

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](http://www.forestburgh.net) . While on the website, please check the calendar for upcoming events and meetings.

### **Town Board**

At the November 7<sup>th</sup> meeting the Town Board passed the 2020 budget. The result is a 1.8% **decrease** in the budget. One major change is we will no longer be having a summer recreation program. We will still have the pool open and will encourage volunteer programs such as Sullivan 180 and others to utilize the facilities more. Part of the reason why we went this route is the ongoing tax certiorari's which is a result of the Reval we went through and our obligations to have funds on hand to settle them. We will also encourage holiday gatherings and functions throughout the year for our youth and community members. We will continue to monitor spending, and be diligent in our efforts to save tax dollars, and pass that savings on to our residents.

The monthly Forestburgh Town Board meetings are usually held the 1<sup>st</sup> Thursday of every month at 7pm in the Town Hall, located at 332 King Rd., Forestburgh. The next Town Board meeting is scheduled for **Thursday, December 5, 2019 at 7:00pm** in the Town Hall. For the monthly agenda and meeting minutes, please visit the town website- [forestburgh.net](http://forestburgh.net).

### **Planning Board**

The agenda of the October meeting was limited to providing a report to the Town Board on the proposed Local Law repealing the zoning Code chapter authorizing Planned Development Districts (PDDs) and responding to the Town Board's requests regarding Escrow fee changes. The November meeting will take place on Tuesday the 26th. An application by various Harwood Preserve LLCs for lot improvements will be presented.

### **Zoning Re-Write Committee**

The next meeting of the Zoning Re-Write Committee will be held on Tuesday, December 10, 2019 at 7:00pm in the Town Hall located at 332 King Road, Forestburgh, NY. They are currently reviewing the bulk table and design standards.

### **Announcements:**

#### **Our Town** (Submitted by Town Historian Sabina Toomey)

This month is designated to remembering Veterans. I would like to let you know that Forestburgh was home to men and women who fought in all the wars our country was engaged in. They fought in the only Revolutionary war battle of the Upper Hudson Valley at Minisink. From the Spanish American War, the Civil War and all the other conflicts America engaged in. Please take a moment to stop at the Memorial Triangle and say a prayer for all of our veterans. Especially the 2 prisoners of war from WWII, Eugene King and Joseph Klein, who were held near Berlin Germany. Have a wonderful Thanksgiving.

## **Highway Department**

Burns Road is now closed for the Winter and will reopen in the Spring, The sand and salt shed has been up for a week outside the Town Barn as we get ready for winter. Take some extra time this winter to be safe when driving. Everyone at the Town Barn would like to wish everyone a Happy Thanksgiving!

## **Forestburgh Seniors**

1:00pm, Wed. Nov. 20- Lunch at Frankie & Johnnie's in Hurleyville. Afterwards there will be a tour of Sullivan County Historical Society.


1:00pm, Thurs. Dec. 12 (rain date Dec. 13)- Holiday Party at Albella's

If you are interested in joining the Forestburgh Seniors or have any questions please call Vice President, Ilona Budofsky at 707-4590.

## **Forestburgh Fire Department**

Thank you to all who attended and volunteered at another successful Roast Beef Dinner! There were 171 dinners served this year! The Forestburgh Fire District Santa Run will begin at noon on Sunday, December 15<sup>th</sup>. You still have time to submit your child's information if they are not already signed up for this fun event. Please contact Ron Geysen at 794-1912 for more information.

## **Town Hall Holiday Celebration**

 With the Holidays quickly approaching, we are gearing up for another fun filled Holiday Celebration at the Town Hall! We are asking for donations of decorations: lights (both indoor & outdoor), outdoor ornaments, outdoor menorah, etc.. If you have anything to donate you can drop it off at the Town Hall during working hours, or call for assistance. Thank you!

## **Forestburgh Friends For Fitness (F4)** (As Submitted by Karen Ellsweig-Forestburgh Community Health Champion)

In October, we were treated to an excellent presentation by members of our own Fire Department. We learned about firehouse operations, how the volunteer members protect our town, and suggestions as to what we can do to improve home safety. We enjoyed an on-board tour of the department's trucks, and got first-hand experience donning the full weight (!) of a fire suit with gear.

**IMPORTANT NOTE:** Because of an inadvertent scheduling conflict with our November speaker, ***F4 will NOT be meeting in November OR December.*** We will start off the New Year at our **January 15<sup>th</sup>** meeting introducing Richard Mandelbaum, a clinical herbalist (and Forestburgh resident!) who will discuss *Using Herbal Medicine in the Modern World*. Richard will explore how medicinal plants, often the ones right outside our doors, can help us promote and maintain our health and wellbeing. Mr. Mandelbaum has been practicing herbalism for over 20 years, is a Registered Herbalist with the American Herbalists Guild, as well as a former board member, and director of the ArborVitae School of Traditional Herbalism in NYC. Remember, meetings are open to everyone, and are held on the third Wednesday of the month at Forestburgh Town Hall (unless otherwise specified) from 5:30pm to 6:30pm. Stay Healthy Everyone! Have very happy and healthy holidays. See you NEXT YEAR, 2020, where F4 has very exciting and informative presentations in the works.

