2016 Institute, July 26-28
Find Your Park, Historic Site, Museum: Gain a Classroom

Wednesday, July 27, Field experiences

We do not meet in Hyde Park on Wednesday; go straight to the field experience you select at registration. Register here. Review the full schedule here. This page lists the field experiences. Detailed descriptions of each appear on subsequent pages.

1. **A Day at the Capital with Partners for Albany Stories**, 9 a.m. to 4 p.m. Purchase lunch at Empire State Plaza farmer’s market or food trucks or BYO. **Itinerary 1**: Albany Institute of History & Art, Schuyler Mansion State Historic Site, Myers Residence/Underground Railroad History Project of the Capital Region, *Understanding the Built Environment* workshop and walking tour. **Itinerary 2**: Albany Institute of History & Art, Schuyler Mansion State Historic Site, NYS Capitol, Shaker Heritage Society, and Myers Residence/Underground Railroad History Project of the Capital Region.

2. **Hudson River STEAM: Tideline Program**, Esopus Meadows Preserve, Ulster County, 9:30 a.m. to 3:30 p.m., with Eli Schloss, program director, Clearwater, and Tom Lake, naturalist, NYS Dept. of Environmental Conservation. BYO lunch.

3. **A Multidisciplinary Look at the Hudson Valley Past**, West Point Foundry Preserve and Putnam History Museum, Cold Spring, Putnam County. 10 a.m. to 4 p.m. Lunch included.

4. **A Paddle on the Estuary**, Hudson River National Estuarine Reserve, Stockport Flats and Tivoli Bays, Columbia and Dutchess counties, specific sites subject to tides. 9 a.m. to 3 p.m. BYO lunch.

5. **Tours and More: Boscobel House and Gardens**, Garrison, Putnam County, 9:30 a.m. to 4 p.m., lunch included, with Lisa DiMarzo, museum educator.

6. **Urban River STEM Experience**, Center for the Urban River at Beczak, Yonkers, Westchester County, 10 a.m. to 4 p.m. BYO lunch.

7. **Using the farm to enrich your classroom in science, health, culinary arts, & food literacy**, Sylvia Center at Katchkie Farm, Kinderhook, Columbia County, 9:30 a.m. to 4:30 p.m. Includes lunch.
Find Your Park, Historic Site, Museum: Gain a Classroom A Day at the Capital with Partners for Albany Stories
Option 1, Wednesday, July 27, 9 a.m. to 4 p.m.

**Logistics.** Park at Albany Institute and board a bus. There will be some walking, but nothing strenuous. Lunch: BYO or take advantage of the food trucks and stands at Empire State Plaza; they are loaded with local produce and specialty foods. This program is relevant to all grades and will be of special interest to those who teach or interpret local history, New York history, and other social studies. Transportation will be provided by Durham Bus Company.

**Your hosts.** [Albany Institute of History & Art](tel:518-463-4478), [Schuyler Mansion State Historic Site](tel:518-434-0834), Albany City historian, [Historic Albany Foundation], [NYS Capitol], [Partners for Albany Stories], [Shaker Heritage Society], and [Underground Railroad History Project of the Capital Region](tel:518-432-4432). See below for information on guides and presenters.

**The plan.**

**Schuyler Mansion.** Alexander Hamilton (1757)-1804) was a remarkable political figure who was actively involved in nearly every aspect of the nation’s founding. As the son-in-law of Major General Philip Schuyler, he was intimately connected with the city of Albany. *When Hamilton Called Albany Home* is a program examining Hamilton’s relationship with the Schuyler family, their home, and the city of Albany.

**The Stephen and Harriet Myers Residence** is an outstanding 1850s artifact of the anti-slavery and Underground Railroad period. This award winning historic house was the home of African American abolitionists. Albany’s Vigilance Committee met and strategized here and freedom seekers were directed here for help. The tour features a new interpretation of the URR story, and we will learn about the restoration of the building and available education programs.

