



Photo: William Golden

Swan Lake

NYS Conducting Search for New Park Manager

By Herbert Hadad

The New York State Office of Parks, Recreation and Historic Preservation recently conducted a search for a new park manager for the Rockefeller State Park Preserve.

The search was completed with applications from some 30 candidates.

Parks Commissioner Rose Harvey has invited George Gumina, Friends President, and Lucy Rockefeller Waletzky, Chair of the New York State Council of Parks, Recreation and Historic Preservation, to meet with the final four candidates after they have been selected.

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Rockefeller Estate Grants \$150,000 to The Friends

The Friends received an exciting letter a short time ago that stated, "On the recommendation of the five children of David Rockefeller, The David Rockefeller Estate Fund of Rockefeller Philanthropy Advisors is pleased to make a grant of \$150,000 to Friends of the Rockefeller State Park Preserve, Inc., designated for general support. These funds are made possible through the generosity of Gabrielle Perez-Rocchietti and Carlos Rodriguez-Pastor. The David Rockefeller Estate Fund is a donor-advised fund of Rockefeller Philanthropy Advisors.

The Friends are very appreciative of this generous donation. George Gumina said, "We intend to use the funds for the maintenance of the historic carriage roads on which Peggy and David Rockefeller rode their carriages during all the seasons, even in the middle of winter! It is their legacy and we want to help preserve it."



Photo: Elena Irizarry

Laureen Fitzgerald, Race Director

Rocky's 5K – A Popular Race with a New Look

By Jessika Creedon,
Administrative Director

2018 was a game changing year for Rocky's 5K. Inaugurated in 2008, the race has traditionally taken runners over the Pocantico River, 13 Bridges and Gory Brook carriage roads. Memorable for the uphill opening mile, the course was a fun and challenging loop. The women's course record is held by Wendi Bean (2015, 18:21) and men's by John Bryne (2009, 16:05). But after 10 years and the recent refurbishment of a

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**New Stone Barns Initiative
Article on Pages 6-7**

Amble & Gamble Plus Great People, Food and Weather

By Patricia Jones

The third annual Amble & Gamble, the Friends equestrian fundraising event, took place on September 30, a beautiful fall day. Managed by accomplished horsewoman, Lynn Lucas, who had helped run the Pace for a number of years, the event was fun for riders and volunteers alike and made better use of volunteers. A big “thank you” to all our volunteers and supporters.

This year’s theme was the diversity of the Preserve’s ecosystem. Along the marked course, five areas were highlighted by volunteers with a brief description and fun facts for each one. After the ride, at the beautiful Rockwood Hall foundation, riders played 5 card stud hands with prizes going to the top 4 hands. And then there was LUNCH!

A delicious hot lunch was catered by Turco’s of Yorktown Heights under an autumn decorated tent at Rockwood Hall. Tablecloths, napkins, vibrant pots of mums, pumpkins decorated by our intrepid volunteers and a view south along the Hudson to the new bridge provided a welcoming setting for good food, wine, conversation, a raffle and terrific prizes. The butternut squash soup and bourbon chicken were particular favorites of our guests.

The event journal is packed with information about our generous supporters, Preserve history and ecosystem. A color map of the course was included.

New this year, Eva Bucco, a licensed massage therapist, offered massages under the trees for a donation to the Friends. As always, safety checks and Briarcliff Volunteer Ambulance and Phelps Hospital/Northwell Health support were in place, parking for trailers and cars was free and the winning combination of a beautiful park, horses and a fall day spent outdoors can’t be beat. Everyone is invited. You don’t have to be on a horse to enjoy the horses, friendly ambiance and lunch with a view. Participation as a rider or a spectator provides much needed funding for trail and carriage road maintenance.

We are targeting the first Sunday of October for this annual lunch and ride event. **Next year’s date is October 6, 2019.** Put it on your calendars and come ride, volunteer or just enjoy a good lunch. Early rider registration and lunch ticket purchase helps our planning and saves you money. Remember to bring credit cards, checks or cash for Friends logo items, raffle tickets, wine and extra lunches.

