

# The Edinburg Newsletter

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October 2019

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VOLUME 39 # 2

Our **39<sup>th</sup>** Year of Service To The Sacandaga Valley





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## OCTOBER 2019 COMMUNITY CALENDAR

THURS	3	Edinburg Zoning Board 7pm
TUES	8	Edinburg School Board 6pm
Fri	11	1:00pm SACANDAGA SENIORS - Edinburg Community Center
MON	14	Columbus Day Holiday
TUES	15	7pm Edinburg Historical Society - Edinburg Community Center
THURS	17	Edinburg Town Board 6:30
THURS	24	Edinburg Planning Board 7pm
Fri	25	1:00pm SACANDAGA SENIORS Edinburg Community Center
<b>THURS</b>	<b>31</b>	<b>HALLOWEEN EVENING</b>

**PLEASE BE CAREFUL WATCH FOR CHILDREN**



## BROWNELL Lumber Co. L

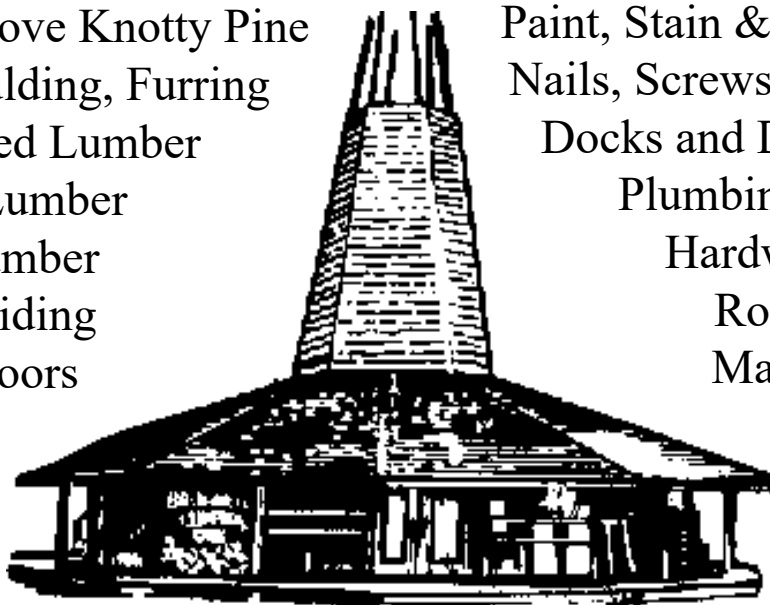
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Memorial Day  
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Sunday 9-2



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## Birthdays - Anniversaries & Other



*If you have a birthday that you would like to  
put in the Edinburg Newsletter e-Mail it to:  
[edinburgnews@frontiernet.net](mailto:edinburgnews@frontiernet.net)*

Happy Birthday

Billy E.

Robin H.

George R.

George D.

Juliette

Happy Anniversary to Debi and George

From the Four Corner Diner Gang

Happy 16th Wedding Anniversary Tim

Love always and forever - Desiree



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### In Memory of my brother Joel

9/23/2018 – 9/23/2019 The moment that you left me, I gave you a hug and kissed for the last time and said it is ok to go that I would be ok. My heart split in two when you passed away, one side filled with memories the other side died with you. I often lay awake at night when the world is fast asleep and walk down memory lane with tears upon my cheek. Remembering you is easy I do it every day but missing you is a heartache that never goes away. The house is so quite without you I have no one to argue with and to pick on like brothers and sisters do but I hold you tightly within my heart and there you will remain. You see life has gone on without you but it will never be the same. I miss you just as much today as I did the day God took you home. RIP Joel you are no longer suffering in pain I Love and miss you your sister Gail





The Sacandaga Snowmobile Club is offering the New York State Snowmobile Safety Course on November 2nd at the Edinburg Community Center, 47 Military Road, Edinburg, NY. The course will begin promptly at 8:00 A.M. and may run to 4:00 P.M. The class is open to anyone who is 10 or older. The course is free and lunch will be provided. The Mulleyville Snowmobile Club is graciously providing us with a state certified instructor.

Included in the course will be segments on safety with emphasis on understanding trail signs, first aid and safety enforcement (DEC Officer). The course also covers an overview of the sport including the history of snowmobiling, the importance of snowmobile clubs, getting acquainted with your snowmobile and respecting its performance capabilities.

Students must pre-register by providing the following information: full name; address; date-of-birth; and eye color. Send the information by e-mail to: [president@mulleyvilletrailssystem.com](mailto:president@mulleyvilletrailssystem.com) or telephone Bruce Wadsworth at 518-344-9640. A parent or guardian (chaperone) is required to sign the temporary registration on the date of the class.

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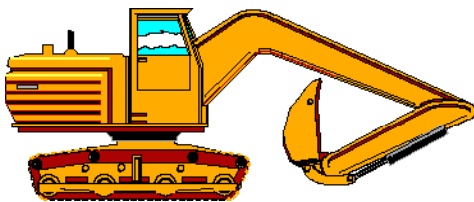
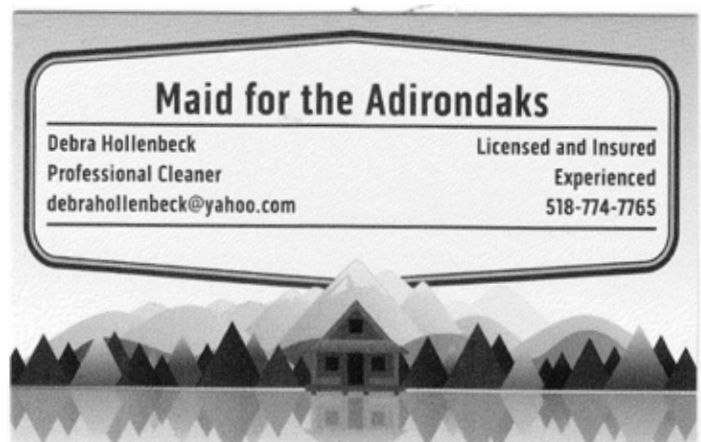
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## EDINBURG TOWN REPORT

[www.edinburgny.com](http://www.edinburgny.com)

*by Jean Raymond, Supervisor*



### Saratoga County Senior Fall Harvest Festival

Saratoga County is continuing the Year of the Senior Celebration with a Fall Harvest Festival. This will cap the Year of the Senior celebrations as well as honor veterans. The event will be held on Friday, October 25, 2019 from 1 to 4 p.m. at the Milton Town Park. It is free to all Saratoga County residents ages 60 and older. The event will also honor seniors who have served our country with a special ceremony in recognition of veterans in the community. Veterans are encouraged to wear hats or clothes representing their branch of the service. Similar to the Senior Carnival held in June, there will be fun activities. Seniors will be able to enter to win prizes in events such as a costume contest, a pie eating contest and a pumpkin decorating contest. Entertainment will include a DJ and a special encore by the Saratoga County Sheriff's Office of their Lip Sync to the Rescue performance. Refreshments and food fit for the season will be available including apple cider, donuts and fresh orchard apples.

### Refuse and Recycling Collection Rules

It has been brought to the town's attention that some people have been placing loose garbage into cans for roadside pickup. ALL GARBAGE PLACED INTO CANS AT ROADSIDE MUST BE IN BAGS, INCLUDING CAT LITTER AND OTHER DOG OR ANIMAL WASTE. We do not expect our employees to handle and be exposed to un-bagged rotten garbage or animal waste as well as maggots that may be in the cans. Garbage that is not bagged inside cans WILL NOT BE COLLECTED. Garbage bins that open from the top may not be more than 40 inches from the ground. It is difficult and potentially harmful to our employees to have to reach down into deep bins.

### Update on Nature Trail Improvements

The Highway Department has graded the nature trail and placed fabric and crushed gravel in wet areas as well as cleaned up trees and branches. We will have 300 cubic yards of engineered wood fiber delivered at the end of September that will be the final surface of the trail. This is being paid for with a grant through Saratoga County.

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## Cemetery Roads

The Highway Department has begun a multiyear project to improve the roads and walking paths in our cemeteries. They started with Robinson Cemetery and each year will continue with the project. The roads and paths are being graded and fabric and gravel is being added to make driving and walking easier.

## National Telephone Discount Lifeline

This is an assistance program that provides discounts to help income-eligible consumers stay connected and save money on their phone bills. Consumers qualify for Lifeline by participating in certain federal or state assistance programs or by having income at or below 135% of the federal poverty guidelines. Information on the program can be obtained from the Lifeline page on the Public Service Commission web page at AskPSC.com.

## REMINDER

The Recycling Center goes to winter hours (12:-3:00) on Friday's at the end of October. Monday, October 14th the Town hall will be closed for Columbus Day and garbage will be collected on Tuesday and Wednesday that week.

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\* Fall sale prices valid October 1 - December 31, 2019, accessories not included





## Commission for the Blind

The New York State Commission for the Blind (NYSCB) provides free vocational rehabilitation and other services to legally blind New York State residents, including children, adults, and older adults. NYSCB assists participants in achieving economic self-sufficiency and full integration into society. Call toll-free (866) 871-3000 or visit our website: [visionloss.ny.gov](http://visionloss.ny.gov)

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## Mayfield Historical Society Announces Fall Family Fest and Cruise-In

The Mayfield Historical Society announces its Fall Family Fest and Cruise-In on Saturday, October 12th, from noon to 4 pm at The Rice Homestead, 328 Riceville Road in Mayfield, under the beautiful Sugar Maple trees on the property. Owners of antique and hot rod vehicles are invited to attend. Admission is free and the first 50 commitments will receive a dash plaque commemorating the event. The gate will open at 11:30 for car set-up. The Fall Family Fest will include tours of the homestead, weaving and spinning demonstrations, face painting for the kids, produce and pumpkins for sale from Brower's Farm, apple cider, cider donuts, and hot dogs with the locally iconic "Lee's Famous Hot Dog Sauce" will be for sale. The descendants of Lee

Goulet, owner of Lee's Snack Bar in the village of Mayfield, donated Lee's secret meat recipe to the Mayfield Historical Society as well as its snack bar signs which will be on display. The DVD "Harnessing Nature: Building the Great Sacandaga" will be available for sale. In case of rain, the event will be cancelled. For more information, contact Bob Suits, at [sprkybob@yahoo.com](mailto:sprkybob@yahoo.com), call 518-725-5261 or visit [www.facebook.com/ricehomestead](http://www.facebook.com/ricehomestead).

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*Michael Burnett*  
Director 863-6922



The library's website: [northvillepubliclibrary.weebly.com] will lead you to a fountain of information.

Our genealogy page has many links, one being old local newspapers. The library catalog will allow you to place a request for an item from any computer or any mobile device, and check your account.

Our Facebook page gives out information on events, programs, and new additions to the library's collection, as well as photos.

Links to Overdrive for EBooks and EAudios and Rbdigital for eMagazines for reading on your mobile devices and home computers.

The library has begun its ninth year of hosting the NCS 2nd Grade Classes for visits during the

10 months of the school year. The students learn about the library and many kinds of items, and borrow a book during their visit.

The Sacandaga Book Club will meet on Tuesday, Oct 8 at 10 am in the library's program room. Shirl Doherty will lead a discussion of "Gentleman in Moscow" by Amor Towles. A novel, set in 1922 Bolshevik Russia, about a man who is ordered to spend the rest of his life inside a luxury hotel, filled with a glittering cast of characters.

Story Time will be held on Sat, Oct 19 at 10 am, coordinated by Ondrea Filkins. Bring your pre-school children for stories, snack, and craft.

SVAN Art Exhibit continues this month with the landscapes of Joseph Johnson in the gallery until Oct 30.

This month Halloween books and DVDs will be on display.

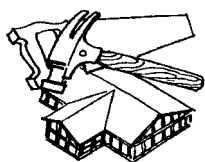
Watch for these titles to be arriving:  
Home Work: a memoir – Julie Andrews  
The Guardians – John Grisham  
Dragonfly – Leila Meacham  
Stealth – Stuart Woods  
Olive, Again – Elizabeth Strout

### Hours:

#### September to March

Monday	9am - Noon
Tuesday	9am - 8pm
Wednesday	9am - 4pm
Thursday	9am - 4pm
Friday	9am - Noon
Saturday	9am - Noon

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## Sacandaga Garden Club Review

Are you familiar with the Sacandaga Garden Club? This local group, part of the Federated Garden Club of NYS, was founded in 1972. We usually meet on the first Thursday of the month, with a break January thru March, and again in August.

What is our goal? Officially, "A Study of Floral Design and Horticulture, Civic Participation and Beautification". For me personally, it is also a time to enjoy people who appreciate and know gardening.... to learn and to socialize.

