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By Heather Rolland

15 FEBRUARY AT THE CATSKILL MOUNTAIN FOUNDATION

On the cover: Although it can be a little more work intensive to get dressed for a winter hike, the views make it worth it! Photo by Heather Rolland. See Heather's tips for dressing for a winter hike in her article on page 12
“Creating Images” at Kaaterskill Fine Arts

The Kaaterskill Fine Arts and Crafts Gallery proudly presents “Creating Images” a show featuring photography work by three talented area artists. The show runs through March 12, 2017.

“Creating Images” features the photography of regional artists Nancy Barton, Carla Shapiro and Elizabeth Hall-Dukin. Their work bypasses the camera to come face-to-face with the artist’s vision from the documentary through the post-modern. From the 19th century when the invention of the camera was “news” to the 21st century when “cameras” and images are everywhere, this exhibit focuses on the photographer behind the lens.

Nancy Barton is an artist, educator, and Director of the Prattsville Art Center & Residency. Her photography, performance, mixed media installation, & creative placemaking has been exhibited in many venues nationally and internationally. Her work has been reviewed in ArtForum, Art in America, Flash Art, and many other publications. She is an Associate Professor of Art at New York University’s Steinhardt Art Department, which has she also chaired.

About her work, Barton says: “I have lived in the Catskill Mountains for 16 years; this community is very important to me, but only recently have I begun to show my artwork here. In this exhibition I have decided to take a chance, and share three pieces that consider the relationship of death to identity, freedom, and control. We learn who we might be and who we might become from the images around us, this matters a great deal at this point in history. I hope that presenting these works in this context will contribute to the difficult conversations in which we are now enmeshed.”

Carla Shapiro is a Chichester-based visual artist who has been working in photography for over 25 years, creating bodies of work about women, aging, 9/11, beauty and decay. She currently teaches graduate school at Pratt Institute and her work has been shown nationally and internationally. She has received many prestigious awards and has attended many artists’ colonies.

About her work, Shapiro says, “Over the last 25 years, I have photographed many subjects that reveal and juxtapose beauty and decay. The themes I’ve chosen to embody these subjects differ, but are linked by their inherent curiosity, mystery and wonder.”

“I work with my grandmother Charlotte. I bathe her, I sit with her, and I photograph her. She is not always here in the world I know, Alzheimer’s has taken her away. She is not always the wise woman I have learned from, but a child I need to help. These are simple moments, but hold so much power that I need to photograph them. In these pictures I search for the woman I once knew. I see her tranquility. I feel her warmth. And I hold her. I touch her textured skin because I am drawn to the aging landscape of her body. Yeats wrote, “A terrible beauty is born,” I am drawn to this beauty. I am drawn to Charlotte. Charlotte has given me so much, and now her gifts are these images. When she forgets who I am she knows the camera belongs to someone who loves her.”

Elizabeth Hall-Dukin, is a photographer, historian and curator. She says, “I’m interested in both the visual and historical/cultural implications of photography. Approaching photography as material culture allows the documentary nature of the images and the stories they tell to really come into focus. My fascination with images serving as a sort of archival database started at a young age. I wasn’t old enough to know my grandmother before she passed, but I was able learn about her by looking through photo albums with my mother. I also have a vivid memory of having to evacuate South Florida for a hurricane. We didn’t have much time to gather belongings, but two giant containers of photo albums managed to make it into the car.”

The Catskill Mountain Foundation’s Kaaterskill Fine Art and Crafts Gallery is located at 7950 Main Street, in Hunter, NY. For more information visit www.catskillmtn.org, or call 518 263 2060. Many of the Catskill Mountain Foundation’s productions are made possible in part with Public Funds from the Greene County Council on the Arts, the Bank of Greene County, Jarvis & Constance Doctorow Family Foundation, Greene County Youth Fund, Marshall & Sterling, Stewarts Shops, Windham Foundation, NYS Council on the Arts and the REDC initiative with the support of Governor Andrew M. Cuomo and the New York State Legislature, and by private donations.
CHARMING HOME - CIRCA 1920 in Columbia County. This eye-appealing three bedroom home is tastefully appointed and a pleasure to show. The spacious entry flows into the light filled living room which adjoins the formal dining room. In addition this 1152 square foot homes includes a kitchen which overlooks the deck and spacious back yard. Minutes away from shopping in downtown Hudson. If you are looking for an immaculate reasonably priced home call for an appointment, you won’t be disappointed. $135,000

COUNTRY COLONIAL - 4.8 ACRES - Enjoy the view from your front porch on this Colonial home in Saugerties. Pool season is approaching just in time for you to enjoy the 18 by 33 foot saltwater pool and hot tub surrounded by composite decking and new fence. Three bedrooms, 2.5 baths including a master bedroom and radiant heated bathroom floor plus his and her closets. The square footage is approximately 1768 square feet—plenty of room for dining room, sliders to deck, living room with beautiful Brazilian tiger wood floors, large eat-in kitchen with pantry and over the counter lighting. Full basement, two car garage and carport. Come to Saugerties—a destination town between the Catskill Mountains and the Hudson River. $295,000

LOOKING FOR A RANCH? -START PACKING — Inspect this immaculate and updated home situated on one acre. Light filters in to enhance the spacious interior which has over 2248 square feet of living space. The open floor plan embraces a gourmet kitchen, dining area and family room with sliders to a spacious deck. Three bedrooms, three baths and a living room with fireplace round out the living quarters. This charming home offers the best of two worlds, country living and a short drive to the Historic Village of Saugerties. Offered at $349,900

TWO FOR THE PRICE OF ONE - Cape plus income cottage with lovely meadow views. Main house features three bedrooms, living room with fireplace, dining room plus eat-in kitchen. New windows, gleaming hard wood floors, and recently painted interior. Municipal water and sewer. Sweet little cottage where tenant pays for gas heat. Explore Saugerties, a lovely destination area with a quaint historic village district. A vast variety of interesting shops, restaurants, plus movie theater and amazing library. The area offers and abundance of opportunities for hiking, biking, swimming, skating, and a variety of annual festivals. Saugerties is a great place to visit or reside. Just reduced to $159,900

