

August 2019

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**VOLUME 38 # 12** 

Our  $38^{\underline{th}}$  Year of Service To The Sacandaga Valley



## Great Summer Fun!!

Come Join Us On Saturday Aug. 24th For Young Eagles Day Free Plane Rides For Your Kids at The Fulton County Airport in Gloversville 9am - 1pm

## edinburgnewsletter.com







Our Mailing Address Is EDINBURG NEWSLETTER 819 North Shore Rd. Hadley, NY 12835 Phone & Fax 863-2075

or NEW E-Mail Address is: edinburgnews@frontiernet.net www.edinburgnewsletter.com

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## **AUGUST 2019** COMMUNITY CALENDAR

- Thurs 1 Edinburg Zoning Board Meeting 7pm
- Sat **3** Fireworks at the Day Boat launch See Page **30**
- Fri 9 Sacandaga Seniors 1pm Edinburg Community Center
- Tues
   13
   Edinburg School Board of Trustees meeting 6pm
- Thurs 15 Edinburg Town Board Meeting 6:30pm
- Tues 20 Edinburg Historical Society
- Thurs 22 Edinburg Planning Board 7pm
- FRI 23 SACANDAGA SENIORS 1 pm Edinburg Community Center
- SUN. SEPT 1 SACANDAGA LAKE RING OF FIRE AT DUSK
- MON. SEPT 2 LABOR DAY!!!

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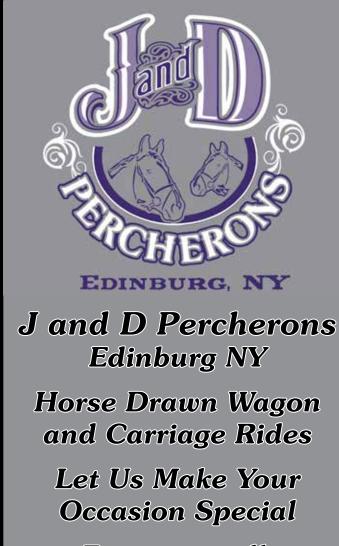


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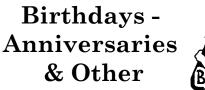


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If you have a birthday that you would like to put in the Edinburg Newsletter e-Mail it to: edinburgnews@frontiernet.net

Happy Birthday! John F. Joel F. Mary F. Lance E. Jesye W. Paul B. Freddy L. Chris E. Dave VW. Michele S. Four Corners Diner Gang

"In Loving Memory" Eric Ferguson (8/16) Love and miss you, Your Family

Happy Birthday Desiree. Love, Timothy

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

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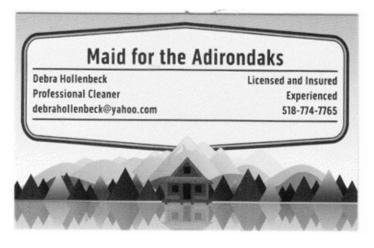


### Saratoga County Rabies Clinics Saratoga County Animal Shelter September 17 November 12

Cats 6pm - 7pm Cats must be in carriers Dogs 7pm - 8pm must be on leashes Domestic Ferrets 6pm - 7pm must be in a cage or carrier

> Location: 4-H Training Center 556 Middle Line Road Ballston Spa, NY 12020

The cost of the rabies clinics is free; however, donations are accepted. All vaccination certificates are written for one year. If a previous signed certificate is produced, a three year certificate will be written



## Thank You

The family of Paul LaPort Sr. would like to thank friends, family and members of the community for your thoughtfulness and acts of kindness during our recent loss.

We would also like to thank the Edinburg Emergency Squad, St. Mary's Hospital, Nathan Littauer Nursing Home and Mountain Valley Hospice for their exceptional care and thoughtfulness during this difficult time.



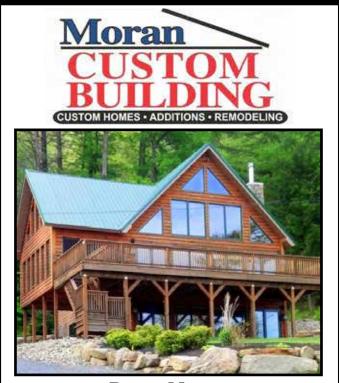
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Page 6





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#### **BridgeNY Projects Update**

The signed contract has been received from NY State for the culvert replacement on Military Road at Sand Creek. The state is doing all the engineering, design and soliciting for bids. We do not know when the project will go out to bid. The signed contracts for the Hans Creek bridge replacement on Fox Hill Road have been returned to the Department of Transportation but signed documents have not yet been received back. Once the state contract is received we will then sign the contract with Creighton Manning Engineering to begin the design work. This project will probably be started at the end of 2020.

#### Town to Sell Sand Access Property on Northville Road

In 2014 the town purchased property on Northville Road for access to a sand pit. We later acquired the lease and mine permit for adjacent property. Currently we are not using as much sand and have adequate access so the town has decided to sell the property acquired in 2014. It will be advertised and offered for sale to the highest bidder with a return date of Monday, Sept. 16th at noon. The property has a well, septic, concrete slab for a double wide mobile home, garage and electric power. For additional information or questions contact the Edinburg Town Hall at 518-863-2034



#### August 2019



#### **Bocce Ball Court**

Candidate for Eagle Scout, Alex Flickinger and his fellow scouts have constructed the bocce ball court by the picnic pavilion on July 13th. Edinburg resident and mentor Gale McGowan assisted Alex through the entire course of the project and was there for the construction. Highway Superintendent, Wayne Seelow and highway employee Donald Wilkins were there to assist with equipment as needed. Alex and his fellow scouts did a beautiful job on the project and we thank everyone for this addition to our town park.

#### Street Light Conversion to LED

National Grid has converted our street lights to LED lights. They will provide more energy efficient lighting. The town received a check for \$750.00 as our incentive payment for converting to the more efficient lighting.

### Life on the lake. It's only as good as your dock.



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## Bocce Ball Has Come to the Town of Edinburg

### by Gale McGowan

Alex Flickinger, of Boy Scout Troop 55, has completed his Eagle Scout Project. He took on the substantial task to complete a bocce ball court behind the Edinburg Town Hall. Jean Raymond, Edinburg Town Supervisor, and Gale McGowan, Edinburg resident, were his sponsors. Alex was responsible for developing and executing a project plan to manage this project. Throughout his senior year at Northville High School he worked to raise the funds necessary. He, the members of his troop, and supporting parents held two dinners with Alex in charge of directing tasks. He then investigated and ordered the materials necessary for the court. Delaney Stone donated all the stone for the project, Brownell Lumber provided the lumber at reduced cost, and the Sacandaga Garden Club donated money for the project. With the support of several troop members, Alex's father, Ken Flickinger , and mother, Terry Flickinger, Keith Brownell, Todd Payne (Troop 55 Leader), Wayne Seelow and Don Wilkins of the Edinburg Highway Department, the bocce court building project went perfectly over the July 13th weekend.