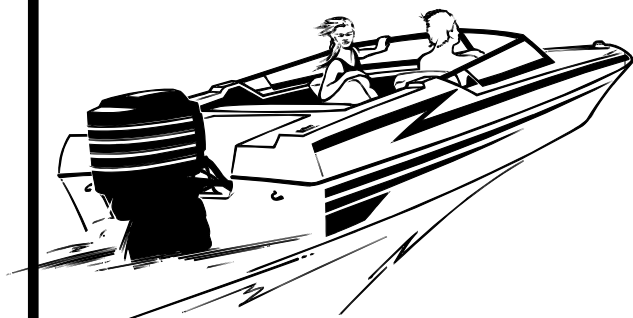
Let me give you some examples....some things we did and/or plan to do. Many of our events cross the categories of: Community Contributions, Social Activities, Fund Raisers, and Education. Fall centerpieces were created under the guidance of of an expert floral arranger. While learning some "tricks of the trade" we created items to donate to the luncheon scheduled in November. This annual event includes an auction and raffle which raises funds. The luncheon is always a fun time!

Wreath making and decorating is done in early December....yes, that's where many of the towns' wreaths come from. We also make things to give to people who are Home Bound, several times during

the year. An annual Plant Sale serves to share our garden/plant wealth and to earn money for our initiatives.

How is the money spent? We are the caretakers of the Blue Star Marker Garden near the Brandt building in the village of Northville. We bring in speakers who teach and inspire. Last year guest speakers included Master Gardener, Debbie Landrio, who spoke about raising Day Lillies, a local florist, who shared floral arranging tips, and two enthusiasts from Beavers: Wetlands and Wildlife, who informed us of the important roles beavers play in our environment.

Learning about the environment is not only for Garden Club members. We aspire to teach our children to become care takers of the earth as well. In the past we have sponsored several individual students to attend DEC Summer Camp. To reach more children we decided to bring someone to the schools instead. We were lucky enough to enlist George Steele, Ecologist. George spent one full day at the Edinburgh Common School, and one full day and evening at the Northville School. George does many hands-on activities as well as interactive singing (with educational verses) Response from participating students and schools was enthusiastic gratitude! He makes learning fun! You can



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learn more about Steele at [www.schoolyardnaturalist.blogspot.com](http://www.schoolyardnaturalist.blogspot.com)

Have you spotted our annual Flower Show at the Northville Library? What was a juried show is now one that we do for fun and enjoyment. The next show is scheduled for mid June 2020. We appreciate our connection with the library, using the site for guest speakers and gatherings. (That's why we donate money and a raffle basket to the library).

Field trips are included in our calendar once or twice a year. We seek out places where we can learn more for growing our gardens. Last year we enjoyed a trip to the Capital District Flower Show. On November 14th we will travel to Dolgeville, NY to visit Lyndon Lyon Greenhouses.

Our "Just for Us" annual social is in December when we eat good food and play a gift exchanging game. Interested in learning more? Contact Janet Mitchell, 863-2170.

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## STFSL Red Rooster Events

You may attend Red Rooster Programs without attending the meal. Feel free to come for the program, or bring a bag lunch and join us! Programs are held Thursdays at the Red Rooster Café (Pink Chicken) at the corner of Bridge and Main Sts. Northville.

Call Fulton County OFA at 736-5650 to make lunch reservations. If you are unable to attend

the lunch, please call OFA by 9 am to cancel your meal! If the OFA meal site is closed, there will be no program that day. Chair Yoga taught by Ony Antonucci is held each Thurs. from 10:30 to 11:30. Cost of classes is \$5 per week or 6 sessions for \$25. You may join at any time.

Additional information about STFSL can be found online at STFSL.org. To request volunteer medical transportation or for information about bus trips, call 752-8737

Oct. 3rd OFA Congregate Meal 11:30-12:30  
Roast Pork with Gravy, Stuffing, Mixed Vegetables, Dinner Roll, Pudding Square. We will also celebrate all October birthdays with a Birthday Cake provided by Georgia Jacquard.

Red Rooster Program at 12:30

Musician Frank Manning will perform, "A Mixed Bag".

Oct. 10th OFA Congregate Meal 11:30-12:30  
Chicken and Biscuits, Mashed Potatoes, Peas, Brownie

Red Rooster Program at 12:30

Dorothy Edwards from Maple Hill Farms will talk about The Making of Maple Syrup.

Oct. 17th OFA Congregate Meal 11:30-12:30  
Chicken Cacciatore, Rotini in Sauce, Italian Blend Vegetables, Garlic Roll, Apple

Red Rooster Program at 12:30

Christine Eggleston, retired teacher, journalist and author will Read Tales of Local Murders excerpted from her many books on the topic. Becky

White, Fulton County Office for Aging will be on hand from 11:30 to assist seniors with any questions or issues.

Oct. 24th OFA Congregate Meal 11:30-12:30

Roast Turkey with Gravy, Stuffing, Mixed Vegetables, Dinner Roll, Cookie

Red Rooster Program at 12:30

A representative from the Fulton County Sheriff's Department will talk about their Canine Unit. Also, Home Care Partners will hold their monthly blood pressure clinic.

Oct. 31st OFA Congregate Meal 11:30-12:30

Beef Stew with Vegetables, Applesauce, Biscuit, Poke Cake

Red Rooster Program at 12:30

Halloween Party! Goodies, Games and Ghouls!

## The Newsletter Ad & Copy Deadline is the 17th of Every Month

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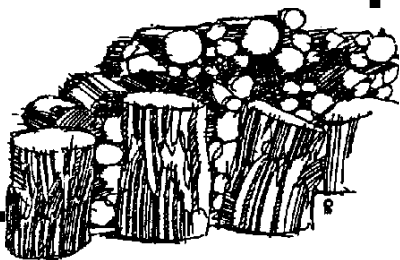
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### 115 Diamond Point Rd, Broadalbin

MLS 201928105 **\$629,900**

Lakeside, waterfront, recently updated 3BR home w/ 113.6' HRBRD on the GSL. Sandy beach & level lawn!



### 119 MacGathan Rd, Broadalbin

MLS 201929686 **\$439,000**

Waterfront yr-round 3BR home w/ 100' HRBRD on the GSL & a nice level lawn!



### 376 Bemis Rd, Gloversville

MLS 201925005 **\$389,900**

Turnkey 4BR, 2BA home on 5.4 acres. Oversized 1 car gar. + 2-car garage. Spacious yard, great for entertaining!



### 121 Houseman Pt, Northampton

MLS 201926151 **\$395,000**

Waterfront, 2 parcels incl house & small camp w/ 50' HRBRD permit on the GSL, frontage across the road!



### 129 Lakeview Ave, Mayfield

MLS 201920352 **\$775,000**

Contemporary lakeside/waterfront 5BR, 4.5BA home w/ 1.5 acres & 207' HRBRD permit on the GSL!



### 145 Vue Point Rd, Mayfield

MLS 201922240 **\$599,000**

Large waterfront, direct lakeside contemporary 5BR home w/ 86' HRBRD on the GSL!



### 463 Co Hwy 113, Northampton

MLS 201924122 **\$179,000**

3BR, 2BA ranch on 3.2 acres. Yard is great for entertaining, bonfire, bbq. 40'x32' barn w/ 3 tall garage doors.



### 145 Lakeview Ave, Mayfield

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## LAKE ACCESS

**104 Sunny Bay Rd, Broadalbin**
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 tion. Only 13 yrs old with many custom  
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 back doors. Level landscaped yard and 10' beach access at GSL. 5 min  
 drive to village. **MLS #201923700**


## LAKESIDE

**63 Lakeside Ave,  
Edinburg**
**\$335,000**
 Lakeside log sided  
 cabin w/ excellent lake  
 and mountain views! 3  
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 BA Knotty pine interior  
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 cious 3/4 acre lot with elbow room 60'+10' lake frontage with sandy  
 beach and dock. **MLS #201930251**


## HADLEY

**123 Yates Hill Rd, Hadley**
**\$145,000**
 Cabin on 23.6 acres with Town  
 of Day Beach Association short  
 drive away. Well built, furnished,  
 knotty pine interior cabin with  
 large great room liv rm w/  
 woodstove, sleeping area, kitchen & dining area. Full BA w/ laundry.  
 14'x34' 2yr old barn, 12'x24' shed, 2 RV sites with water, septic and  
 electric hook up. Nice stream borders one side of wooded land. Almost  
 1000' of road frontage **MLS #201929813**

**Christie Rd, Mayfield. \$37,900. 5.33 acres.** Surveyed & approved  
 building lot located in the beautiful countryside with partial  
 clearing and woods. 616' road frontage. APA approved for build-  
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#### 127 Mountain View La, Northville

MLS 201929787 **\$349,000**

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#### 151 Sunset Acres Rd, Broadalbin

MLS 201930463 **\$245,000**

4BR, 1BA cottage w/ sunroom, lake & mountain views and 10' lake access w/sandy beach.



#### 10 W Twelfth St, Gloversville

MLS 201930225 **\$135,000**

3BR, 1.5BA home w/many updates. HW floors, walk-in closets, enclosed back porch, 2 car garage, & covered patio.



#### 520 South Shore Rd, Northville

MLS 201917080 **\$229,900**

Stately 3BR, 1.5BA lakeside home w/ charm & character & 200' of direct waterfront!



#### 396 Hope Falls Rd, Hope

MLS 201925594 **\$279,900**

4BR, 2BA on 57.8 acres! Many upgrades, new floors, screened porch, fireplace, 1 car gar. & add'l 2 car gar.



#### 325 River Rd, Benson

MLS 201927281 **\$79,000**

1 room camp with 200' of riverfront across the road on the Sacandaga River.



#### River Rd, Benson

MLS 201927847 **\$18,000**

0.30 acre parcel of land w/gorgeous views of the Sacandaga River. Peaceful country setting



#### 835 State Rt 30, Hope

MLS 201921402 **\$59,000**

3 season camp, 1BR, 1/2BA, LR, kitchen, 1 enclosed & 1 screened porch, drilled well, shed, & outbuildings.





# **Sacandaga Protection Committee's HALLOWEEN BASH**

**Thurs. Oct. 17th, 2019 6pm**  
**Sport Island Pub, Northville**



**\$40/person, or \$75/two people**  
**(purchased prior to event)**

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## Durham County Poets at The Revival

Sunday, October 27, 2pm, the “Durham County Poets” will take the stage at The Revival on Lake Algonquin, Wells, as they continue their Fall tour to celebrate and share the release of their fourth album “Hand Me Down Blues”.

A lively and soulful group, from Quebec,

Canada, the band write and perform an eclectic blend of blues and folk, with tinges of gospel and swing tossed in for good measure. They are five seasoned musicians, all of whom are songwriters, who work together individually and collaboratively in composing their music. Delving into a variety of styles and genres, their musical influences include a broad range of artists. From The Band to James Taylor, Muddy Waters to Dire Straits, they have managed to put it all together to create their own musical style. The obvious joie de vivre expressed while performing together is reflected in the good-time feel that the band creates, which has been captivating their audiences consistently since their inception in 2011.

Fronted by Kevin Harvey, a self proclaimed blues crooner on lead vocals, The Durham County Poets also feature David Whyte on electric guitars and vocals, Neil Elsmore on guitars and vocals, Carl Rufh on double bass and vocals and Rob Couture (formerly of The Echo Hunters) on drums and percussion. \$10.00 at the Door/ 1/2 price under 12. Refreshments.



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**1355 North Shore Rd., Day, \$319,000**  
Is where you'll find this move in ready 2BR, 2BA Great Sacandaga Lake access home w/19.9 ft of frontage. **MLS# 201924772**



**84 Northville Rd Edinburg, \$175,000**  
Fantastic Opportunity! Local business building for sale. 300' road visibility. Was a gas station/service station for a long time. **MLS#201926661**



**2222 S. Shore Rd Day, \$399,000**  
Move in ready 5 BR, 3 Ba, open concept home 2 car garage and 100ft of lake frontage. **MSL# 201921386**



**3410 S. Shore Rd Day \$249,000**  
Year round Great Sacandaga Lake home w/10 ft of lake access, 2 BR's, 1 BA, full basement, 2 car garage w/ bonus room above. **MLS#201922258**



**107 Pine La Northville \$169,000**  
Well maintained raised ranch w/ 3BR's, 2 BA's, open living room / dining area, 1 car garage & possible membership in beach Association **MLS# 201916357**



**59 S. Shore Rd Providence**  
Direct lakefront home is everything you've been waiting for in a lake house w/ 100 feet 4 BR's, 2.5 BA's, full w/o basement, 2 car detached. garage. **MLS#201927036**



**13 State St Edinburg \$319,000**  
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## Game of Logging Classes

Cornell Cooperative Extension will be offering two Game of Logging courses in October. On October 24th the Game of Logging Level 1 course will focus on introducing the participant to open face felling and to develop techniques to safely fall a tree. Topics include: personal protective equipment, chainsaw safety features, chainsaw reactive forces, bore cutting, pre-planning the fell, and understanding hinge wood strength.