FRISTINE HOME - Unpack your bags and move right in! Four bedroom raised ranch in Barclay Heights. Upper level boasts three bedrooms and bath, formal dining room, and eat-in kitchen with access to screened porch overlooking pool and patio. Lower lever boasts a living room and very large bedroom. Enjoy the benefits of residing in an area full of opportunity for recreation, annual events, entertainment, dining and more. Close to NYS thruway, Rhinecliff Bridge and bordered by the Catskill Mountains and Hudson River. Call now for an appointment. $189,000

NEED ROOM TO ROAM? Spacious raised ranch on two acres in Saugerties close to Kingston Rhinecliff Bridge. Over 3000 square feet of living space, this four bedroom – three bath home is immaculate and affordable. Spacious kitchen, formal dining room, living room with brick fireplace, vaulted family room and den, two car garage. Large deck overlooking lawn with garden area. Also included is summer kitchen in lower level. Just unpack and move in. Reasonably priced at $299,000

HEART OF THE CATSKILLS - Three bedroom spic and span ranch in town of Olive. Pride of ownership is apparent as you enter the freshly painted interior of this home which includes an eat-in kitchen, dining room, bath. Recently updated this home has new floors throughout with sound barrier underlay. Look out your double sliding glass doors and see beautiful mountain views and a large deck. Amenities of living in the area are almost too numerous to mention but include proximity to Woodstock, Ashokan and various festivals. Two hours to NYC. $199,900
American Legend and American Songster Team Up for Winter Celebration Concert

On Saturday, February 18, 2017, the Catskill Mountain Foundation is proud to present Garland Jeffreys, the musician that The Guardian said “should be an American legend,” and “the American Songster,” Dom Flemons at the Foundation’s Orpheum Film & Performing Arts Center in Tannersville.

GARLAND JEFFREYS

A Brooklyn native “who could fairly be called the quintessential New York City musician” (East Hampton Star), “a confessional singer-songwriter” (New York Times), and “an explorer of the links between rock, race and rebellion” (New Yorker), after a long hiatus Garland Jeffreys came roaring back into the spotlight with 2011’s The King of In Between. “As good a classic roots rock record as you’re going to hear from anybody,” (NPR) the album earned raves and led to his second appearance on David Letterman as well as sharing the stage with pals Bruce Springsteen and Levon Helm. The experience fueled a creative revitalization for Jeffreys, whose ebullient, late-stage creative energy colors every note of his most recent release, Truth Serum (2013).

Jeffreys has long held the respect of his peers and the breadth of contributors to his albums and performances reflect that respect as well as his genius for musical genre-bending: Dr. John, The E Street Band, John Cale, Michael Brecker, Larry Campbell, The Rumour, James Taylor, Luther Van Dross, Phoebe Snow, David Sanborn, Sly & Robbie, Sonny Rollins, Linton Kwesi Johnson and Lou Reed among many more. With a string of critically acclaimed records and radio hits including “Wild in the Streets” and his cover of the garage rock classic “96 Tears” it’s a testament to both the broad appeal and durability of Jeffreys’ music that his songs have been covered by hardcore punk legends The Circle Jerks (whose version of “Wild in the Streets” is a skater anthem), psych-folkies Vetiver and jazz trumpeter Randy Brecker.

DOM FLEMONS

Dom Flemons is “the American Songster,” pulling from traditions of old-time folk music to create new sounds. Having performed music professionally since 2005, he has played live for over one million people just within the past three years. As part of the Carolina Chocolate Drops, which he co-founded with Rhiannon Giddens and Justin Robinson, he has played at a variety of festivals spanning from the Newport Folk Festival to Bonnaroo, in addition to renowned venues such as the Grand Ole Opry.

A multi-instrumentalist, Dom plays banjo, guitar, harmonica, fife, bones, bass drum, snare drum, and quills, in addition to singing. He says that he incorporates his background in percussion to his banjo playing. Dom’s banjo repertoire includes not only clawhammer but also tenor and three-finger styles of playing. He first picked up the instrument when he borrowed a five-string banjo from a friend who had removed the instrument’s fifth string. As a founding member of the Carolina Chocolate Drops, Dom was able to explore his interest in bringing traditional music to new audiences. The band won a GRAMMY for its 2011 album Genuine Negro Jig and was nominated for its most recent album, Leaving Eden, in 2012.

Tickets are $30 in advance and $35 at the door, and are now on sale at www.catskillmtn.org or by calling 518 263 2063. The Catskill Mountain Foundation’s Orpheum Film & Performing Arts Center is located at 6050 Main Street in Tannersville.
Now is the Time!

Now that the Hudson Valley and Catskills are becoming a year round destination, homes and commercial properties are selling year round too! If you are thinking of selling, you no longer need to wait for warmer weather to put your property on the market. We have historically low inventory (20% fewer homes on the market than this time last year*) and many well-qualified buyers itching to buy. The weather isn’t a hindrance. In fact, many buyers come to ski or board and end up buying. If you’re thinking of selling, call or email us today. One of our 18 experienced agents will guide you through the process of preparing your home or commercial property for sale. We’ll help establish market value, select a competitive sales price, and present your property in the best possible light to local, regional and global clientele. Take advantage of the most advanced online marketing team in the Hudson Valley and Catskills. And our full-time support staff are dedicated and responsive, guaranteeing you a quick response and unparalleled service.

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Announcing Our New Kingston Branch Office

We’re happy to announce the opening of our newest office in historic uptown Kingston, NY, giving our clients even greater access and visibility. Please stop in and see us at 89 North Front Street, or give us a call at 845-331-3110. There’s plenty of off street parking! Of course our Woodstock office is still open too!

*per ulster county mls
ISKI NY and its 52 New York ski areas are celebrating a snowy season with a stellar line-up of programs and deals for beginners and seasoned skiers alike.

About I SKI NY
I SKI NY, also known as Ski Areas of New York, is a member-based, independent ski association representing over 40 ski areas and 100 suppliers to the ski industry. I SKI NY is dedicated to the continued growth of the New York snow sports industry, and works on behalf of its membership to promote fair legislation, develop marketing programs, create educational opportunities, and enhance the public awareness of snow sports throughout the state and region.