*Empire State Plaza: lunch and a free concert by Ten Strings and a Goat Skin, a trio playing Irish, Acadian, French and original creations infused with modern and world rhythms.*

**Albany Institute of History & Art.** Tour *Masterworks: 225 Years of Collecting*. The Institute has amassed the foremost collection of fine and decorative arts connected with the Upper Hudson Valley region, including early colonial portraiture and silver, Hudson River School paintings, finely crafted furniture, decorated ceramics, and contemporary works by artists of national recognition, to name just a few. This special features items of exceptional merit.
Workshop & walking tour. Lorraine Weiss (see below) will facilitate Understanding the Built Environment featuring hands-on activities using archival materials followed by a walking tour of the neighborhood. Explorations of the built environment engage all grades and abilities and intersect with all disciplines. Learning to “read” the buildings and streetscapes of a community allows students to synthesize social studies, language arts, science, and visual skills.

At 4 p.m. we’ll meet back at the Institute. Depart for home, continue exploring the collections, or visit the gift shop or café. The Institute closes at five.

Takeaways. Participants will learn about social, cultural, and economic themes that illuminate the interplay between Albany’s history and contemporary issues in NYS and the nation. We’ll use collections in museums and historic houses and the significant architectural resources of the state capital. You’ll come away with an understanding of how to apply the practices of Partners for Albany Stories to your own historic districts and engage students in the study of history and art through the built environment and material culture.

Your guides.

Heidi Hill, manager, Crailo and Schuyler Mansion State Historic Sites. Heidi worked previously at Clermont and Olana State Historic Sites. She earned an MA in history museum studies at Cooperstown Graduate Program and a BA in history major at Binghamton University. She particularly enjoys working in teams and is happy to have both Crailo and Schuyler Mansion involved with Partners for Albany Stories, a collaborative of museums, historic sites, and historical agencies focused on telling Albany’s story.

Erika Sanger, director of education, Albany Institute of History & Art. Erika has 30 years of experience in the arts including positions at the International Center of Photography, The Jewish Museum, The New-York Historical Society, The Brooklyn Museum of Art, Asheville Art Museum, and North Carolina’s Penland School of Crafts. She serves on the boards of the Museum Association of NY and Schuyler Mansion, and is a THV VIP. Erika earned a BFA from Clark University and an MA from NYU.

Mary Liz Stewart, independent researcher and co-founder, Underground Railroad History Project, a public history group dedicated to researching, celebrating, and preserving local URR history. The group also highlights the URR’s contemporary meanings and the participation of African American abolitionists and freedom seekers. Scholars-in-Residence at Russell Sage College since 2009, Mary Liz and Paul Stewart’s research into local URR history has contributed to a paradigm shift in the understanding of this historic movement in NYS and the nation.

Lorraine Weiss, historic preservation planner, Historic Preservation Office, NYS Parks. Lorraine has over 30 years of experience teaching about the built environment with lessons on local history, architecture, architectural history, landscape architecture, and city planning to build skills and engage students with their communities. She has worked with all grades and ability levels, trained teachers, and developed classroom materials. She was one of 25 Americans invited to participate in a 1989 international conference on teaching young people about architectural heritage.
Find Your Park, Historic Site, Museum: Gain a Classroom

A Day at the Capital with Partners for Albany Stories
Option 2, Wednesday, July 27, 9 a.m. to 4 p.m.

LOGISTICS. Meet at the Shaker Heritage Society; 25 Meeting House Rd, Albany; 518-456-7890, ext. 23. Directions. There will be some walking, but nothing strenuous. Lunch: BYO or take advantage of the food trucks and stands--loaded with local produce and specialty foods-- at Empire State Plaza. This program is relevant to all grades and will be of special interest to those who teach or interpret local history, NYS history. Transportation will be provided by Durham Bus Company.

ADDITIONAL HOSTS. Albany Institute of History & Art, Schuyler Mansion State Historic Site, Albany City historian, Historic Albany Foundation, NYS Capitol, Partners for Albany Stories, Shaker Heritage Society, and Underground Railroad History Project of the Capital Region. (Bios below.)