Special thanks go to Alex's father, Ken Flickinger, who provided all the necessary tools and his building expertise for the project, friend Keith Brownell (an Eagle Scout) who also donated his expertise and weekend, as well as Wayne Seelow and Don Wilkins of the Edinburg Town Highway Department for working on their weekend to help with the hand work as well as moving the stone with their heavy equipment. Alex's success depended on the support of his family, his troop mates, friends and the support of his community. We would like to thank everyone who attended



August 2019

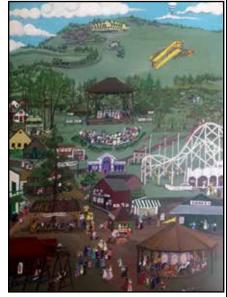
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Michael Burneti

Check out this final free summer program for the kids:

Tues, Aug 6; 1 pm – Stories with Linda (along with the book raffle drawing and ice cream)

The 2019 Summer NYSCA Book Discussions continue:

"American Marriage" by Tayari Jones: Tues, Aug 13; 7pm led Frankie Bailey, Criminal Justice Professor at SUNYA

"Now Showing" movies at the

library on Thursdays at 1 pm will feature these award winning films:

Aug 1: "If Beale St Could Talk" – a family sets out



Hours:	
August	
9am - Noon	
9am - 8pm	
9am - 4pm	
9am - 4pm	
9am - 4pm	
9am - Noon	

to prove the criminal innocence of a friend Aug 8: "A Star is Born" – remake of the making of a musician

Aug 15: "Vice" – bio pic of Vice President Dick Cheney

This month Story Time will be held on Fri, Aug 24 at 10 am with Ondrea Crandall. Bring those pre-schoolers out to enjoy stories, a snack and a fun time.

The Sacandaga Book Group meets monthly at the library to share their thoughts about books. The Group is in their eleventh year and welcomes new readers. The monthly selections are available at the library for checkout.

The Friends of the Library will once again be providing a book, bookmark and book bag to each of the students in NCS Pre-Kindergarten.

New releases coming this fall:

Jo Nesbo – Knife Daniel Silva – New Girl David Baldacci – One Good Deed Catherine Coulter – Labyrinth C J Box – Bitterroots Louise Penny – Better Man







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### Flower Talk by Sally Peck of The Flower Barn

What is delicate, delightful and durable all in one? The Carnation. Yet it is not always given enough credit. Because carns are inexpensive, people think they are common or 'cheap'. Do not let price determine distinction.

The carnation was mentioned in Greek literature 2,000 years ago and thought to be one of the oldest cultivated flowers in the world. It's scientific name Dianthus was coined by Greek botanist Theophrastus. Dianthus, comes from a combination of two Latin words: "dios," meaning gods, and "anthos," meaning flower. Carnations are referred to as the Flowers of the gods. One legend that explains the name of the carnation (the short version) is that Diana the Goddess came upon a shepherd boy and took a liking to him. But the boy,

## RICK CARBONE EXCAVATION CO.

We specialize in designing, engineering & installing any size septic system to State Certified Specifications 40 Years Experience 7 Days a Week 696-3000~863-4454 ~ North Shore Rd for some reason, turned her down. Diana ripped out his eyes and threw them to the ground where they sprouted into the Dianthus flower

With it's 2,000 year old history, it's not surprising that carnations are rich with symbolism, mythology and even debate. Some scholars suggest that their name comes from the word "corone" (flower garlands) or "coronation" because of its use in Greek ceremonial crowns. Others propose that it's derived from the Latin "carnis" (flesh) referring to the flower's original pinkish-peach color or "incarnacyon" (incarnation), referring to the incarnation of God-made flesh.

Some fun facts: The carnation is the national flower of Spain, Monaco, and Slovenia. It is the State flower for Ohio. It is also the birth flower for those born in the month of January and the flower for the 1st Wedding Anniversary. In France the purple carn is given in condolence for the death of a loved one. Along with the red rose, the red carnation has often been used in demonstrations on International Workers' Day (May Day).

In 1907, Anna Jarvis, the founder of Mother's Day, chose a carnation as the emblem of Mother's Day because it was her mother's favorite flower. This tradition is now observed in the United States and Canada on the second Sunday in May. She chose the white carnation because she wanted to represent the purity of a mother's love. This meaning has evolved over time, and now a red carnation may be worn if one's mother is alive, and a white one if she has died.

White carnations suggest pure love and good



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luck. Dark red represents deep love and affection. Pink carries the greatest significance, beginning with the belief that they first appeared on earth from the Virgin Mary's tears – making them the symbol of a mother's undying love.

Carnations are used in tea to relieve stress, fatigue, depression, insomnia and female hormonal imbalances. They are also used in massage oils to treat skin irritations or reduce the appearance of wrinkles. The ancient Aztec Indians used Carnation Tea as a diuretic and to treat chest congestion. The primary use of carnations in the United States is as a cut flower or in cosmetics. The fact that the carnation continues to endure is a testament to it's vast appeal.





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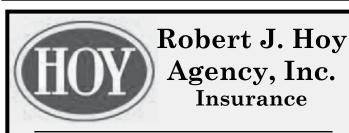


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HealthLink Littauer's WELLNESS WORDS Submitted by Alicia DeRuscio B.S., Community Education Assistant

#### **KIDNEY HEALTH**

What are the kidneys and why are they important?

The kidneys are two bean-shaped organs located below the rib cage that lay on each side of the spine. According to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), these organs are part of the urinary tract and play an important role in filtering blood and removing waste from the body. Healthy, properly functioning kidneys filter about 150 quarts of blood every day or about a half cup every minute.

The kidneys work to remove acid produced by the body and aid in maintaining a normal balance of water, salts and minerals like sodium and calcium in your blood. If this balance is disrupted, nerves, muscles and other tissues in the body may not work properly. Aside from filtering blood and removing waste, the kidneys also make hormones that help control blood pressure, make red blood cells and keep bones strong and healthy.

