

Astor Family

Vol 4 Issue 2
Autumn 2015

Revival
**EVERYTHING
OLD**
is **NEW AGAIN**

**The
Bronx**
Astor's great
programs

An enjoyable day
in the borough

Farm to borough
via Greenmarkets

Bard's
Partnership
with Astor

Visit
Gaskins
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*The Lion
in Winter*

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HAROLD FARBERMAN**



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Contributors



Luke Kelly

Luke Kelly received his Bachelor's in English at Ithaca College in 2012.

After college, he split his time between working as a commercial fisherman in Alaska and traveling the world. He has been to 18 countries in the last four years and has been published in outdoor magazines such as the *Alaska Sporting Journal* and the *California Sportsman*. Luke started working at Astor in January 2015, and is currently the Help Desk Technician.



Kerry Sykes

After moving to the area in 1999, Kerry Sykes learned most of what she knows about Dutchess County and Hudson Valley while working as an editor for Taconic Press newspapers, a former chain of 8 weekly newspapers that covered Dutchess and Putnam counties.

She then worked in Public Affairs for Marist College until she had her first son in 2007. She is now a stay-at-home mom to her two boys and is combining her love of children, writing and Hudson Valley by contributing to *Astor Family Magazine*.

*If you would be interested in contributing to future issues of Astor Family, please contact
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Welcome

Arthur Schiff
Editor, *Astor Family*

Jump two counties south of Dutchess
and you are in the Bronx.
And there, for years with bold programs
and arms around commitment, is Astor.

This issue contains a big introduction to some of the great features of the borough and to Astor's work there.

From the Bronx to Annandale-on-the-Hudson. Bard College, renowned for its academics and arts, embraces Astor. Bard's students are the kind of young people who enjoy working with these even younger people, with challenges of their own.

We take a look at how burnishing the older can result in newer and innovative practices. Our interests range from Maestros to mattresses. Maybe you can't teach an old dog new tricks, but old dogs can teach us a thing or two. It isn't only wine that improves with age.

In this and in issues to come, we will demonstrate how Astor's many programs work with one another. It is a philosophy of caring. What works for kids in a community mental health center works for kids in residence at Astor.

No family is completely immune to the potential need for the kind of help Astor gives children and families. An investment in Astor continues the process of binding this community resource to the people it serves in the Hudson Valley (which includes the Bronx).

The way to patronize Astor is to support it with donations, and volunteer efforts. Pass the word to neighbors and friends that help is here for children and families with all kinds of behavioral challenges. Income, or the lack thereof, is no barrier.

Astor does its job rigorously and compassionately. It not only helps kids and families, it makes the future a safer place.

Arthur Schiff
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Astor Family

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ASTOR FAMILY MAGAZINE
Astor Family Magazine furthers the mission of Astor Services for Children & Families. The unique combination of services Astor provides to its clients is the basis for a publication with two goals: to use Astor's experience with children and families under stress as guidelines of benefit to all the families in the region facing the challenges of raising children; and to draw upon the great strengths and assets of the region (i.e., Hudson Valley, New York City, etc.) to help families fully realize their values and goals. This free publication is distributed throughout the Hudson Valley (Dutchess, Ulster and Orange counties) and the Bronx at thousands of locations including doctor's offices, schools, libraries, retail locations, corporations, Astor's 33 locations, etc. The magazine reaches over 10,000 each issue.

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Dear Astor Family...



The cover story about Patrick Madden, “Paint What You Feel,” attracted me to the magazine because I am interested in the arts and their importance to education, therapy and rehabilitation for children and adults. Looking through the magazine I

felt it was well-designed and a great introduction to Astor. I thought I would like to get involved with an organization like this ...and I am now a volunteer!

*Diana Chesmel
Rhinebeck, NY*

I just finished reading the remarkable story on Patrick Madden and his “Paint What You Feel” program at Astor Foundation. We have been to the last two Christmas parties at Astor to see the incredible art that Pat’s kids have created, and the work is truly incredible. Thank you for your warm and wonderful “portrait” of the artist and his pupils.

*Caroline G. Anderson, Art consultant
The Gates-Anderson Company*

*We would like to receive your feedback & suggestions.
Please e-mail letters to Sonia Barnes-Moorhead, Publisher,
Astor Family Magazine. E-mail: smoorhead@astorservices.org*

I grabbed a copy of “Astor Family” at Otto’s Market in Germantown as I ate lunch. I have driven past the Astor Home of course but I knew nada about it. I was just killing time...

Well, the magazine was so well done that, after reading it cover to cover, I turned to the masthead, “Who did this???” And darned if it wasn’t Ginny Sibbison and Arthur Schiff and Benjamin Krevolin and others. Friends and neighbors all.

Great job! Very informative and very enjoyable.