THE PLAN. Shaker Heritage Society. The Shakers developed innovative planned communities that emphasized gender and racial equality. The neighboring community at Watervliet served as a model for many 19th century religious and social experiments. The site includes distinctive natural and cultural resources including barns and a meeting house, an apple orchard, herb gardens, and pasture. The garden seed industry, flat brooms, and vacuum sealed tin cans were invented there.

Drive to the Albany Institute of History & Art and park cars for the remainder of the day.

NYS Capitol. Sitting majestically atop Albany's State Street hill, the New York State Capitol has served as NY's seat of government since the 1880s. The building is a marvel of late 19th-century architectural grandeur, built by hand of solid masonry over a period of 25 years. Governor Cuomo has reopened the Capitol's historic Hall of Governors. Sweeping renovations have been made and portraits, informational signs, a timeline, and exhibits on New York State history have been added.

Empire State Plaza: lunch and a free concert by Ten Strings and a Goat Skin, a trio playing Irish, Acadian, French and original creations infused with modern and world rhythms.

Schuyler Mansion. Alexander Hamilton (1757)-1804) was a remarkable political figure who was actively involved in nearly every aspect of the nation’s founding. As the son-in-law of Major General Philip Schuyler, he was intimately connected with the city of Albany. When Hamilton Called Albany Home is a program examining Hamilton’s relationship with the Schuyler family, their home, and the city of Albany.

Stephen and Harriet Myers Residence is an outstanding 1850s artifact of the anti-slavery and Underground Railroad period. This award winning historic house was the home of African American
abolitionists. Albany’s Vigilance Committee met and strategized here and freedom seekers were
directed here for help. The tour features a new interpretation of the inspiring story of the URR, and
we will learn about the restoration of the building and available education programs.

**Albany Institute of History & Art.** We’ll meet back at the Institute around 3:30. The Institute closes
at five so you’ll have plenty of time to explore the collections and visit the gift shop or café.
Current exhibits include Masterworks: 225 Years of Collecting, A Gather of Glass, Spotlight:
Alexander Hamilton, 19th Century American Sculpture, Traders and Culture: Colonial Albany and

**TAKEAWAYS.** Participants will learn about social, cultural, and economic themes that illuminate
the interplay between Albany’s history and contemporary issues in NYS and the nation. We’ll use
collections in museums and historic houses and the significant architectural resources of the state
capital. You’ll come away with an understanding of how to apply the practices of Partners for Albany
Stories to your own historic districts and engage students in the study of history and art through the
built environment and material culture.

**YOUR GUIDES.**

**Samantha Hall-Saladino,** education director, Shaker Heritage Society. Samantha
develops, presents, and promotes programs about the history of Shakers and their influence on
American culture. She has worked with audiences ranging from school children to seniors living with
Alzheimer’s. Samantha also serves as Fulton County historian.

**Heidi Hill,** manager, Crailo and Schuyler Mansion State Historic Sites. Heidi worked previously at
Clermont and Olana State Historic Sites. She earned an MA in history museum studies at
Cooperstown Graduate Program and a BA in history major at Binghamton University. She
particularly enjoys working in teams and is happy to have both Crailo and Schuyler Mansion
involved with Partners for Albany Stories, a collaborative of museums, historic sites, and historical
agencies focused on telling Albany’s story.

**Stuart W. Lehman,** assistant curator, New York State Capitol. Stuart develops Capitol education
programs, including tours and “living history”, and conducts research into the history of the building.
Previously he worked with the NYS Parks, Bureau of Historic Sites at Senate House, Herkimer
Home, and Schuyler Mansion. On weekends he participates in Revolutionary War re-enactments
portraying a colonial doctor.

**Erika Sanger,** director of education, Albany Institute of History & Art. Erika has 30 years of
experience in the arts including positions at the International Center of Photography, The Jewish
and North Carolina’s Penland School of Crafts. She serves on the boards of the Museum Association
of NY and Schuyler Mansion, and is a THV VIP. Erika earned a BFA from Clark University and an
MA from NYU.