#### **Common Kidney Problems**

Chronic kidney disease and kidney failure are two common health problems involving the kidneys. The NIDDK defines chronic kidney disease as a condition in which the kidneys are damaged and unable to filter blood and eliminate wastes properly. Often, this disease gets worse





over time and can lead to a buildup of waste in the body.

Kidney failure occurs when the kidneys lose their ability to function and is usually diagnosed when kidney function has dropped below 15% percent of normal ability. If kidney failure occurs, a person usually requires treatment to replace the job of the kidneys. Treatment may include some form of dialysis where a machine filters the blood, or a kidney transplant to replace a damaged kidney with a healthy one.

#### **Keeping Your Kidneys Healthy**

You are more likely to develop kidney disease if you have a chronic health condition such as diabetes, high blood pressure, or heart disease, so it's important to prevent and manage these



### Continued Next Page

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### From Previous Page

conditions. To keep your kidneys healthy, the NIDDK recommends:

Making nutritious food choices – Choose heart healthy foods including fruits, vegetables, whole grains and low-fat or fat-free dairy products, cut back on added sugars and reduce salt intake to no more than 2,300 mg per day.

Add physical activity into your routine – Aim to get at least 30 minutes of physical activity or more on most days of the week. If you are not currently active, make sure to check with your healthcare professional before starting a new activity routine. Maintain a healthy weight – This will aid in preventing many chronic conditions including diabetes, high blood pressure and heart disease. Get enough sleep – Try to get at least seven to eight hours of sleep each night to allow your body to rest and recharge.

Quit smoking – Talk with your healthcare provider and make a plan to stop smoking. Limit alcohol – Drinking alcohol can lead to weight gain and increase blood pressure. If you drink, limit yourself to one drink per day. This would equal about 12 ounces of beer, 5 ounces of wine or 1.5 ounces of liquor.

Reduce your stress – Managing stress can help improve emotional and physical health. Try a yoga class or relaxation technique like deep breathing.

> Manage diabetes, high blood pressure and heart disease – If you have any of these chronic conditions, it's important to keep your blood sugar, blood pressure and cholesterol levels in check to prevent kidney damage. Talk with your healthcare professional about where your numbers should be and make sure to take all medications as prescribed.

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







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#### **GREAT SACANDAGA LAKESIDE**

#### 14 Sands Point Rd, Edinburg \$549,000

Lakeside excellent location log sided furnished cabin effective age of 1990 at end of dead-end road. Beautiful lake & mountain views! Charming setting w/180' prime lake front w/ docks, buoy and boats. 4 BR 2.5 B. Open floor

plan, kitchen w/ island open to liv rm w/ stone fireplace, open to din rm. Large screen porch w/ cathedral knotty pine ceiling, office and 1/2 BA w/ laundry on first floor. Master BR can be up or down. Cabin on .62 acre & extra lot .96 acre = 1.58 acres. Unique property on the lakeside MLS #201920023 at Great Sacandaga Lake!

#### 791 NYS Rt 30, Northville \$389,900

Sacandaga riverside lifestyle B&B or perfect family complex. Uniquely tiered 3.7 acres making a beautiful & serene setting w/340' on river. Stately

white pines, 2 ponds & stream compliment the breath taking backyard views. Custom 3 BR 2BA very good condition home, gourmet kitchen, liv rm w/gas stove open to river rm, din rm-many features. 3 renovated cabins (www.thecabinsinhope.com) upgrades all aspects of property. Turn key! Business assets can be purchased. Selling below appraised value. MLS #201916380



HADLEY

#### 19 Cuyler St, Hadley \$99,500

Cute 3 season, Adirondack chalet with nearby lake access permit w/ new landing and stairs to take in lovely lake & mtn. views. 3 bedrms (1 dn, 2 up), bath, din rm, living rm with fireplace

has sliders leading to deck. Eat-in kitchen with sliders leading to spacious rear deck. Comes with many furnishings. Nice woodsy setting with backyard privacy. Relax on the deck with a morning coffee or evening drink. MLS #201919879

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#### **BROADALBIN**

#### 104 Sunny Bay Rd, Broadalbin \$169,000

Lake access of 10' short walk down dead-end rd. 2-3 BR 1 BA ranch home in very good condition. Only 13 yr old w/ many custom features! Light and airy



open floor plan, bamboo floors, spectacular kitchen w/ double wall oven & counter bar open to dining area & living rm, fam room w/ sliding doors to spacious deck to enjoy the back yard. Attached garage with front & back doors. Level landscaped yard. 5 min drive MLS #201923700 to village.

109 Sinclair Rd, Edinburg \$10,900 Corner lot 55'x225' (0.28 acre) with road frontage on Sinclair Rd. & Jensen Rd. Lot has been surveyed, perc tested and engineer approved to build. Small creek on back of lot. Low taxes and very close to Edinburg Town Beach and marina. MLS #201924547

Interested in the Great Sacandaga Lake Region? See more listings at www.colerealestate.com



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MLS 201923584 **\$385,000** Lakeside waterfront 3BR, 2BA triple wide mobile home w/ 70' HRBRRD lake permit on the GSL!

154 Vunk Rd Ext. Broadalbin

129 Lakeview Ave, Mayfield MLS 201920352 \$925,000 Contemporary lakeside/waterfront 5BR, 4.5BA home w/ 1.5 acres & 207' HRBRRD permit on the GSL!

551 Reed St, Northampton MLS 201918145 \$499,900 Victorian waterfront w/ 2.2 ares & 136' HRBRRD on the GSL! Elegant staircase, cathedral ceilings & more.

463 Co Hwy 113, Northampton MLS 201924122 \$189,900

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

**145 Vue Point Rd, Mayfield** MLS 201922240 **\$640,000** Large waterfront, direct lakeside

contemporary 5BR home w/ 86' HRBRRD on the GSL!

**145 Lakeview Ave, Mayfield** MLS 201919134 **\$129,900** 

Lakeside lot w/ septic & drilled well w/ power at the road & 15.6 HRBRRD permit on the GSL!

**1154 County Hwy 110, Broadalbin** MLS 201834336 **\$124,900** 

Great opportunity to own a fast food & ice cream stand w/ catering. Plenty of parking, near the GSL.

273 North Shore Rd, Edinburg MLS 201917213 \$164,500

80' Lake Access yr-round 2BR home w/ enclosed 3-season porch, many updates throughout.