Free for Kids Passport
For the 2016-17 ski season, I SKI NY is once again offering the award winning “Free for Kids Passport” program for third and fourth graders. The program allows a third or fourth grader to learn to ski or ride for free at all participating ski areas and/or also ski for free when an adult ticket is purchased.

“Skiing and snowboarding is a healthy, lifelong activity and this program is a great way to introduce kids to the sport,” said I SKI NY President, Scott Brandi. “No other statewide passport program is offered to third graders, and we feel this is a perfect age to get kids started.”

The program is free, but there is a small processing fee to enroll. More information on this program can be found at ISKINY.com.

Ski & Stay Packages
Exclusive I SKI NY Ski & Stay packages are available at participating ski areas for February 4-5, and March 4-5 with an option to add a third night free. Details and participating ski areas can be found at ISKINY.com.

Ski Conditions
For ski conditions, event information, and the latest ski deals including discounted lift tickets to New York ski areas, visit ISKINY.com.
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Located on Route 65 in Hensonville, just a short driving distance from both Windham and Hunter Mountains, Hammo’s Brewpub and Lodge is focused on providing high-quality food, house brewed beer and customer satisfaction. Housed within the historic building are an upstairs lodge with rooms with private bathrooms, memory-foam mattresses, cable and Wi-Fi, plus a few hostel-style rooms with shared bathrooms for those traveling on a budget. Lodge guests receive a complimentary continental breakfast, discount ski tickets and samples of Hammo’s craft beer!

In addition to the craft beer—brewed in-house, naturally—the downstairs restaurant features a menu filled with delicious food, including six varieties of mac n’ cheese, award-winning wings, flatbreads, burgers and sandwiches, salads, pasta dishes, steaks and signature entrees such as beer-battered fish fry, roasted pork tenderloin, and shepherd’s pie.

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Hunter Mountain Brewery serves up fresh, down-to-earth comfort food in a warm, inviting atmosphere. Enjoy hand-crafted beer and a delightful menu inspired by a place where people share culture, fun and ideas amid the majestic mountains, lakes, trails, and natural wonders of the Great Northern Catskills. The location on the mountaintop offers year-round spectacular mountain views—enjoy the fireplace indoors in winter, or dine al fresco on their expansive outdoor (and dog-friendly) deck for relaxing cocktails and satisfying meals when the sun is shining and the nights are warm. The warm & friendly staff, great food and beer, and relaxed welcoming vibe will make you want to keep coming back.

With a dynamic menu of savory appetizers, mac & cheese, cool crisp salads, tavern style sandwiches, burgers and specials like fresh steaks and seafood, your dining experience will be unique and satisfying. The full bar features their staple beers on tap, alongside limited seasonal brews and small-batch projects, tastes from other local breweries, and classic draft favorites.
The Catskill Mountain Foundation presents

DOM FLEMONS
and
GARLAND JEFFREYS

Winter Celebration Concert

SATURDAY FEBRUARY 18, 2017 @ 8:00 pm
Doors Open @ 6:30 • Wine & Beer Cash Bar

ORPHEUM FILM & PERFORMING ARTS CENTER
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TICKETS: $30 PURCHASED AHEAD; $35 AT THE DOOR

TICKETS NOW ON SALE AT WWW.CATSKILLMTN.ORG
Some risk factors for stroke, such as getting older and being male, can’t be changed. But studies have found that can—and together, they account for 90 percent of stroke risk.

1. **High blood pressure.** One in three adults has high blood pressure. Stroke risk is four to six times higher in those with hypertension, so get your blood pressure checked regularly.

2. **Diabetes.** High blood sugar damages blood vessels in the brain. People with diabetes have triple the stroke risk of those without the disease. Work with your doctor to manage your blood glucose.

3. **Heart disease.** A misshapen heart or irregular heartbeat could contribute to stroke. To treat your condition, your doctor might recommend surgery or medication.

4. **Abnormal cholesterol.** High levels of LDL, or “bad” cholesterol, and low levels of HDL, or “good” cholesterol, clog arteries. Have yours checked at least once every five years.

5. **Waist-to-hip ratio.** Being heavy contributes to all four of the previous risk factors. To maintain a healthy weight, balance the number of calories you eat with your physical activity level.

6. **Unhealthy diet.** Study participants who ate a Mediterranean diet—rich in fish and fruits—had the lowest stroke risk. Load up on fruits, veggies, whole grains and lean proteins.

7. **Not exercising.** Working out keeps your blood flowing and your heart strong. Aim for 30 minutes a day, five days a week. Even 10 minutes offers health benefits.

8. **Smoking.** All forms of tobacco can cause blockages in the artery leading to the brain. Nicotine also raises blood pressure and thickens the blood. Kick the habit and your stroke risk drops immediately.

9. **Drinking alcohol.** Binge drinking thins blood, increasing bleeding risk. Limit alcohol to one drink per day for women or two for men.

10. **Stress.** Constant psychological pressure may damage artery walls. To calm down, try positive self-talk. Don’t think, “I can’t do this.” Tell yourself, “I’ll do the best I can.”

---

**10 Ways to Reduce Stroke Risk**

**Think FAST**

Stroke is a medical emergency. The faster you recognize the signs and symptoms of stroke, call 911 and get transported by ambulance to Margaretville Hospital or HealthAlliance Hospital: Broadway Campus, both members of Westchester Medical Center Health Network, the more likely you are to be eligible for tPA and recover from a stroke. Time wasted before seeking treatment literally translates to brain cells lost and can increase the chances of a poor outcome. Use this mnemonic to remember stroke symptoms to act FAST.

**F Face:** Ask the person to smile. Does one side of the face droop?

**A Arms:** Ask the person to raise both arms. Does one arm drift downward?

**S Speech:** Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?

**T Time:** Time is critical. If you think you or someone else is having a stroke because you observe these signs, call 911. EMS personnel are trained to assess patients suspected of having stroke and can rush them to the Emergency Department.
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DRESS FOR SUCCESS:
WINTER CLOTHES AND GEAR FOR OUTDOOR FUN

By Heather Rolland

“I hate being cold”

If I had a nickel for every time I heard someone use this as their reason for not enjoying outdoor winter activities, I could buy a new pair of snowshoes! As Alfred Wainwright said, “There’s no such thing as bad weather, only unsuitable clothing.” You can get yourself outfitted in the right clothes (and some gear) for the season, without breaking the bank, and that means you don’t have to skip winter for hiking or other outdoor fun. Here are some pro tips, organized from the ground up.