**Mary Liz Stewart,** independent researcher and co-founder, Underground Railroad History Project, a
public history group dedicated to researching, celebrating, and preserving local URR history. The
group also highlights the URR’s contemporary meanings and the participation of African American
abolitionists and freedom seekers. Scholars-in-Residence at Russell Sage College since 2009, Mary
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understanding of this historic movement in NYS and the nation.
Find Your Park, Historic Site, Museum: Gain a Classroom

Hudson River STEAM
HR Sloop Clearwater's Tideline Program
Wednesday, July 27, 9:30 a.m. to 3:30 p.m.

Logistics. Meet at the Esopus Meadows Preserve, Ulster Park, Town of Esopus, Ulster County. Crossing the Mid-Hudson Bridge from east to west, take Route 9W north for 10.3 miles. Right on River Road. Proceed 1.3 miles. Entrance on right. Use this address for your device: 257 River Road, Ulster Park, NY. (Detailed directions below.) Bring lunch and water. There is a pavilion on site for shade, but be prepared to hike and to be outside all day. Limit: 30.

Your guides. Eli Schloss, Tideline program director, Hudson River Sloop Clearwater, and Tom Lake, naturalist, NYS Department of Environmental Conservation, and editor, Hudson River Almanac. See the back of this sheet for short bios.

The plan.

This field experience is designed to expose participants to the Hudson River through the STEAM disciplines -- science, technology, engineering, arts, and mathematics. You’ll experience and discuss the learning stations that are the basis of the Tideline program. Participants will also join DEC naturalist Tom Lake for an interpretive hike. Here’s an overview of the day:

1. Estuary essentials -- tide, brackish, exploration, transportation, diversity
2. Hudson River fish -- seining, fish adaptations and identification
3. Invertebrate study -- biological indicators
4. Writing on the riverfront activities -- found poetry, Hudson River haiku, Water: how did you get so wet
5. Water Wasting Wingding -- Average household daily water use, modern v. historic usage, bucket brigade relay activity, water conservation

(Continues)
6. Water Quality testing – Dissolved oxygen (DO) and acidity (Ph) levels, temp, turbidity
7. Trail hike: Patterns in Nature -- forest succession, canopy and understory, phenology
8. Follow-up classroom activities—HRECOS, lesson plans, pollution activity

**Takeaways:** Participants who book a [Tideline field program](#) for their school or youth group will receive a free pre- or post-trip program. Tidelines can be conducted on the shores of many parks on the Hudson. The program allows students to connect the River to their everyday lives and instills a sense of place in their community by demonstrating aspects of the river students may not have experienced and engaging them in hands-on activities.

**More about your guides.**

**Eli** conducts all of Clearwater’s land-based programs, including classroom visits and field programs. Before joining Clearwater he worked with the NYC Dept. of English Language Learners and several residential services. Eli has been working with students of all ages and abilities up and down the Valley for 20 years. He strives to instill a connection to the natural world which he believes is the first step in protecting our natural resources.

**Tom** is an archaeologist who teaches anthropology at SUNY Dutchess Community College. He also serves as estuary naturalist for the Hudson River Estuary Program of the NYS DEC, where he conducts wildlife monitoring, research, and education programs. Tom has compiled and edited the *Hudson River Almanac* since it began in 1994. [www.dec.ny.gov/lands/25608.html](http://www.dec.ny.gov/lands/25608.html)

**DIRECTIONS**

**From the north:** Take NYS Thruway exit 19. At the traffic circle follow signs for 587 and take it to 32 North. Follow Albany Avenue less than a mile to where 32 heads right at a Citgo station. Follow 32 to 9W South. Take 9W south through Kingston across the Rondout Creek into Port Ewen. About three miles after the village watch for the El Paso winery on your right. Just after the winery, on your left will be River Road (AKA County Route 24). (If you see the Apple Bin you have gone too far.) Go left on to River Road and follow it past the orchard and down the hill to the Hudson. Esopus Meadow Preserve will be on your right. If you pass Lighthouse Park, you’ve gone too far.