**127 Strawberry Hill, Johnstown** MLS 201918574 **\$220,000** 

3 BR home outside the city, new cherry Kitchen w/ granite counters, bamboo flr, Jotul stove - nice country setting!



### CMK is now Howard Hanna Real Estate Services and still the #1 Broker on the Lake!

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#### 255 County Hwy 152, Northampton

**\$375,000.** Lake living on the GSL w/ full amenities in historic Sacandaga Park! Recently upgraded 3BR, 2.5BA home. Walk to beach access, Marina spot, 2 restaurants, bars & golf course. **MLS 201923222** 



#### 1768 South Shore Rd, Edinburg

**\$299,000.** Yr-round 2BR, 2BA lake home has 100' lakefront on the GSL! Family rm could be 3rd BR. Vaulted ceiling, wood insert in stone fireplace. Stunning lake & mountain views yr-round! **MLS 201914124** 



145 Vue Pointe Dr, Mayfield

**\$640,000** Large waterfront, direct lakeside, yr-round contemporary 5BR w/ 86' HRBRRD on the GSL w/privacy & incredible views of lake & mountains! Deep water for boats & sandy beach. **MLS 201922240** 



#### 1296 South Shore Rd, Edinburg

**\$599,900** Gorgeous yr-round waterfront home w/ 129' lakefront on 2.73 acres! Sunset views overlooking your private pond, bubbling brook & the GSL. New 34' dock included. **MLS 201912823** 



#### 201 Bridge St, Northville

**\$179,000** Stately 4BR, 2.5BA home, res. & com. zoned. Short walk to GSL. lovely ceilings & woodwork, wood flrs & staircase. Custom kit. 2nd-flr laundry. Must see if you love historic homes! **MLS 201920862** 



511 South Main St, Northville

**\$179,000.** Beautiful home in the Village of Northville w/ 10' permit with dock on the GSL. Lg kitchen, DR, master bedroom w/ ensuite bath & walk-in closet. Large fenced back yard. **MLS 201913599** 

NORTHVILLE OFFICE: 518.863.8904 • 122 Bridge St. Northville, NY 12134 AMSTERDAM OFFICE: 518.883.8904 • 3748 State Hwy 30, Amsterdam, NY 12010 WWW.EDINBURGNEWSLETTER.COM



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## Lake Luzerne United Methodist Church

The Lake Luzerne First United Methodist Church invites one and all to its annual Summer Bazaar on Saturday, August 10 from 9 am to 2 pm.

The garage sale will feature used and some new items, the baked sale will be homemade goodies and if you are looking for some lunch at a great price, Moby Dick's Fish Fry Wagon will be with us once again. We will be at 23 Main Street in Lake Luzerne, between the Hadley-Luzerne Library and our parsonage.

#### FOR RENT: 637 Seven Hills Rd, Northville

Year-round mobile home on private 1-acre lot , 2 Bedroom 1 Bathroom, furnished,

fully insulated, new windows, kerosene heat and wood stove, \$800/month plus utilities, available July 15



FOR RENT: 635 Seven Hills Rd, Northville

Seasonal cottage, 2 Bedroom 1 Bathroom, lake access, utilities included, \$1600/ month, available Jul - Sep



Scott and Alesha Hoffman 518-863-6239 weez1969@yahoo.com



It recently occurred to me as I was wiping yellow pine pollen from my windshield and my front porch for the umpteenth time that up until roughly 25 years ago we did not have this problem. Not only does it make a mess but really messes up our allergies as well. By the time the pollen is gone we'll be into ragweed season.

When the first settlers arrived in Edinburg in the 1780's the hillsides were covered with heavy pine forests. The settlers went about clearing the land to build their farms. Many of the tallest pine were cut and shipped down the Sacandaga and Hudson Rivers to Albany and New York City to be made into masts for sailing ships.

1865 saw 200 farms covering Edinburgh; of the almost 50,000 acres included in these farms, 27,000 acres had been cleared and improved to provide suitable ground for gardening and feeding livestock. In 1864 there were 451 acres planted to what was classified as Indian corn-also maizewhich was more like field corn that is fed to animals rather than the sweet corn we eat today. 7 acres were planted to winter rye which is used to enrich the soil after acreage has been cleared. 2713 acres were planted to buckwheat with 5468 bushels harvested. Much of the buckwheat was ground into flour as our growing season is not long enough to grow wheat. The unimproved acres included woods which would be cut to provide housing and fuel to heat homes and businesses.

In 1875 there were 253 farms in town. In 1874 there were 386 acres planted to Indian corn;





27 acres were planted with winter rye and 7452 bushels of buckwheat were harvested from 453 acres planted.

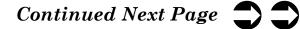
Not all the farms were huge-the bigger ones were along the Sacandaga River-but most of them were self-sufficient and prospered well into the 20th century. Early photos I have of Beecher Hollow show the surrounding hillsides totally bare of trees, just open farm fields. Many farms were lost to the Sacandaga Reservoir in the 1920's. As some farms went out of business the land would be leased by another farmer and continue to be open land.

By the 1960's very few farms existed in Edinburg; farmers were getting older and retiring but many of their offspring weren't interested in working the soil.

Now to the point of my story---

If fields and pastures are abandoned —in a short time they'll grow up to forest-which brings us to the yellow pine pollen. The first trees to grow up in an old field or pasture are pine, grey birch and popple. Our town is now covered with pine forests that just a few years ago were open fields. As an example- in the 1940's both sides of the road from where I live to a quarter mile up the road to my grandfather's farm was open fields. Now it's heavy woods except for two cleared lots where my neighbors homes were built. After several years of part-time clearing of pine the east side of the road has been converted into a sugar bush of maple trees which still has to be cleared of small pines every 3-4 years.

Many thanks to those folks in the Sacandaga area who now own old farms and keep their property mowed or allow a farmer to use it for pasture, hay or plant a corn crop to provide winter feed for his cattle. In the past few years two men on my road have been hard at work-in their spare time- clearing trees from overgrown fields. Walt Edwards has once again created fields on what was once the Scott Robinson farm. Joel and Denise Ferguson have cleared several acres on the old Burr Van Avery farm to make pastureland for



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Pine Crest Rd Edinburg. \$650,000 62 acre APA and Town approved 12 lot subdivision. Lots range from 3.22 acres to 8.03 acres. MLS# 20193333

1355 North Shore Rd., Day, \$339,000 Is where you'll find this move in ready 2BR, 2BA Great Sacandaga Lake access home w/19.9 ft of frontage. MLS# 201924772



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3410 S. Shore Rd Day \$259,000 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 \$179,000 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



6 Beechwood La. Edinburg \$309,000 Spectacular Cape, open kitchen, dining & living room 3 bedrooms, 2 full baths 2 car garage, generator hook up, membership in Birchwood Knolls Beach Assoc. MLS# 201917235



1489 N. Shore Rd Day \$415,000 Enjoy looking out over your 100 feet of Great Sacandaga Lakefront from this bright and open 3 BR, 1 BA home w/ bonus studio apartment. MLS# 201921140



### From Previous Page

their Percheron horses. Both properties look great!