## **NYS Youth Council**

Governor Cuomo has announced the formation of a New York State Youth Council, to increase participatory democracy. One youth from each county will be chosen to advise the governor and state and local policy makers on key issues facing young people and on outreach and communication strategies. The State is now accepting applications from youth to serve on this council. This is an incredible opportunity for New York's youth to represent their county on a statewide level—to offer

## **NYS Youth Council cont'd**

solutions and policy recommendations to key issues facing young people: education, youth violence/cyberbullying, the opioid crisis, juvenile justice, environmental justice, and civic engagement. The Council will also address issues of vital relevance to young women and girls, including sexual assault and harassment, female empowerment, economic opportunity, and wage parity. The Youth Council will be run by youth ages 13 to 21, who will gain hands-on experience in the democratic process, serving two-year terms. Once selected, Youth Council members will convene in Albany for orientation and training and then form regional teams to focus on specific policy issues. Interested youth need to submit their application through an online portal, completing an essay and a video demonstrating their interest in one of the council's focus areas. Candidates will be selected based on their character, leadership skills, academic achievement, civic engagement, and community service. Youth may apply at <https://nysylc.secure-platform.com/a/solicitations/home/1>; **the deadline for submission is December 9.**

For a copy of the NYS Youth Council guidance document for the 2019–2020 application contact Wendy Wells at the Town Hall, 794-0611 Ext. 28. Or there will be a copy on the town website under News. The Sullivan County Youth Bureau is very excited about this initiative and the opportunity for New York's youth! If you have any questions, please contact Lesia Snihura or Sherrie Hust at the Sullivan County Youth Bureau (845) 807-0394.

## **Sullivan County Public Health Flu Clinics**

Sullivan County Public Health will offer flu clinics during the month of November. Flu clinics will be held at the following locations:

- November 16 from 10am – noon at the Mongaup Valley United Methodist Church, 1090 Route 17B, Mongaup Valley
- November 20 from 1pm – 4pm at the United Church of Roscoe, 2 Church Street, Roscoe

Flu shots are free for everyone 6 months and older but if you have health insurance, please bring your Insurance card with you. Administrative fees based on a sliding scale may apply. For additional information, call Sullivan County Public Health at 292-5910.

## **How To Stay Well This Cold Season**

We are entering the season where colds are most prevalent. According to the Center for Disease Control and Prevention (CDC), every year adults average about two or three colds and children can have even more! When it comes to the common cold there is no cure, but drinking plenty of fluids and getting a lot of rest is the most important thing to do, according to the CDC. As my grandmother used to say, "prevention is the best medicine". Adults and children should wash their hands often with soap and water for at least 20 seconds. The cold virus can live on your hands, you can be infected through contact of stool and respiratory secretions from persons who have a cold and can be passed easily from person to person. The normal length of the common cold is 7 to 10 days. If your cold lasts longer than 10 days, you should seek medical help. If your symptoms come on quickly or worsen and include a fever, coughing, and sore throat, you might have the flu and should see your doctor within 48 hours of these symptoms as antiviral drugs may be the best treatment option for you. While sick it is recommended that you stay home and rest. It is also recommended that children stay home from school or daycare. You should also avoid contact with others, such as hugging, kissing or shaking hands, so as to avoid spreading your germs. When you cough or sneeze try to do it into your upper shirt sleeve or elbow of your shirt, completely covering your mouth. If you need to use a tissue throw it out and wash your hands after use. A little hand washing can go a long way! Stay healthy this winter.

## **Turkey Noodle Soup**

- 3 cups Turkey, cooked and cubed
- 1 Turkey carcass
- 2 cups Carrots, diced
- 2 cups Celery, diced
- 6 Garlic cloves, minced
- 1 Onion, chopped
  
- 1/4 cup Parsley, fresh
- 2 tsp Thyme, dried
- 5 cups Egg noodles
- 1 tsp Pepper
- 2 1/2 tsp Salt
- 1 bay leaf
  
- 7 1/4 qt Water or low sodium chicken stock

Boil the carcass in water for 30 min. Turn down the heat and simmer for 1 hour. Remove carcass, and add all remaining ingredients except for the egg noodles. Let the soup cook for another hour and add the egg noodles 20 minutes before eating. Remove the bay leaf.

Town of Forestburgh  
332 King Road  
Forestburgh, NY 12777