Please go to our website, www.friendsrock.org, to see more about the event.

The Friends of Rockefeller State Park Preserve would like to thank:

Aardvark Pet Supplies
Agriventures Agway
Beech Hill Farm Equestrian Center
Best Wine Purveyors
Bosco John & Company
Briarcliff Volunteer Ambulance
CHG Wealth Consulting Group
Connecticut Equine Therapy
Crabtree’s Kittle House
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Eve Bucco
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Foxhill Farm
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Hawthorne Wine & Spirits
Hudson Valley Writers Center
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Pub Street
Regeneron
Rockefeller State Park Preserve Staff
Silvio’s Restaurant & Pizzeria
Stone Barns Center for Food & Agriculture
The Care of Trees
The Horse Connection
Tractor Supply Company
Truck
Turco’s of Yorktown
Valhalla Garden Center



Photo: Jim Whitmoyer

5K *continued from page 1*

portion of David’s Loop, race organizers were inspired to rethink the course and bring runners to the northeast corner of Swan Lake.

The new course started on Brother’s Path, allowing runners time to warm up before making the turn into the woods for the climb up David’s Loop. From there, runners left the woods and ran on the newly named Simental and Spring carriage roads that skirt the pastures by Stone Barns. While always open to the public, these roads are part of the land being transferred from David Rockefeller’s estate to the Rockefeller State Park Preserve. Runners welcomed the downhill on Spring before returning to Brother’s Path for the final stretch and finish. There is nothing easy about running the Rockies, but the tough start was balanced by the fast finish.



The Friends would like to thank: the Rockefeller State Park Preserve staff, in particular Laurence Gill, for coordination and logistics; Stone Barns Center for Food and Agriculture for pausing activity temporarily on the farm roads while runners were on the course; Jeanie Jee, Chris Davies and all of the volunteers, including Briarcliff Manor Ambulance, who we could not do without, and the brilliant Laureen Fitzgerald, our Race Director, for her boundless energy and tireless planning.

With over 50 miles of carriage roads, planning a new course was an exciting endeavor. In particular, we wanted to show runners David’s Loop as it is a perfect example of why participating in our annual races is so important. Your registration fee has a direct and lasting impact on the carriage road system, all event proceeds go directly towards Friends projects such as this. Grading and resurfacing roads, filling potholes and clearing drains are work assignments that the Friends underwrite to ensure the best conditions possible for runners and all Preserve visitors. The refurbished 1,200 foot section of David’s Loop cost over \$40,000, as we move forward on repairs in other areas, we cannot thank you enough for participating and helping to make these undertakings possible.



First place finishers Thomas Arnold and Jena Tiernan

The new course highlights the best of the Preserve – wooded forest, open pastures, Swan Lake, rolling hills and the signature carriage roads. We like to think of the Rockies as the best of both running worlds – road and trail. The beauty and peacefulness you associate with trail running, and the sure-footed conditions you expect on the road.

Congratulations to our 2018 winners and newly minted course record holders. In the men’s division, Thomas Arnold (18:34) and women’s Jena Tiernan (21:34). And thank you to our sponsors, Phelps Hospital/Northwell Health, The North Face and Central Park Track Club!



Photos: Joe Golden

Two Powerful Medicines Spiritual and Herbal

By Clare M. Pierson

The goldenrod's bloom is fading and the leaves are beginning to turn. The chill is creeping into the day from the morning and the evening, the sun sets earlier, faster. Autumn is upon us. The Preserve is at it always is, serene and unchanged by the vagaries of the weather or the season.

Many of us find solace here. We find a balm for the static of everyday life, everyday stress. When we speak of medicine, we usually think of a substance one takes for an illness or a pain. Native people speak of Medicine as an attribute, like honor or integrity. The land has Medicine like that. Land is sacred to those folk still close to it in a way that is only a distant memory to us more civilized folk.