**From the south:** Take NYS Thruway exit 18 to 299 East (go right after the toll). When Route 299 ends at 9W turn left to head north. From the Mid-Hudson Bridge take Route 9W north about 11 miles through the hamlets of West Park and Esopus. Pass Mount St. Alphonsus on the right and the Apple Bin on the left. About one-half mile past the Apple Bin, turn right onto River Road (AKA County Route 24) and follow it up and over the hill past the orchards. (River Road is just before El Paso winery on the left.) The road descends down to the Hudson River. Esopus Meadows Preserve is at the bottom of the hill on the right, just before the road bears left along the River. If you pass Lighthouse Park, you’ve gone too far.
Find Your Park, Historic Site, Museum: Gain a Classroom

**A Multidisciplinary Look at the Hudson Valley Past**

Wednesday, July 27, 10 a.m. to 4 p.m.

**Logistics.** Meet at West Point Foundry Preserve, 68 Kemble Ave., Cold Spring, Putnam County. Most relevant to those who teach or interpret American/NYS history, art, and/or science. The morning and early afternoon will be spent outside; dress for the weather and be prepared for some walking with sturdy shoes. Lunch is included. Limit: 20.

**Driving directions.** From traffic light at Main St. and Rte. 9D, head west toward the River. Turn left on Rock Street (third left). At end of Rock, turn right on Kemble Ave.; follow to end. Go through gate and follow signs to parking area. **Public transit.** The Preserve is about a 10 minute walk from the Cold Spring Metro North Station. Exit the station from the platform on the opposite side of the parking lot, walk down the ramp, and follow that trail along the marsh to the Preserve.

**Your hosts:** Mindy Krazmien and Mark Forlow, Putnam History Museum; Kate Brill, Reed Sparling, and Kristin Sullivan, Scenic Hudson. (Bios below.) The Museum is a short walk from the 86-acre Preserve, which Scenic Hudson acquired in 1996 to safeguard the foundry’s remains from proposed development. Emergency contact: Kate’s cell is 845-489-6213.

**The plan.** Following universally accessible trails that trace historic rail lines and paths used by the ironworks’ largely immigrant workforce, delve into West Point Foundry’s manufacturing process—especially the production of Parrott guns, which were so vital to the Union cause that President Lincoln visited the foundry in 1862. Explore the site’s ecology with a hands-on science activity. After lunch hike up to the Putnam History Museum to tour a new exhibit featuring artifacts from the Foundry and examine John Ferguson Weir’s painting, The Gun Foundry.

**Takeaways:** Lessons and information about the superfund site legacy in Foundry Cove and a hands-on science activity to further explore the ecology of the site.

**More about your hosts.** Kate Brill is education outreach coordinator at Scenic Hudson. She earned a BS in environmental science from Binghamton University and has an MA in the art of teaching in 7-12 integrated science from Lewis & Clark College. A former teacher, Kate is active in the NYS Outdoor Education Association.

Mark Forlow is a Putnam History Museum trustee and historian for the Town of Philipstown and the Village of Cold Spring. He earned a BA in history and is actively engaged in collecting historic photographs, documents, and ephemera related to the Hudson Highlands.

Mindy Krazmien has been executive director of Putnam History Museum since 2005 and has primary responsibility for operations, education, fundraising, and exhibitions. She earned a BA in American Studies from the University of California, Berkeley.

Reed Sparling is the staff writer at Scenic Hudson; co-editor of The Hudson River Valley Review Hudson River Valley Institute at Marist College); and has authored and/or contributed to several books on Hudson Valley history. He regularly leads tours at West Point Foundry Preserve.