*Carey Maloney
Clermont, NY*



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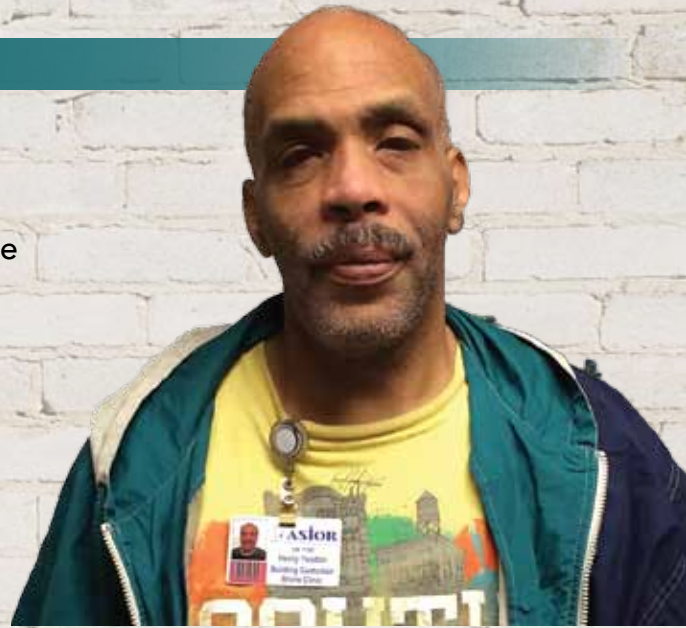
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THE PEOPLE WHO MAKE ASTOR WORK

by **Sonia Barnes-Moorhead**

Astor has amazing staff throughout our programs in the Hudson Valley and the Bronx. They do incredible work on behalf of the children and families we serve. We thought you might enjoy meeting one of them.

Meet Hank Yeadon



Custodian, Astor's Bronx Facilities

Hank has been a Custodian at Astor for 13 years, beginning his career at Astor on September 11, 2002. Hank's primary job is to keep the physical spaces safe for Astor's children and staff. As the custodian and the liaison between all four custodians at the seven Bronx sites, Hank is always there to make sure the spaces are clean and

maintained. With over 2,300 children, plus staff, going in and out of those building, it is certainly a big job! In addition, Hank assesses the structures and interfaces with leadership and vendors to set priorities on repairs.

Hank is a very quiet person who goes about doing his job, but don't let that quietness fool you. He is constantly looking out and assessing the environment. In fact, one of the things he likes about his job is being able to solve problems: "I see something that needs to get done and I figure out how to get it done. I always keep in mind safety as well as how to get it done at a reasonable price."

"Hank is a treasure! He is always there when we need him and is incredibly reliable. He is always a step ahead – anticipating our facilities needs, and then takes the initiative to handle them. We are all very thankful for all that he does to make sure that our facilities are in order," said Rod DiMotta, PhD, Assistant Executive Director, Bronx Programs.

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Astor Anecdotes

by Lisa Flynn

The content of these pages are poignant or funny “feel good” tidbits, anecdotal stories, artwork, heart-warming poetry, and photos. It is an informal place for clients, caretakers, families and staff, both past and present, to share their Astor-related stories.

We hope it leaves you smiling. If you have a story to share, please let us know. Submissions should be less than 150 words and should have a connection to Astor. If you have photos related to your submission, please include those as well. You may send them directly to Lisa Flynn, at lflynn@astorservices.org. Happy reading!

Rhinebeck Children Show They C.A.R.E.

Submitted by Lisa Flynn, Residential Family Advocate

Even fun at Astor has a purpose. Staff uses a program that helps foster relationships and communication. Recently, they had a fair for the children in Rhinebeck.

One event was a “people bingo” game. Children and staff got bingo cards. Instead of numbers the squares said things like:

Is an only child
Has been in an airplane
Was not born in NY State
Has met a famous person

Staff and kids mingled while filling in the cards. By talking they learned about each other. Later there was a competitive water balloon toss and a blind-folded walk about game. The fair ended with an ice cream celebration and certificates of contribution for the kids. It was a fun and informative experience for everyone.



Children and Staff compete in a water balloon toss.



Joseph works on the C.A.R.E. collage with Glenn.



Staff members, Carrie and Jessica look for photos for the collage.

I like the staff at Astor, especially Tia Dorsey, she is really nice. Going to the gym and playing basketball are my favorite activities to do.
- Shawn, age 11

The most fun at Astor is going on trips. My favorite trip is when we go to Quassy Park.
- Joseph, age 8

Barbecues at Astor are my favorite thing. John Garner cooks really good burgers. I also like our trips, especially when we go shopping at Five Below.
- Milagros, age 11

Memories Last a Lifetime

From Glenn Ninesling, Direct Care Support Team Leader

Several years ago a man came to the Astor residence in Rhinebeck eating some ice cream. He explained that he had been there as a child and his best memories were from that time he spent at Astor as a young boy.

He was having trouble in his life and was at a low point, so before he did something he might regret, he decided to take a trip up to Rhinebeck. When he was at Astor as a child his therapist, Dr. Jim McGuirk, would take him uptown for ice cream and he loved those times. When he arrived in Rhinebeck, he got some ice cream and then came to the residence. He talked awhile about his time at Astor, often smiling as he recalled different adventures. He finished his ice cream and went back home to New York City, leaving happier than when he arrived. I like this story, because the man that leads us had such an impact on kids in his early years that it just reinforces to me that it is all about the relationships we form with the children. It is what they take with them and hold on to for life.