When I am tired, I only have to walk a short distance to be revived or to be able to accept how tired I am. This place allows me to get outside of myself and my life, I can forget my worries for a moment, the natural vastness of the trees, their sounds, and their myriad inhabitants give me perspective. I have biked down a long hill, filled with rage, only to have my chain break, and have to walk back up. By the time I got back to the top, I was calm, serene, even. The land takes my sorrow and my joy with equal indifference and transforms me back to my original self.

We come to run or walk, to ride horses, and to push baby carriages. The land we have around us, nearby us, is precious by our account. It doesn't know that, it just exists, like the plants that grow on it. I have written about some 40 or so plants over the years, hardly scratching the surface of the medicine chest that our backyards hold, much less 3,000 acres of park land. I wanted to take a moment to reflect what the place means to us, not just its individual plants, in this time of cutbacks and financial crisis. But first for the flu medicine.

The herb for this issue is Boneset, *Eupatorium perfoliatum*. It is a kin to the beautiful Joe Pie weed that towers over everything else and has large purple flowers. Boneset has a long history as medicine for the Native folk of the East coast. It is strong medicine and not one to use without a trained herbalist's help, as it has some toxicity.

The MicMac used it for arthritis, the Muskogee for bone setting and for fevers. Charlotte Erichsen-Brown in her historical survey of Eastern Indian Tribes "Medicinal and other uses of Native American Plants" records entry after entry of doctors or diarists who came across the use of this plant and praised its indispensability. The slaves quickly adopted it from the Native peoples they met and used it against all fevers.

The name of the plant would lead us to believe that it was used for healing broken bones. Modern herbalists disagree about that use today. Boneset does have large amounts of available calcium. It is specific for severe fevers associated with a great deal of pain in the body, most agree with that, so it is conceivable that it might help with the pain of a broken bone as well as the healing of the bone. Many also use it for rheumatism, again, pain in the bones and joints, and arthritis, even if they don't think of it for broken bones. It was a favorite for treatment of osteoporosis.



Boneset

Boneset is the herb of choice if you have the flu, there is no controversy about that. It is a diaphoretic, so it will sweat out a fever if drunk hot. Peter Holmes, author of "The Energetics of Western Herbs," suggest that the reason boneset was given to the ill alternating cold and hot was to give them a break from sweating. Another one of its common names was ague weed, and some say it got the name boneset from its use in what today is called dengue fever, a mosquito borne virus, but used to be called breakbone fever. Boneset is also used to break up congestion in the lungs.

It is uncanny how many plants that are good for the respiratory system are also good for the digestive system. Boneset is no exception having uses for purging, constipation and as a tonic to the digestive system. Its bitterness is one reason it is so helpful to the digestive system.

There were several warnings about this plant: always dry the leaves before using so as to mollify the slight toxicity and it is not to be used when pregnant. Herbs that are purgative are by their nature very strong and should be used

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From the Friends President

By George Gumina

This is a very sad year for the Friends because we lost one of our former preserve managers and good friend, John R. Middlebrooks, to pancreatic cancer. John was very supportive of the Friends organization when it was being formed over 20 years ago and gave us much needed help. He was also the manager who encouraged the Friends to establish the Peony Garden with a gift from the Japanese people of Yatsuka-Cho and to beautify the entrance courtyard, making it the Gateway to the Preserve. The Friends will plan to have something commemorative at the Preserve in his memory.

But it is also an exciting year for the Rockefeller Preserve and for the Friends. The State is presently conducting a search for a new preserve manager because our present manager, Susan Antenen, is retiring. We wish Susan much happiness in this new chapter of her life. (See article Page 1.)

Linda Cooper, our regional director, and Tom Watt, deputy regional director for the New York State Office of Parks, Recreation and Historical Preservation, have been extremely helpful during this time of transition. They are working hard to see that we get a highly qualified park manager since the Rockefeller State Park Preserve and its historic carriage road system is considered a jewel in the NYS park system.

