

A decorative graphic for the August 2024 newsletter. The word "August" is written in a large, orange, cursive font. Below it, the year "2024" is written in a smaller, bold, black font. The text is surrounded by various colorful flowers (yellow, orange, pink, red) and green leaves, all set against a white background.

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. You can also see postings for upcoming meetings at the Forestburgh Firehouse, Forestburgh Town Hall and in the Sullivan County Democrat newspaper.

Town Board

The Town of Forestburgh Town Board monthly meeting is usually held on the first Thursday of the month at 6:00pm located in the Forestburgh Town Hall. The next scheduled meeting will be on **Thursday, September 5, 2024**. For the monthly agenda, meeting minutes and updates, please visit the town website at www.forestburgh.net. You can also see postings for upcoming meetings at the Forestburgh Firehouse, Forestburgh Town Hall and in the Sullivan County Democrat newspaper. For more information, please call the Town Hall at 845-794-0611 ext. 21.

Planning Board

The Planning Board held its regular July meeting. Two applications for land divisions were before us. The first, for dividing a 4,5 acre parcel from a 20 acre parent parcel on Tannery Rd brought by Big M LLC was granted. The second application, by The Hartwood Club to divide a 2.5 acre parcel from a 2,500 acre parcel was also granted.

Our agenda for our August meeting tentatively includes only one matter - an application by Trips to Win, LLC for a Special Use Permit to operate a "Clubhouse for a social organization with associated recreational activities". This application had previously been referred by us to the ZBA. In the event that the ZBA, at its meeting on August 22 completes its review and rules after its Public Hearing, and the matter is ripe for a resumption of the review of its application before the Planning Board, our meeting on the 27th will proceed. If it does not, our meeting will be cancelled. Submissions for matters before the Planning Board can be accessed at <https://forestburgh.net/boards-and-committees/planning-board/pending-applications/>.

Announcements:

2024-2025 Hunting & Trapping Updates & Changes

Hunting and Trapping licenses go on sale Thursday, August 1, 2024! The big news this season is the transition to printing licenses and tags on plain paper. The online version of the 2024-2025 Hunting & Trapping Regulations Guide is available on the DEC's website at <http://www.dec.ny.gov/outdoor/37136.html>

Dog Control Officer

Reminder to all dog owners: by law all dogs must have current RABIES vaccinations and be licensed. Rabies and license tags must be attached to the dog's collar or harness at all times. Sullivan County offers free rabies clinics throughout the year in various locations, or your veterinarian will administer the vaccine. There has been a significant increase in abandoned dogs, dogs roaming loose and bite incidents. Letting dogs run loose is not only illegal it also creates a safety hazard for the public, the dog and other pets. Please be a responsible dog owner and a good neighbor.

Highway Department

The Highway Department is going back to 5-day work weeks starting in September. Plank B Road was chip sealed and has loose stone. Please drive slowly and with caution.

Forestburgh Fire Company

Members are needed. We are there from 7pm to 9pm every Wednesday night.

Our Town(As submitted by Town Historian, Sabina Toomey)

I was recently contacted by a person who bought a home in Forestburgh. While he was reading a favorite architectural magazine, he saw a whole article about a place called Saint Josephs; a place he had heard of. It seems Eugene Schoen (1880-1957) a very famous American architect and designer built fine homes for one family. He also as a designer, created high-quality Art Deco furniture. He was one of the few American born designers to achieve success. He studied Architecture at Columbia University and aboard in Vienna. He began his Architecture practice in New York in 1905. In 1931 he began offering interior design services. Mr. Schoen designed the interior décor of the RKO Roxy Theater in Rockefeller Center. He commissioned Maurice Heaton a famous glassware artist to make a mural. The one placed in the Rockefeller Plaza, said to be the most impressive. It depicted Amelia Earhart's flight across the Atlantic. Mr. Schoen designed several interiors of apartment buildings, banks, theaters, and department stores in Manhattan. Eugene Schoen died in 1957 and left behind many works of functional beauty. Thanks to the family who commissioned Mr. Schoen's work placed in Forestburgh. Much thanks for our new resident for telling us about Eugene Schoen. Take some time to see some of his work on the internet. I was so happy to see just a small part of his gifts.