Unexpected Connection

From Trish Luchnick, Director of Family Driven Care

You never know what will help connect a kid and a worker; engagement is often the hardest part of what we do, especially when we have diverse backgrounds and interests.

I remember just starting out and working with an eight year old, very energetic, young man. I met him at his home and brought games and crafts, and took him into the community to try all sorts of activities. I was feeling frustrated with myself, because I was not able to connect with him and began to wonder if pairing him with a forty year old woman made much sense at all. Until one afternoon we went to the park on a hot day and I wore shorts. He noticed a varicose vein on my lower leg and was fascinated. He asked me all kinds of questions about it and then determined that it was “really cool”. From that point everything changed and we worked well together for over a year until he graduated from the program.

AT BARD:

The Lion in Winter

The visitor sits down with the Maestro in his comfortable 1880 farmhouse in Germantown, NY, where they usually talk about the New York Mets. Today the visitor is there to talk about the Conductor's Institute at Bard College, which he, the Maestro directs. It is the preeminent training ground for future conductors of symphony orchestras.

The visitor is ignorant of music generally and conducting entirely. Maestro Harold Farberman had advised him to look at his book, *The Art of Conducting Technique*.

Harold Farberman runs the Institute, which takes place every summer. Applications from conducting students come from all over the world. His approach to conducting is unconventional. It is not for everyone. For forty years, Maestro Farberman has been campaigning to revolutionize the way conductors are taught their craft.

In his mind, something profound takes place when the baton is raised, and the violinist's bow is poised. It is something you can best appreciate during a live performance. Constructing a piece of music is an act of creation.

Bringing the subject back to baseball, the visitor asks, "When we look at a pitcher – the fluidity of his mechanics, his intense focus on the batter – is it something akin to the conductor and the orchestra?" "Exactly!" says the Maestro.

With this new thought, the visitor is treated to an explication of the art, science, philosophy, intellectualism and athletics of conducting a symphony orchestra. Most of all, for Maestro Farberman, it is about returning the balance of music making between the orchestra and conductor to the conductor.

by **Arthur Schiff**





**Maestro
Harold Farberman**



Students of Maestro Farberman practice at the Conductor's Institute at Bard College.

Not that it was ever easy. Old timey conductors knew the music because they had composed it. But was the conductor just a human metronome, a simple non-musical time beater? According to the Maestro, yes. It was that way 300 years ago when time beating patterns 1-2, 1-2-3, 1-2-3-4, etc. were invented. And, shockingly, it is still done today and commonly considered conducting.

Obviously, knowing the music is not enough. Maestro Farberman says you have to use the baton to physically shape the music you want to hear.

OK, so this man has an axe to grind. At 85, Harold Farberman is a lion in winter. A storied career as a percussionist, composer and conductor not quite behind him, he continues his cause. Today's orchestras are brilliant, the young musicians better than ever. But the historical idea that the conductor simply supplies the beat or tempo for the orchestra to follow is, and never was, the right idea.

It is the conductor. Tom Wolfe called such a person "a man in full." The right conductor has absorbed the composer's world, his intentions and the quotidian facts that influenced the composer's outlook. In short, the

conductor has to become something of a doppelganger of the creator of the music.

When he brings his vision to the podium, he is going to ask more of the orchestra than just doing what they do so well – playing the notes. He or she is going to use the tip of the baton to create a singular listening experience.

That is the moment when that low slider completes the perfect game. Something special has happened in the symphony hall. Everyone there will remember the experience. It will remain in heads and hearts forever.

Maestro Farberman says there are numerous natural musicians and athletes. Their gifts are in the way they walk up to the podium or mound. Their skills sharpen in the mind, the heart then and then work their way to the wrist and fingertips. Years and years of physical and mental training and dedication are essential. The commitment to the musical concept must be encompassing.

He cites Marin Alsop, the Maestra of the Baltimore Symphony Orchestra, as an exemplar of his technique. Commenting on her time at Bard, she says, "No serious

conductor should miss the opportunity to study at the Institute.”

The Maestro goes on, “Leonard Bernstein was great, a once in a generation conductor. So were Sir Thomas Beecham and today’s James Levine of the Met.” Asked about his boss, Leon Botstein, who was once his student, the Maestro says without hesitation, “Leon is a first-rate conductor.” Maestro Botstein returns the compliment saying, “Harold was a great mentor.”

Maestro Farberman was born in 1929 and raised on the streets of New York’s Lower East Side. He comes from a percussionist/Klezmer family. At age 21, in 1951 he took a seat as the youngest percussionist of the Boston Symphony Orchestra.

Filled with ideas of how music should be made, he nevertheless made his peace with convention. His wife of 57 years, Corinne Curry was a well-known opera singer.

Their children Thea and Lewis are fully deployed in the world of family and work. There are grandchildren.

Still, there is a not entirely benign glint in his eyes. The Conductor’s Institute gives him a chance to work off his lather. There is a steady march of conductors going forth carrying his word. Others are using his book, *The Art of Conducting Technique*.

The word of mouth continues.

It has been a satisfying life for the Maestro. Reshaping conventional wisdom requires taking hard knocks. It helps enormously if you believe in what you are propagating.