Trees are a renewable resource and if the ground has not been covered by concrete or blacktop, trees do grow back. A prime example of this is the old farm at the Red Barn Airport on Rt. 30 in the Town of Northampton between Northville and Cranberry Creek( sorry, Gail for crossing the town line). 70 years ago this was the "Link "Frasier farm with acres of fields and pastures. The Poulin family continued to farm the property after the Frasier family. When the Poulins' retired the property ceased to be a farm. Today both sides of the road are overgrown with trees-mostly white pine. Think of all the pollen in that one area that wasn't there 50 years ago! I'm only using this farm as an example for the visibility from Rt. 30. If we were to travel any road in the North Country we would encounter many old farms now overgrown to woods; rather sad when you consider the work that went into clearing this land 200 years ago.

According to the NYS Conservationist" magazine some form of fungi is attacking the pine trees in New York State. Our hemlock and ash trees are already in jeopardy-we certainly don't want to loose our pine as well. In researching the problem DEC (Dept. of Environmental Conservation) determined that severe overcrowding of some stands of pine forest is adding to-possibly creating the problem. In the past few years an excessive amounts of rainfall has fallen causing much dampness. The trees are so close together that the wind and sun cannot dry out the branches and needles thus causing the fungi. The DEC is working with foresters and logging crews to encourage extra thinning in the infected stands. Hopefully some common sense logging and thinning will save our pine trees and our respiratory systems.

Who knows? Maybe the time will come when we're no longer breathing yellow dust for weeks every spring.

#### Reminder:

Don't forget to check out the Town of Day's 200th Birthday Anniversary on August 3rd from Noon to Dusk at the Saratoga County Park and Boat Launch on North Shore Road.

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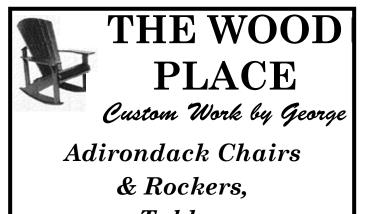
by Brian DeFeo

Neighbors Protecting Neighbors

As anticipated, with the increase in our seasonal population the number of calls continues to rise. From mid – May to mid- July we have responded to seventeen alarms.

A partial break down follows: auto accidents 3, mutual aid to Northville 3, mutual aid to Hadley – Luzerne 1, power lines 1, landing zone set up 1, gas leak 1, mutual aid Broadalbin 1, water rescue 1, structure fire 1, mutual aid Day 1.

When you think of fire safety, preparation, and planning within your home, one topic which probably never comes to mind is how does one pick up the pieces after a devastating property loss. In this issue I hope to explore a portion of this



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answer, home owner's fire insurance. Not being remotely knowledgeable in this field I sought the advice of local agent Julie Glover, of the Glover Insurance Agency.

"When insuring your home, have you considered why your annual premium is a certain amount or how each home is rated differently? While each year we reluctantly pay our homeowners insurance, do we truly understand the monetary value of our investment, that of the property and that of the premium? Homeowners insurance, also know as hazard or fire insurance, is protection you will need in the event of a loss.

Factors that go into rating a property depends on: 1. Location, 2. Fire District, 3. Specs of property, 4. Updates of that property, 5. Limits of Coverage and optional added endorsements, 6. Prior claims and personal credit history. This allows each insurance carrier to rate individual based rather than community based. It is not onesize-fits-all.

It is recommended to review your homeowners insurance every year to assure that your home and contents are protected with the coverage you deserve! Some insurance carriers offer optional endorsements, such as: Equipment Breakdown, Water Backup of Sewer and Drains, and most recently Underground Utility Line Coverage. Ask your insurance agent more regarding these endorsements, what you are currently covered against and is that enough?

In summary; A Home Insurance policy can make it possible to pay for needed repairs, replace your assets and cover you for liabilities, preventing significant financial loss. Your home is your sanctuary and hopefully for a long time! Be safe and secure. Best wishes for a fun, hazard-free Summer!"



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## Edinburg Historical Society

PO Box 801, Northville, NY 12134

#### www. EdinburgHistoricalSociety.org

The Edinburg Historical Society will hold their monthly meeting on Tuesday, August 20 at 7 p.m. at the Edinburg Community Center on Military Road. There will be a brief meeting and nominations will be accepted for President and Trustee positions. Members will tell interesting stories of house histories.

All meetings and programs are free and open to the public. Membership is \$5 per person and \$10 for a family. EHS meets once a month from March to November.

EHS continues to raise funds for the restoration and maintenance of the Copeland Historic Site which is comprised of the Copeland Covered Bridge and Carriage Shop. Your donation of \$25 will purchase a share certificate for yourself, as a gift, in honor of a loved one or in memory of a loved one. An acknowledgement of your contribution will be sent to the recipient you request and the name will be posted at the

> Copeland Covered Bridge. Send your request to the above address.

Shares in the Copeland Covered Bridge have been purchased by Kim Robinson and Ruth Robinson in memory of Melanie VanEvery; Faye Fraiser in memory of Paul LaPort; Ruth Robinson in memory of Leland C Robinson; Beulah Simpson in memory of Beverly Morgan, Jamie Simpson and LeGrande and Beulah Dimick and in honor of Thomas and Christopher Simpson.

Mark your calendars for the Edinburg Fall Festival on Saturday, September 28 from 10 a.m. to 3 p.m. Vendors are still needed and if you are interested call Andrea and George Blackwood at 518 863-6772.