Linda Cooper is also enthusiastically supporting our request to have the carriage road system dedicated on the New York State Historical Register. This effort is also being supported by all of our local elected officials and our Preserver users. The proposal will be considered in December.

The Friends have also been busy with the Amble & Gamble event and luncheon that took place on Sunday, September 30. Both riders and lunch attendees were enthusiastic about their experiences. Anne Summers, a volunteer, said, "This event is so well organized that it inspired me to join the Friends organization!" And the Rocky's 5K race that took place on Saturday, October 20, was a big success! The runners liked the new course that took them over carriage roads that the Friends had paid to rehabilitate. (See page 1 article.)

Thank you for your support—and enjoy your holidays!



Photo: Joanne Henry

Riders on the trail at the Friends' Amble & Gamble event

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Stone Barns To Use Grazing To Manage Gifted Grasslands

By Jack Algieri, Farm Director

June 2018 marked the beginning of Stone Barns Center's agricultural management of 350 acres of grasslands bequeathed by David Rockefeller to the Rockefeller State Park Preserve. This transition celebrates the heritage of this magnificent landscape and advances the partnership between the Preserve and Stone Barns through a Conservation Action Plan (CAP) that articulates the relationship between active agricultural stewardship and ecosystems management.



The predominant focus of the plan is a multi-species intensive grazing program, which at any time includes 34 cows, 200 sheep, 30 goats, 800 hens and 300 ducks. We use livestock grazing to manage these protected lands because of the tremendous ecological services grazing animals provide. The animals bring a range of services that have the potential to lead to improved biodiversity of wild plants and animals, soil health, carbon sequestration, and soil water retention and absorption, while also fortifying the grasslands that the animals themselves rely on.

Key components of our management strategy include:

- Rapid (daily) movement of all animal species in close herds and flocks to mimic the activities of these species in the wild
- Development of stockpiled winter pastures (in which grass continues to grow throughout the fall to provide winter feed); no haying
- Long-term rotational grazing planning maps that allow us to monitor our progress toward ecological health goals and modify our practices as needed
- Use of poultry species to build fertility on depleted fields and pasture areas
- Management of vegetation along trail edges with goat herds to control invasive and undesirable plant species
- Ongoing monitoring of ecological indicators such as ground nesting bird populations, soil health criteria, carbon levels in soil, plant species diversity and water quality with the help of academic and organizational partners

You may have noticed some changes to the landscape that make this management strategy possible, such as the taller grasses in the pastures, removal of the high tensile fencing along the trail edges and goats along the rock walls. These reflect deliberate steps we have taken to steward the landscape as contiguous open grassland. The herds pulse across this open grassland year round in an effort to reduce fuel and equipment use, eliminate the use of fertilizers and chemicals, enliven habitats and improve the overall health of this preserved landscape.

We view this partnership as a vital synergy between agriculture and conservation goals and will demonstrate impact through close monitoring of the ecosystem as it changes. Through the support of the Preserve and Pocantico Hills community, universities, college internships, other non-profit conservation groups and citizen science, we will be able to put our existing ecological landscape into perspective and observe changes over time.

We have already seen some early successes. For example, for decades the Preserve team has observed the migration of bobolinks, a ground nesting bird species, but noticed that they did not stay to nest in the Buttermilk Hill fields. By watching closely for their arrival and adjusting our grazing schedule accordingly, we were able to provide sufficient habitat for these birds to nest, mate and fledge a new generation. We have also seen an increasing number of wildflower species emerge from the pastures as the land is managed differently. These changes indicate that other threatened species may find refuge and food sources in this evolving ecosystem over time. We hope to see increasing biodiversity of plant and bird species in the future, along with more long-term documented trends in soil

health, carbon sequestration and water infiltration. As the future of this program unfolds, we will continue to generate projects that support the health and diversity of this exceptional place.

To learn more, please visit the Stone Barns Center and explore the many ways to get involved. You can find out all about our work and programs at www.stonebarns-center.org.