Of the Hudson Valley, Harold has this to say. “I love our life here. Bard is a pleasure to be associated with. Our neighbors are great, maybe not so much their politics, the food is splendid, maybe not so much the winter weather. The sense of peace and purpose fulfills me.”



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by Luke Kelly

Bard College's partnership with Astor



Autumn is beginning to reveal itself in the Hudson Valley—the leaves are changing, the days are becoming chillier and shorter, and the local college students are back on campus after a long summer break. For the kids of Astor Services in Rhinebeck, the latter is welcome news.

Each fall, Astor continues its partnership with Bard College, a private liberal arts school in nearby Annandale-on-Hudson. The two have a longstanding relationship—seventeen years to be exact—and it's one that benefits both the Bard students and the children of Astor.

Bard's partnership with Astor is part of Bard's Trustee Leader Scholar Program (TLS), which "proposes, designs, and implements civic engagement projects based on [the student's] own passionate interests." Students are drawn to the program out of a desire to benefit the community, and to affect social change. Volunteers, typically 15 to 20 students from Bard College, come to Astor in Rhinebeck to spend an hour per week with the kids. The college students work with the children on a number of different projects—most of them geared towards the arts—with the intention of igniting the kids' creative passions.

"It's a twofold goal," says Helena Wippick, the student leader of Bard's TLS program with Astor. "It's great to get Bard out into the community, which is certainly a larger goal of this project. But it's also great for the kids—gives them some one-on-one time with adults and lets them be the focus of attention."

Wippick explains that the Bard students engage the children of Astor in ways that allow them to explore various innovative outlets. "It's based on mutual interests between the Bard students and the kids," she says. "So we've had things like cooking or music lessons. We'll teach the kids acting. Right now we have one student who is in the Bard Conservatory program, so she's been giving flute lessons to one of the little guys here and he really enjoys it." It wouldn't be a stretch to walk down the halls and see the kids learning anything from ceramics, improvisational theater, or even bookmaking. As long as it's hands-on and requires some imagination it's fair game.





Bard College students engage the children of Astor in creative endeavors.

“The kids just love [the program],” says Kathleen Gavin, who oversees the program on Astor’s side. “They like that these guys are college students, and they like that they are getting a one-on-one experience. It’s hopefully an arts, music, dance, theater driven-kind of thing.” The effort, she says, has been to try to reach out to kids who might not be as interested in sports, but have a natural inclination to, say, playing guitar or painting. “The program helps kids who may be a little less competitive.”

Wippick says that when it’s all said and done, the Bard students’ favorite thing about the program is the relationships they establish with the kids. “I think that the relationships that you form with the kids are really awesome,” said Wippick. By the end of each school year, the kids of Astor have acquired some new skills, and the Bard students have succeeded in sharing their passions in a community setting. “It’s always bittersweet at the end, when the kids are upset to see you go,” says Wippick. “We get as much out of it as the kids do.”

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← Uptown & The Bronx

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6

A Day In The **BRONX**



by **Samantha Lowe**

The Bronx is a beautiful mix of New York City and suburban Westchester County. It lacks the looming skyscrapers of Manhattan, but houses a population of all the demographic elements of the metropolis. Tourists often ignore the Bronx when visiting the City. However, after spending the day wandering through the Bronx, it is obvious that it offers more than meets the eye.

EATING

ARTHUR AVENUE. Any good day trip involves eating far more calories than typically allocated for a day's consumption. I did my research before heading to Arthur Avenue. The quintessential Arthur Avenue meal was an Italian Hero—a little heavy for 11 a.m. but I wanted to make sure I made this trip to the heart of the Bronx count. Here is what I was told to do: Purchase a sesame loaf from Madonia Bakery, walk a minute down the street to purchase meat from Calabria Pork Store, and cheese from Calandra and Casa Della Mozzarella.



This was to be the hardest I have ever worked for a meal. I made my way over to Vincent Ciccarone Playground, the closest park bench to my last stop, and sat down to craft what I had been told would be an unforgettable meal. It was a little awkward, and warranted a few stares, to lay out an ensemble of meat, bread, and cheese on the bench next to me.

It was totally worth it. The bread was fresh, the meat a little spicy, and the cheese was by far the best I ever had. Put your embarrassment aside and take ten minutes to craft your own sandwich on the closest park bench.

SITE-SEEING

It would be a waste of a day not to visit Edgar Allen Poe Cottage, Yankee Stadium, the New York Botanical Garden, The City Island Historical Society and Nautical Museum, the world famous Bronx Zoo, Van Cortlandt Park, and much more. I had to choose. I chose the Bronx Museum of the Arts.



Bronx Museum of the Arts



New York Botanical Garden



Yankee Stadium



Cakes on display in an Italian Bakery on Arthur Avenue.

**I wrote those lines, “The Bronx? No thonx!” I shudder to confess them.
Now I’m an older, wiser man I cry, “The Bronx, God bless them!”**

OGDEN NASH, POET 1902 – 1971

Housed in a modern building it is a great juxtaposition to the beige buildings surrounding it. The entry fee waved via a foundation grant. Housing more than 1,000 permanent pieces, the museum includes works from Vito Acconci, Elizabeth Catlett, and Martin Wong. Its mission reflects the borough’s dynamic communities. The museum is the crossroad where artists, local residents, national and international visitors meet.

