

Hardscrabble

NEWS

PROUDLY SERVING THE NORTHERN DUTCHESS REGION FOR 50 YEARS

Upcoming October Event

Northern Dutchess Exposure: Career Fair and Business Expo

October 5, 2010

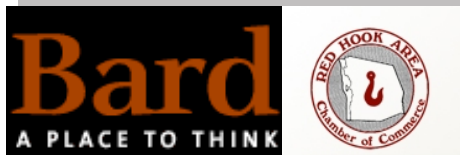
12pm–6pm

Bard College Campus Center

The event includes 30 local businesses who will be available to talk about their businesses and career opportunities. Additionally workshops and panels will be offered to the public and Bard students.

A Sustainable Careers panel, moderated by Director Goodstein, will be held from 1:00 pm to 2:30 pm with invited panelists Kiss My Face, Central Hudson Gas and Electric, and Hudson Valley Clean Energy.

Sponsored by Bard's CDO Office, Red Hook Area Chamber of Commerce, and Rhinebeck Area Chamber of Commerce



Message from the Chamber President

We are welcoming the fall season here in the Hudson Valley with its beautiful colors, crisp weather and bounty of apple crops. With the fall season comes change in a variety of ways—a new school year, families gearing up for Halloween, and farmers harvesting the last of their summer crops.



The Chamber is also looking forward to the upcoming months and preparing for changes in 2011. As you know, we will begin the nominating process for a new Board of Directors shortly. Have you ever thought of becoming more active in our business community? Do you have a vision for what you would like to see happen in Red Hook—both with our businesses and tourism? Are you a dedicated individual who would like to volunteer time to help the Red Hook Area Chamber of Commerce realize continued success in 2011? There are a number of ways to help out—Board of Director positions, committee involvement, sponsoring and hosting events. By becoming more involved with the Chamber, you can not only realize increased exposure for your own business or interest, but you can also help strengthen the community of Red Hook as a whole. I encourage all of you who would like to become more involved in shaping Chamber policies, events and activities to contact our office and find out what role best suits your interests and talents.

There are a lot of exciting events coming up in our area in the next two months. Hardscrabble Days is on September 25th, and promises to be another wonderful day in the Village, filled with local vendors, activities for children, and a parade. In October, I encourage all of you to attend the Northern Dutchess Exposure, a Career and Business Expo at Bard College. Co-sponsored by the Red Hook and Rhinebeck Chambers, this is an excellent chance to learn more about local business and their employment opportunities.

Get out there and enjoy the beautiful fall weather, and all that Red Hook has to offer.!

Best Regards, Ed Pruitt

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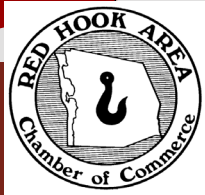
Chamber opportunities for 2011

Many informative articles to help your business grow!

Thank you

Rhinebeck Savings Bank for their continued support of the chamber and providing office space at no charge.





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Chamber Events Calendar

October 5, 2010– Northern Dutchess Exposure: A Career Fair and Business Expo. Co-sponsored with Bard College and Rhinebeck Area Chamber of Commerce. Noon–6pm.

October 20, 2010– Monthly Breakfast Business Meeting. Red Hook Village Hall. 7:30–9am. Speaker: NYS Assemblyman Marc Molinaro. Sponsored by Williams Lumber.

November 17, 2010–Monthly Breakfast Business Meeting. Apple A Day Diner. 7:30–9am. Speaker: Tamara Underwood, Small Business Lending and Support, Community Capital Resources. Sponsored by Michaels & Associates.

December 15, 2010–Monthly Breakfast Business Meeting. Elmendorph Inn. 7:30–9am. Speaker: Catherine Mahoney, Dutchess County Economic Development Corporation (DCEDC).



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Hardscrabble Day: Saturday, Sept. 25

Apple Pie à la mode and Apple Fritters

Revolutionary War Encampment

Wool Spinning & Weaving, Farm Animals

Tavern Night w/Live Music \$10 ea. 7:00-10:00pm

Saturday, October 16, 2010

Homemade Soup Night

w/ Salad, Bread, Beverage \$10 ea. 6:00-8:00pm

Saturday, November 6, 2010

Friends of Elmendorph Celebration & Silent Auction

Cocktails and Seasonal Fare 6:30-10:30pm

\$45 members/\$50 advance/\$60 door

Help us raise money to maintain the Inn!

www.elmendorph.org



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Membership

Dues

We value your membership!