Slip Sliding Away

Snowshoes are for snowy conditions and are designed to help you “float” on top of the snow instead of sinking in. They also offer some traction assistance by way of a cleat underneath the ball of your foot. Snowshoes are for walking in deep snow. Expect to sink in a bit—you don’t stay all the way on top of the snow, but you do float a bit.

Slippery conditions—ice, or ice and snow combinations—mean it’s time to break out the spikes. There are three main types of traction aids for Catskill walking. Each have their place:

• **Yaktrax, Stabilicers**, or other relatively low-priced, over-the-shoe metal spikes or coils are for getting the mail, crossing a parking lot, or navigating an icy sidewalk. They are not for hiking, no matter what the package says. I tried the “heavy duty hiking and running” version of these and they exploded off my feet in pieces in the first 100 yards. For someone who needs that extra safety walking on cleared level surfaces, these are perfect.

• **Microspikes**. There are several brands of these rubbery-gasket, chain-and-spike combinations, and the actual product has different and confusing names. Think of these as studded snow tires for your feet. For most Catskills hiking in the winter, these are exactly what you need. Perfect for managing icy steep sections that would be dangerous in bare boots, these $60 or so traction aids are incredibly popular with good reason. I use mine on almost every winter hike.

• **Crampons**. These are the hardcore, expensive, ice climbing staples used when microspikes are not offering enough grip. Crampons are uncomfortable to walk in (and they are not intended to be traction aids for normal hiking), but when you need them, nothing else will do. There are a handful of specific places in the Catskill Forest Preserve that are well known to get icy enough to require crampons; other than those places, depending upon the weather conditions in any given winter, the need for crampons is pretty limited. I always carry mine just in case, but I rarely need to use them.

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• **Boots**. Waterproof and insulated are where you start. After that, select boots that are designed for your activity (i.e. choose hiking boots for winter hiking) and are comfortable. Try them on with the socks you plan to wear when you hike. All factory waterproofing eventually gets overwhelmed if you wear your boots in snowy conditions. I “snow seal” (it’s a waxy sealer you can purchase for waterproofing footwear) all my boots regularly and that does keep them waterproof.

Dressed for Success or Dressed To Kill?

Moisture management is the name of the game for staying safe and comfortable in winter. Whether you are playing in the backyard with the kids or striding up a mountain, you have to manage getting wet—either from the outside from the snow, or from the inside from perspiration. Don’t wear cotton anything—not even undies! Wet cotton against your skin will make you miserably chilly and increase the risk of hypothermia. Sure, our grandparents wore cotton, but we have choices that weren’t available back then. Wool, silk, and synthetics all do a better job of wicking moisture away from your skin and/or drying more quickly.
Layers! From head to toe I recommend base layers, warm layers, and water resistant layers. Plan to remove and replace layers as you play. It is a given that half a mile or so into any hike you'll need to stop to remove a layer. When the wind hits, you'll stop again to layer back up. That's how this game is played—you keep adjusting what you have on to make sure you stay warm and dry.

**From the Ground Up**

Socks are a critical part of the comfortable winter wardrobe. I wear thin merino wool liner socks under my wool hiking socks. There are lots of different brands of excellent wool socks and you can easily spend $20 and up per pair! However, clearance rack REI brand wool socks, and People Socks (merino wool, made in the USA) are lower priced and good quality.

Gaiters are gear, not clothing, but for staying dry they are critical. If my snowshoes are on my feet, my gaiters are on my legs. You can get waterproof ones (expensive!) but I just wear the plain old regular ones. I battled with funky zippered ones for a few years before discovering Outdoor Research brand. I love the front closure Velcro—they are on or off in a flash.

Winter hiking pants are a luxury I finally splurged on after managing without them for years. I hate long johns. All materials, all sizes, all brands—I have found them all to be uncomfortable. But wearing a base layer with a lighter weight wind and water resistant shell pant on top is a great way to stay as dry as possible. Try silk base layers for warmth with minimal weight. You don't have to wear specific hiking pants on top—nylon track pants are perfect for layering with long johns. I like fleece yoga pants for some winter conditions. Although fleece doesn't offer wind or water resistance, it can be warm and very stretchy for scrambling up those challenging ledges on shorter or less snowy hikes.

Sweaters, shirts, and pullovers—oh my! I have finally worked out my favorite combination. I wear a thin, lightweight merino wool base layer against my skin
I could kiss the person who started this trend!). I plop a cashmere sweater on top of that. Scour your local thrift shops to find these items for very reasonable prices. Why cashmere? I have found it to be the very warmest, softest, and most comfortable of all the different wools.

A nice lightweight wind and water resistant jacket is another place where you can end up spending big bucks. This outer layer is where you gain wind and water resistance, but not necessarily a lot of warmth. This jacket won’t look like a “winter coat” but will work well in concert with all your other layers to keep you warm even when you’re getting blasted by wind or pelted with snowbombs. Some folks go for true waterproof outerwear, choosing Gore Tex or eVent brands, but I have been satisfied with just plain old water resistance and staying home when it rains. Depending upon expected temperatures, you can go with something as minimal as a nylon anorak with no lining at all. On colder days, go with a lined soft shell jacket. One feature I would not want to live without: pit zips. If you are shopping for a new jacket, look for one that has zippers under the arms. The more ways to regulate your temperature and release or retain heat, the better.

**Accessorize!**

Hat, gloves/mittens, facemask/balaclava … collect them all! The great thing about nice warm accessories is that they are easy to remove as you heat up, and equally easy to put back on as needed.