Kristin Sullivan is education outreach assistant at Scenic Hudson. She earned a BS in biological sciences from the University of South Carolina. Kristin also has worked as an educator at Northwoods Wildlife Center in Wisconsin and Florida Keys Wild Bird Rehabilitation Center.
Find Your Park, Historic Site, Museum: Gain a Classroom

A Paddle on the Estuary
Wednesday, July 27, 9 a.m. to 3 p.m.

Logistics. Meet at Tivoli Bays, Dutchess County, for a three-hour paddle. Then, travel to Nutten Hook, part of Stockport Flats in the Town of Stuyvesant, Columbia County. Canoes, paddles, and personal flotation devices will be provided. Please be prepared to spend the day outside; bring appropriate clothing, lunch, water, and sun protection. Contact: Jim Herrington, 845-889-4745, ext. 109; night before or morning of the program only, his mobile is 845-489-5767.

Your hosts: Chris Bowser, educator, NYS DEC Hudson River Estuary Program and the National Estuarine Research Reserve in partnership with the NYS Water Resources Institute at Cornell University; and Giancarlo Coppola, estuary educator and aquarist, and Jim Herrington, estuary educator, Hudson River Research Reserve, Staatsburgh.

The plan. Canoe on the Estuary with naturalists. Explore creeks, tidal marshes, and other habitats along the Hudson’s shoreline. Learn about wetland ecosystems as living laboratories for exploring climate change, biodiversity, and community resilience. Following our paddle, we’ll carpool to Nutten Hook for a seining program. We’ll discuss how to replicate both programs with students. This experience is broadly relevant, but especially germane to secondary life and environmental sciences. Group limit is 20.

Takeaways: Participants will gain a better understanding of the role of tidal wetlands in the Valley’s ecosystem; explore wetlands research in the context of climate change, invasive species, and shoreline restoration; see habitats, plants, and animals; appreciate the aesthetic beauty of the river from a unique vantage point; enjoy an adventurous but safe experience paddling on the Hudson and adjacent wetlands.

More about your guides. Chris organizes the annual Day in the Life of the Hudson River, coordinates a citizen science project studying eels, and conducts programs at Norrie Point. He earned an MS in environmental science at Clark University. www.dec.ny.gov/lands/4920.html

Giancarlo is a Valley native who returned to the area after earning a BS in biology at Salem State University. Now he is pleased to teach others about the river that inspired him to devote his academic and professional efforts to the conservation and monitoring of freshwater habitats.

Jim has worked as an environmental educator with NYS DEC for 25 years. He organizes tidal marsh canoe trips and schedules schools groups at Norrie Point.
Find Your Park, Historic Site, Museum: Gain a Classroom

Boscobel House and Gardens – Tours and More!
Wednesday, July 27, 9:30 a.m. to 4 p.m.

Logistics. Meet at Boscobel House and Gardens, Garrison, Putnam County. Directions here. Boscobel is approximately 1.5-miles (limited sidewalks) from the Metro North Train Station in Cold Spring. Call 845-265-TAXI (8294) to arrange a cab in advance. All are welcome; content is most relevant to teachers/interpreters of social studies and history. Lunch is included. Limit: 30.

Your host. Lisa DiMarzo, Boscobel’s museum educator, is also the founder of Impact-EDUCATION. She aims to engage diverse audiences in explorations of the region’s nature, science, and history. Her approach includes kinesthetic learning activities enabling learners of many different types to participate fully. Lisa earned an MS in childhood education from Queens College, NYC, and has more than a decade of experience teaching at museums, nature centers, and schools in the region. If you must reach someone on July 27, Lisa’s mobile is 914-456-2534.

Boscobel is on the Hudson River with gorgeous views. Each summer it hosts the Hudson Valley Shakespeare Festival. The Mansion dates from the early 1800s and displays one of the nation’s leading collections of furniture and decorative arts from the Federal Period. Boscobel’s programs bring subject matter to life. Audiences are introduced to cultural and social history through engaging activities that highlight the past and look ahead to the future.