❖ Gallery Schedule at a Glance ❖

“Night & Day”

Sunday, November 24, 2018 – Sunday, January 6, 2019

Opening Reception: Sunday, November 24, 2018 1PM – 3PM

Reflections of Fall and Winter skiescapes and landscapes from dawn to darkest evening, interpreted by artists EB Gregor, Carol Porter Maurer, Howard Nathenson, Mary Louise Pierson, and Doris Shepherd Wiese.

Curated by Audrey Leeds



Mary Louise Pierson:
Hudson River Evening
acrylic on canvas



Howard Nathenson:
Gathering Storm
oil on canvas

“SNAP! Color, Patterns, and Textures”

Sunday, January 12, 2019 – Sunday, March 31st, 2019

Two Receptions will be held:

Sunday, January 20, 2019 1PM – 3PM

Sunday, March 24, 2019 1PM – 3PM

Images presented by photographers and inspired by the diverse subjects found within the boundaries of the Rockefeller Preserve, including Rockwood Hall area, Pocantico Hills and Stone Barns Farms. The deadline to submit applications to Julia.Jardine@parks.ny.gov is November 26.

Curated by Audrey Leeds and Laurence Gill



The exhibit, “*Winged Jewels of the Forest*,” (formerly premiered at the Rockefeller State Park Preserve Gallery), has been extended at the New York Hall of Science, 47-01 111th Street, Queens, NY 11368 until January 6, 2019.

Try to see it – it’s terrific!

Search, *continued from page 1*

In its search announcement the state described the preserve thusly:

“Rockefeller State Park Preserve, treasured for its history, scenic landscape, and wildlife, comprises over 1700 acres. The Preserve’s forests, fields, streams, and wetlands support a high diversity of native species of resident and migratory birds, mammals, insects, amphibians, reptiles, fish and aquatic species, some of which are in decline and now uncommon in Westchester County. However, pests and pathogens, invasives, and a large deer herd affect habitat quality. An on-going environmental stewardship is underway to favor native biological diversity. The trails of the Preserve are mainly crushed stone carriage roads laid out by John D. Rockefeller Sr. and Jr. in the first half of the 20th century. Designed to complement the landscape, the 55 miles of carriage roads are popular for walking, riding, jogging, and carriage driving.”

The current park manager, Susan Antenan, is scheduled to retire upon the arrival of her replacement. Friends President Gumina said, “The Friends look forward to a cooperative relationship with the manager and staff and are prepared to offer 100 percent support for the benefit and health of this glorious, unique property.”

In its search, the State listed the duties of the manager:

The candidate chosen as General Park Manager will be the highest-ranking State Official on the premises and will plan and supervise maintenance, land stewardship, and operations at Rockefeller State Park Preserve. Other duties include, but are not limited to:

- Collaborates with friends groups, community groups and philanthropic organizations to improve the economic value, historic integrity and community legitimacy of the park preserve;
- Inspects and evaluates facilities to determine need for and to plan routine or emergency maintenance and major capital improvements;
- Works with regional and agency staff on park development plans;
- Develops budgets and schedules for maintenance and repair projects and assigns staff and materials to meet these needs;
- Regulates the use of park facilities by scheduling areas and facilities to be open based on anticipated demand, special group requests, and facility capacity and conditions;
- Reviews and approves expenditures and prepares and administers the budget;

- Prepares a variety of administrative and financial reports;
- Recruits, trains, schedules, supervises and evaluates staff, including special program workforces;
- Develops and implements new recreational and environmental interpretation programs and special events;
- Promotes the park and its programs with the public and with community and educational groups;
- Investigates complaints and resolves them or forwards findings to regional management;
- Develops, implement and coordinates emergency preparedness and response procedures for patrons and employees and documents all emergencies and expenditures;
- Ensures safety of patrons and employees;
- Assures the park rules and regulations are followed by staff and patrons.