On October 25th the Game of Logging Level 2 course will focus on maximizing chainsaw performance through basic maintenance, carburetor setting, and filing techniques. Liming and bucking techniques will be introduced, springpole cutting is covered and more felling is practiced.

Participants need to bring safety equipment (hard hat/shield; hearing protection; chaps; steel toe boots...), chainsaw and lunch. Classes will be held at Martin's Lumber 280 Valley Road. Thurman, NY.

Cost per person, per class \$45. Pre-registration is required. Payment must be received in full no less than 10 calendar days prior to workshop date and no refunds if canceling after the 10 day cut off time. To register call 518-668-4881 or email Dan Carusone at [jc69@cornell.edu](mailto:jc69@cornell.edu).

## Master Gardener Training to Start

The Warren County Master Gardener Training Program is now open for 2020! Applications are being accepted for the training that will begin in January 2020. The program is open to anyone who has an interest in expanding their gardening experience and knowledge. Learn how you can improve your own gardens and landscapes. Learn scientifically-based gardening information in a relaxed and supportive atmosphere. It is a great way to learn even more by sharing information with fellow-Master Gardeners during the training, and following the training, by participating in community-based horticultural programs, educational projects and helping people in the community with their gardening questions. The Master Gardener Training Program is packed with information provided by the many scientists, educators, and garden experts associated with Cornell University. The course includes information about: botany; entomology; organic gardening; soil health; use of fertilizers; plant diseases; good flower, fruit and vegetable growing practices; and wildlife management. Please contact the Master Gardener program at Cornell Cooperative Extension in Warren County for more information and an application call 518-623-3291 or e-mail [warren@cornell.edu](mailto:warren@cornell.edu).

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Longest Brow Tine .....	\$250
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## HealthLink Littauer's WELLNESS WORDS

*Submitted by Alicia DeRuscio B.S.,  
Community Education Assistant*

### OVARIAN CANCER

Did you know that ovarian cancer is the second most common cancer that affects the female reproductive system in the United States?

#### What Is Ovarian Cancer?

According to the American Cancer Society, cancer develops when cells in the body start to grow out of control. Ovarian cancer occurs in the cells of the ovaries, which are reproductive glands found only in women.

The ovaries are made up of three kinds of cells including epithelial, germ and stromal cells. Each of these cells can develop into cancerous tumors. The most common types of ovarian cancer include epithelial ovarian tumors, germ cell tumors, and ovarian stromal tumors.

#### Know the Risk Factors

The American Cancer Society lists several risk factors that can increase a woman's chance of developing ovarian cancer including:

**Age** – As you age your risk for developing ovarian cancer increases. Ovarian cancer rarely occurs in women under the age of 40 and almost half of all ovarian cancers affect women age 63 or older.

**Weight** – If you are overweight or obese, you have a greater risk of developing ovarian cancer as well as other types of cancer.

**Age of Pregnancy** – If you have children later in life (after age 35) or do not have a full-term pregnancy your risk for ovarian cancer increases.

**Hormone Replacement** – If you take estrogen after menopause, there is an increased risk of ovarian cancer, especially if taken alone for at least five years.

**Family History** – If your mother, sister or daughter has or has previously had ovarian cancer, you have a greater risk of developing it, too.

**Signs and Symptoms of Ovarian Cancer**



Common signs and symptoms of ovarian cancer include bloating, pain in your belly, difficulty eating, feeling full quickly and urinary problems such as urgency or frequency. Symptoms are more likely to occur when the cancer has spread, however they can also occur in early-stage ovarian cancer.

These symptoms may be present in women who do not have ovarian cancer, so it's important to pay attention to any symptoms that are out of the ordinary or begin to occur more frequently. Other symptoms of ovarian cancer may include fatigue, upset stomach, back pain, pain during sex, constipation, changes in your period, and swelling in the belly with weight loss.

### Protection and Detection

The American Cancer Society recommends that women receive regular health exams including a pelvic exam for early detection of ovarian cancer. Women with ovarian cancer found in the early stages have a greater rate of survival than those found in the later stages.

If you experience any signs or symptoms of ovarian cancer, make sure to report them to your healthcare professional. If you're at high risk for developing cancer, talk with your doctor – they may suggest testing to help find or rule out ovarian cancer.

For more information on ovarian cancer, contact your healthcare provide or call HealthLink Littauer at 518-736-1120. You can email us at [healthlink@nlh.org](mailto:healthlink@nlh.org) or visit our wellness center at 2 Colonial Court in downtown Johnstown. We're your community health & wellness service of Nathan Littauer Hospital and Nursing Home.



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*by Capt. Stephen George, Secretary*

## Greetings from the GSLFF!

The fall contest was held on September 7th and approximately 120 anglers participated. The weigh in was held at Sport Island Pub which was good, it was out of the wind and cold that plagued the southern end of the lake that afternoon. Myself and Gary Allen fished the southern end of the lake in the morning and it was perfect with calm water and a light wind. Around 10 AM a strong southerly wind came up and forced us to change tactics and the bite was off. An hour or so later, the wind cranked out of the west and white-capped the lake pretty good. The fishing got a bit better later and we were able to put a few more walleye and bass into the live well.

The fishing was tough in the afternoon but quite a few anglers stuck it out and it was great to see everyone at the weigh station at Sport Island Pub in the afternoon. Andy Cozzolino brought in the only pike (27.25") to sweep that category. A few other anglers caught pike but released them while out on the water. Since we have a special pike fishery here, its good to see smaller fish being released so they can grow big and toothy. A fair number of walleye were caught and I took 1st place with a 19 1/2" fish, Keith Simonds took second with an 18 7/8" fish, Nick Auriemma took 3rd with a 18 3/4" fish, and Adrienne Adami, one of our female

anglers in the contest, took 4th with a 18 3/8" fish. Frank Manning brought in the largest smallmouth bass at 17 5/8" to take 1st place, 2nd place was a tie between John Gaworecki and John Damphier with 17 1/2" fish, and Steve Demerest brought in a 17 1/4" fish to take 4th place. Congratulations to all the anglers who participated and support the Great Sacandaga Lake Fisheries Federation (GSLFF). No trout were brought in but, that's not surprising. Fishermen in the Town of Day area, that fish from that state launch and toward the dam, have been catching trout on the topo breaks in deeper water. This is something that is normal for our lake. Those trout like cold water and will migrate to this end of the lake during a hot summer, like we had.

We put a good stringer of walleye together that day and had a fish fry on Sunday afternoon with a group of friends. Blackened and Panko fried walleye with southern beans and rice, fresh picked corn from Brower's Farm in Mayfield, handmade sweet pickles from our garden, and some beverages. No better way than to celebrate the end of summer with the bounty from the lake and local gardens.

Reminder! The GSLFF raffle will be starting October 1st so if you don't have your tickets, get them at Jim's Bait or through a GSLFF member. They are only \$10/ea and there are 30 prizes that include, but are not limited to: a couple of \$100 Lanzi's Gift Cards, Bass Pro \$150 Gift Cards, a Orvis fly fishing combo package, bait caster combos, a KVD lure & bag package, a Cabelas depth Master trolling combo w/ planer boards, and a Hummingbird Helix 7 Chirp Mega DI GPS fish finder. All really good prizes and if you need a ticket, you can contact me direct at (518) 527-6175. How do you get involved in a great organization that promotes nothing but fishing on the GSL?

How about come to a meeting, join as a member for \$10, help out with walleye and fish stocking, hang out with the coolest fishermen and woman in the state ... it's that easy! The GSLFF meetings are held every 3rd Tuesday of the month at 7pm at the Fish House Fish & Game Club located at 478 Fayville Rd, Broadalbin, NY. Additional Information can be obtained at our Website [www.gslff.com](http://www.gslff.com) or the Great Sacandaga Lake Fisheries Federation facebook page.

Now, it's time to start thinking about ice fishing!

Tight lines everyone!

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## DID YOU KNOW THAT—

*by Town of Edinburg Historian,  
Priscilla L. Edwards*

Did you know that we have Sir William Johnson and the French & Indians Wars 1755-1763 to thank for Edinburg's Military Road.

On the old maps it was called the State Road: many local folks still call it the State Rd. since the name wasn't changed to Military Rd. until the 1960's when many of the town's roads were named or re-named. In early documents the present Sinclair Road was also part of the State Road running the entire length of the town as well as all the way south to Schenectady and north to Canada.

In the 1700's it was not a road as we know it but merely a trail through fields and forests. Remember also we were not a township much less the United States of America. Quite probably the only people here were fur trappers and Indians who came to hunt, fish and trap.

By the early half of the 1700's our area was well criss-crossed with Indian trails which formed the basis for many of our early roads including military roads. Trails -made by men on foot- often went up the sides of ledges and through gorges whereas the roads-by necessity to get an ox cart or wagon to a destination -would cut through valleys and low lands. Trails and roads had one thing in common-to gain access to a waterway.

In our area the waterway meant the Hudson River north to Lake George; Lake Champlain; the Richelieu River; the St Lawrence River and finally to Montreal or Quebec, Canada. Access to the south meant the Hudson River to Troy; Albany and finally New York.

All trails led toward Ft. Lyman (now Ft.

Edward), Ft. William Henry at the head of Lake George or on to Ticonderoga. In the early 1700's all of your early settlements formed around the forts for protection from the Indians.

Bridges didn't exist until the late 1700's so crossing waterways depended on natural fording places such as sand bars or flat ledges. One of these natural fording spots existed at the present Fish House. More on that later.

William Johnson was a poor Irishman who arrived in this country in 1738. He soon became involved in the fur trade which made him not only wealthy but also a great friend to the Mohawk Indians. He was appointed Superintendent of Indian Affairs of the entire Iroquois Nation by the king of England. In 1744 Johnson built a stone mansion northwest of Amsterdam which he called Fort Johnson. He didn't build his home at Johnstown until 1762.

In the 1740's trouble arose with the French and their Indian allies trying to take over the English trade route along the Mohawk River.

In 1755 Col. Johnson led a large group of soldiers and Indians toward Crown Point defeating the French at a battle near Lake George. Between then and 1763 which ended the war, Johnson by then a general, made several trips with his troops and Indian allies from his home at Ft. Johnson north toward Ticonderoga. He followed one of two roads, possibly both, to what is now Fish House. He could have used the trail up through Johnstown to Mayfield or the road from Amsterdam up through North Broadalbin--at any rate both ways led to Fish House.

Where the Sacandaga River formed a 'U' at Fish House to flow north toward the Hudson River was a natural ford across the Sacandaga. At this point Johnson and his troops would hit the road

*Continued Next Page*



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## From Previous Page

on the west side of the Sacandaga River that led to the south end of present Sinclair Road and on to Beecher Hollow. From here Johnson and his men continued north up our present Military Road into the town of Day to the present intersection of Military and Yates Hill roads. The old State Road continued north to Livingston Lake; down past Lens Lake; through Stony Creek; under the shadow of Crane Mountain to Thurman. From here the road led east toward the Hudson and eventually to the several different crossings that were available to go north to the various forts I previously mentioned.

From Johnson's home at Ft. Johnson the road ran south to the Mohawk River at Amsterdam and down the river to Schenectady. The Mohawk joins the Hudson between Waterford and Cohoes. The road from Schenectady to Albany was already well laid out.

This fuels the belief that our Military Road did feel the tread of hundreds of marching soldiers and their Indian comrades. It also makes perfect sense that this road was used in the mid 1800's as a route for the Adirondack portion of the Underground Railroad.



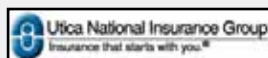
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## Harvest Saturday is Fast Approaching!

Plan to come to Northville on Saturday October 12th for some shopping, raffles, delicious food, fun and entertainment!

Sacandaga Dog Supply – 4th Annual DOGtoberfest from 9am to 2pm. Bring your pet for a photo in the pet photo booth, free Fromm samples.

Adirondack Country Store- Artist Cherie Batcher demonstrates hand painting on glassware from 11am to 1 pm.

Northville United Methodist Church-Annual Pie Sale from 9am to 12. First come, first serve!

St Francis of Assisi Church- Bazaar sale, baked goods, homemade soups, sandwiches, raffles, arts and crafts and treats.

Northville's historic Red Barn-Basket Bonanza and Silent Auction from 10am to 1pm.

Northville's Presbyterian Church-Basket Raffles, soups, chili and baked goods.