The plan. Your day at Boscobel will introduce you to Bring the Kids! Tours & More, a family program exploring the seasons; Rhyme Time by the Hudson, playgroups for young children; Hudson Hewn: New York Furniture Now, an exhibit celebrating furniture making in the Valley; and an array of school programs that encourage a hands-on, minds-on examination of historic objects. You’ll also have a guided tour of Boscobel Mansion and explore the landscape during a new grounds tour. Projected timeline:

9:30 Meet and greet; Sample programs for the general public and school groups
11:00 Split up for house and grounds tours and to view exhibits
12:45 Delicious and healthy lunch in a beautiful setting
2:00 Trail and audio stories
3:30 Wrap up, Q&A

Takeaways. Participants will receive a copy of Boscobel, a full-color book showcasing the Mansion and its collections.
Find Your Park, Historic Site, Museum: Gain a Classroom Experience

The Urban River STEM Experience

Wednesday, July 27, 10 a.m. to 4 p.m.

Logistics. Meet at Sarah Lawrence College’s Center for the Urban River at Beczak (CURB), 35 Alexander Street, Yonkers. (Directions are on the website.) Contact: Vicky Garufi, vgarufi@sarahlawrence.edu, 914-377-1900, ext. 12. Bring lunch and water. Be prepared to do some walking, spend time outside, and engage in water activities. Group limited to 30.

Your hosts. Ryan Palmer, director. A Hudson Valley native, Ryan previously was director of Clearwater’s Green Cities Initiative, focusing on urban watersheds, environmental justice, green infrastructure projects, community organizing, and urban planning. He earned a BS in environmental science at the University of Rhode Island and has training in land use law, stream monitoring, biodiversity assessment, watershed management, and planning, and 10 years of experience in the environmental nonprofit field. He has directed CURB since 2013.

Victoria Garufi, director of education. A native of Yonkers, she joined CURB (then known as the Beczak Environmental Education Center) in 2005, designing and implementing education programs while also maintaining exhibits and aquaria. Vicky now oversees CURB’s education programming. Passionate about connecting students to the natural environment, she continues to work directly with children of all ages. Vicky earned a BS in psychobiology at Long Island University/Southampton College and is now in the Art of Teaching Program at Sarah Lawrence.

The plan. Following a tour of the Center for the Urban River at Beczak (CURB), participants will experience the catch of the day seining program and collect and record water samples for data analysis. You’ll also learn about CURB’s role as a research hub, how data collected is used, and discuss research and monitoring opportunities available to community groups and students.

After a picnic lunch you’ll tour the Yonkers’ waterfront and the Saw Mill River Daylighting project on the way to Groundwork Hudson Valley’s Science Barge. You’ll tour the barge and get an overview of Groundwork Hudson Valley’s urban farming and sustainability programs.

Takeaways. Information and resources to engage students in a Hudson River experience including how to access CURB’s new curriculum Three Rivers of Yonkers (grades 4 and 5) and Climate Change Resiliency (grades 6-12). Participants also will receive a discount voucher for a field trip to CURB during the 2016-17 school year.
Find Your Park, Historic Site, Museum: Gain a Classroom

Fresh Food Comes from the Farm
Enrichment for science, health, culinary arts, & food literacy

Wednesday, July 27, 9:30 a.m. to 4:30 p.m.

Logistics. Meet at the Sylvia Center at Katchkie Farm, 745 Fischer Road, Kinderhook, Columbia County. (Directions on back of this sheet.) Lunch is included. Be prepared to spend most of the day outside. Limit: 30. Phone: 518-755-0868.

Your host. The Sylvia Center (TSC) works to inspire young people and their families to eat well so they may lead more healthy and productive lives. In low income communities where processed, high calorie foods are prevalent and healthy whole foods are often scarce, TSC provides programs that work to counteract the rise of diet related health problems. TSC conducts cooking and food literacy programs at Katchkie Farm and in NYC Housing Authority community centers.

