

2020  
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**

The monthly Forestburgh Town Board meetings are 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, March 5, 2020 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**

There is no meeting date planned for February.

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

There will be an extra monthly meeting of the Zoning Re-Write Committee on Tuesday, February 25<sup>th</sup> from 7-9pm in the Town Hall.

The regularly scheduled monthly meeting of the Zoning Re-Write Committee is scheduled for March 10<sup>th</sup> from 7-9pm. ZBA regulations will be on the agenda.

### **Announcements:**

#### **Forestburgh Seniors**

1:00pm, Wed. Feb. 5- Club Meeting and lunch at the Town Hall

**DATE CHANGE-**1:00pm, Wed. Feb. 19- Lunch at The Brew in Rock Hill

1:00pm, Wed. Mar. 4- Club Meeting at the Town Hall

1:00 – 4:00pm, Mon. Mar. 9- Art Class at the Town Hall. Must pre-register by Feb. 5

1:00pm, Wed. Apr. 1- Club Meeting at the Town Hall

1:00pm, Wed. Apr. 15- Lunch at Yiasou Greek Restaurant in Liberty.

#### **FREE Tax Preparation**

##### **FREE TAX HELP FROM AARP AND THE IRS**

**(For taxpayers with low and middle income. Although all ages are welcome, the program gives special attention to those age 55 and over)**

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 Cornell Cooperative Extension in Liberty, call (845)292-6180. To make an appointment at Ethelbert Crawford Library in Monticello, call (845)794-4660, and for the Sunshine Hall Free Library in Eldred, call (845)557-6258. Sponsored by AARP and IRS, with help from the Cornell Cooperative Extension of Sullivan County.

## **Dog Control Officer**

Reminder to all dog owners; by law all dogs must be licensed. Please see the Town Clerk for details. Dogs must always be on a leash or in complete control of the owner. It is against the law for any dog to be on private property without expressed permission from the property owner or wandering loose on any public road or on any public property. Letting dogs roam loose creates a safety hazard for the dog, the public and other pets. Please be a responsible dog owner and a good neighbor.

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

To my Forestburgh Friends for Fitness: BIG NEWS! Last month, we entertained our largest turnout yet, welcoming Forestburgh resident Richard Mandelbaum in January. Richard discussed "Using Herbal Medicine in the Modern World." We learned how our woods and fields are filled with medicinal herbs, how to utilize them in our daily lives, and how many herbs became the basis for patent drugs now on our pharmacy shelves. As one participant remarked, "The session was fascinating!" We hope to have a follow-up session in the summer, when Richard will help us recognize, gather and prepare our own medicinal herbs. Stay tuned.

This month, on **February 19**, we welcome Danielle Cassidy. She will speak about "Emergency Medical Services and the Community." Danielle has lived in Forestburgh all her life and was the first female firefighter for the town. She has served our community in that capacity for over 19 years and has also served as an Emergency Medical Technician (EMT) since 2004. Danielle has responded to many emergency calls and will describe her experiences and how we can be best prepared if EMT's have to come to our homes. Next month, on **March 18**, we again welcome Michael Weddle, MD PhD. Dr. Weddle previously helped us enjoy an amazing session on guided meditation. In March, he will enlighten us to the many benefits of "Mindful Eating." Think about the last time you ate a full bag of chips, or cookies, or pistachios, and wondered "*how did I eat the whole bag?*" This session should be VERY interesting and informative. Please note: Dr. Weddle will present for the full hour of our meeting. Looking forward, please mark your calendars for these upcoming events: **April 15** - Know the 10 Signs of Alzheimer's Disease; **May 20** - The Amazing Practice of Reiki, touch-less massage; **June 17** - Healthy Living, and in conjunction with Worksite Wellness, Saturday, **July 25**- Forestburgh Health & Wellness Expo! More details to come .....

All meetings are free, and take place on the 3rd Wednesday of the month in Forestburgh Town Hall, Lower Level, from 5:30 to 6:30 pm sharp. Please join us for one, or all, of these classes and bring your friends, relatives and associates, whether residents of Forestburgh or not.

## **Forestburgh Fire Department**

The Forestburgh Fire Department will be hosting their annual Corned Beef Dinner on March 14<sup>th</sup> with dinner being served from 5pm – 8pm. Adults \$13 and Children \$8. This is always a delicious meal prepared and served by Fire Department members and volunteers.





# What you need to know about 2019 Novel Coronavirus (2019-nCoV)

## What is 2019 novel coronavirus?

The 2019 novel coronavirus (2019-nCoV) is a new virus that causes respiratory illness in people and can spread from person to person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get 2019-nCoV?

The 2019-nCoV is spreading from person to person in China and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with 2019-nCoV. CDC continues to closely monitor the situation.

## Have there been cases of 2019-nCoV in the U.S.?

Yes. The first infection with 2019-nCoV in the United States was reported on January 21, 2020. The current count of cases of infection with 2019-nCoV in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does 2019-nCoV spread?

This virus probably originally emerged from an animal source but now seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. At this time, it's unclear how easily or sustainably this virus is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of 2019-nCoV?

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Many patients have pneumonia in both lungs.

## How can I help protect myself?

The best way to prevent infection is to avoid being exposed to this virus.

## There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against 2019-nCoV. The best way to prevent infection is to avoid being exposed to this virus.

## Is there a treatment?

There is no specific antiviral treatment for 2019-nCoV. People with 2019-nCoV can seek medical care to help relieve symptoms.



For more information: [www.cdc.gov/nCoV](https://www.cdc.gov/nCoV)

## **Open Burning in New York**

### **Burn Ban in effect from March 16 through May 14.**

Open burning is prohibited in New York, with several exceptions:

- Campfires less than 3 feet in height and 4 feet in length, width or diameter are allowed.
- Small cooking fires are allowed.
- Fires cannot be left unattended and must be fully extinguished.
- Only charcoal or clean, untreated or unpainted wood can be burned.
- Ceremonial or celebratory bonfires are allowed.

In towns with a total population less than 20,000, you may burn tree limbs with attached leaves, and must be less than 6 inches in diameter and 8 feet in length. However, this is not allowed during the Burning Ban. The burning of chemically treated wood such as pressure-treated lumber and plywood is prohibited always! Burning trash is prohibited in all cases. The burning of leaves is also prohibited in New York State. You may report polluters by calling the DEC hotline at 1-844-DEC-ECOS (1-844-332-3267). For more information on open burning and to check out other clips on NYS DEC, check out their YouTube Channel.

## **FREE RABIES CLINIC**

Town of Rockland will be hosting a FREE Rabies Clinic on Tuesday, April 1, 2020 at the Livingston Manor Firehouse, located at 93 Main Street, Livingston Manor. This event is for Sullivan County Residents only and requires proof of ID. Bring prior rabies certificate to receive a 3 year vaccination. No vaccine history, receive 1 year vaccination. All pet owners must clean up after their pets. All pets must be in a carrier or on a leash. All pets must be at least 3 months old. Vaccinations are available for dogs, cats and ferrets. For information call, Sullivan County Public Health Services at 292-5910, information line for Rabies Clinic Information call 513-2268 or Town of Rockland Town Clerk, Caroline Devoe at 439-5450. This event is sponsored by Sullivan County Public Health Services.

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