Please remember that membership dues for September/October renewals are due.

You can expect a notice being sent to you in the mail. If you have not yet paid your dues, or have any questions about your membership, please call the Chamber at 758-0824.

The Red Hook Area Chamber of Commerce is striving to bring our members more value for their membership.

Exciting events and benefits are on the way and we don't want you to miss out!

Renew Today!

NORTHERN DUTCHESS BUSINESS EXPOSURE

**Tuesday, October 5, 2010
12 – 6 p.m.
Bertelsmann Campus Center
Bard College**

Free and Open to the Public

Panels

SUSTAINABLE CAREERS
1:00 p.m., Weis Cinema
*Bard Center for Environmental Policy
Central Hudson Gas and Electric
Hudson Valley Clean Energy
Kiss My Face*

CAREERS FOR CREATIVE TYPES
3:00 p.m., Weis Cinema
*Chronogram
Dutchess County Arts Council
Betsy Jacaruso Studio & Gallery
Gerry Montesano Photography
Rhinebeck Dance Centre*

Participating Businesses

Acadia HR
Allac
Archcare at Ferncliff
Arnoff Moving and Storage
Cable Ad Net
Central Hudson Gas & Electric
Chronogram
Events by MB
Frontier Communications
Garden Gate Landscape
Health Quest
Hudson Valley Clean Energy
IXL Health and Fitness
Key Bank
Marc Molinaro
Mid-Hudson Valley Federal Credit Union
Montgomery Place

Morgan Stanley Smith Barney
New York House Magazine
New York State Department of Labor
Northeast Computer Services
Northwestern Mutual Financial Network
Red Wing Properties, Inc
Revolutionary Marketing
Rhinebeck Architecture and Planning
Rhinebeck Dance Centre
Rhinebeck Savings Bank
Risha Handlers, LCSW
Roll Magazine
Superior Telephone/Superior Wireless
Ulster Savings Bank
Usana Health Sciences
WKZE
Kevin Zulch, Tax Accountant

Workshops

BIKE REPAIR TIPS, 12:00 – 4:00 p.m.,
Quad (a 10% CHALLENGE event)
Tune up your bike in preparation for the 10/10 Red Hook 10% Bike Ride!

ZUMBA CLASS BY IXL
4:00 – 5:00 p.m., Quad

Sponsored by Bard College's Career Development Office (CDO) in partnership with the Red Hook Chamber of Commerce and the Rhinebeck Chamber of Commerce

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Healthy Aging

By: Charlottee Michos, RN, MS, CNS, CLNC

Aging “doesn’t follow a predictable course” (*Nursing2010*, March). There are so many variations in the rates and degrees of aging. Older adults are not only a diverse group, they are a growing population: 13 % of the U.S. population is currently 65 and older, and by 2050 that figure will most likely increase to 20% (www.census.gov).

Tips for Evaluating the Health of Older Adults:

- **Do not assume** that a **change in body function** is due to old age. For example: A muscle ache might be a side effect of a drug, not just “old age”.
- Older adults can **react differently to common illnesses** and their symptoms may be not be typical. For example: Older adults may not have the same symptoms as younger people when it comes to pneumonia or other infections.
- **Multiple chronic conditions can confuse the picture** and make it difficult to identify acute health conditions. For example: A person with arthritis may ignore the symptoms of Lyme disease
- Overall, **do not assume** that **cognitive changes** are just “old age”.

A Comprehensive Health Assessments is Critical

- Health assessment starts with **good communication** between the doctor and patient. It helps to have a patient advocate.
- Bottom line, the physician needs a **good history** from the patient.
- It is critical that a physician knows the **normal function in everyday life** of the older adult – not everyone will be needing a walker.
- Older adults are at **risk for falls**, and falls are the leading cause of injury deaths, nonfatal injuries, and hospital admissions with the older adult population (www.cdc.gov).

Not Just Living Longer, But Also Living Better

- The older-adult population is **the fastest growing population in the world.** • Improving **quality of life** and **reducing disability** are major priorities for the older adult population (www.cdc.gov/chronicdisease/overview).
- **Prevention and wellness** are key solutions to meeting the needs of older adults.
- **Exercise** is the best “**prescription**”.
- “**Married**” to exercise is good **nutrition**.