Fresh Food Comes from the Farm is a full-day program for schools and youth and community groups. Students learn about where food comes from, how it is grown, and how to cook it into a healthy meal. They spend the day planting, weeding, harvesting, cooking, and eating fresh food together in a beautiful setting. In 2015, over 1,100 students completed TSC programs in Columbia County. In 2016, we plan to directly serve over 1,300 students in the Upper Hudson Valley.

The plan. TSC is eager for local educators to participate in and learn about our programs and provide feedback on newly developed educational materials. We want to build meaningful partnerships with schools and other educational organizations in the Hudson Valley and invite you to spend a day at the farm and learn how to use a “farm to table” field experience to extend and enrich your curriculum or other work with children and youth.

Visit Katchkie Farm’s commercial organic vegetable operations, collect eggs, taste your way through our Learning Garden, cook and eat lunch using ingredients you have just harvested, and discuss ways to integrate farm-based education into your curriculum or program. Through hands-on activities and working discussion groups, participants will:

- Take part in every step of the story of food from seed to plate, including planting seeds, harvesting fresh produce, and learning to create a delicious seasonal meal with it.
- Discuss how our site can serve as an extension of your classroom or organization.
Contribute their expertise to the review and further development of new components of TSC’s curriculum. You will test and discuss supplemental educational materials that we plan to provide to schools and youth organizations before and after the farm program.

**Takeaways:** Participants will take home recipes, new skills, and inspiration to bring food literacy, health and the culinary arts into your lessons.

**Staff.**

Julie Cerny, farm education director & garden manager. While working to create a more simple and sustainable lifestyle, Julie finally discovered real food in 2007. Since then, she has worked on small, diversified farms every year -- growing food, cooking with the seasons, and creating welcoming spaces where others can learn to do the same. With a BS in Environmental Studies from SUNY ESF (College of Environmental Science and Forestry) and several years of outdoor education experience, Julie joined The Sylvia Center in 2011.

Jillian Naveh, farm chef instructor. Jillian has an eclectic background working as a farmer, farm to table chef, and for multiple nonprofits focused on food justice. She earned a degree in Culinary Arts Business Admin from SUNY Delhi. Jillian has also cooked for a prepared food CSA delivery service, taught cooking at NYC Housing Authority community centers, worked with the NYC Dept. of Education to get more healthy local food into public schools, and coordinated outreach for Capital Roots in Troy through AmeriCorps VISTA.

Virginia Meza, culinary assistant. Virginia’s first toy was a kitchen utensil given to her by Seve, the family cook. Born into a traditional Paraguayan ranch family, Virginia assisted in her mother’s catering service and learned the art of entertaining. Seve taught her the art of cooking from the heart and honoring local, seasonal ingredients. After 15 years as an interior designer, Virginia sees joining The Sylvia Center as returning to her roots, passing on the experiences she had in the kitchen as a kid, and imparting a healthier more mindful approach to food with students.

**Directions.**

**From Hudson:** Take Route 9 North to Village of Kinderhook. Once in the Village, take a right onto County Route 21. Just before the overpass, turn left onto ramp for Route 9H South. Turn right onto 9H So. and continue for one mile. Take a left onto Fischer Rd. After a short distance, you will see a big red barn on the right. Just after the barn, turn right at the Katchkie Farm sign.

**From the south via Taconic State Parkway:** Take exit for Chatham/Austerlitz and Route 203. Take a right onto 203 toward Chatham. Go straight at the traffic light. After 3.3 miles, turn left onto McCagg Road (steep hill). At the 4way stop, go straight. Just after the overpass, turn right onto the Route 9H South ramp. Turn right onto 9H South and continue for 1 mile. Take a left onto Fischer Rd. Watch for big red barn on the right. Just past barn, turn right at Katchkie Farm sign.

**From north:** Take Route 9 South to traffic circle at Hannaford Plaza in Valatie. Take 2nd exit onto Route 9H South. After 3.6 miles, turn left onto Fischer Rd. After a short distance, you will see a big red barn on the right. Just after the barn, turn right at the Katchkie Farm sign.