Mittens are warmer than gloves, but gloves allow dexterity. If you like to take a lot of photographs, or have children who need help with zippers or shoelaces—you may need to stick with gloves. I find that when I’m moving, I don’t need anything heavier than glove liners on all but the coldest (i.e. sub-zero) days. I like the stretchy wool ones, e.g. Smartwool brand. You can splurge on liners and outer gloves and/or mittens—high tech fabrics, water proof and water resistant, with drawcords and wrist gaiters, etc. These are usually overkill for the kind of day hiking I do, but if you have poor circulation, Raynaud’s disease, a history of frostbite or frostnip, or just plain hate cold hands—this would be a good place to spend the extra cash. My friends with Raynaud’s swear by the thick boiled wool European mittens.

Hats come in every shape and material, and I usually have at least two with me—one on my head and another in my pack. The best hat is the one you’re willing to wear—comfortable and not too ridiculous. I hate the way I look in hats, and I detest what hats do to my hair, but they are just not optional. On very cold days, a face mask really helps you enjoy yourself too (frozen sinuses are painful!).

It took me a couple of years of trial and error to get my winter hiking clothes and gear just right. There were more than a few hikes that had to be cut short because I didn’t have the right clothes or gear. But I kept trying different combinations and adjusting my layering techniques. I hike at least a couple of miles every single day, regardless of the weather, and most days I’m truly comfortable. With the right clothes and the right attitude, you too can become an avid winter hiker.
FEBRUARY AT THE CATSKILL MOUNTAIN FOUNDATION

Where the Performing Arts, Fine Arts, Crafts, Movies, Books, and Good Friends meet

MOUNTAIN CINEMA
At the Doctorow Center for the Arts • 7971 Main Street, Hunter

February Schedule for Screen Two, the only place on the Mountain Top to see the best Foreign and Independent Films

THINGS TO COME
(RATED PG-13, 102 MINUTES)
DIRECTED BY MIA HANSEN-LOVE
Nathalie (Isabelle Huppert) teaches philosophy at a high school in Paris. She is passionate about her job and particularly enjoys passing on the pleasure of thinking. Married with two children, she divides her time between her family, former students and her very possessive mother. One day, Nathalie’s husband announces he is leaving her for another woman. With freedom thrust upon her, Nathalie must reinvent her life.

2/3-2/5.
Friday 7:15; Saturday 4:15 & 7:15; Sunday 2:15, 4:45 & 7:15

“...a warm, funny and profoundly sensitive portrait of letting go and learning to make new memories.”
—David Ehrlich, Indiewire

THE EAGLE HUNTRESS
(RATED G, 87 MINUTES)
DIRECTED BY OTTO BELL
This spellbinding documentary follows Aisholpan, a 13-year-old nomadic Mongolian girl who is fighting to become the first female eagle hunter in twelve generations of her Kazakh family. Through breathtaking aerial cinematography and intimate verite footage, the film captures her personal journey while also addressing universal themes like female empowerment, the natural world, coming of age and the onset of modernity.

2/10-2/12.
Friday 7:15; Saturday 4:15 & 7:15; Sunday 2:15, 4:45 & 7:15

“Along with Aisholpan’s enduring spirit, The Eagle Huntress excels in portraying the beauty and respect the people here have for both the animals and environment.”
—Jordan Raup, The Film Stage

Where the Performing Arts, Fine Arts, Crafts, Movies, Books, and Good Friends meet
OF MIND AND MUSIC  
(RATED PG-13, 98 MINUTES)  
DIRECTED BY RICHIE ADAMS  
A story about a beautiful street musician suffering from memory loss and a disheartened neuroscientist intent on helping her, bringing together the city of New Orleans and the jazz that made it famous. 2/17-2/19. Friday 7:15; Saturday 4:15 & 7:15; Sunday 2:15, 4:45 & 7:15

“A moving drama enhanced by superb performances.”  
—Frank Scheck, The Hollywood Reporter

ANTARCTICA: ICE AND SKY  
(UNRATED, 89 MINUTES)  
DIRECTED BY LUC JACQUET  
Friday 7:15; Saturday 4:15 & 7:15; Sunday 2:15, 4:45 & 7:15

“There is something interestingly non-argumentative and personal about this documentary. It is gentle and reflective, a paean to his own youth and idealism that have been preserved in the ice.”  
—Peter Bradshaw, The Guardian

ALONE IN BERLIN  
(RATED R, 103 MINUTES)  
DIRECTED BY VINCENT PEREZ  
Berlin, 1940. Working class couple Otto and Anna Quangel receive the news that their only son has lost his life in the battlefield and decide to resist the Nazi regime in their very own way. Soon the Gestapo is hunting “the threat.” 3/3-3/5. Friday 7:15; Saturday 4:15 & 7:15; Sunday 2:15, 4:45 & 7:15

“Perez’ film does sincere … justice to the idea that where there is a will for it, resistance can find a way, be it so small as to be postcard-sized.”  
—Jessica Kiang, The Playlist

BETWEEN US  
(UNRATED, 100 MINUTES)  
DIRECTED BY RAFAEL PALACIO IL-LINGWORTH  
A young couple is confronted by the fear that settling down and getting married means their carefree days as city-dwelling young adults are coming to an abrupt and depressing end. Both are tempted by the allure of another life before ultimately realizing why they fell in love in the first place. 3/10-3/12. Friday 7:15; Saturday 4:15 & 7:15; Sunday 2:15, 4:45 & 7:15

“Stingingly attuned to the tension between long-term love and last-minute misgivings, Between Us makes a familiar situation feel remarkably fresh.”  

MY NAME IS EMILY  
(UNRATED, 100 MINUTES)  
DIRECTED BY SIMON FITZMAURICE  
A teenage girl runs away from a foster home with the boy who loves her. She searches for her visionary writer father who is locked up in a psychiatric institution. It is a story of redemption. 3/17-3/19. Friday 7:15; Saturday 4:15 & 7:15; Sunday 2:15, 4:45 & 7:15

“…a film with a great heart.”  
—Áine O’Connor, Irish Independent

Want to learn more about these films?  
View trailers at www.catskillmtn.org

Ticket Prices:  
$9 / $7 seniors & children under 11

3D Ticket Prices:  
$11 / $9 seniors & children under 11
We show the best Hollywood films available each week
Below are some films that we will show during the month of February.

For the most up-to-date schedule, call 518 263 4702 or visit www.catskillmtn.org.
While there, sign up for our e-mail updates so you can get
the newest schedule delivered to your e-mail box each week!