The job also requires the manager to be available to work weekend and holidays. “That makes sense,” said Mr. Gumina, “because that’s when the Preserve has its maximum number of visitors, and we have plenty of room for all of them.”

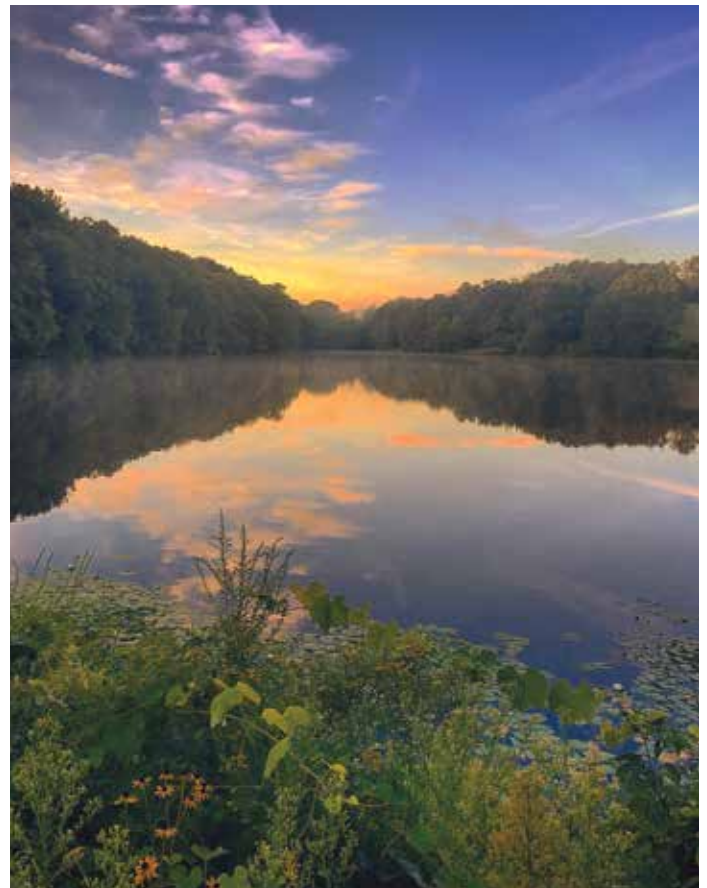


Photo: Herbert Hadad

Medicine, *continued from page 4*

cautiously. The best way to take it is in a tea or infusion, but it is so bitter, a few drops of tincture is sometimes all one can stand. A tincture will not extract the minerals, so if it is used for any of the bone related ills, tea or infusion would be best. Proceed with caution when using this remarkable native.

Ms. Pierson is a Past President and Board Member of the Friends of the Rockefeller State Park Preserve and lectures on botanical plants and herbs.



Photo: William Golden

Great Blue Heron

Upcoming Gala!

Looking ahead, in June of 2019, we will be holding a fund-raising Gala at the Rockefeller Archives in Pocantico Hills. We will be honoring the memory of Peggy and David Rockefeller and all the contributions and support they gave to the Friends and to the Preserve. (See article page 1.) The Archives recently digitized many pictures and video from the Rockefeller Family's earliest days and the result will be shown at the event. More details will be posted on our web site as we get closer to the date.

Thank you for all your support and encouragement to keep this Preserve in the wonderful condition it was bequeathed from the Rockefeller Family so it can be enjoyed by us and generations to come. We hope you will attend the Gala and continue this tradition.



Reaching the Friends

Friends of the Rockefeller State Park Preserve
 P.O. Box 8444 • Sleepy Hollow, NY 10591
 (914) 762-0209

The Preserve Observer

E-mail: Friends@friendsrock.org
 Website: www.friendsrock.org
facebook.com/rockyspark
instagram.com/rockysparkfriends
 Editors: Evelyn Hadad, Herbert Hadad
 Letters and submissions are invited.
 Please contact us c/o the Friends.