The Bronx Museum of the Arts perfectly molds together varying portraits, unrealistic and realistic landscapes, and contemporary photography documenting life in the Bronx.

My favorite exhibition was *Presente! The Young Lords in New York*. Johanna Fernandez and Yasmin Ramirez perfectly capture the radical movements of The Young Lords, a group, some say a gang, in the 1960s that

demanded social change in New York City. “The Young Lords had a defining influence on social activism, art, and identity politics, but the lasting significance of their achievements has rarely been examined,” said The Bronx Museum’s Executive Director Holly Block. The Bronx Museum of Arts is a must.

SHOPPING

The Bronx is not Brooklyn. It does not have charming shopping. It does have its fair share of flea markets and shopping centers. For those looking for chain stores, look no further than the Bay Plaza Mall or the Gateway Mall. If you want a true shopping experience of the Bronx, go to the Grand Concourse and Fordham Road and walk east or west. Then you will know the Bronx.



ASTOR IN THE BRONX

by Virginia Sibbison, PhD

The Bronx - the only borough of New York City on the mainland of the United States. Parts of its mainland heritage are the many hills and dales - left behind from the Ice Age. It is a rugged borough.



The Bronx is special. From its world-class Botanical Garden and Bronx Zoo to its busy streets and sidewalks bustling with old-timers and America's newest arrivals.

It is a gateway to the U.S.

From the last half of the 19th century to today, millions of immigrants have made it their first stop in America.

AND HERE IS WHERE ASTOR COMES IN.

Astor has been immersed in the Bronx for more than 40 years. Astor's goal is to deepen its relationship with the people in the borough.

Initially a single, freestanding outpatient clinic in the Williamsbridge neighborhood, Astor now has grown into a multi-service agency operating throughout the borough.

Astor programs are far flung in the Bronx, but they are welded together by a common cause: to improve the lives of troubled children and families so they will have a better life. Fancy initials and program descriptions aside, that is what Astor does.

ASTOR AT WORK

Services given "in place" are gaining ground in all kinds of care programs. It is better to keep seniors in their apartments and it is smarter to keep kids in schools.

In multiple ways, in dozens of places, Astor in the Bronx is working at full throttle to provide school-based day



The Little Red School House

treatment programs with clinical services in several Bronx public schools.

Astor children are the kids in trouble in pre-schools and public schools. Their lives are on the line. Astor clinicians interact in classrooms with children, their parents, and their teachers. The apparatus of social services are brought to bear. Crisis intervention, parent education, links to community resources and group therapy are all arrows in the quiver of committed Astor workers.

Why are schools such good places for delivering treatment? School settings provide more flexibility for conversations in classrooms, gyms, cafeterias and schoolyards. The work is called mental health services, but it is really human care with skill and compassion.

Crisis intervention, parent education, links to community resources and group therapy are the dynamic qualities of Astor services. The intent of the programs is to help children remain in their communities and within the NYC school system. The programs support students in



Students in the Therapeutic Nursery Program in the Bronx.

their efforts to achieve academic success. Success in school is a good predictor of social, emotional and economic success in adulthood.

Take the Little Red School House; it houses a well-known day treatment program named for Lawrence F. Hickey, a gracious and generous benefactor. It is a Therapeutic Nursery Program serving 3 to 5-year-olds with serious emotional and cognitive needs.

Day treatment services are in three independent sites and one middle school. The programs serve the most behaviorally and emotionally challenged students, and by extension, their families. Many of the families of the participating children have serious predisposing factors such as serious mental illness and substance abuse issues.

These children have difficulty learning and listening. They are kids near the end of their ropes even before they have had a chance to get started. The treatment is intense. Without the commitment of Astor, the obstacles to successful learning and a healthy future are immense.

To continue serving its young population, Astor runs a Transitions Program, financed in part by the Robin Hood Foundation. It provides counseling and other clinical services to children from day treatment programs and their families. The transition program is one Astor's great hopes for the future. Its high school graduation rate is virtually 100 percent.

All the kids Astor sees in the Bronx are getting care from

state-of-the-art programs that simply put, give them the kind of support usually delivered in more affluent communities.

The Bronx does have some mean streets. But it has oases too. Astor is one.

AstorCare Programs in the Bronx include collaborations with the NYC Department of Education, the NYC Department of Health and Mental Hygiene, and the NYC Administration of Children's Services. There is additional funding from the Robin Hood Foundation and multiple private donors.

Mobile Response Team Services are provided in five Bronx middle schools, include mental health screenings; staff and parent education and training; crisis intervention; and referrals to community resources.

Outpatient Clinical Services are provided in nine Bronx elementary and middle schools. Astor clinicians provide individual and group therapy; assessments; casework; and referrals and linkages to community resources.

Transition Services include family support, referrals (outpatient clinics, after school programs, summer camps, etc.), school placement assistance, and student support (travel training, resume writing, college/job fairs, etc.).