People are paying close attention to the impact of lifestyle choices, which are determining our health and vitality (*Successful Aging*, Rowe, J.W. & Kahn, R.L.) No longer new to society are the buzzwords: “successful aging”, “new gerontology “ and healthy aging”. It all begins with a comprehensive health assessment, followed by good lifestyle choices, with a focus on **being “ageless”**.

Charlotte Michos is the director of the fitness and wellness program, Ageless and Moving™, which operates out of the Bard College gym. Charlotte can be contacted at (845) 758-8522 or www.agelessandmoving.com.

Advertising Deadline

Advertising in the Hardscrabble News is available to members of the Red Hook Area Chamber of Commerce.

For more information please contact us at

845-758-0824 or
info@redhookchamber.org

Ad deadline for next issue is October 25th.

Hardscrabble News is published to provide news and information to the members of the Red Hook Area Chamber of Commerce. Hardscrabble News strives to publish a full range of articles on Chamber events, member news, profiles of area business and informative practical information on running a business. We welcome articles from members on general business topics using their areas of expertise.

The opinions and points of view expressed in this publication are those of the individual writers, who are identified by name unless otherwise indicated.

Kevin J. Zulch

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Business Spotlight The Red Hook Country Inn

In November 2009, to celebrate their 5th year in business as The Red Hook Country Inn, the husband/wife team of Pat Holden and Chef Nabil Ayoub began providing an exclusive 4 course prix-fixe dining experience

for guests of the inn. Less than a year later, The Chef's Table has enjoyed a tremendous growth and following from both out of town visitors and area residents. Under the gifted hands of Chef Nabil and the attentive service of Pat, guests are provided with a fabulous menu featuring dishes of French & Mediterranean origin at prices ranging from \$59 - \$79. With the new configuration of the first floor of the inn, catering remains available for a maximum of 50 guests.



The inn has grown from 5 to 7 guest rooms, including 2 rooms geared for families and one for those guests who are challenged by stairs. 2 additional first floor guest rooms are under construction with completion scheduled before the 2011 'season'. 30 highly efficient windows were installed last January and the solar panels are on order! The inn has made a commitment to be 'green' and is well on the way to make that a reality! Guest room rates range from \$139 mid-week to \$375 weekends/holidays. All prices are plus tax and include a full chef's breakfast.

The Red Hook Country Inn is a full service property featuring gardens tended beautifully and solely by Chef Nabil. The outdoor amenities for the guests include a relaxing front porch full of flowers, ceiling fans, rockers and wicker furnishings. The private rear yard is complete with tiered and umbrella filled patios, a fabulous covered jacuzzi and a comfortable electrified screen house filled with wicker, where guests may rest, read and rejuvenate! There are hammocks for napping and swingsets for youngsters of all ages!

More information, photos and reviews may be found at www.theredhookinn.com or call us at 845 758 8445.

Welcome To Our New Members!

Quick Clean

Marilyn Rivera

Kari Feuer

William J. Pfister

Community
Foundation of
Dutchess County

Mondello
Upstate
Properties, LLC

Maha Yoga

Body Be Well

Country Buffet
Counseling

Rusty's Farm
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ACTING CLASSES ★ MUSICAL THEATER & VOICE

BALLROOM ★ WEDDING DANCE



Classes begin Sept 13th

www.RhinebeckDance.com



Reaching Out!

Did you know you can post job openings and hot deals for your business on the Chamber's website?

You can also add community events, links to your own website and other personalized information.

If you haven't already done so, log into the "member" section of our website, and explore how you can reach even more individuals.

Have you visited the Chamber's Facebook page yet? Become a fan today by clicking the "like" button on our page at www.facebook.com/pages/Red-Hook-Area-Chamber-of-Commerce/11233752211638 or simply by searching for "Red Hook Area Chamber of Commerce" on Facebook.



RED HOOK AREA CHAMBER OF COMMERCE MEMBERS IT'S TIME TO START THINKING ABOUT NEXT YEAR!

Would you like to become more involved with the Red Hook Area Chamber of Commerce? Do you have big ideas for potential upcoming events, know of the perfect person to be on the Board of Directors, or simply want to have more of a say in the day to day operations of the Chamber? Now is your chance!

We are getting ready for next year, and the first steps for that are forming a **Nominating Committee** (to determine the ballot for the election of the next Board of Directors). We are also looking for enthusiastic volunteers for our **Golf Tournament Committee**. Planning for the Golf Tournament is extensive and takes a bit of time. In order to ensure the same level of success we had this year, we want to start working on the 2011 tournament immediately.

