



A ribbon-cutting ceremony marked the April 23<sup>rd</sup> Grand Opening of the newest townhomes in the **Ellenridge** Development. Ellenville Mayor Jeffrey Kaplan, front center, cut the ribbon with Wawarsing Supervisor James Dolaway, front right. Also on hand, immediately behind, from left, Village Manager Elliott Auerbach, Builder Michael Guterman of DLK Construction, Kevin O'Sullivan, a principal in the project, Village Trustee Steven Krulick, project attorney Jay Zeiger, DLK construction supervisor David Nosenchuk, and Administrative Asst. Donna Strumke. In the doorway are Weichert Sales Associates, from left, Aidalis Cardona, Juan Flores, and Paul Filippone.



On April 26<sup>th</sup>, **Canal Lodge Adult Care Center** celebrated their first "Mock Wedding." The "bride" was one of their clients, as was the "matron of honor," and one of the Center's volunteers was the "groom." The "best man" was the son of the bride. All accoutrements were included: throwing the bouquet, the garter belt, cutting the cake, the first dance, karaoke music; **Cohen's Bakery** donated a cake, and **Ellenville Florist** provided flowers. Staff and family catered the food. About 30 were in attendance. The success of this event has already led to plans for more.

Above, left to right, "minister" Herbie Dymond, "bride" Connie Yackaniez, "groom" David Heath, "best man" John Parker, "matron of honor" Beatrice Schuman.

## Course: Eastern Views On Stress

The **Hudson Valley Resort & Spa**, located in Kerhonkson, NY will host the Art of Living Foundation's course "The Yoga of Breath," May 8-14, a stress management process developed by Sri Sri Ravi Shankar, based in traditional Indian practices. Known as Sudarshan Kriya, the process is as effective as some medications in fighting depression; it also alleviates anxiety, reduces cortisol (a stress hormone) and aggressive behaviors, and restores normal sleep patterns. Sudarshan Kriya is practiced by more than four million people; western doctors are increasingly looking into such practices for their patients with chronic conditions.

Sri Sri will make his first visit to the Hudson Valley. Stated Curtis McNulty, Director of Sales & Marketing at the resort ([cmcnulty@hudsonvalleyresort.com](mailto:cmcnulty@hudsonvalleyresort.com)), "This is a very prestigious and rare event for our area. We feel honored that our property was selected."

The Art of Living Foundation will offer its basic course in yoga breathing for adults, courses for children, and an advanced course for those who have previously taken the basic course. Information and registration is available online at [www.artoflivingsfba.org](http://www.artoflivingsfba.org) or [www.artofliving.org](http://www.artofliving.org), or by calling Erin at (530) 320-5888. Hotel reservations may be made by calling the **Hudson Valley Resort & Spa** at (845) 626-8888. 



Members of the **Shawangunk Garden Club**, above, at the **Wawarsing Town Barn** on April 24<sup>th</sup>, again gave out, for the third consecutive year, over 250 free *Kousa Dogwood* trees to those who agreed to plant them around our community.

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