Adirondack Mousse Salon-Pink hair extensions for breast cancer awareness, hot cider and coffee from 9:30 to 1pm.

Northville Cub Scouts-serving refreshments

Free face painting, balloon art animals and a pallet maze available for kids!



## Holidays are fast approaching! For unique and beautiful gifts, Shop Local, Shop Northville!

Adirondack Country Store  
The Flower Barn  
William Coffey Gallery and Studio  
Northville's 5 and 10  
Historic Red Barn.  
Sacandaga Dog Supply  
Just Because Boutique  
Johnson Family Farm Store  
Silver Maple Stained Glass  
SVAN Gallery



**Saturday, October 12 ,  
St Francis of Assisi Church  
is holding their annual  
Fall Craft Fair.  
Doors open at 9:00AM.  
Check out handmade crafts  
such as wreaths, knit,  
crocheted, and quilted items.  
Then stop at the  
home-baked goods.  
Take a chance to win one  
of the basket raffles.  
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Stop for coffee and cake or  
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## See The Next Page



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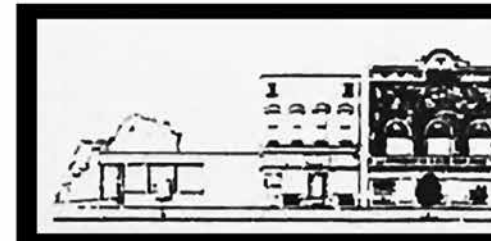
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## Flower Talk

*by Sally Peck of The Flower Barn*

The Sunflower name comes from its tendency to reposition itself to face the sun. It's genus, Helianthus (Greek), "helios" meaning sun and "anthos" meaning flower.

An ancient Greek myth tells of Clytie, a nymph who adored Apollo. At first, he loved her back, but soon he fell in love with Leucothoe. Because of her jealousy, Clytie told Leucothoe's father of the relationship and he punished her by burying her alive. In anger, Apollo turned her into a flower, but even in flower form she still loved him and would spend her days watching him as he moved the sun across the sky in his chariot, just like sunflowers move to face the sun. Because of this story, the sunflower means adoration and loyalty (that is

why they are the flower for 3rd Anniversaries).

In China it is associated with good fortune and long life because the plant has full bloom phase for months and can withstand the hottest weather, so to enhance their lifespan, the Chinese royal family consumed the flower. The Incas used sunflowers to symbolize the Sun God. To the Native Americans it represents harvest and bounty. In ancient Christian belief, sunflower reflects God's love and stands for unwavering faith in Him with the desire to seek light and truth.

Countless artists have portrayed the sunflower, the most well-known is Van Gogh's Sunflower series.

The Sunflower originates from North America. They were picked by hunter gatherers as a natural source of fat to supplement meat. The seeds could be ground up and mixed with flour to make bread much like the pita variety we eat today. Around five thousand years ago people began to farm them in the south-western parts of North America in what is now Mexico. It is said to be one of the first crops to be grown in the Americas and was domesticated before corn. As they were cultivated over generations the plants produced bigger and more seeds. The sunflower we have now bears no resemblance to how it started out. It was during this time that the Native Americans also began to farm sunflowers. They too made bread, but was not a food source only. They created a purple dye used for clothing, painting bodies and objects. Other parts of the plants were used to make medicinal

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remedies for snake bites, wounds, kidney & heart pain. The seed oil was used to lubricate hair and skin. Ancient societies could not afford to waste anything so stalks were dried and used as a building material.

Then came the discovery of the New World. The Europeans saw the benefits and transported seeds across the Atlantic in the 16th century to the Old World ( Spain). It was mostly ornamental because of its beauty and size. In England, 1716, a patent was given for squeezing the oil out of the sunflower.

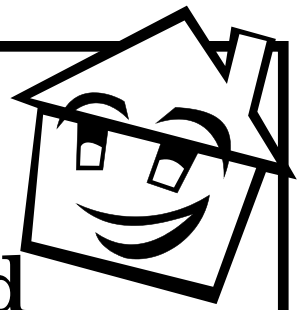
It was not until the 18th century the sunflower gained popularity as a cultivated plant. Surprisingly, Peter the Great of Russia was in Holland and became so enamored of the giant flower that he took seeds back to Russia. The people weren't overly impressed..until the season of Lent. You see, the Russian Orthodox Church forbade consuming oil during lent. However, sunflower oil was not on the prohibited list and the Russian people jumped on Peter's bandwagon wholeheartedly. By the early 19th century Russia had invested into research on breeding the flower and was growing over 2 million acres a year. Sunflower oil was manufactured in Russia on a lucrative commercial scale. They identified two types, one for oil production (small black seeds) and one for consumption (larger seeds with a thicker hull). By 1830 it was time for the sunflower to make a triumphant return to America.

It took awhile for Americans to take advantage of the sunflower as a cash crop and used mostly as silo feed for chickens. Then in 1926 the Missouri Sunflower Growers Association started processing sunflower seeds into oil, about the same time as the Canadians. In both countries the breeding material (the seeds) came from members of the Russian Mennonite community. Today Sunflower oil is used for cooking, beauty products, to improve heart health and lower cholesterol.

Having gone full circle, the American sunflower is back home for good.

Trust your Local Florist and contact them direct. Avoid the impersonal Order Gatherers, (E-Commerce 'flower' dealers) with their middleman and added fee\$.

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## Lake Safety: Fall Operations


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Change of Season on the Lake: What does the official end of summer mean to you? Boaters begin to rediscover the assignments which were put aside by a nice day on the lake. Trailerable boats make their customary trip home as they did during the summer but may not return with summer frequency. Larger boats which have been berthed at marinas for the summer are either placed on trailers and transported home or placed on the marina property for the winter. We have provided some suggestions which we hope will make it a happy ending to an already great season!

Suggestion #1: Boats that miss the deadline on water depth may find it hard to come ashore! Keep your eye on the water level and the depth which your 'exit' point or marina requires to safely pull your boat. Remember you and your 'team' should wear a Personal Flotation Device (PFD) when working on the docks or boat!

Personal Flotation Devices (PFDs) in Rowboats, Canoes and Kayaks (November 1 – May 1): There is a legal requirement that "Everone on board any vessel of 21



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feet, including rowboats, canoes and kayaks, between November first and May first must wear a USCG approved PFD while underway." (New York Safe Boating)

It is great to extend the boating season by dropping the canoe, rowboat or kayak into the water for a quick look at the Fall colors! It should come as no surprise that the water is a little colder than in the summer. As a matter of fact New York State requires that you wear a PFD when you are underway in a rowboat, canoe or kayak less than 21 feet in length!

Suggestion #2: Wear a PFD when you board a rowboat, canoe or kayak --- for your own safety --- why not keep it on whether underway or not! Just think how happy your family will be when you return safely from your Fall color excursion! Cold Water Immersion and Hypothermia: A reminder about hypothermia is particularly timely for boaters in the Fall season. For example: Did you know that: "Cold water is deadly. A body immersed in water with a temperature of less than 70°F will become incapacitated quickly. If the water is cold, 50°F or less, an average adult has only a 50% chance of surviving a 50 yard swim. The problem is not just hypothermia. Cold water can kill in any of four stages:

STAGE 1 is Cold Shock

STAGE 2 is Swimming Failure

STAGE 3 is Hypothermia

STATE 4 is Post-rescue Collapse." (New York Safe Boating)

Suggestion #3: New York State has various recommendations for 'Surviving Immersion'. The text can be found the 2019 Boaters Guide at <https://parks.ny.gov/recreation/boating/> It is recommended that individuals dress for the 'water'

**Continued Next Page** ➡ ➡

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## WATER PROBLEMS?



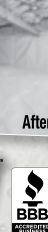
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## From Previous Page

temperature and not the 'air' temperature. The main recommendation is: "... try reboarding or climbing on top of your boat, slow heat loss by huddling up and do not remove clothing even if it is wet, use a whistle or visual distress signal to summon help. Leave a float plan so authorities can be called should you fail to return on time." (New York Safe Boating)

Preparation .... Preparation .... Preparation: There is no way that YOU can overemphasize safety on the lake in the Fall season when you are saying good bye to the lake. You have started preparations and have most likely taken quite a bit of your equipment off of your boat, including PFDs, boat lines, floatables as well as communications gear! You have to remember that the equipment you have removed is the equipment you need if you or someone falls into the water!

Those who took a boater safety course will remember the 'Man Overboard Rescue Sequence': Reach (use a stick, pole ladder or other long item); Throw (use a line or floating object); Row (use a boat) and Go (only attempt if there is no other choice or you are a trained lifeguard – enter wearing a PFD and bring one to throw – "if you are unsure that you will be able to make it, don't attempt it!" (New York Safe Boating) The idea is to stay at a safe distance so as not to risk your own life in the process of saving another.

Suggestion #4: Working on the water with boats or docks is a serious team activity in the Fall. Why not bring a friend, wear PFDs and pack gear that would be helpful to either rescue yourself or someone else!

Closing Thoughts from Dolores Byron: Winter is near / Docks disappear / Gone sunny days and skies of blue / Winds will blow as we ready for winter's snow!

Be SAFE on the water!



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Peter M. Byron, PhD has taught NYS Boater Safety Classes on the Great Sacandaga and the Capital District for many years. He and his son, Captain Kevin Byron, are owners of NAV-ED Services Group ([www.nav-ed.com](http://www.nav-ed.com)) and developed training programs approved by the United States Coast Guard for the following U.S. Coast Guard commercial licenses: Operator of Uninspected Passenger Vessel (OUPV), Master, Assistance Towing, Auxiliary Sail and License Renewal for Inland and Near Coastal waters.

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## Edinburg Historical Society

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[www.EdinburgHistoricalSociety.org](http://www.EdinburgHistoricalSociety.org)

The Edinburg Historical Society will hold their monthly meeting on Tuesday, October 15th at 7 p.m. at the Edinburg Community Center on Military Road. Joanne Blaauboer, Northampton Historian will speak on "Fish House History." Joanne is a retired science teacher. She and her husband moved into the town called Fish House and bought a 200 year old brick house that was a tailor shop and then a doctor's office. She was intrigued with the history of the area and volunteered at the Fish House Community Center and then organized a history tour of the area in 2009 and 2012. The Historian for the town of Northampton (Fish House is part of that town) asked her to be Deputy Historian of Northampton and concentrate her research on Fish House.

Thank you to everyone that participated in the Edinburg Fall Festival. The Rural Museum exhibits are still a work in progress and hopefully will be finished for viewing next year.

The holidays are a just around the corner and if you wish to purchase any sweatshirts, t-shirts with long or short sleeves, the new EHS cookbook "A Taste of Edinburg", the CD's "Saving the Dream" – John Bennis's photographs documenting Edinburg's history; "Harnessing Nature: Building the Great Sacandaga" and "Then and Now" – Walter Marz with current pictures of Edinburg. These are available at the Edinburg Town Hall in the Historian's office Wednesdays 9 am to 2 pm.

A share Certificate in the Copeland Covered Bridge is a wonderful lasting gift for someone on your list. Your donation of \$25 purchases a share certificate in honor of a relative or friend and also in memory of a loved one. A certificate is sent to the recipient that you request, and the name is posted at the Copeland Site. Send your request to the address above.

All meeting and program are free and open to the public. If you wish to join send \$5 to above address with your request.

## Do You Like to Help People?

Are you looking for something to do during the winter months? How about becoming a Volunteer Income Tax Assistant (VITA) volunteer! The Tri-County United Way VITA Coalition in Washington, Warren and Northern Saratoga Counties is seeking volunteers for the 2019 tax filing season. No experience is required; all volunteers will receive free instruction along with training and certification materials necessary to prepare basic tax returns. VITA volunteers are trained to assist moderate-low income individuals and families to electronically file their personal tax returns.

Training sessions begin in November and include the use of electronic filing software supplied by the IRS. We have tax sites throughout Warren, Washington and Saratoga counties and volunteer hours are flexible day and/or evening hours in your local community.

For more information about the VITA program call Cornell Cooperative Extension of Warren County at 518-623-3291 ask for Amy Sabattis. You can also sign up through the Tri-County United Way at 518-793-3136 ask for JoAnna Sheridan. To volunteer in Washington County contact Joan Prouty 518-746-2560. To volunteer at Moreau Community Center contact Donna at 518-792-6007.

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Thursday - Saturday, October 3-5

The World of Mushroom Foraging in the Adirondacks with Ryan Bouchard and Emily Schmidt #1438-1003. 3 days. 9am-4pm. Tuition \$360. Member Tuition \$330. Materials fee \$0.