Rockefeller State Park Preserve Staff

- Susan Antenen, Preserve Manager
- Laurence Gill, Director of Operations
- Tim Howell, Facility Maintenance Supervisor
- Rebecca Policello, Natural Resource Specialist
- Julia Ann Jardine, Conservation Communicator
- Jean Dolan, Park Office Assistant
- Anthony Corda, Parking Lot/Visitor Service Assistant
- Susan Lewenz, Fall Park Patrol / Patron Services
- Sean Bolan, Natural Resource Assistant
- Hunter Salmon, Natural Resource Assistant
- Sean Sullivan, Buildings & Grounds Keeper
- Robert Kleinschmidt, Buildings & Grounds Keeper
- Matt Buckley, Buildings & Grounds Keeper
- Emilie Scarpelli, Buildings & Grounds Keeper
- Maso Robinson, Buildings & Grounds Keeper



Poet Susan Angst, walking on the trails

Trail Song

By Susan Angst

Let's take a walk, she says. March along. Dirty, dingy floors no more. No stairs. No dust. The house was getting old.

I breathe. I sing. I walk like a ballerina. How nature welds me, welds me, weds me, weeds me. And I sometimes see a womb in a tree and wonder if that's where we came from.

See the hill, the slopes and curves. The chipmunks speed. Imagine their underground hovel and all the cozy love there.

See the brook, hear it still. Now sit and breathe. I love you, little mother. Nothing can go wrong here.

Do you think some couple in 1980's garb ever made love lying on that warm ochre stone spreading itself flat across the river's tributary? A poem has been writ here. I saw a man do Tai Chi here. Horses more magnificent than the Dog lapping pass by.

An autumnal mist begins Fall's conjuring. Little yellow leaves spiral down like butterflies spiral up in Summer's revelation. A red leaf on that trail. The dark gray strip well paved and trimmed. These sturdy clean ribbons leading to the best places. Well thought out trails help construct good thought leading to good deed. Amen.

Come see the sunset through the trees as they open to the fields where the cows were then were not and now graze again. Happy to see you too. A different breed.

The view of the river ever clearer when leaves descend. You'll see it between the Ash on the hill where a big rock formation looks like a duck. Three kinds on lake this year. No swan yet. Black turtles on a dark log. I hug you.

How are you Mom?

I'm okay I guess.

I love leading you through doors to here. You've taken me to the best places. Clean roads. Sturdy. Wide enough for big dancing arms and twirls and song. No one looks at you like you're crazy. And horses proudly pulling well wrought carriages and their passengers long ago and still. Remember the past, the gift should not be taken for granted. Well planned clean paths make you better, wholer, still. Love more than before. Have no fear. Mother Nature here preserved. Breathe the better air.

Oranges, pinks, the best reds, besides yellow whispers are planning to release their grip on quieting limbs to paint these paths. Let go. Be food for the earth and our revelry.



Ethel Angst

Photo: Herbert Hadad



The Preserve Observer

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HERE TO ENJOY...OURS TO PRESERVE



Photo: William Golden

Rockwood Hall – Early History

Rockwood Hall is the site of the former home of William Rockefeller (1841-1922), brother of John D. Rockefeller and co-founder of the Standard Oil Company. Laurence S. Rockefeller donated the property to New York State as park land in 1999.

Native Americans once lived on these hills along the Hudson, which they called “Muhheakantuck” -- the “river that flows both ways”. The **Weckquaesgeek**, who were a part of the Algonquin-speaking Lenni Lenape tribe, lived in wood and skin-covered wigwams.

They were primarily sedentary and agrarian, but established seasonal and hunting encampments. The Hudson Valley was rich in fish and oysters, bears, wolves, deer, beaver, muskrat, and squirrels – all vital foods. In addition, they farmed and harvested wild herbs, tubers and walnuts, acorns, hazelnuts, hickories, and natural products for baskets, tools, canoes, and clothing.

Disease carried by early European explorers weakened the tribes and various treaties with Europeans over the succeeding decades eventually served to end many of the tribe’s land claims along the Hudson River.