Unique Lighting Solution



Pandias Jewels' Super Sparkle Yarn



Kitchen view in Riverdale Home

Revival EVERYTHING OLD is NEW AGAIN

by **Kerry Sykes**

Handcrafting gives you the opportunity to get exactly what you want.

Suzanne Walton, half of the team that makes up Rowan Woodworking in Kingston, explained what makes her business stand out.

“We make hand crafted furniture. People come to us when they cannot find what they are looking for in the stores. We design the pieces, trying to imagine what the customer wants.”

Tim McCann is the other half of Rowan Woodworking. They ran a cabinet shop together for another company for about three years before they decided to branch out on their own.

Four years ago Julia Wardell of Salt Point had an idea for making a purple shawl but couldn't find the right shade of yarn. She tapped into her background experience studying color theory while an art history minor in college and started dyeing yarn with the attitude of “how hard can it be?”

And so she started throwing colors into a pot and created Pandia's Jewels. Her business of selling hand dyed fiber and yarn is named for the Greek goddess of the moon and creativity, and no two skeins are alike.

“I love figuring out exactly what a client is thinking and what their dream version of this is if money were no object, and then building something as close to that as is possible,” said Suzanne Walton, Rowan Woodworking.

Both businesses chose their names with history and tradition in mind. Rowan Woodworking gets its name from the old Celtic word for Rowan tree, which their logo spells in an ancient script called Ogham.

Traditional crafting and handwork are experiencing a revival, partly thanks to the modern technology of the Internet.

Walton said that Pinterest is helpful in her line of work. “If a homeowner contacts us directly then we help them figure out what it is they need, like and want. Through many meetings and email exchanges, including them pinning things they have seen online and love onto a Pinterest page, we dial what their aesthetic is.”

And in the Bronx.

If such a thing is possible with a mattress company, it is happening in the Bronx. Started in the late 19th century, Charles H. Beckley, Inc. with a few name changes branched out to the Bronx in the early 20th century. It dates the present business to 1931.

The company is still making mattresses the way it did 100 years ago. It waned during the Great Depression and rebounded with a thriving World War II business supplying bedding for soldiers.

The Bronx is a perfect place to be. It is near major transportation hubs.

The company says: “Just about every single one of the traditional production and construction methods is used to make our bedding to this day.”

As the Bronx is rounding a turn toward a comeback, it is well to remember the craftspeople coming from all over to ply their trade. If you want a horsehair mattress, this is the place to shop.

They make plenty of other modern bedding products.



Mattress factory in the Bronx



Pint-sized Toy Shelf



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*In appreciation for the Astor staff
who dedicate their lives to helping
children and families.*

—Jim, Beth and Sean McGuirk



Greenmarkets *of* The Bronx

Stand on the western shore of the Riverdale section of the Bronx and you are on the banks of the Hudson River; that makes the Bronx a bona fide member of the Hudson Valley.

Two connections make the point: the array of programs that Astor has in the borough and the direct farm to market programs that bring the crops of the Hudson Valley to the tables of Bronx residents.

Six Greenmarkets are located there as well as a wholesale market and five Youthmarkets. Young people run these last markets.

The three driving forces in the Bronx are the undeniable need for fresh produce; the ethnic diversity of the people living there; and the

opportunity to bring young folks into understanding the food business.

Starting with the first, Migliorelli Farm stands are familiar sights in the Valley. The family has been involved in Greenmarkets since 1982. They bring more than 150 varieties of fruits and vegetables to market. Greenmarkets account for most of their business.

Of the Greenmarkets, Ken Migliorelli explains “you want an array of items and several fruit and vegetable growers so everyone does well. You want some healthy competition.”

Other growers encourage customers to come upstate. Prospect Hill Orchards in Milton sells apples, pears and peaches at Greenmarkets, but they also offer brochures to

by **Kerry Sykes**





Hayrides at Prospect Hill Orchards

people interested in visiting their farm. “People take taxis or bikes from the train station to the farm. It’s cool to see people from the markets there, it makes a closer connection,” said Pam Clarke.

Most residents of the Bronx are black and Latino, with a rapidly growing Asian population. Immigrants include folks from countries in Africa, the Caribbean, Mexico, the Dominican Republic and Central America. It is a challenge to growers and customers to educate each other on food customs and preferences. Amanda Allen of Meredith’s Country Bakery of Kingston says, “Over the last 30 years, our product lines have been directly influenced and developed based on customer demand.”

Finally, The LGE Youthmarket (Learn It Grow It Eat It) aims at improving the health of young people through nutrition education and improved food access in their schools and

community. LGE interns demonstrate cooking at the Youthmarket’s Nutrition Education table. The LGE Youthmarket is now in its fourth season.

Greenmarket has 24 year-round markets with 54 markets running throughout the New York City area at the height of the season. There is a wider variety of farm-fresh food available in the summer than winter, so “farmers have entered into value-added crops to add to what they can sell in wintertime with things like pickles, preserves and krauts,” explained Laura McDonald of Greenmarket. Produce is not the only thing sold at the markets.