NOTE: Students should wear weather appropriate clothing, suitable for hiking. Students may wish to bring with them a notebook and writing utensil, pocket knife and camera (or phone with the ringer off).

Saturday October 5

Silver Metal Clay Exploration with Nancy Miller. #1332-1005. 1 day. 9am-5pm. Tuition \$120. Member Tuition \$100. Materials fee \$72.

NOTE: Please note that depending on the number of students who register for this class, it may take place at the instructor's studio in Saratoga Springs. Please call AFS a week before the class for the location.

Saturday & Sunday, October 5&6

Forging Tongs to Hold a Variety of Shapes with Derek Heidemann. #1325-1005. 2 days. 9am-4pm. Tuition \$250. Member Tuition \$210. Materials fee \$50.

NOTE: Hard shoes and long pants are required for student's safety.

Saturday & Sunday, October 5&6

Traditional or Arts & Crafts Era Floorcloth with Janet Flinchbaugh. #1370-1005. 2 days. 9am-4pm. Tuition \$210. Member Tuition \$170. Materials fee \$50.

NOTE: Each participant should bring an apron, preferably old.

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Materials fee \$75.

NOTE: Students are  
required to wear non-  
synthetic clothing, long pants  
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\$305. Member Tuition \$255.  
Materials fee \$85.

*Continued  
Next Page*



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## From Previous Page

Saturday October 12

Autumn Landscapes and the Full Hunter Moon Photo Tour with Carl Heilman, II. 1529-1021. 1 day. 11am-7pm. Tuition \$205. Member Tuition \$195. Materials fee \$0.

NOTE: This nature photography tour is designed for those who are already comfortable with camera basics such as the relationship between aperture, shutter and ISO settings. During this 8-hour day we will start with a brief introduction/discussion and then will have the rest of the afternoon and evening to photograph and experiment with photo techniques in the field. We can car pool for anyone returning back to Lake Luzerne, otherwise it will be best to drive. Since we will be in the field most of the day, be sure to bring along food, snacks, water and any extra clothing for the day. An umbrella and/or camera cover can be helpful if there are showers. Also be sure to have at least one extra fully charged battery, the camera manual and extra memory cards.

Sunday October 13

Rugs from Rags with Caroline Dvorak. #1355-1013. 1/2 day. 12pm-4pm. Tuition \$80. Member Tuition \$60. Materials fee \$10.

Sunday October 13

Perfect Pictures Every Time for Beginners with Carl Heilman II. #1436-1013. 1 day. 10am-6pm. Tuition \$205. Member Tuition \$195. Materials Fee \$0.

NOTE: Equipment requirements include a DSLR and lens system/OR full featured point and shoot camera (preferably with screw-on filter and tripod capability), a sturdy tripod, and a remote release. In addition, bring along whatever variety of lenses you have.

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Friday October 18

Introduction to Pyrography with Bret Collier.  
#1320-1018. 1 day. 9am-4pm. Tuition \$105. Member  
Tuition \$85. Materials fee \$30.

Friday October 18

Introduction to Cold Process Soap Making with  
Roberta Devers-Scott. #1382-1018. 1 evening. 6pm-  
9pm. Tuition \$55. Member Tuition \$45. Materials  
fee \$15.

NOTE: Please wear a long-sleeve shirt and bring a  
washed out and clean 1/2-gallon paper milk carton.

Friday - Sunday, October 18-20

Traditional Chair Caning with Christine Ferris-  
Hubbard. #1330-1018. 3 days. 9am-4pm. Tuition  
\$305. Member Tuition \$255. Materials fee \$60.

NOTE: Bring a water bucket, scissors and your  
chair.

Saturday October 19

Live Edge Bowl with John Kingsley. #1317-1019. 1  
day. 9am-4pm. Tuition \$105. Member Tuition \$85.

*Continued Next Page* ➡ ➡



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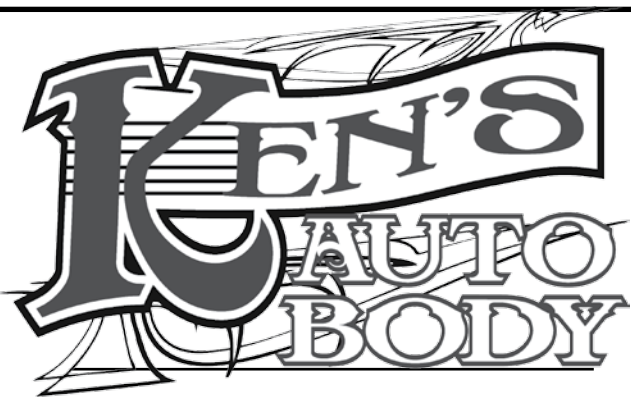
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## From Previous Page

Materials fee \$25.

NOTE: For your safety: no loose-fitting clothes, hair tied back, comfortable shoes and no jewelry. If sensitive to wood dust registration for turning classes is not recommended.

Saturday October 19

Cobweb Chaser Broom with Karen Koch. #1454-1019. 1/2 day. 1pm-4pm. Tuition \$55. Member Tuition \$45. Materials fee \$5.

Saturday & Sunday, October 19&20

Forging a Chef's Knife with Matthew Parkinson. #1342-1019. 2 days. 9am-4pm. Tuition \$250.

Member Tuition \$210. Materials fee \$50

NOTE: Hard shoes and long pants are required for student's safety.

Sunday October 20

Heart or Elbow Basket with Beverly Cornelius. #1336-1019. 1 day. 8:30am-5:30pm. Tuition \$115. Member Tuition \$95. Materials Fee \$25.

Sunday October 20

Make a Native American Medicine Pouch with David Cornelius. #1390-0817. 1/2 day. 9am-12pm. Tuition \$55. Member Tuition \$45. Materials fee \$10.

Sunday October 20

Herbal Homemade House Cleaners with Amy Cason. #1393-1020. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$45.

Monday – Friday, October 21-25

Pipe Tomahawk with Nicholas Downing. #1516-1021. 5 days. 9am-4pm. Tuition \$575. Member Tuition \$525. Materials Fee \$125.

NOTE: Hard shoes and long pants are required for







student's safety.

#### Friday October 25

Gourd Design: Bird Houses with Tim Sauter.  
#1458-1025. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials Fee \$50.

NOTE: Students should bring with them a pail or basin to clean their gourd, and smock or old clothes.

#### Friday-Monday, October 25-28

Build the Sagamore Chair with Larry Benjamin.  
#1425-1025. 4 days. 9am-4pm. Tuition \$470.  
Member Tuition \$420. Materials fee \$320.

#### Saturday October 26

Pair of Williamsburg Baskets with Barbara Boughton. #1452-1026. 1 day. 9am-5pm. Tuition \$105. Member Tuition \$85. Materials fee \$45.

#### Saturday & Sunday, October 26&27

Forging Damascus with Matthew Parkinson. #1343-1026. 2 days. 9am-4pm. Tuition \$250. Member Tuition \$210. Materials fee \$50.

NOTE: Experience of basic blacksmithing techniques suggested. Hard shoes and long pants are required for student's safety.

#### Saturday & Sunday, October 26&27

Birch Bark Picture Frames and Mirrors with Jim Schreiner. #1383-1026. 2 Days. 9am-4pm. Tuition \$210. Member Tuition \$170. Materials fee \$30.

#### Sunday October 27

Lampworking: Adding Depth and Encasing to Glass Beads with Renee Kingsley. #1490-1027. 1/2 Day. 9am-1pm. Tuition \$80. Member Tuition \$60. Materials fee \$20.

NOTE: This is an advanced technique class. Previous lampwork experience required.

#### Sunday October 27

Seasonal Attunement - Walking the Wheel with Margo Mullein. #1354-1027. 1 day. 10am-4:30pm. Tuition \$105. Member Tuition \$85. Materials fee \$45.

NOTE: The herbal preparation made during the first class (spring), will be the base ingredient throughout the other seasons. While each class stands on its own, the work is accumulative. A seasonally inspired lunch is included, so please let us know of any food allergies or dietary restrictions.

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## Saratoga County 4-H Camp Wild's Huge Summer Success and the Great Camp Out

Cornell Cooperative Extension of Saratoga County has been a staple in the community for decades. They are always working on new, and creative ways to provide learning opportunities for the public. This past summer, a new program was introduced to wonderful reception; 4-H Camp Wild. Originally planned to be an exclusive summer camp enrichment program, the public demand was too great, and the program was quickly adapted to welcome everyone... and not a second too soon, each of the three "classes" sold out, and shortly thereafter a surprise 4th session did as well. The carefully curated platform provided education to the most adventurous youths on the joys of nature. Hosted on the Saratoga County 4-H Training Center, children were treated to hikes, fishing, arts and crafts, safety precautions, and basic survival skills. "4-H Camp Wild provides a place for kids to be kids, in a truly natural setting. Tucked into the woods along the Gordon Creek, few know of

the beautiful opportunities that exist, right here in Ballston Spa." Andrea Love Smith, Camp Director has said about the program. The reception for this program was hugely encouraging, and Cornell Cooperative Extension of Saratoga County and Saratoga County 4-H have already started to focus and create more ways to provide local kids the privilege of exploring nature, while learning valuable lessons.

The first event to be hosted will be the Great Camp Out on Saturday, October 12th. The Great Camp Out will be an overnight camping fundraiser to benefit upcoming 4-H Camp Wild programs. Families and friends are invited to the 4-H Training Center to spend the evening for a great cause! Tickets are just \$50 and include a campsite, dinner, an outdoor movie, and a pancake breakfast Sunday morning. There will be plenty of other activities, including an evening hike, lawn games, and even a coloring contest for the kids!

Space is limited for the 4-H Camp Wild Camp Out. Please call the Cornell Cooperative Extension of Saratoga County office at 518-885-8995 to reserve your space and more details are on the CCE website (<http://ccesaratoga.org/>) and social media (@CCESaratoga on facebook, @cce\_saratoga\_county on Instagram).

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*by Brian DeFeo*

### - Service Before Self -

During the month of August and continuing through September 11th, the fire fighters (your neighbors) of the EVFC responded to seventeen calls for help. Among these are included: five calls for power lines down across road ways, two EMS Assistance, two motor vehicle accidents, one fire alarm, one good intent call, four mutual – aid calls to surrounding towns, and one search & rescue.

Unfortunately, one of the most overlooked fire safety aspects of your home is the Home Fire Escape Plan (HFEP). Few people have one as they feel a major fire is unlikely going to occur in their home and statistically they are correct. However, although no one has ever died the result

of statistics, they do every day the result of fire within the home.

A Home Fire Escape Plan is a critical component in keeping your family safe, just as much as smoke detectors and fire extinguishers. This is particularly true if you have young children within the home. When your house is on fire there will be a high level of panic within the home. This is not the time to gather your children and plan your escape, as there may be no or little time to think things through. Rather, by having a (HFEP) and having practiced it regularly, you should ideally be able to evacuate your home in a safe, orderly fashion.

So what is an effective plan? First, I refer the reader to the website of the National Fire Protection Association (NFPA), under Public Education, then click onto Escape Planning for specifics. They can offer you escape planning tools and tip sheets. The point of this article is rather to give you a general overview of some of the components of your Plan.

### Here are a few basics:

The Alarm: It is not likely that you will wake



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up at night simply due to the smell of smoke. That means working smoke detectors within the home are essential to your survival. An absolute minimum is one on every floor. Better yet; one also outside every sleeping area, and heat generating source found within your home. Checked at least twice a year and batteries replaced depending on the type of units you have.

**Exiting the Home:** You'll need to make an escape grid of your home (see the NFPA site). A Plan must be flexible depending on the location of the fire. Practice with your children various ways to get out of the home quickly and safely.

**The Meeting Place:** Is where the occupants gather after their escape. It should be a safe distance from the home, easily identifiable (at night) and accessible to all the members of the family regardless of age or physical ability.

Here are some simple tips which might apply to your emergency situation:

Everyone should have their own working flash light in their bedroom. Touch a door with the back of your hand before opening it, never grab the door knob first. Always close a door when leaving the room, this could help contain the fire. If smoke is building up within the home crawl out on your hands and knees, as smoke and hot gases will rise to the ceiling as the room fills.

Lastly, a Plan is without value if it is not practiced. Let your children participate in formulating your Plan. Let the older ones run a drill. Should the time come, everyone will be better prepared and the loss of life will be lessened.



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## Northville United Presbyterian Church News

**NUPC Columbus Day  
Weekend Fall Festival  
Activities**

The Northville

United Presbyterian Church is pleased again to participate in the Village of Northville's annual Fall Festival during the Columbus Day weekend.