If you have any interest in becoming a member of the **Board of Directors**, or know someone who would be perfect for that group, please let us know. If you would like to join the **Nominating** or **Golf Tournament** committee, we'd love to hear from you as well! You can email us at info@redhookchamber.org, or call at 758-0824

PLEASE CALL THE RED HOOK CHAMBER OF COMMERCE OFFICE AT
(845) 758-0824 OR EMAIL US AT INFO@REDHOOKCHAMBER.ORG

Upcoming Community Events

September 18 & 19th—Rhinebeck Rotary Pig Roast. Dutchess County Fairgrounds. 10am-3pm. Live music. Free.

September 24—Always There 3rd Annual "An Evening in Tuscany." Lazy Swan Golf Course, Saugerties, NY. 6pm-10pm. Tickets \$100 per person. Includes wine tasting, performances by Festival of The Voice, silent auction, culinarian dinner, entertainment by the band "Hot Rod" and more. Call 845-339-6683 x3213

September 24—BeA Haverbusch Art Exhibit. Ulster Savings Bank, Red Hook Branch. 5pm-7pm. "Artistic Salvation: Lifework of BeA Haverbusch."

September 25—Hardscrabble Day. Village of Red Hook. 10am-4pm. Rain or Shine. Visit <http://www.hardscrabbleday.org/events.html> for listing of events.

Every Wednesday through the end of September — Senior Walk Program . Meet at the pavilion at the North end of the park (near Fruit Bud entrance) on Wednesdays at 10am for a walk around the Rec Park. Canceled for rain. Dogs must be leashed.

The Clubhouse Bar & Grill



...Because every child deserves a childhood

Originally the Astor Home for Boys and later The Astor Home for Children - Astor was established in 1953 as a residential treatment program to reduce the need for psychiatric hospitalization for children. Its first home, now the agency's administrative offices and its residential treatment programs - was located on property in Rhinebeck, NY, donated by Vincent Astor to the Archdiocese of N.Y. At its inception, The Daughters of Charity of St. Vincent de Paul assumed administrative responsibility for the agency. Later, administration of the agency was passed to a staff of committed and innovative professionals who are responsible for the wide range of services and programs.

Since 1974, Astor has earned the Joint Commission Gold Seal of approval that certifies health care organizations and programs in the U.S. Astor is one of few community-based behavioral health organizations in the state to achieve this recognition.

Today Astor - proudly sponsored by the Archdioceses of N.Y, whose values are deeply rooted in the Catholic faith and whose service delivery reaches all faiths - serves a region from Dutchess County through the Hudson Valley and into the Bronx. Astor has grown and continues to grow in response to the evolving needs of our communities. Astor's services are available through early childhood programs (Astor operates all the Head Start programs in Dutchess County), and community-based behavioral health and prevention services, at over 30 locations.

ASTOR'S 2009 Holiday Adopt-A-Family Program

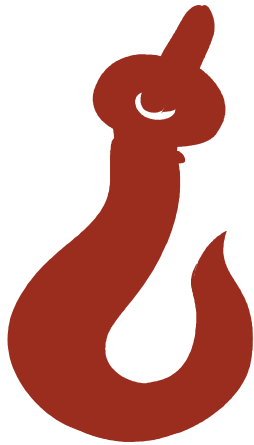
YOU CAN HELP THIS HOLIDAY SEASON!

Their Holiday Adopt-A-Family Program matches children and families in need with volunteers that are able to buy gifts. Many of the children they help need basic goods and toys, such as:

- Winter Clothing
- Books
- Arts & Craft Supplies
- Stuffed Animals
- Hats and Mittens
- Board Games
- Sport Supplies
- Gift Certificates

**Every child deserves to have happy memories of the holiday season. Please
lend your support to make this wish come true.**

Call Stephanie Habich at (845) 871-1171 to learn more about how you can help this holiday season with gifts to families in need, or visit us online at www.astorservices.org. Thanks for your support!



Good For Business. Good For The Red Hook Area.

The Red Hook Area Chamber of Commerce was established in 1960. It is operated by elected volunteer business members.

The Chamber was organized for the purpose of advancing the trade, commercial, industrial and civic interests of the Red Hook area.

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RED HOOK AREA CHAMBER
OF COMMERCE

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