August 2019

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## **SOLO Wilderness First Aid Course**

A SOLO Wilderness First Aid course will be held from 8:00 AM until 5:00 PM on Thursday, August 1, and Friday, August 2, at the Cornell Cooperative Extension of Warren County Education Center on 377 Schroon River Road in Warrensburg, NY. Successful completion of this 16-hour course will enable participants to receive SOLO (Stonehearth **Open Learning Opportunities) Wilderness First** Aid certification. Registration is open to youth, ages

OVERTS FULL TOWN OF DAY **BICENTENNIAL CELEBRATION** AUGUST 3, 2019 NOON UNTIL DARK SARATOGA COUNTY PARK (NORTH SHORE ROAD NEXT TO STATE BOAT LAUNCH) Come join us for a day of games, food, music, town history and

fireworks!

Entertainment by: Against the Grayne (playing In Memory of Sally Allen) and The Stony Creek Band

Boat Decoration Contest: prizes for

most patriotic, most historical and best decorated!

Judging will be at 4pm at the State boat launch.

Food provided by American Legion Post 862 and Lions Club, with all proceeds benefiting their organization and programs.

Games, Activities, Twisty Balloon Gal and a Petting Zoo for the kids!

Fireworks by Santores World Famous Fireworks at dark.





Special Thank You to our sponsors: Against the Grayne, Bob's Bait, Bob's Body Shop, Brownell Lumber, Buddy's Tree Service, Cirillo Auto Service, Corinth Veterinary Clinic, ESO Creative, Frame to Finish, Golden Dragon, Lake Luzerne Auto Parts, Mollie's Mason Jar/9 North Wood Fired Pizza, Placid Pines Pub, Rocco's Pizzeria, St. Mary's Episcopal Church, Saratoga Flag and Stony Creek Inn.

12 years and older, and adults.

The course is an intensive hands-on experience that includes detailed scenario of injuries that are common in wilderness or remote locations. The training includes how to utilize common pieces of clothing and equipment as first aid tools like splints, compresses, and hypothermia wraps.

The cost for this course is \$150 for guests. Current enrolled Warren County 4-H members, their family members, and 4-H volunteers will receive a special subsidized cost. If a student requires an additional scholarship, please let us know. Enrolled 4-H members from other counties may be able to receive partial scholarships from their 4-H home office.

There is a limit of 14 available spaces for this course, and full prepayment is required to hold spots. For more information, or to request enrollment, please contact John Bowe at 518-623-3291 or email jfb32@ cornell.edu.





## Northville Girls Reunion Save The Date

The annual Northville Girls Reunion brunch, held every fall, is scheduled for September 21, 2019 at the Timeless Tavern. This get together is open to any female who ever attended Northville Central School or who works or worked there. While everyone enjoys getting together with old friends and reacquainting with classmates, the other reason for the luncheon is to raise funds for the Northville Girls Reunion Scholarship. given to three graduating senior girls who are actively involved in community service. For 2019 the committee of Northville teachers chose the following students: Brianna Bace, Jenna Forsey, and Jessica Miller. Funding for the scholarships is raised by raffles held during the luncheon for such things as gift baskets donated by local merchants, personally donated items, and gift certificates for such things as a manicure/pedicure at a locally owned nail salon.

Final plans will be posted in the next edition. So mark your calendar now and hope to see you on 9/21/19!



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### PICKLE IN THE PARK



Pickleball is the fastest growing sport in the USA. The game is played with a whiffle ball and a paddle, on a court half the size of a tennis court. It is usually played doubles (4 players). It is easy to learn, social, intergenerational and fun to play and watch. All you need are court shoes and a paddle. There are pickleball videos on YouTube.

Pickle in the Park is a membership club in Sacandaga Park. Access to the courts and parking is off Rt30. We have 5 courts (1 doubles for tennis), about 40 members and play most summer days — weather permitting. Guests are welcome; either come with a member or make prior arrangements by calling. Club members provide informal skills development for newbies. We have spare paddles. The annual membership fee for 2019 is \$125; the guest fee is \$5 per day/person. An open tournament will be held on August 3, 9am to 4pm. For info call Willem at 518 332 6896.



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MOUNTAIN VALLEY HOSPICE SCHEDULES ANNUAL HOSPICE REGATTA EVENTS Three Events Benefit MVH & NDHH

Mountain Valley Hospice (MVH) and the Mayfield Yacht Club announce their annual Charity Cup Regatta for Hospice on Saturday, July 27, 2019 on the Great Sacandaga Lake. The Regatta encompasses three events and is part of the National Hospice Regatta Alliance, now in its 20th year raising \$25 million for hospices all over the country. The events on the Great Sacandaga Lake benefit the programs and services of MVH and the Nancy Dowd Hospice Home.

The first event for the day is the Great Sacandaga Lake Charity Cup Regatta for Hospice, where sailors have fun enjoying the sport they love while supporting MVH. The race is a qualifier for next year's Hospice Regatta's National Championship. Sailors can enter their boats or join a crew from the Mayfield Yacht Club to participate. For more information, including the Notice of Race or to register, email mycwebnew@ gmail.com.

At 1pm, canoers and kayakers can join the Poker Run for Mountain Valley Hospice at Bayside Marina, 275 Lakeside Drive, Mayfield. All boats 15 feet and under are welcome to travel to five fun stops along the Great Sacandaga Lake where participants "pick a card" at each stop to collect the best poker hand! There is a \$20 registration fee per boat. The Poker Run will begin at Bayside Marina, 275 Lakeside Drive, Mayfield. The best hand wins a standup paddleboard. Register online at www. mvhcares.org or call (518) 725-4545. Personal flotation devices are required, and children 12 and under must be accompanied by an adult.

All are also welcome to the Downeast Clambake that will end the day at the Inn at the



Bridge, 641 Bridge Street, Northville at 5pm. In addition to hors d'oeuvers and cash bar, enjoy a delicious 3-course meal, catered by the Inn at the Bridge, as well as the opportunity to partake in the Silent Auction to benefit MVH. Tickets are \$50 per person. Reservations can be made online at www.mvhcares.org or by calling Mountain Valley Hospice at (518) 725-4545.

For more information about any of these events, please contact MVH at (518) 725-4545 or by email at receptionist@mvhcares.org.

The mission of Mountain Valley Hospice is to enhance the lives of those we serve by supporting what matters most to them. Mountain Valley Hospice supports patients and families in the Fulton, Montgomery, Saratoga and Hamilton Counties of New York State. The Nancy Dowd Hospice Home is an elegantly rustic, 8-bed facility with 24/7 care for those seeking comfort. Anyone can make a referral or request a tour of the building. For details, visit myhcares. org.