Our Church's two most popular events will again be held on the grounds of the Red Barn on Main Street. (Thank you again and again to the Breda and Sedon families.) Activities will take place on Saturday, October 12th, from 10am-1pm. First, join us again this year for the ever-popular "Basket Bonanza Silent Auction." Baskets of all sizes and themes will be available, for all ages, wants, and needs! Come and browse, and then bid early and often. You are sure to see many great bargains. Why not take home one (or two or more!) They always make terrific gifts (and the holidays are not too far away!)

And just as popular, the NUPC food concession, located in the yellow barn, adjacent to the red barn, will offer a variety of home-made chilis, stews and soups, accompanied by crackers and breads! Awesome



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baked goods and other treats will also be available for purchase. You'll just have to come and see and enjoy all the great food available while you make your basket bids, or just congregate with friends having fun!

Again, please save the date and time: October 12th, 10am-1pm, at the Red Barn on Main St. Bidding on the Baskets ends at 1pm; (Come early, the chilis and soups often go fast!). Proceeds all go to help continue doing the Lord's work through our church. We hope to see you all there !

### **FUN STUFF !!! Pre-Halloween Kids Party**

Saturday, October 19th! Save the date and then bring your hobnobbin' little goblins to our Church's Reed Street lawn and church fellowship hall for some early Halloween festivities! Goodies will be available, of course, for both the kids and their parents, and church members will also be there to "supervise" (which includes joining in the fun)

Pizza, games, and a costume parade is planned, so be sure to dress in your Halloween best (or funniest, or scariest.) It promises to be loads of fun, judging by prior years' enthusiastic participation.

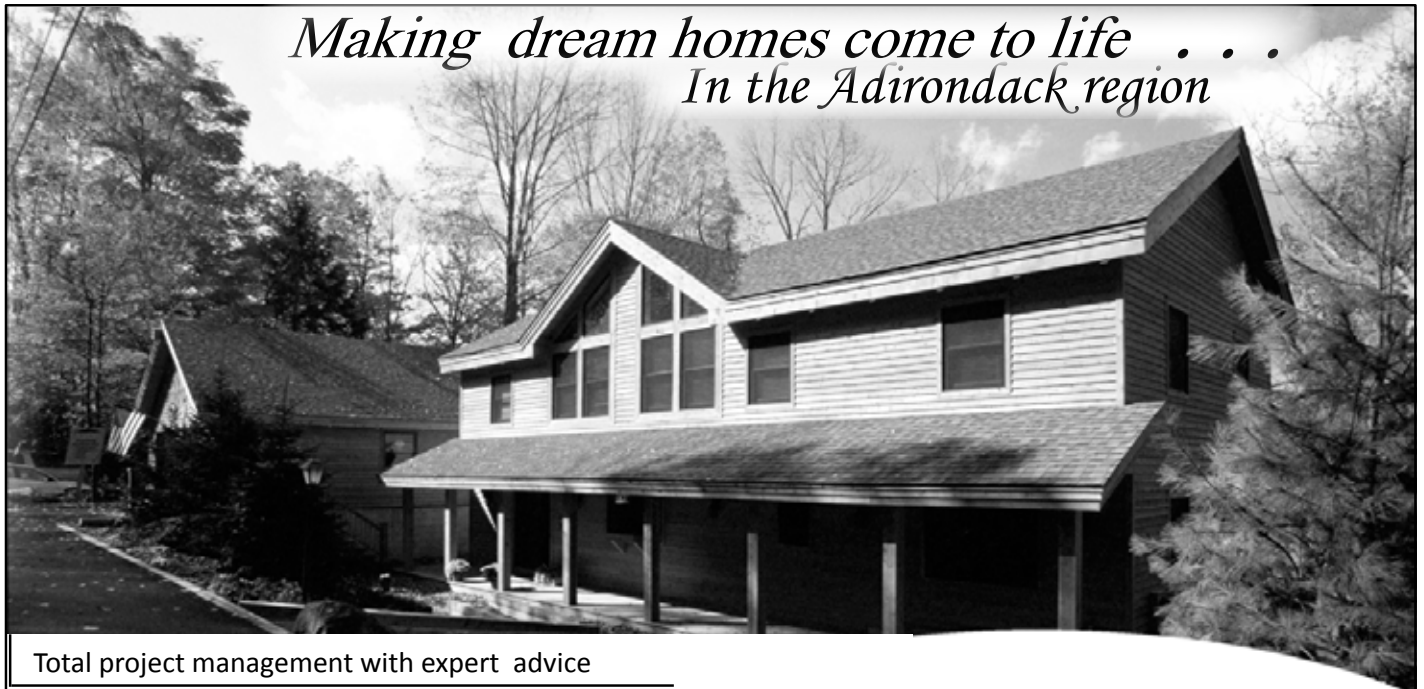
It is open to all local kids and their parents, and best of all, it is FREE! Again, it will be Saturday, October 19th, from 1pm to 3pm and all are welcome. Warm up to the end-of-the-month official celebration of Western Christianity's All Hallow's Eve (Halloween) by joining us!

### **Compassion Sundays**

The Northville United Presbyterian Church continues to help the alleviation of hunger and poverty in our community and neighboring locales by our local mission initiatives. We have traditionally designated the first Sunday of each month as Compassion Sunday, and urged the donation of paper goods, toiletries and other necessities that aren't covered by food stamps; these will then be passed on to the Fulmont Community Action Agency in Northville. We have also addressed food needs in many different ways, but have recently decided to augment our efforts by naming EVERY Sunday as Compassion Sunday. So in addition to the first Sunday donations, ALL Sundays are designated for the collection of canned

*Continued Next Page* ➡ ➡

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## From Previous Page

goods and other non-perishable food items. Please donate something each Sunday in the designated place at the entry to our sanctuary on Reed Street. The food items will be delivered to the Baptist Church to augment their wonderful efforts through their Bread of Life Food Pantry.

Additional Hunger Abatement Mission of the Presbyterian Church, USA

The Presbyterian Church of the USA recently posted articles and resources for the "Food Week of Action" that surrounds World Food Day on October 16 and runs from October 14 – 21.

There are three broad Action Areas defined

1. Claiming Rights: Claim the right to food, freedom from want, and end racialized systems of oppression.

2. Fair Compensation: Demand fair prices for farmers, fishers and other producers, and fair wages for everyone in the food system.

3. Food Sovereignty: Resist harmful practices and policies, and build just and sustainable local & regional food economies.

Many resources for action are listed on the PCUSA web site, at <https://www.pcusa.org/foodweek>. Also listed are the Ten Commandments of Food that PCUSA helped the World Council of Churches Food for Life Campaign develop. With acknowledgement given to these organizations, these are:

## THE TEN COMMANDMENTS OF FOOD

1. Give thanks for the food you eat.
2. Eat food grown as close as possible to where you live.
3. Strive for all people to have knowledge about and access to affordable and nutritious food
4. Eat mindfully and in moderation.
5. Do not waste food.
6. Be grateful to those who grow and prepare food for your table.
7. Support fair wages for farm workers, farmers and food workers.
8. Reduce the environmental damage of land, water and air from food production and the food system.
9. Protect the biodiversity of seeds, soils, ecosystems and the cultures of food producers.
10. Rejoice and share the sacred gift of food with all.

## NUPC Service Times and Location

As a reminder, starting after Labor Day, our Sunday morning services are once again being held at 10:00 am at our Northville Presbyterian Church Sanctuary, Reed Street, Northville, NY, rather than our Batchellerville Sanctuary. Morning worship includes Children's Sunday School and Nursery; and yummy refreshments will again be available in our downstairs Fellowship Hall, immediately following services. We are an inclusive, safe, loving place of worship and

community. Visitors, newcomers, and long-time friends will always be welcome. Please join us for worship, community, and opportunities to see old friends and make new ones.

Until Next Month, PEACE, LOVE, AND GOD'S BLESSINGS TO YOU ALL !

(Personal thoughts and views of Northville United Presbyterian Church Elder Frank Ralbovsky)

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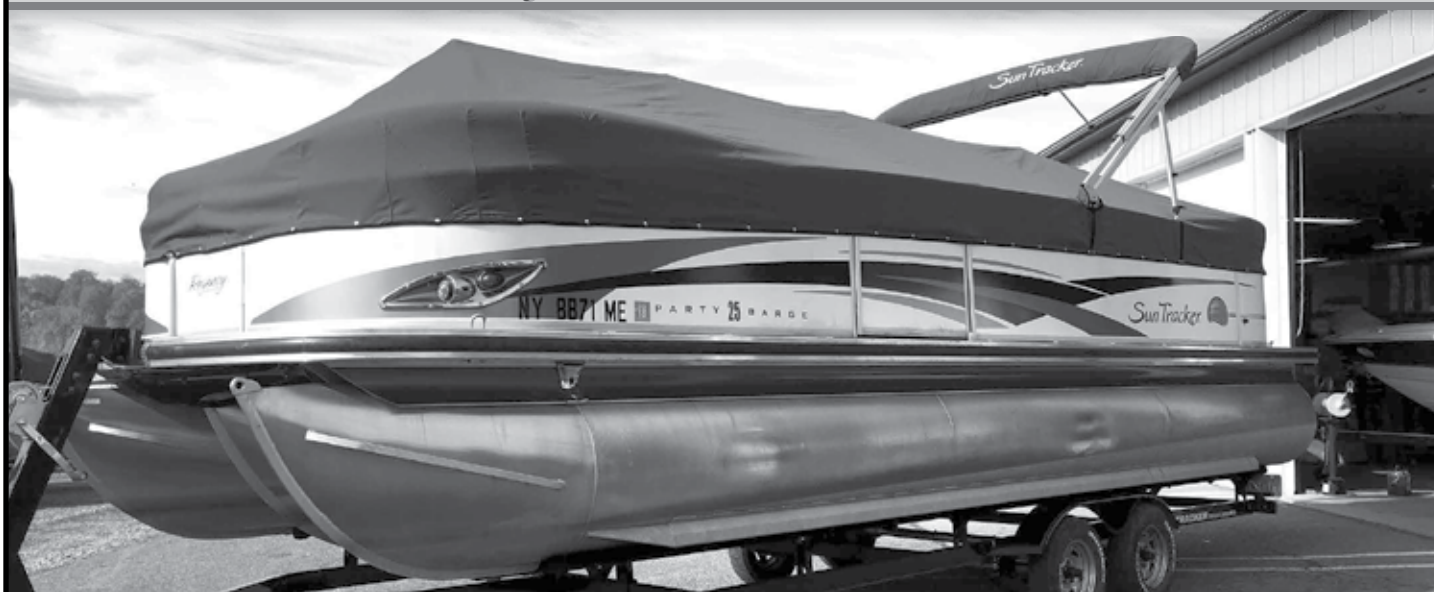


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## TOPS 1005 Northville

Here it is.... another summer gone in the blink of an eye!! We will begin to say goodbye to those going South for the Winter.

TOPS members number well over 125,000 (women, men and children), belonging to thousands of chapters throughout the United States and Canada.

Are you ready to stop dieting and start making real changes? TOPS can help you reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful. After all, this has been a winning formula for TOPS members for over the last 70 years!!

If good health is that basic, why is it so hard to lose weight?? The answer is that changing bad habits is tough. To stay on track, you need the support of others!! Research shows the people who have a strong community of support are more likely to lose weight and keep it off!!

That is why our TOPS group is so successful to its members!!

Our KOPS Best loser of the month was Diane Mack

Our TOPS Best loser of the month was Martha Dietrich

Other losers included- Wendy Beaulieu, Cathe Bard and Pat Wilcox

Those that had a loss after the holiday- were: Cathe Bard, Judy Frasier, Judy VanHeusen, Ronnie Flynn, and Ellen Descharnais  
Kudos to all!!!

We invited Sara Makalanga from Ballston Lake to our chapter and to TOPS 776 Northville who joined us also....

She spoke to the members about her weight loss journey and showed a picture of her before and after




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photo. She was diagnosed with bipolar disorder and turned to food for comfort. She is eternally grateful to TOPS for the support that was given to her...She found an alternative to over eating by finding balance, planning meals, logging in everything she ate to making changes that made her feel better. She truly was an inspiration to all...

Join us at TOPS NY 1005 Northville on Tuesdays!

Weigh in is from 4:15-4:30 with the meeting beginning soon after. We meet at the Bradt building (downstairs) and the first meeting is free. What exactly happens at meetings?? We begin with confidential weigh-ins and then our program starts! These programs aim to help members achieve their weight loss goals.

A meeting is a time to share one's weight loss successes and challenges without feeling uncomfortable!

Fellow members are there for support and to keep your spirits high!

For more information, call 774-9243 or visit us at [www.tops.org](http://www.tops.org) on the web.

See you lighter!!

