

2019

Town of Forestburgh Newsletter



Board and Committee News:

For a copy of the minutes and/or agendas, please visit our website at www.forestburgh.net . While on the website, please check the calendar for upcoming events and meetings.

Town Board

The monthly Forestburgh Town Board meetings are held the 1st Thursday of every month at 7pm in the Town Hall, located at 332 King Rd., Forestburgh. There will be a joint meeting with the Planning Board on Tuesday, January 22, 2019 at 7:00pm in the Town Hall to discuss the draft Subdivision Code. The regular monthly Town Board meeting is scheduled for Thursday, February 7, 2019 at 7:00pm in the Town Hall.

Planning Board

At the December meeting of the Planning Board the review and revision of the draft Subdivision Code was completed. It has been submitted to the Town Board, and a joint workshop with the Town Board has been scheduled for January 22, at 7pm to discuss it. There are no other matters before the Planning Board at this time.

Zoning Re-write Committee

The next upcoming meetings of the Zoning Re-write Committee are scheduled for Tuesday, February 12, 2019 and Tuesday, March 12, 2019 from 7:00-9:00PM at the Forestburgh Town Hall. They will continue to review the commercial overlay districts with the new map drawings.

Announcements:

Free Tax Preparation

FREE TAX HELP FROM AARP AND THE IRS

Would you like help with your income tax preparation and filing? If so, volunteers trained as tax counselors by the IRS will prepare and e-file your Federal and State tax returns at several sites around Sullivan County, including Monticello, Liberty, and Eldred.

For more information or to make an appointment at the Cornell Cooperative Extension in Liberty, call (845) 292-6180. To make an appointment at the Monticello Library, call (845) 794-4660, and for the Eldred Library, call (845) 557-6258.

Sponsored by the AARP and IRS, with help from the Cornell Cooperative Extension of Sullivan County.

Highway Department

A reminder, now that winter has finally arrived, there is salt and sand mix at the Highway Garage, 1401 Sackett Lake Road, for Forestburgh residents to use if needed. Please remember proper shoveling technique while removing snow from your property. Keep your back safe! A reminder that it is illegal to plow any snow into a public roadway. When plowing snow, do not plow across roadways or dump snow in the roads.

Forestburgh Wellness

The Total Body Fitness Class is back and in full swing! The classes will be held on Wednesdays at 5:30pm January 16th and 23rd, downstairs in the Forestburgh Town Hall. **Starting on Friday, February 1st the class will be held at 4:00pm on Fridays.** For full details see the flyer on our website- www.forestburgh.net- under Boards/Committees-Worksite Wellness. Bring your own yoga mat and water bottle. It's a great time!!

Sullivan 180

To Your Health! And a very Happy New Year!

A dedicated group of volunteer helpers (Susan Hawvermale, Wendy Wells, and Gifford Shriver) assisted our Sullivan 180 Forestburgh Health Champion, Karen Ellsweig, with tabulation of surveys filled out by Town Residents in late 2018. To jog your memories, Sullivan 180 is a new county-wide project designed to improve the health and welfare of our Sullivan County communities, one town at a time. The survey's purpose was to determine specific interests of Forestburgh residents regarding health-related issues and activities. That information will help Sullivan 180 and Forestburgh's Health Champion, Karen Ellsweig, develop programs based on those issues and activities resulting in a healthier Forestburgh in mind, body and spirit!

We are off to a good start! A summary of the survey results based on the number of responses is as follows:

-What activities or events would you like to see held in our community?

Community Walks (1), Exercise classes (2), Social Connections - book club; meditation sessions; art classes (3)

-What health topics would you like to see addressed in our community?

Stress Management (1), Exercise (2), Nutrition (3)

-What barriers might prevent you from attending activities or events in our community?

Job responsibilities (1), Weather (2)

-What time of day and days of the week work best for you to attend activities or events in our community?

Evenings on Tuesday, Wednesday or Saturday (1), Afternoons on any weekday (2)

-How often would you like or expect the activities or events to take place in our community?

Once a month (1), Biweekly (2)

More detailed results of the surveys will be discussed at our first **Sullivan 180 FORESTBURGH MEETING** which will be held on **WEDNESDAY, FEBRUARY 27TH, 2019, FROM 5:30 TO 6:30 PM**, in our TOWN HALL, 332 KING STREET. ALL are welcomed to attend. Please come and make your health voices heard! We look forward to seeing you there - the MORE THE MERRIER!