Ticket Prices (Screens 2 & 3, and the Orpheum): $9 / $7 seniors & children under 11
3D Ticket Prices (Screen 1): $11 / $9 seniors & children under 11

View trailers for our films at www.catskillmtn.org

ELLE (RATED R, 130 MINS)
DIRECTED BY PAUL VERHOEVEN
A successful businesswoman gets caught up in a game of cat and mouse as she tracks down the man who raped her.
2/3-2/5 Friday 7:30; Saturday 4:00 & 7:30; Sunday 7:30

LION (RATED PG-13, 118 MINS)
DIRECTED BY GARTH DAVIS
A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia; 25 years later, he sets out to find his lost family.
2/17 & 2/19 Friday 7:30; Sunday 7:30

20TH CENTURY WOMEN (RATED R, 119 MINS)
DIRECTED BY MIKE MILLS
The story of three women who explore love and freedom in Southern California during the late 1970s.
3/3-3/5 Friday 7:30; Saturday 4:00 & 7:30; Sunday 7:30

OTHER FILMS WE MAY SHOW

HIDDEN FIGURES (RATED PG, 127 MINS)
DIRECTED BY THEODORE MELFI
A team of African-American women provide NASA with important mathematical data needed to launch the program’s first successful space missions. Based on a true story.

JACKIE (RATED R, 100 MINS)
DIRECTED BY PABLO LARRAIN
Following the assassination of President John F. Kennedy, First Lady Jacqueline Kennedy fights through grief and trauma to regain her faith, console her children, and define her husband’s historic legacy.

LA LA LAND (RATED PG-13, 128 MINS)
DIRECTED BY DAMIAN CHAZELLE
A jazz pianist falls for an aspiring actress in Los Angeles.

THE LEGO BATMAN MOVIE (RATED PG, 104 MINS)
DIRECTED BY CHRIS MCKAY
Bruce Wayne must not only deal with the criminals of Gotham City, but also the responsibility of raising a boy he adopted.

MOANA (RATED PG, 107 MINS)
DIRECTED BY RON CLEMENTS, DON HALL, JOHN MUSKER, CHRIS WILLIAMS
In Ancient Polynesia, when a terrible curse incurred by Maui reaches an impetuous Chieftain’s daughter’s island, she answers the Ocean’s call to seek out the demigod to set things right.

PATRIOTS DAY (RATED R, 133 MINS)
DIRECTED BY PETER BERG
The story of the 2013 Boston Marathon bombing and the aftermath, which includes the city-wide manhunt to find the terrorists responsible.
A collection of 4,000 titles, including the best in poetry, literary fiction & biography, theatre, art, & children's books

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Greene County Soil & Water Conservation District
www.gcswcd.com

Mount Utsayantha Regional Arts League (MURAL)
www.muralartgallery.org

Mountain Top Arboretum
www.mtarboretum.org

Writers in the Mountains
www.writersinthemountains.org
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KAATERSKILL FINE ARTS & CRAFTS GALLERY
representing artists & artisans of the Northern Catskills

is proud to present a new exhibit

CREATING IMAGES
PHOTOGRAPHS BY NANCY BARTON,
ELIZABETH HALL-DUKIN & CARLA SHAPIRO

THROUGH SUNDAY, MARCH 12, 2017

"The Walk to Paradise Garden," by Nancy Barton & Michael Glass

Kaaterskill Fine Arts & Crafts Gallery & Bookstore Boutique 2017 Schedule
January 20–March 12 Creating Images: Photographs by Nancy Barton, Liz Hall-Dukin, & Carla Shapiro
March 17–May 7 Verges: The Paintings of Nancy Orr
May 12–July 9 The Portraits of Mark Tatus
July 15–September 10 Hudson River Review: Paintings & Drawings of Contemporary Hudson River Artists
September 15–November 5 Trees, an exhibit of paintings by Annie Borgenicht and photographs by Carla Shapiro
November 17–January 15 Annual Fine Arts & Crafts Holiday Show

KAATERSKILL FINE ARTS & CRAFTS GALLERY / VILLAGE SQUARE LITERARY CENTER & BOOKSTORE
7950 MAIN STREET HUNTER NY 12442
HOURS: FRIDAY, SATURDAY & MONDAY 10 AM-4 PM; SUNDAY 10 AM-3 PM • 518-263-2060 • www.catskillmtn.org
# FEBRUARY 2017 MOVIES & EVENTS AT A GLANCE

- **CINEMA 2** - FOREIGN & INDEPENDENT FILMS AT THE DOCTOROW
- **CINEMAS 1 & 3** - HOLLYWOOD FILMS AT THE DOCTOROW
- **ORPHEUM** - HOLLYWOOD FILMS AT THE ORPHEUM
- **PERFORMANCES**
- **GALLERY EVENTS**
- **LITERARY EVENTS**

Schedule subject to change: please call 518 263 4702 or visit www.catskillmtn.org for the most up-to-date schedule. While there, sign up for e-mail updates so you can get the newest schedule delivered to your e-mail box each week!

## CINEMA 2 - FOREIGN & INDEPENDENT FILMS AT THE DOCTOROW

<table>
<thead>
<tr>
<th>Date</th>
<th>Movie</th>
<th>Time</th>
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<tbody>
<tr>
<td>FEB 3</td>
<td><strong>THINGS TO COME</strong></td>
<td>7:15 PM</td>
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<td><strong>ELLE</strong></td>
<td>7:30 PM</td>
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<tr>
<td>ST FEB 4</td>
<td><strong>THINGS TO COME</strong></td>
<td>4:15 &amp; 7:15 PM</td>
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<td><strong>ELLE</strong></td>
<td>4:00 &amp; 7:30 PM</td>
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<td>SU FEB 5</td>
<td><strong>THINGS TO COME</strong></td>
<td>2:15, 4:45 &amp; 7:15 PM</td>
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<td><strong>ELLE</strong></td>
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## ORPHEUM - HOLLYWOOD FILMS AT THE ORPHEUM