As the farm-to-market movement matures and expands, it carries the promise of moving the Hudson Valley toward greater self-reliance. It will never become self-sufficient, but it is a healthy movement heading in the right direction. There are not that many trends today of which that can be said.



GreenMarkets in the Bronx

Lincoln Hospital Greenmarket

Park Ave & E 149th St., Open Fridays, 6/26 - 11/24

Bronx Borough Hall Greenmarket

Grand Concourse & E 162nd St., Open Tuesdays, 6/2 - 11/24

Poe Park Greenmarket

Grand Concourse & E 192nd St., Open Tuesdays., 6/30 - 11/24

New York Botanical Garden Greenmarket

2900 Southern Blvd, Open Wednesdays, 6/17 - 11/25

Parkchester Greenmarket

White Plains Rd & Westchester Ave,
Open Fridays, 6/12/2015 - 11/20/2015

Learn It Grow It Eat It Youthmarket

Boston Rd & E 169th St., Open Wednesdays, 7/8- 11/25

Marble Hill Youthmarket

Broadway & W 225th St., Open Thursdays, 7/9 - 11/19

Riverdale Youthmarket

Mosholu Avenue and 256th Street,
Open Thursdays, 7/9 - 10/29

Hostos Greenmarket

149th Street and the Grand Concourse,
Open Tuesdays, 6/30 - 11/24



Recipes from The Greenmarket

Beans & Escarole Soup

- 2 lg. heads of escarole
- 2 cups cranberry beans
- 2 lg cloves of garlic - chopped
- 2 stalks of celery - cut very thin
- 2 tablespoons tomato paste
- 1/3 cup olive oil
- Salt and Pepper to taste

Wash and parboil Escarole, save 4 cups water from Escarole - discard the rest. Into this Escarole water add celery, garlic, tomato paste and salt and pepper. Let it cook for 20 minutes. Then add the beans and cook until almost tender. Add chopped Escarole to beans and let cook until tender.

Serve with warm bread and red pepper flakes.

- The Escarole may be replaced with Dandelion Greens for a different (more bitter) flavor.



Ken's Tomato Sauce

- 4 to 5 lbs. stewed San Marzano tomatoes
- 2 to 3 fresh garlic cloves
- 2 med. onions (Migliorelli White Onions)
- 1/4 cup olive oil
- 2 tablespoons tomato paste
- 2 bay leaves
- 2 Links sweet Italian sausage
- salt and pepper to taste

In a large pot coat the bottom of the pot with olive oil. Chop the onions and garlic as fine as possible and sauté in oil until translucent. Remove and run through food processor. Place back in pot and add the stewed tomatoes, bay leaves and salt and pepper to taste. Remove the skins from the sausage and sauté in a separate pan. Chop the sausage finely and add to tomato sauce with a few pinches of fresh basil. Let simmer for 3 to 4 hours and serve.

Broccoli Raab

As side dish:

- Fresh broccoli raab
- 2 to 3 cloves garlic
- 2 to 3 tablespoons olive oil
- Salt and pepper

Soak 1 to 2 bunches of broccoli raab in water. Coat bottom of a pot with a generous amount of olive oil and add 2 to 3 cloves of fresh chopped garlic. Saute the garlic until golden and then add the wet broccoli raab to the pot. Add a pinch of salt and pepper and cover the pot. Let it cook for 20 to 30 minutes until broccoli raab is soft it should never be al dente. Serve.

Broccoli raab is so delicious on its own as well as on pizza, in omelets, soups or tossed with pasta. Bon Appétit.

Gaskins

Nick and Sarah Suarez followed the long and well-traveled trail from Brooklyn to the Hudson Valley. After tramping around the region, the couple decided to set up camp in Germantown, NY.

Their next smart move was to settle in Germantown before starting up their dream.

They took a storied old building and reworked it into an immaculate dining outpost. Today, it is attracting folks from towns large and small, near and far. Introducing Gaskins.

The town was watching as workers rehabbed the building. Rebuilding an organic part of the hamlet lent historic authenticity to the restaurant. The new replaced the old seamlessly.

As Sarah put it, another key to their immediate success was “getting to know the people around us. We were outsiders but we did not have to act like outsiders.” They began by introducing their cuisine to the community at local fairs and events. It paid off. They knew almost all their early diners, who keep coming back, and bringing friends, family and neighbors.

You can make reservations for only large parties. Waiting for your table while enjoying a cocktail at the bar or on the back porch is a pleasure in itself. Lots of people chattering.



Another tradition they jumped on was establishing great relations with local farmers and other vendors. A steady stream of brewers, growers and bakers keeps Gaskins in the middle of the mix of producers.

Going to a new restaurant can be a bit of a challenge.

Newcomers wonder, will I be able to understand the menu?

Continued on next page

by **Arthur Schiff** Photography by Mikael Kennedy





The interior of Gaskins reflects the commitment of Nick and Sarah Suarez to a Brooklyn vibe in a comfy small town setting.

Will I be able to choose from a range of prices? Will I feel comfortable? Score three out of three “yeses” for Gaskins. Make it four out of four if you enjoy eating with a lively crowd having a good time.

The trend toward comfort food is leading to comfort restaurants such as Gaskins. Great places to eat in small towns are simply gifts to the community.