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## Lexington Foundation's 2019 Night Out Gala Is Coming to the Paul Nigra Center for Creative Arts

#### Event to Honor Artists Barney and Susan Bellinger

The Lexington Foundation's annual Night Out gala will take place at the Paul Nigra Center for Creative Arts on Thursday, September 19 from 6:00 p.m. to 9:00 p.m. The Nigra Arts Center is located at 2736 State Highway 30, Gloversville, NY. This year's Night Out will honor Adirondack and rustic artists Barney and Susan Bellinger. The Night Out is open to the public and there are sponsorship opportunities available for individuals or businesses who are interested in supporting the event.

Following the impressive success of last year's The Greatest Showman-themed Night Out, the 2019 gala will offer all manner of Medieval Merriment with a nod to HBO's popular show Game of Thrones. The medieval-themed party will feature live music from the band Flame, fantastic themed food, specialty cocktails, raffles and silent auction items. Other activities and attractions will include fantasy décor, wandering costumed performers, jousting, duels and more.

Proceeds from this special event benefit the Paul Nigra Center for Creative Arts, a community arts center open to the public. The Nigra Arts Center offers a wide range of art classes as well as fun family events, theater and musical performances, day camps for children and more. It also hosts several gallery exhibitions a year featuring works from local artists as well as artists from across the country.

Barney and Susan Bellinger are artists-inresidence at the Paul Nigra Center for Creative Arts. They have worked extensively with students from Transitions, a postsecondary program supporting teens and young adults with autism and other learning differences that is co-located with the Nigra Arts Center, as well as with many other artists. The Bellingers have also created several permanent installations that have turned the entire Nigra Arts Center campus into an incredible work of art in and of itself. The Night Out will also be an opportunity to celebrate the achievements of the students in the Transitions program and raise money for its Elmore Scholarship Fund.

Individual tickets for the Night Out are \$100. Young professionals under the age of 40 can purchase tickets for \$75. Tables for 10 and VIP packages are also available. Attendees are asked to dress in business attire or medieval garb. For more information about the event, to purchase tickets, or



to see available sponsorship opportunities visit https:// thearclexingtonfoundation. org/2019-night-out or call the Nigra Arts Center at (518) 661-9932.

Sponsors to date for the 2019 Night Out include Gold Sponsor St. Mary's Healthcare, Silver Sponsors CDPHP, One Group, and Rose & Kiernan, and Bronze Sponsors The Bonadio Group, First Light, Hill & Markes, and HPM Management.

#### August 2019

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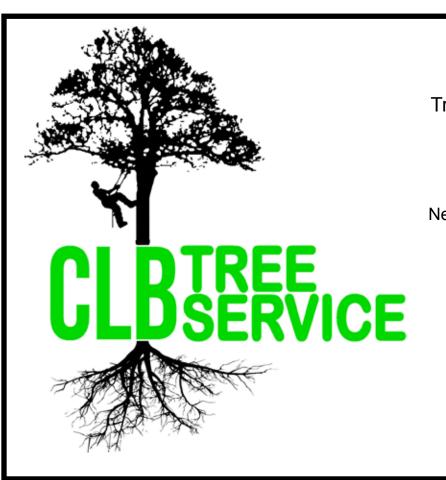
> 518-848-1556 Craig



301 South Main Street, P. O. Box 476, Northville, NY 12134 Church Phone: 518-863-4911 website: firstumcnorthville. weebly.comSunday Worship, 11:15 am

Ron Talbott, Supply Lay Pastor

Greetings from the members and friends of First UMC. We are pleased to welcome Supply Lay Pastor Ron Talbott and his wife, Maggie, to First UMC on July 7. Ron, who also serves at Bleecker United Methodist Church, will be leading Sunday worship services and providing pastoral support to our congregation. Ron and Maggie will be welcomed officially on Sunday, July 21, with a reception following worship. We look forward to our time together.



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All children are invited to enjoy our Sunday school program - F.R.O.G.S. (Forever Relying On God's Son) is off for the summer. When they return in the fall, they meet at 11 am on Sunday mornings in the sanctuary and are dismissed for time together following a moment with the pastor during worship. Call the church if you have any questions about our Sunday School program.

Thrift Shop Hours are: Tuesdays, 3:30-6:30 pm; Fridays and Saturdays, 9 am-12:30 pm. We accept CLEAN gently worn clothing, free of animal hair, stains, tears, and cigarette smoke. We appreciate donations from the community but respectfully request that these guidelines be followed. If you are interested in volunteering for this mission outreach project, please let us know. New workers are always welcome.

Scouts meet weekly at First UMC on Thursdays starting at 6 pm; TOPS (take off pounds sensibly) meets on Wednesdays at 5:30 pm. Our choir meets on Thursday evenings at 6 pm for rehearsals

We look forward to seeing you at worship on Sunday mornings.

FISH HOUSE FISH & GAME CLUB Sunday, August 18, 2019 3rd Annual FUN DAY 478 FAYVILLE RD., BROADALBIN, NY \*\*FAMILY - FRIENDLY & OPEN TO THE PUBLIC\*\* VENDORS (10-3)

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### What Camping Means to Me Ey Cierra Swint

For me camping is more than the smell of wood burning in a campfire or the taste of s'mores, for me it's the excitement. The excitement of going over the newly built bridge standing next to the old, faded grey cracked beams of the bridge that once stood, that had generations and generation crossing it. The sight of the rippling waves of the lake reaching its breaking point, makes the trip over the bridge the beginning of the weekend. The white caps of the waves getting bigger and brighter, signaling that the lake is getting rough, unlike the early morning as my father would say "It is as smooth as a pancake." Passing over the bridge leads you to the bright blue corner store that used to be a dark faded green, with a sign over the only two gas pumps that reads "Fullers Corner Store." Next to the corner store stands a small diner where many Sunday breakfasts with my parents were eaten, and a small white church stands next to it. The road begins winding like a lazy river, with pine trees surrounding it. The smell of wood burning sneaks into the car. The excitement grows as we get closer and closer to camp.

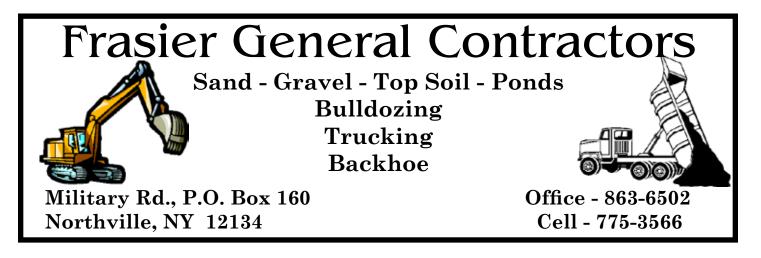
There it is, the small two-foot burgundy sign that reads "Choke Cherry." We pull down the unpaved, rough pebble road to our dirt parking spot next to our wood pile. The campground is smaller than most but filled with the best people. Some have called this place their summer home for many decades, when others have just arrived.