## EDINBURG UNITED METHODIST CHURCH 4 CORNERS EDINBURG, NY

### "THE BEST MESSAGE"

As a faith community we seek to know God's presence in our lives. Our church welcome's all who enter. "Open Doors, Open Minds, Open Hearts" is our motto. A message given to us several months ago by a visiting Lay Leader, reminded us of a Bible verse in Genesis. Chapter 26: verse 24, GOD is WITH US "DO NOT BE AFRAID". The Dictionary defines afraid as "Frightened and Fearful". This can result in an endless list such as losing a job, being alone, fear of commitments, health concerns, etc. "Do Not Be Afraid". Every Sunday we are reminded of Jesus Love and Commitment to us. One of our Hymns reminds us that God is "With us, With us" all the way. Do not be afraid to have a bold and humble faith. Our Church service starts at 9: AM each and every Sunday. Light refreshments and friendly conversations are always enjoyed after our service. Please join us!

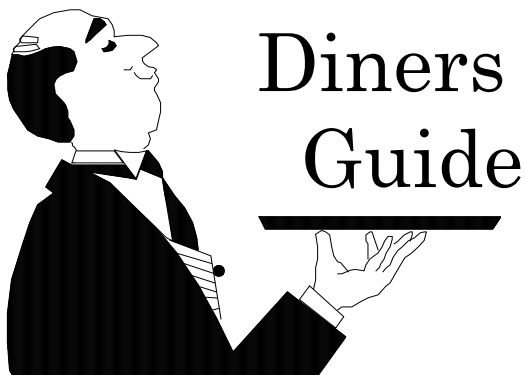
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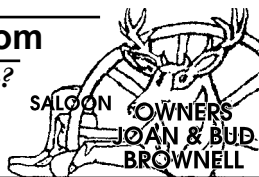
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The First United Methodist Church of Lake Luzerne will hold an Italian Dinner on Friday, October 11. Serving will be from 4:30 PM—7:30 PM. On the menu is spaghetti and meatballs, fettucine alfredo and chicken cacciatori. Also, soup, salad, dessert and beverage.

The asking donation is \$12 for Adults, children under 5 eat free. Take outs will be \$15.

The proceeds benefit the replacement of our new roof.

The Church is located at the corner of Church and Main Streets in Lake Luzerne. All are welcome.



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## Northampton Ambulance Service



*by Kimberly Sadadolsky*  
*Secretary*

Northampton Ambulance Meeting was held on September 10, 2019 with 12 members in attendance.

Calls responded to for August : Town of Northampton 9, Village of Northville 5, Town of Hope 4.

## Wells United Methodist Church FALL COLOR DINNER



### Chicken and Biscuits

**Wednesday, Oct 2**  
**4:00 PM-6:30 PM**

(Or until food runs out)

**Cost: By Donation**  
**Take-outs available**

#### Menu:

**Chicken in gravy**  
**Biscuits by Bev Peters**  
**Mashed potatoes**  
**Green beans & Carrots**  
**Desserts**  
**Beverage**

(Gluten-free option available)

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## Northville Baptist Church

*by Barbara Klueg*

111 North First Street, Northville  
518.863.8001 [bconny.org](http://bconny.org)

Sr. Pastor: Rev. Richard C. Klueg

Associate Pastor: Rev. George Hopper

Associate Pastor: Pastor Andrew Larson

### Just a Nobody, Telling Everybody!

Recently I read this quote on Facebook, "I am just a nobody, telling everybody about Somebody that can save anybody. His name is Jesus." I like that! As a teenager I became a believer in Jesus. I was so excited about what the Lord had done in my life. I wanted to tell everybody about Him. I began by telling my Mom about Jesus and how He forgave me and changed my life. She told me it was too late for her and she could not be forgiven. I told her it was never too late for anyone and that Jesus Christ died for sinners like me and her. I told her that none of us are good enough to get to Heaven, and that is why Jesus had to die on the cross for us. Years later Mom repented of her sins and believed what Jesus did on the cross for her. I was so happy, and so was my mom! ("For by grace you have been saved through faith. And this is not your own doing; it is the gift of God." Ephesians 2:8)

For a believer, the Bible says to be absent from the body is to be present with the Lord. Since last month's article our dear friend, Dorothy Chapin (who had just turned 100 in August) is now present with her Lord. We will miss her and her cheerful ways. She always put a little smile on my face, loved people and the Lord. Recently we have also attended the funerals of several other friends.

Our hearts are heavy and hurting for the folks who have lost loved ones. Our love and prayers are with them. We pray that God will comfort them and little by little give them some joy as they remember the happy times they had with their loved ones. Going forward and healing is a slow process for those left behind.

Our annual All-Church-Picnic at the lake was well attended with well over 100 of us enjoying lots of food, fun and fellowship. The men had a wonderful Men's Conference at church with about 30 in attendance. Next year's Men's Conference will be held at Sac Bible Conference. October is our Annual Missions Month. Hope you can join us to hear some of our missionary speakers share about their ministries. Here is the October Schedule. Oct. 6 Sunday School/Worship Service: Jaime Donnan of Asia (Mission Focus: Abbey Ballard of Life Saver Ministry) (PM Service: Brenda Matthews of Mexico)

Oct. 13 Sunday School/Worship Service: David Ibrahim of Pakistan (Mission Focus: Gary & Carole Allen of Turkey) (PM Service: Patrick Reed of Gambia and Denise McCarthy)

Oct. 20 Sunday School/Worship Service: Mike Saccocio of Schenectady City Mission (Mission Focus: SAC Bible Conference) (PM Service: Change of One)

Oct. 27 Sunday School/Worship Service: Mike Haggard of The Gideons (PM Service: Nate Weaver of Papua New Guinea)

Fall is probably my favorite time of the year with the vibrant colors seen throughout our area, the cooler nights and the anticipation of the upcoming holidays. (I'm one of those crazy early Christmas shoppers who orders everything from Amazon in October ... have to with 17 grandkids! Plus, I love shopping on my laptop from my sofa in my PJs.) Hope to see ya' in church! Sunday: Sunday School (8:45 a.m.) Worship (10 a.m.) Evening Service (6 p.m.)

Monday: Ladies Bible Study (11 a.m. & 6:30 p.m.) Bible Club after school – 4 p.m. at church Wednesday: BCON Corner: Food Pantry (10 a.m.) Youth Groups Jr. High 6 p.m. Sr. High 7:30 p.m. Thursday: Bible Study/Prayer @ 7 p.m. 3rd Thurs: Nursing Home Service @ Littauer (10 a.m.) Saturday: Men's Bible Study & Coffee Hour 6 am



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2019**

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calling HealthLink Littauer  
at 518-736-1120 or  
email [healthlink@nlh.org](mailto:healthlink@nlh.org)  
to attend programs or  
for more information.**

Topic	Date-Time	Place	Details
<b>Zumba Gold</b>	10/4 – 10/25 9 – 9:45 am	HealthLink Littauer Johnstown	4 sessions (Fridays). <b>Time to dance those calories away!</b> For active older adults with easy-to-follow choreography focusing on balance, range of motion and coordination. \$5 fee/week. <b>Attend 1 session or all</b>
<b>Chair Yoga</b>	10/4 – 10/25 10 – 11 am 10/7 – 10/28 4 – 5 pm	HealthLink Littauer Johnstown	4 sessions each (Fridays/Mondays). <b>Experience gentle, peaceful yoga with the support of a chair.</b> For everyone...no matter what age you are, or what condition you are in! \$7 fee/session. <b>Attend 1 session or all</b>
<b>Wellness Walkers</b>	10/7 – 10/28 9 – 10 am	Littauer's Walking Track	4 sessions (Mondays). <b>Outdoor walking group open to anyone wanting to get active and have some fun!</b> Walking is one of the best and easiest forms of physical activity to stay healthy. <b>FREE! Attend 1 session or all</b>
<b>NEW... Tai Chi For Arthritis</b>	10/7 – 11/11 11 am – 12 noon	HealthLink Littauer Johnstown	6 week series (Mondays). <b>For anyone with arthritis, joint or muscle problems.</b> Learn six gentle movements of Sun-style Tai Chi to improve flexibility, strength, balance, mental focus & performance of daily activities. \$30 fee payable at first session (must attend first session)...space limited!
<b>Gentle Yoga</b>	10/7 – 10/28 5:30 – 6:30 pm	HealthLink Littauer Johnstown	4 sessions (Mondays). <b>For anyone interested in relaxing, gentle yoga sessions.</b> Benefits include improved strength, flexibility and a positive effect on internal systems. \$7 fee/week. <b>Attend 1 session or all</b>
<b>NEW... Zumba!</b>	10/8 5:30 – 6:30 pm	HealthLink Littauer Johnstown	1 session (Tuesday). <b>Join us for a 'pop-up' Zumba class!</b> Dance to the rhythms of Salsa, Merengue, Cumbia & Reggaeton for a total body workout combining cardio, muscle strengthening, balance & flexibility. \$7 fee
<b>Health Screenings</b>	10/9 9 am – 1 pm	HealthLink Littauer Johnstown	1 session (Wednesday). <b>Is YOUR number up?</b> Includes a Cholesterol+HDL+Glucose blood test \$18; diabetes risk assessment, blood pressure reading & BMI measurement at no charge. <b>No appointment needed</b>
<b>Alzheimer's: 10 Signs of Dementia</b>	10/10 3 – 4 pm	HealthLink Littauer Johnstown	1 session (Thursday). <b>Interactive workshop on the 10 warning signs of Alzheimer's disease &amp; why early detection matters!</b> We'll separate myth from reality on commonly-held fears about Alzheimer's & dementia. <b>FREE!</b>
<b>Seasonal Crafts</b>	10/15 6 – 8 pm	HealthLink Littauer Johnstown	1 session (Tuesday). <b>Experience the proven therapeutic effects of creativity!</b> "Glitter Pumpkins" ... Relax and unwind as you create your own unique set of pumpkins with just a few materials. \$15 fee includes materials
<b>Healthy Eating, Active Living</b>	10/17 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Thursday). <b>Monthly educational session focused on nutrition &amp; physical activity.</b> "All About Activity" ... Learn the many health benefits of fitness and how to add exercise into your everyday routine. <b>FREE!</b>
<b>NEW... Stop The Bleed!</b>	10/17 7:30 – 8:30 pm	Nathan Littauer Gloversville	1 session (Thursday). <b>Learn how to save a life!</b> This training will prepare you to assist injured people following a traumatic event before professional help arrives. <b>FREE! Call 518-773-5495 to reserve a seat</b>
<b>Diabetes Self Management</b>	10/22 – 11/26 5:30 – 8 pm	Nathan Littauer Gloversville	6 week series (Tuesdays). <b>Evidence-based series of classes for anyone with type 2 diabetes.</b> Learn to overcome barriers, manage and cope with the symptoms of your diabetes. <b>FREE...complimentary meals included!</b>
<b>ViP Luncheon: Advance Directives</b>	10/23 11:30 am – 1 pm	Nathan Littauer Gloversville	1 session (Wednesday). <b>Especially For Adults 50+...</b> Enjoy a buffet-style luncheon followed by a presentation on what you NEED to know about these healthcare documents! \$5 ViP members, \$6 public. <b>RSVP by 10/21</b>
<b>Diabetes Discussion</b>	10/24 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Thursday). <b>Monthly educational session for anyone with diabetes.</b> "Problem Solving Skills" ... Learn how to recognize when you have a problem and steps to take to successfully solve the problem. <b>FREE!</b>

**OCTOBER GROUP MEETINGS: No enrollment necessary ~ For details, visit [nlh.org](http://nlh.org) or call 518-736-1120**

→ **Breastfeeding 10/3** Nathan Littauer 12:30 pm  
 → **Chronic Disease 10/9** HealthLink 1 pm  
 → **Better Breathers 10/10** HealthLink 1 pm  
 → **Alzheimer's 10/10** HealthLink 4 pm  
 → **Beyond Moms 10/10** HealthLink 5:30 pm  
 → **NEW...Smokefree 10/15** Nathan Littauer 6 pm

→ **Alzheimer's 10/17** Mayfield Presbyterian 10:30 am  
 → **Parkinson's 10/17** Mayfield Presbyterian 2 pm  
 → **Breastfeeding 10/17** HealthLink 5:30 pm  
 → **Heart Disease 10/22** HealthLink 3 pm  
 → **Mother To Mother 10/26** Mohawk Harvest 2:30 pm  
 → **TOPS ~ Wednesdays** Nathan Littauer 5:30 pm





# Edinburg School News



## Edinburg School Happenings

*by Michelle Ellis*  
*Superintendent*



Dear Families and  
Community Members,  
On September 16,  
2019, our pre-kindergarten  
class started the first all

day program at Edinburg Common School. We are excited to extend our programming to offer students and families more learning opportunities and time to build relationships within our school community. The program starts at 8:00 am and ends at 2:00 pm. During the hours of operation, students will receive hands on learning experiences in ELA, math, social studies, science and even technology time. Their day will consist of centers, one on one instruction, and whole group

learning. Should you know of a child that is the age of 4 by December 1st and would like to be enrolled in the day program, please do not hesitate to contact our office for more information.