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<tr>
<th>Date</th>
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<td><strong>OF MIND &amp; MUSIC</strong></td>
<td>1:15 PM</td>
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<td></td>
<td><strong>LION</strong></td>
<td>7:30 PM</td>
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<tr>
<td>ST FEB 11</td>
<td><strong>OF MIND &amp; MUSIC</strong></td>
<td>4:15 &amp; 7:15 PM</td>
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<td><strong>WINTER CELEBRATION CONCERT</strong></td>
<td>8:00 PM</td>
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<tr>
<td>SU FEB 12</td>
<td><strong>OF MIND &amp; MUSIC</strong></td>
<td>2:15, 4:45 &amp; 7:15 PM</td>
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<td></td>
<td><strong>LION</strong></td>
<td>7:30 PM</td>
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## CINEMAS 1 & 3 - HOLLYWOOD FILMS AT THE DOCTOROW

<table>
<thead>
<tr>
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<td><strong>ANTARCTICA: ICE &amp; SKY</strong></td>
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<td><strong>BETWEEN US</strong></td>
<td>7:30 PM</td>
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<tr>
<td>ST FEB 18</td>
<td><strong>ANTARCTICA: ICE &amp; SKY</strong></td>
<td>4:15 &amp; 7:15 PM</td>
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<td></td>
<td><strong>WINTER CELEBRATION CONCERT</strong></td>
<td>8:00 PM</td>
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<tr>
<td>SU FEB 19</td>
<td><strong>ANTARCTICA: ICE &amp; SKY</strong></td>
<td>2:15, 4:45 &amp; 7:15 PM</td>
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<td><strong>LION</strong></td>
<td>7:30 PM</td>
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## WEEKLY CLASSES start June 28

**Basics & Beyond:** June 28-August 30  
Susan Beecher, nationally recognized potter & teacher

**Clay for Seniors:** June 28-August 30  
Susan Beecher

**WORKSHOPS start June 23**

- **Learn, Refresh, Refine:** June 23-25  
Susan Bogen, studio potter

- **Magnificent Mosaics:** June 23-25  
Cynthia Fisher, award-winning mosaic artist

- **Sensational Salt Firing:** June 30-July 2  
Susan Beecher

- **Strategies for Making Unique Pots:** July 6-11  
Bede Clark, Professor of Art and potter

- **Preparing and Making with Paperclay:** July 7-9  
Lisa Chicoyne, sculptor and ceramic artist

- **Exploring Earthenware:** July 13-18  
Ben Carter, studio potter & workshop leader

- **Flash! Fum!**  
Special Effects in Raku & Salt Firing: July 20-25  
Randy Brodnax & Don Ellis, master Raku potters

- **Earth, Air, (Salt) Fire & Water:** July 27-August 1  
Alan Willoughby, retired Executive Director of the Perkins Center for the Arts

- **Chinese Brush Painting:** July 29-30  
Linda Schultz, master painter

- **Altered Elegance:** August 3-5  
Martha Grover, functional potter

- **The Allure of the Altered Pot:** August 10-14  
Susan Beecher

- **Focus on Making:** August 17-21  
Lorna Meaden, studio potter and workshop leader

- **Glorious Ash Glazes for Cone 6:** August 24-29  
Richard Aerni, studio potter

For questions about courses, you may email  
Susan Beecher at beechers60@earthlink.net

Visit www.sugarmaples.org or call 518 263 2001 for more details, to request a brochure, to register or to make reservations for housing.
BECOME A MEMBER OF THE CATSKILL MOUNTAIN FOUNDATION!
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EACH YEAR, THE CATSKILL MOUNTAIN FOUNDATION

• Presents and hosts more than 20 performances and lectures.
• Offers free or subsidized arts programs that are enjoyed by hundreds of local children.
• Offers works of over 40 regional artists, along with the a hand-curated collection of over 4,000 books.
• Hosts arts residencies bringing many artists to our community for extended stays.
• Is the home of the Piano Performance Museum, a rare collection of historic playable pianos.
• Runs a dozen studio arts programs, with students from around the U.S.
• Shows more than 100 films on our four screens in Hunter and Tannersville.
• Publishes the monthly Guide magazine, distributed throughout the Catskill Region and at New York State Thruway rest stops.

MEMBER BENEFITS
Per Membership Year
All members are listed in our playbills and receive our weekly e-mail updates.

FRIEND $40
• Two movie passes

SUPPORTER $100
• Two movie passes
• Two $5 discounted adult tickets to a performance in the CMF Performing Arts Season

SPONSOR $250
• Two movie passes
• Four $5 discounted adult tickets to a performance in the CMF Performing Arts Season

PATRON $500
• Two movie passes
• Six $5 discounted adult tickets to a performance in the CMF Performing Arts Season

ANGEL $1,000
• All Benefits of Patron Membership
• Complimentary book from our choice selections
• Four free tickets to one performance in the CMF Performing Arts Season

BENEFACTOR $2,500
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• Complimentary book from our choice selections
• Six free tickets to one performance in the CMF Performing Arts Season
• Two complimentary tickets to the annual CMF fundraiser

PARTNER $5,000
• All Benefits of Patron Membership
• Complimentary book from our choice selections
• Eight free tickets to one performance in the CMF Performing Arts Season
• Four complimentary tickets to the annual CMF fundraiser

Friend $40
Supporter $100
Sponsor $250
Patron $500
Angel $1,000
Benefactor $2,500
Partner $5,000

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Questions/More Information: Call 518 263 2001

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2017 PERFORMING ARTS SNEAK PEEK!