New Phone System at Town Hall

The Town Hall offices received a much-needed new phone system this week! All the extensions were changed and are as follows: Town Clerk/Tax Collector ext.101, Supervisor Sec./Bookkeeper ext. 102, Assessor ext. 103, Assessor Clerk ext. 104, Building Dept/Code Enforcement ext. 105, Planning Board ext. 106, Court Clerk ext. 109

Also new in town is the beautiful new sign at the Cemetery on Route 42.

Our Town (July) (As submitted by Town Historian, Sabina Toomey)

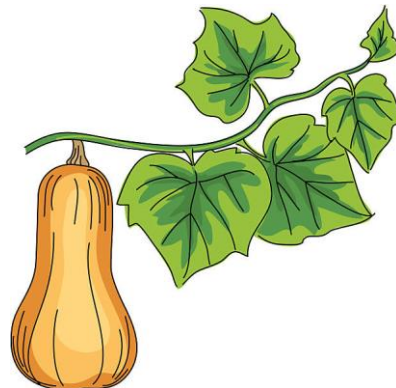
I ran across this tale recently, maybe it's not new to some of you, but I found it interesting. "How the Basha Kill Got Its Name". This stream in the early days was famous for the abundance it had especially Salmon which ran up from the ocean. It was then called Lysbets Kill after a popular Dutch Girl, Elizabeth Gousolas. Legend has it a Native American woman of the wolf tribe of the Lenape occupied a wigwam on the bank of the stream near Fort Westbrook. In some written historic notes she was from royal lineage a beloved by all. Bashee (her name) met a tragic death having accompanied her husband on a deer hunting trip along the Shawangunk Mountain. As tradition dictated Bashee carried the deer tied with its legs around her neck and they started for home. While crossing the Kill on a fallen tree she slipped with the deer falling on one side and her on the other of the log resulting in her death by choking. Because she was so important in colonial society the Kill was renamed after her English name. Although much information about Native Americans comes from written records, some of our knowledge has been handed down through story telling of legends and lore. These stories were told over and over and become part of our history. Historical markers are always Blue and Yellow but you will see ones in Red and Yellow. They are few and indicate the information came from legend and lore. Look for one in Rio/Cahoonzie (Cahoonshee) the last chief to live in the area.

August is Farm Market Season

There are so many local farmers as well as farmers markets in our area! Some locations include Barryville, Callicoon, Kauneonga Lake, Liberty, Livingston Manor, Mamakating, Monticello, Narrowsburg, Rock Hill, and Roscoe. Farmers Markets act as a community social hub. They attract tourists and can positively impact the businesses around them by keeping your dollars in your local community. They also help combat food insecurity, especially in rural areas, and offer education on nutrition and cooking! With 10 Farmers Markets available in Sullivan County, there's at least one market everyday of the week! The farmers markets offer more than produce. They include local crafters, specialty foods, and more.

Youth & Family Development(Extension Connection July 2024 Written and submitted by Nancy McGraw)

We all know that eating a healthy, balanced diet is an important part of a healthy lifestyle. A diet rich in fruits and vegetables, whole grains and lean protein provides many benefits and can help prevent heart disease, diabetes and even certain cancers. But did you know that eating certain foods can have a positive impact on brain aging – and can even help prevent dementia? Recent studies from the Columbia Mailman School of Public Health and the National Institutes of Health suggest that consuming these foods on a regular basis can slow down the brain aging process. Experts have developed a diet that brings many of these brain-healthy foods together. The MIND diet – which stands for Mediterranean/DASH Intervention for Neurodegenerative Delay – combines elements of the popular Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension diet). This diet incorporates fruits and vegetables, fish, poultry, eggs, whole grains and healthy fats, such as olive oil, all of which have been shown to decrease inflammation, prevent cell damage, and slow down the effects of brain aging. So, get out to your local farmers market and keep the MIND diet in mind while you're shopping. (sources: <https://www.publichealth.columbia.edu/news/healthy-diet-linked-slower-pace-aging-reduced-dementia-risk> and Morris MC. Nutrition and risk of dementia: overview and methodological issues. Ann NY Acad Sci. 2016 Mar;1367(1):31-7)



Pico De Gallo

1lb. plum tomatoes, diced

½ medium onion or 1 cup chopped

1 jalapeno pepper, seeded and finely minced

½ cup fresh cilantro, chopped

Juice of 1 lime

½ tsp. salt

¼ tsp. black pepper (optional)

In a medium bowl stir together, diced tomatoes, onion, jalapeno, cilantro. Stir in lime juice and lightly season with salt and pepper. Enjoy right away or cover and refrigerate overnight.



Town of Forestburgh
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