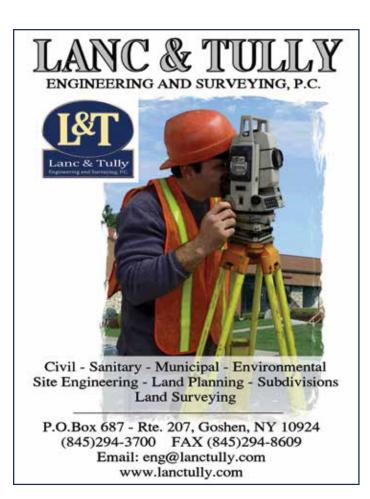
Shops selling everything from confectionery, perfumes, spices, spiced wines, to herbs and drugs that were compounded and dispensed on the premises to the public. Many of these shops were small dusky rooms with the heady scent of herbs and soaps, lighted by candles and latticed windows. Ropes of various local tree bark draped every corner and crevice of the small buildings.

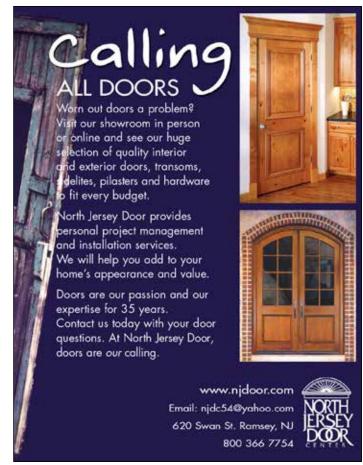
The local Sassafras tree bark was used for its quinine content as a remedy for Malaria, Willow tree bark for its salicin, (Latin word for Willow), containing salicylic acid used as aspirin, and Birch bark was widely used by chewing the Birch twigs to relieve headache and pain. Small brown bottles with twisted corks lined the shelves and windowsills, containing powders and liquids the apothecary pounded and extracted while the storms of the Hudson valley called for more epidemics.

He knew every turn of the weather and season would bring those seeking help from him. He was revered as a man of knowledge with power of the unknown. From the mythology of the middle ages came superstitions surrounding herbal cures and contracted ailments. By the seventeen hundreds in the Hudson Valley, medicine had taken a leap, although still it was steadfast to its roots of folklore and antiquity, holding the apothecary hostage to its early limitations of the practice of medicine still in its infancy.

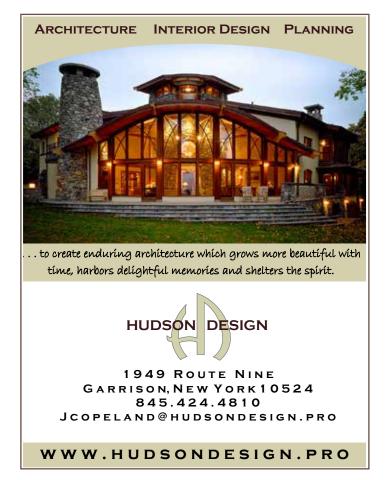
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References: Culpeper's Complete Herbal, Nicholas Culpeper, originally published 1653, new edition by Chartwell Books, Inc. Omega Books 1985; Mettallic Points, inventor of Metallic Tractors, Antiqique Scientifica...Metallic Tractors; "The Pharmacutical Industries", John P. Swann, 2009; "Pharmacy: What is is, how it works", William Kelly 2006, CRC Press; "College of Pharmacy" NY Daily Times NY, 1851, Nov.Brian Altonen, MPH, MS...Medical historian, articles published in 1985, 86, 87.Pougkeepsie Journal: Dr. Cornelious Osborn's Vade Mecum Recipe Book, 1763.Rev. Thomas Everest, "A popular view of Homeopathy," 1842, NY William Radde & Co.





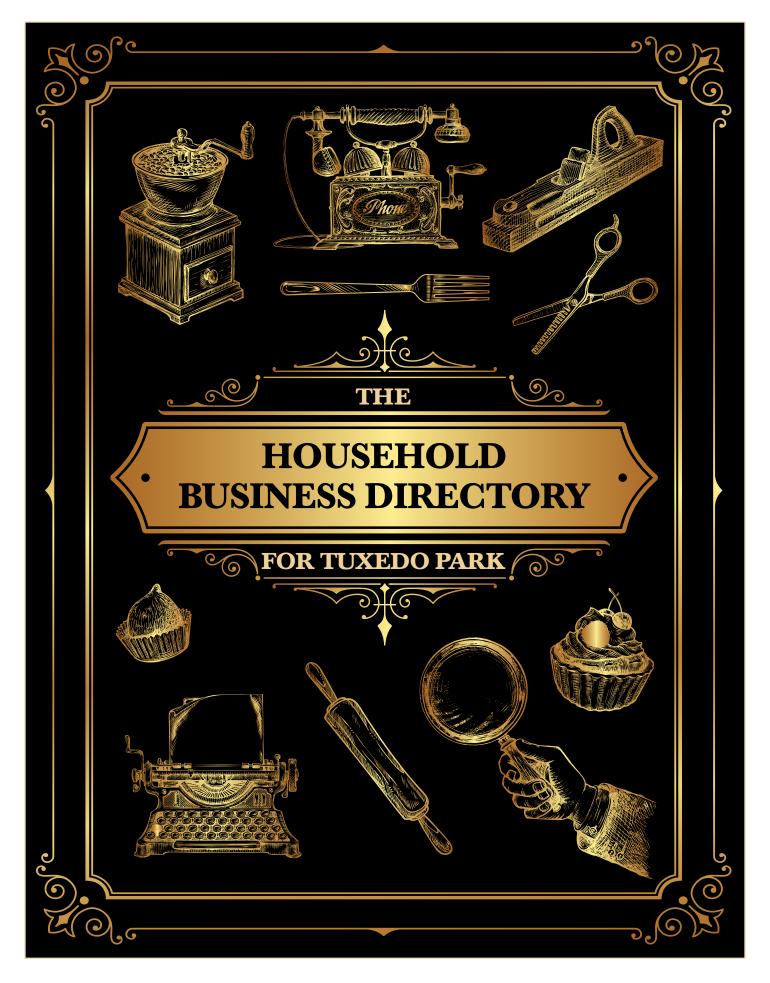






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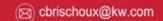




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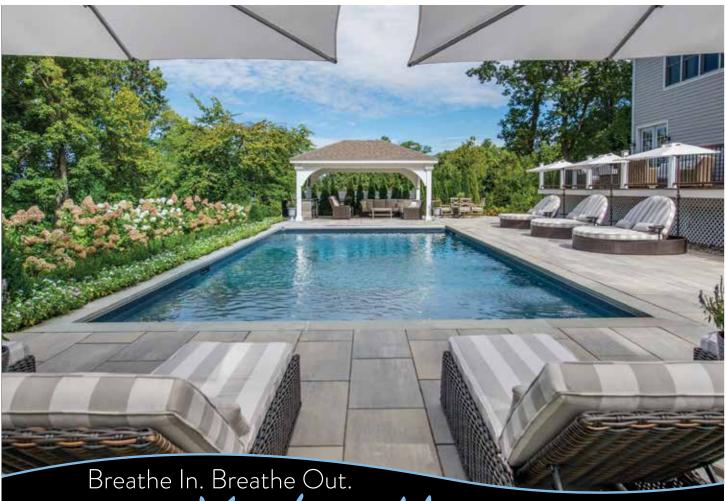
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