Bringing the Community Together through the Arts

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Common Ground on the Mountain: A Concert of Folk, Bluegrass and Acoustic Music
Aztec Two-Step, Walt Michael, Professor Louie and the Crowmatix and Greg Dayton
Saturday, January 14 @ 8:00pm
Orpheum Film & Performing Arts Center

Dom Flemons and Garland Jeffreys
Winter Celebration Concert
Saturday, February 18 @ 8:00pm
Orpheum Film & Performing Arts Center

Crabgrass Puppet Theatre
“The Pirate, the Princess and the Pea”
Thursday, March 16 @ 4:00pm
Doctorow Center for the Arts

Sugarloaf Mountain: An Appalachian Gathering
Apollo’s Fire: The Cleveland Baroque Orchestra
Jeanette Sorrell, Director
Saturday, March 25 @ 8pm
Doctorow Center for the Arts

Russian National Ballet Theatre: “Swan Lake”
Saturday, April 8 @ 7:30pm
Orpheum Film & Performing Arts Center

Lecture/Demonstration: “Beethoven, Schubert and the Anxiety of Influence”
Jeffrey Langford and Joanne Polk
Saturday, May 13 @ 2:00pm
Piano Performance Museum, Doctorow Center for the Arts

Chase Brock Experience
Residency: May 8 through May 20
Performance:
Saturday, May 20 @ 7:30pm
Orpheum Film & Performing Arts Center

An Evening at a Venetian Palazzo: Music of Benedetto Ferrari, T araquinio Merula, and Giovanni Rovetto
Tracy Cowart, mezzo-soprano; Rachel Evans, violin; Leah Nelson, violin; Hsuan-Wen Chen, harpsichord; Richard Kolb, theorbo, archlute, baroque guitar, violone
Saturday, May 27 @ 8pm
Doctorow Center for the Arts

Lecture/Demonstration: “Harpischords, Lutes and Cristofori’s Archicembalo”
Richard Kolb; Hsuan-Wen Chen, harpsichord; Tracy Cowart, mezzo-soprano
Sunday, May 28 @ 2:00pm
Piano Performance Museum
Doctorow Center for the Arts

American Dream
Thursday, June 1 @ 1:00pm
Orpheum Film & Performing Arts Center

Forward into Light: The American Women’s Suffrage Movement in NY State Song & Story
Old Songs, Inc. Production
Saturday, June 3 @ 8:00pm
Doctorow Center for the Arts

Fortepiano Concert
Audrey Axinn, Maria Rose, Yi-heng Yang
Saturday, June 10 @ 8pm
Doctorow Center for the Arts

Lecture: “Pianos from Bach to Beethoven: An Overview of the Broad Variety of Early Pianos”
John Koster
Sunday, June 11 @ 3:00pm
Piano Performance Museum
Doctorow Center for the Arts

SOLD OUT!
Lecture: “Knowing the Score”
Malcolm Bilson
Saturday, June 17 @ 2:30pm
Piano Performance Museum
Doctorow Center for the Arts

Forte piano Concert: Malcolm Bilson
Saturday, June 17 @ 8pm
Doctorow Center for the Arts

Next Generation Jazz Orchestra
Co-Presented by 23Arts Initiative and Catskill Mountain Foundation, in association with Monterey Jazz Festival
Saturday, June 24 @ 7:30pm
Orpheum Film & Performing Arts Center

OMNY Taiko Drummers
With Grammy Award-Winning Taiko Master, Koji Nakamura
Sunday, July 2 @ 6:30pm
Orpheum Film & Performing Arts Center

The 2017 Annual Benefit
Saturday, July 8 @ 6:00pm
Orpheum Film & Performing Arts Center

National Dance Institute
Mountaintop Summer Residency Performance
Saturday, July 22 @ 7:00pm
Orpheum Film & Performing Arts Center

Shai Wosner Solo Piano Concert
Saturday, July 29 @ 8:00pm
Doctorow Center for the Arts

Manhattan in the Mountains
Residency & Faculty Concert
Residency: July 24 through August 12
Faculty Concert: Saturday, August 5 @ 8:00pm
Doctorow Center for the Arts

Bumper Jacksons
Saturday, August 26, 2017 @ 8:00pm
Doctorow Center for the Arts

The Fast Lane Eagles Tribute Band
Saturday, September 2 @ 7:30pm
Orpheum Film & Performing Arts Center

Twyla Tharp Dance
Residency & Showcase of Works-in-Progress
Residency: August 14 through September 10
Showcase of Works-in-Progress:
Saturday, September 9 @ 7:30pm
Orpheum Film & Performing Arts Center

Pushcart Players: “The Velveteen Rabbit Reborn”
Saturday, October 7, 3:30pm
Doctorow Center for the Arts

Lecture: "Changing Early Keyboard Styles: A Discussion and Demonstration of Musical Roles Acceptable for Women"
Symphony of the City of New York
Dr. Katherine Kaiser with Yi-heng Yang, harpsichord and pianoforte, and Claire Jolivet, violin
Saturday, November 4 @ 2:00pm
Doctorow Center for the Arts

Chamber Orchestra Concert:
Western Hemisphere Premiere Performance of Music from 18th Century London
Symphony of the City of New York
Saturday, November 25 @ 8:00pm
Doctorow Center for the Arts

The Nutcracker
Friday, December 8 @ 7:30pm
Saturday, December 9 @ 2:00pm & 7:30pm
Sunday, December 10 @ 2:00pm
Orpheum Film & Performing Arts Center

ALSO ON OUR STAGES
Christmas in April with Thornton Wilder
Two One-Act Plays: "The Long Christmas Dinner" & "Pullman Car Hiawatha"
Presented by The Kaaterskill Actors Theater
Directed by Jim Milton
Friday & Saturday, April 28 & 29 @ 7:00 pm
Sunday, April 30 @ 2:00pm
Doctorow Center for the Arts

Molière’s 17th Century Comic Masterpiece “Tartuffe”
Adapted and Directed by Jim Milton
Presented by Kaaterskill Actors Theater
Friday, October 20 & Saturday, October 21 @ 7:00pm
Sunday, October 22 @ 2:00pm
Doctorow Center for the Arts

Annual Holiday Musical
Presented by the Greene Room Players
Friday & Saturday, November 17 & 18 @ 7:30pm
Sunday, November 19 @ 2:00pm
Doctorow Center for the Arts

Tickets are now on sale!
www.catskillmtn.org
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Thank you to our funders and supporters!

Catskill Mountain Foundation is supported in part by the Bank of Greene County, Jarvis & Constance Doctorow Family Foundation, Greene County Council on the Arts, Greene County Youth Fund, Marshall & Sterling, NYS on the Arts and the REDC initiative with the support of Governor Andrew M. Cuomo and the New York State Legislature, Stewart’s Shops, Windham Foundation, and by private donations.
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