We would like to send a huge thank you to the men and women that attended our Public Safety Day on September 27th at Edinburg Common School. We appreciate and acknowledge your endless hours of commitment in order to keep us and our communities safe. Local companies from around Montgomery and Saratoga counties as well as New York State agencies were in attendance. We would also like to thank John Olmstead for making the connections with the different organizations and making this day possible.

Our Discovery Kids Program will also be starting on Friday, October 11th from 1:45 pm to 2:45 pm. The Discovery Kids Program will be held twice a month in our Pre-K classroom. The program was created as an opportunity for our 3 year old students to start building relationships with their classroom teacher and to become familiar with the classroom setting. Discovery Kids students must be accompanied by a parent or guardian to attend the program. Please contact the main office for further information about the program.

Edinburg Common School is proud to announce the continuation of the Slice and a Story program. The program invites "Special Guest" readers to read their favorite bedtime stories to our students and families. While students and families are listening to the stories, they enjoy freshly made pizza by our teachers and staff of Edinburg

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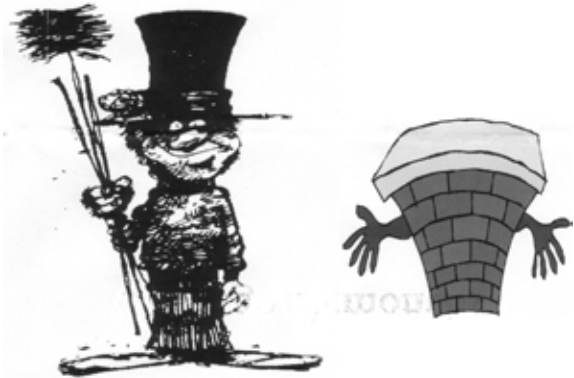
Common School, desserts, and lemonade. If anyone in the community would like to be a "Special Guest" reader and/or donate a baked item for the first Slice and a Story event being held on Tuesday, October 22nd at 6:00 pm, please contact the main office at 518-863-8412.

For more information please go to our school website at [www.edinburgcs.org](http://www.edinburgcs.org) and/or like our school Facebook page.

**Dates to Remember:**

October 7th - School Wide Field Trip to Wheelerville Union Free School to Watch the Proctor's Performance of Cinderella  
 October 7th - PTO meeting 4:00 pm  
 October 8th - Board Meeting 6:00 pm  
 October 11th - Discovery Kids 1:45 pm - 2:45 pm  
 October 14th - Columbus Day - No School  
 October 15th - Superintendent's Conference Day - No School  
 October 16th - PTO Field Trip to Ellm's Farm  
 October 18th - Eagle Afternoon 2:20 pm  
 October 22nd - Slice and a Story 6:00 pm  
 October 23rd - Picture Retake Day  
 October 24th/25th - Parent Teacher Conferences - Dismiss at 11:30 am  
 October 31st - Halloween Parade 1:30 pm

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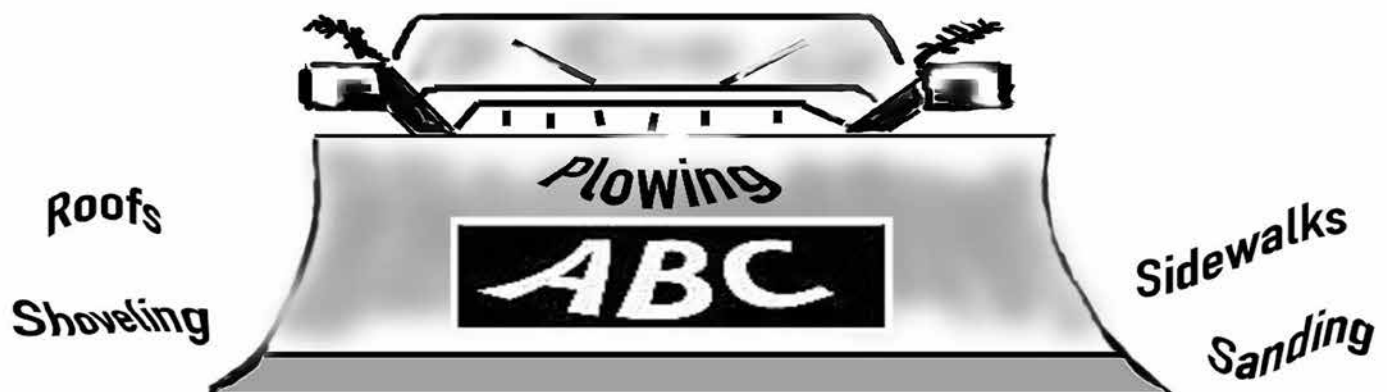
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Edinburg, NY  
By Appointment  
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## IMPORTANT PHONE NUMBERS

<b>LANDFILL</b>		
<b>B'ALBIN</b>	Mon & Fri 8-3	
	Tues, Wed, Thur 12-7 Sat 8-1	
<b>EDINBURG</b>	Fri 12-3 & Sat 9-3	
<b>NORTHAMPTON/N'VILLE</b>	Mon, Tue 8-4, Sat 8-1	
<b>TOWN CLERKS</b>		
<b>DAY</b>	Carol Vaillancourt	696-2698
<b>EDINBURG</b>	Denise Ferguson	863-2034
<b>MAYFIELD</b>	Dorothy Hart	661-5414
<b>HADLEY</b>	Pauline Smead	696-2055
<b>NORTHAMPTON</b>	Elane Milhalik	863-4040
<b>STATE POLICE</b>		
<b>HADLEY</b>	696-2535	
<b>MAYFIELD</b>	725-3034	
<b>FONDA</b>	853-3415	
<b>BROADALBIN</b>	883-5433	
<b>SARATOGA COUNTY</b>	911	
<b>FOREST RANGER</b>		
<b>EDINBURG/DAY</b>	383-1005	
<b>FIRE &amp; BLDG. INSP.:</b>		
<b>EDINBURG</b>	Matthew Ginter Sr.	863-2034
<b>NORTHAMPTON</b>	Matthew Ginter Sr.	863-6580
<b>NORTHVILLE</b>	Matthew Ginter Sr.	863-2419
<b>DAY</b>	Ken Metzler	696-5164
<b>TOWN HALLS</b>		
<b>BROADALBIN</b>	883-4657	
<b>DAY</b>	696-3789	
<b>EDINBURG</b>	863-2034	
<b>HADLEY</b>	696-3112	
<b>NORTHAMPTON</b>	863-4040	
<b>MAYFIELD</b>	661-5414	
<b>DOG WARDENS: (HOME)</b>		
<b>BROADALBIN</b>	Joe Passino	762-6342
<b>DAY</b>	Francis Allen	696-3617
<b>EDINBURG</b>	Bill VanNostrand	774-1401
<b>HADLEY</b>	Jim Jenkins	696-3757
<b>NORTHAMPTON/N'VILLE</b>	Vernon Duesler	863-6313
<b>ELECTRIC INSP.</b>		
	Mike Kratky	863-8800
	Ron Royal	924-7661
	Joe Swanson	863-2020
	Brian Sweet	673-5123
<b>EDINBURG TAX COLLECTOR</b>	Faye Frasier	863-2034
<b>EDINBURG ASSESSOR</b>	Ron Beckering	863-2034
<b>EDINBURG TOWN JUSTICE</b>	Paula Blackwell	863-2034
<b>HIGHWAY SUPER</b>	Wayne Seelow	863-8126

# BINGO

**First Wednesday Of The Month Only December- April**

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## TRADING POST

PERSONAL RATES ONLY: \$2 for up to 25 words.

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Please send in only one month at a time. Thanks!

For Sale: Kayak dock  
launch and stabilizing sys-  
tem. See KAYA ARM info  
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518-863-8426

For Sale: 8' Sunline Truck  
Camper, used last year.  
\$2,500. 518-654-6620



51 Main Street, Lake Luzerne, NY 12846

(518) 696-2400 www.adirondackfolkschool.org

Open Forge Night with Steve Gurzler

Wednesday, October 16. 6:30 p.m.

Open Forge Nights Are Back By Popular Demand!  
Get an introduction to the art of blacksmithing  
by visiting Adirondack Folk School on any  
of our OPEN FORGE nights for an amazing  
demonstration by Expert smith Steve Gurzler.  
Observing the demonstration is free and open to  
the public. For those who want to try their hand  
at blacksmithing and forge an item at open forge,  
there is a \$20 fee to cover the cost of materials, and  
safety precautions must be followed – including  
hard shoes with no open toes, long pants, goggles  
(supplied) and gloves (supplied).

## The Newsletter

Ad & Copy Deadline  
is the 17th of Every Month

Please E-mail it to us at:

edinburgnews

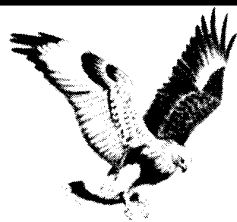
@frontiernet.net

Thanx!

## From Hawk On Back Page

have time to call themselves. If you are going to drill a well, purchase a piece of property or make any other large purchase, you need to take the responsibility, to gather data, NOT your mother. Most life changing decisions are expensive ventures. For those of you out there that do these kinds of things for your grown children, please stop. If we don't encourage our children to set goals and make choices, on their own, they will never learn to accept any responsibility for their actions. Parents who make choices for their grown children often find themselves getting burnt by the same children, whom they are trying to help. Why would anyone place their self in that position?

Our parents used to give us advice. Sometimes we heeded it and other times we went in a different direction. It does not mean they were wrong and we were right. We all have different wants and needs, at various times in our lives. As I have gotten older, I realize that the things I thought I had to have, are no longer important. Last year I tossed, sold or gave many of those Athings@ away. When we bought our first house, it was small. I was so excited when we remodeled and added a new addition. Years later, the kids grew up and the house was too big. We sold it and built our dream house on the lake where we lived for 18 wonderful years. Between owning a business and traveling we found we did not spend a lot of time at our house. We downsized again and we now live in a 900 square foot house, where we are very happy. I look back and realize that although I have worked hard and achieved many goals over my life, they do not define who I am. The experiences taught me a lot and I hope they have made me a better person. I am viewed by others based upon the person I am today. No one cares about my college degrees, my homes, my successes or my failures. We tried to do our homework before every new venture. Did we make some mistakes? Sure we did but we made choices based on what we learned. That does not negate the fact that sometimes things happen in life that we have no control over. Our role in life is constantly changing as we get older. How we react to those changes is within our control. I have seen people who choose to be like the cats I mentioned earlier, who were angry that their peaceful day was interrupted or they react like the grasshopper who jump into the fire and died. No one wants to behave that way on purpose but sometimes people just get lost. We need to make use of all of our resources and work to make the best of every situation. We need to do things for our selves so we can move forward with our heads held high! Remember, we do not all have to travel down the same road. To all of you reading this, I hope you arrive, at the destination where want to be. Be happy and enjoy the journey!



# Hawk

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### Did You Know

I have three dogs staring at me. Our work routine is different today and they are not sure what is going on. I am not in the office. I am working at Jeremy and Sandra's kitchen table, waiting for a delivery. The cats are not happy about our sudden appearance. I have heard a lot of running as they try to hide. I am laughing at their antics and wonder what they would say if they could talk. There are just some days that do not go as planned. This past weekend Big Hoss found out there are grasshoppers in our yard. When he spots one, he will follow it's progress all over the place. He noses them and they jump away. It keeps him occupied. Yesterday we were sitting outside, around a fire, watching his antics. He nudged a grasshopper across the parking lot, over to where we were sitting. Hoss got sidetracked for a moment and the grasshopper made a huge leap in an effort to get away. Big mistake, the grasshopper ended up in the flames of the fire. We all felt bad for that grasshopper and his bad choice to flee. We did not

expect this outcome. How many times have we seen this type of reaction, to events in life, from ourselves or others? While we do not literally throw ourselves into a fire, there are some situations that make us feel that way.

In life, sometimes we just make bad choices. We want to blame others but the truth is, occasionally, it is our fault because we have failed to do our homework. There are many big decisions we, all, have to make in life. We have to be willing to make the effort to gather information to make those choices. I am amazed by the number of mothers that call on the behalf of their children, especially sons, to get information on getting a well drilled. I always ask why their son did not call. The moms= tell me their sons are busy and do not

*Continued Inside Back Page*

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