Getting to this restaurant is easy. Germantown is halfway between Rhinebeck and Hudson, or over the Kingston-Rhinecliff or Rip Van Winkle bridges.

The restaurant is open for dinner Thursday through Monday. Weekend brunches may be ahead.

The Hudson Valley continues to press its ethos of natural living. Gaskins is not the only restaurant embodying these values, but it is a sweet newcomer.

Some of the farms Gaskins buys from:

Kinderhook Farm supplies Gaskins with meat, poultry and eggs from a livestock raised on a 100% grass and legume diet that includes no grain, antibiotics, growth hormones or animal by-products. They welcome farm visits. Directions are at www.Kinderhookfarm.com.

Sawkill Farm, located in Red Hook, NY, is another purveyor. It sells grass-fed beef and lamb, pastured pork and poultry, fresh eggs and organic vegetables. Visitors can get directions at www.sawkillfarm.com.

Hearty Roots Community Farm sells vegetables, pork and eggs to Gaskins. It is located in Germantown, NY. Learn more about it at www.heartyroots.com.

These are just three of the many suppliers that make Gaskins work. You can see the complete list at www.gaskinsny.com/menu.



Think You Know Astor?

1. Astor's Lawrence F. Hickey Center for Child Development (the "Little Red" Schoolhouse) is located in:

- A. Poughkeepsie
- B. The Bronx
- C. Hicksville

2. Astor used to be called:

- A. Astor Home for Orphans
- B. Astor Home for Children
- C. Astor Discrete Services

3. Astor used to be run by the:

- A. Daughters of Charity
- B. Carmelite Sisters
- C. Chabad

4. Astor uses the symbol from the Joint Commission. It means?



- A. Astor donates to the Joint Commission
- B. Astor is a member of the Joint Commission
- C. Astor is recognized by the Joint Commission for outstanding programs

5. Astor is known for its:

- A. Children's mental health and early childhood programs
- B. Theater company
- C. Its big red building in Rhinebeck



SCORE YOURSELF

My Score:

- | | | | | |
|----|-------|--------|--------|-------|
| 1. | A = 6 | B = 2 | C = 10 | ----- |
| 2. | A = 6 | B = 2 | C = 10 | ----- |
| 3. | A = 2 | B = 6 | C = 10 | ----- |
| 4. | A = 2 | B = 6 | C = 2 | ----- |
| 5. | A = 2 | B = 10 | C = 6 | ----- |

Add up the numbers to find your total score

Total Score: _____

What the scores mean:

10 to 18

What, are you a member of the board, an Angel contributor, or are you just plain lucky?

19 to 30

You think you know more than you do. It is time to become involved with Astor.

31 to 50

Are we talking about the same organization? Astor needs you and you need Astor.



River Road Looking North by Bruce Bundock

Modern Declaration

by Edna St. Vincent Millay

I, having loved ever since I was a child a few things,
 never having wavered
 In these affections; never through shyness
 in the houses of the rich
 or in the presence of clergymen having denied these loves;
 Never when worked upon by cynics like chiropractors
 having grunted or clicked a vertebra to the discredit
 of these loves;
 Never when anxious to land a job having diminished them by a
 conniving smile; or when befuddled by drink
 Jeered at them through heartache or lazily fondled the
 fingers of heir alert enemies; declare

That I shall love you always.
 No matter what party is in power;
 No matter what temporarily expedient combination
 of allied interests
 wins the war;
 Shall love you always.

Bruce Bundock, Artist

Bruce Bundock was born in Bridgeport, CT. He attended SUNY Empire State College and the Maryland Institute, College of Art, and the Silvermine College of Art in New Canaan, Conn. Bruce's work has been exhibited at National Academy of Design, Muscarelle Museum of Art, Vassar College, Brigham Young University, Schenectady Museum, Albany Institute of History and Art, and recently at Albert Shahnian Fine Art in Rhinebeck.

As a painter Bruce draws inspiration from Maine, Cape Cod, Mass. and the Hudson Valley. "My art is situated in the realist tradition," he says, "I draw and paint in a variety of mediums, finding constant challenge in constructing unique and personal visual representations of the world I experience each day."

Edna St. Vincent Millay, Poet

Edna St. Vincent Millay was an American poet and playwright of the Jazz Age. She received the Pulitzer Prize for Poetry in 1923. In addition to her writing, she was known for her feminist activism and her many love affairs.

Born in Rockland Maine in 1892, she arrived in the Hudson Valley when she joined Vassar College Class of 1917. Her career took her to New York City and around the world. In 1925 Millay established her home, Steepletop, in Austerlitz, NY where she lived until her death in 1950.

Learn more about this wonderful woman of American Letters at the Millay Colony based at Steepletop where you can tour her home and read poetry in her garden, www.millaycolony.org.

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6:00 p.m. - 9:00 p.m.

Location:
TBD NYC



Come To The Cabaret

Saturday, April 2, 2016

1:00 p.m. - 5:00p.m.

Location: TBD



18th Annual Stenberg Cup Golf Tournament

June 2016

8:00 a.m. - 5:00 p.m.

Location: TBD

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