Do you have any questions or suggestions for our meeting? Please contact Karen Ellsweig at kforestburgh@gmail.com. Thank you for your continued participation and interest in this new and exciting county-wide project.

From the Town Clerk

Forestburgh Skiing – Forestburgh families are invited to take advantage of our ski program on Tuesday nights at Holiday Mountain Ski & Fun Park, Bridgeville. Tuesday nights from 5:00 p.m. to 9:00 p.m. – go to the ski hill, tell them you are from Forestburgh and show a photo ID. The town pays for the lift tickets. Reduced rates for ski and snowboard rental and lessons if necessary and there are enough to participate.

Forestburgh Spotlight

Congratulations to former Forestburgh resident Evan Mack for being recently recognized and named 2018 Professional of the Year by Musical America on the floor of Congress. Mr. Mack is a graduate of Port Jervis High School and is currently a Professor at Skidmore University. He has written several operas and you can catch some of his discussions and operas on the Indie Opera Podcast at indieopera.com. His latest opera "The Ghosts of Gatsby" has recently won the NOA Chamber Opera Competition, with a full performance to be held in Cleveland Ohio in 2020. Evan is the son of longtime Forestburgh residents Ed and Danielle Mack.

Forestburgh Senior Events Jan-Apr. 2019

Jan. 24, Thursday, Lunch

Soy Restaurant, Monticello 1:00 pm

Feb. 6, Wednesday, Club Meeting 1:00pm-Town Hall

Guest Speaker, Bill Cutler- Recycling How To's.

Feb. 21, Thursday, Lunch

Danny's Restaurant, Wurtsboro 1:00 pm

Mar. 6, Wednesday, Club Meeting 1:00 pm- Town Hall

Guest Speaker-New Director, Office of the Aging.

Mar. 19, Tuesday, Lunch

Apple Valley Family Restaurant, Milford 1:00 pm

Apr. 3, Wednesday, Club Meeting 1:00 pm-Town Hall

Guest Speaker- Nadine Gallagher, "The Hospital and You"

Apr. 17, Wednesday, Lunch

Yiasou Café, Liberty 1:00 pm

EVENTS ARE SUBJECT TO CHANGE

PLEASE RSVP TO VICE PRESIDENT, ILONA BUDOFKY, 707-4590

Our Town (Submitted by Town Historian, Sabina Toomey)

If you made a resolution at the beginning of the year, I hope you included some of the following:

1. Find a way to volunteer. It always make you feel better! That's been proven by science. They say it releases a chemical in your brain. All I know, it sure makes me feel good.
2. Take the time every day to see and feel the beauty in nature. It's very healing. One of the best places, in my opinion, to view a sunset is at the top of Saint Joseph's Hill. The McCormick farm, which occupied the area back in time, was called Sunset Farm. Once you view the sunset there you will see that it was aptly named.
3. Find a way to compliment and acknowledge each other for a job well done or any act of caring you see.
4. Be kind to yourself and forgive any mishaps so you will be able to forgive others who make mistakes as well.

Wishes for a Year of health, love and peace. Seniors will continue to meet the first Wednesday of the month at 1:00pm at the Town Hall. See the events list above.

Think about some special way to celebrate Valentine's Day. "Little things mean a lot"

Holiday Decorations Needed

Now that the holidays are over and you're putting your decorations away, if you come across any that you no longer want or need, please consider donating them to the Town Hall for use at our yearly Holiday Party/Bazaar. We are in need of outside lighting, an electric menorah, inside lights, and inside decorations of all faiths. You can drop off your donation to the Town Hall Monday thru Friday 9am – 3pm. Thank you!

Mushroom Barley Soup

2 Tbls. Butter
1 medium onion, diced
2 cloves garlic, minced
1 carrot peeled and diced
1 tsp. dried thyme
1 cube chicken bouillon (optional)
Salt and pepper to taste
10 oz. white mushrooms, trimmed and sliced
8 cups chicken or vegetable broth
1 cup quick cooking barley

In a large pot, melt the butter over medium heat. Add onion, garlic, and thyme. Season with salt and pepper. Saute until onion is soft, about 5 minutes. Add mushrooms and cook until just beginning to soften, about 8 minutes. Add broth and bring to a boil. Cook for 15 minutes. Add barley, reduce to a simmer, and cover. Cook until barley is tender, about 15 minutes. Season with salt and pepper. Enjoy!

Town of Forestburgh
332 King Rd.
Forestburgh, NY 12777