The first step to starting our weekend up at the lake is to see who is there. From my camp I walk up the narrow dirt path with roots exposed from many years of rain and pass what used to be my grandmother's camp. She loved camp more than anything in the world. I pass the camp that no longer looks like the way she kept it and say hello to the new friends we have. But still have the memories of saying hello to her. I can remember the feelings of her hands, that felt as soft as silk when I would help her walk from camp to camp.

As I continue my walk, I pass my aunt Karen's and uncle Jacques camp which is the smallest camp in the park. Next to that stands one of the nicest camps in the park, with black wooden bears surrounding the outside and the beautiful curtains hanging from inside that used to be my aunt Linda and uncle Ray's camp. I remember the smell of fried dough that my uncle once made and my aunts smile when she used to say "My Cici is here" as I approach.

I continue down the path waving to everyone I see, as they all know me as the "Choke Cherry Newsletter." I have been around the campground since I was born. I've spent almost 20 years meeting all the new and old faces that come and go. I've shared all the news to each and every camper. I continue my walk past my aunt Lori's camp with the theme of sunflowers surrounding it, making camp feel a little bit more like home. As I come around the sharp corner of trees and cross the road to get to my aunt Terry's camp, where I see her white BMW pull into her dirt root parking spot. She is just getting there so I help her bring things from the car to the camp and cover her car. She is normally on "Terry Time" as we would call it, better late than never. I give her a hug and a kiss, and I tell her I will see her later around the campfire. I always end my walk by walking down the paved side of the road that loops around by the beautiful Great Sacandaga Lake, where the sound of the birds chirping make you feel at peace.

The waves sound so peaceful and the sight of the boats on the dock rocking back and forth makes you feel a sense of comfort. I normally sit down on the wooded stained bench that no longer has the stain on it from many rain storms, engraved in the back of the bench reads "In Memory of Doug Miller." Doug would always stop to say hello, no matter how people he saw. I sit and stare at the beautiful lake, while taking in the fresh air and the sound of wind in the background as it comes to mind that this will be another weekend away from reality.















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#### SVAN Presents its 2019 Arts Festival Weekend

The Sacandaga Valley Arts Network will be showcasing a celebration of the arts with its 2019 Arts Festival. The festival will begin on Friday, August 9 at 7pm with a book reading at the SVAN Arts Center, by author, Robin Gaiser, who will be reading from her book, Open for Lunch. On Saturday, August 10, there will be an artist demonstration by artist Robert Porter, also at the SVAN Arts Center from 1:30-3:30pm. At 6pm, on August 10, Irish band, Little Jack will be performing at the Northville Waterfront Park, Main Street, Northville. On Sunday, August 11 at 6pm, Will Kempe's Players will be performing William Shakespeare's A Midsummer Night's Dream at the Northville Waterfront Park. Finally, on Monday, August 12, woodwind quintet, Fünf, will be performing at the Mayfield Presbyterian Church, 22 N. Main St., Mayfield, at 7pm, with a pre-performance talk by local composer, Philip Spaeth. SVAN invites you to come explore the wide range of artistic talent from the area.

Saratoga Arts made this program possible with a Community Arts Grant funded by the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature

#### SVAN Announces Schedule Change

The Sacandaga Valley Arts Network has had a change in its classical music schedule. Due to a scheduling problem, The Cantanti Project concert has been cancelled. In its place SVAN will present the wind quintet, Funf on Monday, August 12th at the Mayfield Presbyterian Church, located at 22 N. Main St., Mayfield, NY. Fünf, the greater Capital Region's professional woodwind quintet, performs a variety of repertoire which includes traditional and contemporary wind literature as well as newly commissioned works. Part of Fünf's mission is to make chamber music fun and accessible to all audiences. They love performing, educating listeners, and premiering new music. Fresh off the premiere of Philip Spaeth's Quintet No. 2 for Winds, Fünf will give a special performance of both Spaeth's first and second quintets, as well as other music, with a pre-performance talk and Q&A by the composer!

The talk begins at 7pm with the performance to follow. Admission is \$12 (\$10 for SVAN members), children are free.

For more information, call (518) 863-8047. Saratoga Arts made this program possible with a Community Arts Grant funded by the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature







**The Neusletter** Ad & Copy Deadline is the 17th of Every Month Please Call The Newsletter With Your Copy or Drop it Off At Our Mailbox at 819 North Shore Rd. - Thanx!

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## Red Rooster Programs For August

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

Aug. 1st OFA Picnic at Concordia Park. There will be no meal and no program at the Red Rooster Café.

Aug.8th OFA Congregate Meal 11:30-12:30 Egg Salad Cold Plate, Tomato Wedges with Mayo, Cottage Cheese, Kaiser Roll, Cookie. We will also celebrate all August Birthdays with a cake provided by Helen Cramer.

Red Rooster Program at 12:30

"The Journey of the Traveling Therapy Pigs"

Aug 15th OFA Congregate Meal 11:30-12:30 Lasagna, Italian Blend Vegetables, Tossed Salad, Italian Bread, Peaches.,

Red Rooster Program at 12:30

David Brooks, Education Director at Schoharie Crossing will talk about "The History of the Erie Canal". Becky White, Fulton Co. OFA will also





be on hand from 11:30 to assist Seniors with any issues.

Aug. 22 OFA Congregate Meal 11:30-12:30 Hamburger Cabbage Casserole, 3-Bean Salad, Cauliflower, Rye Bread, Pudding. Red Rooster Program at 12:30 STFSL will hold its annual ICE CREAM SOCIAL. Come and be a kid again! Load up your sundae with all the toppings you have been denying yourself! We will also have cakes and cupcakes in case the ice cream is not enough! Also, Home Care Partners will hold their monthly blood pressure clinic.

Aug 29 OFA Congregate Meal 11:30-12:30 Chicken a la Cranberry, Baked Potato, Pacific Blend Vegetables, White Bread, Cookie. Red Rooster Program at 12:30

Ashley Olmstead will perform a musical Medley of Favorite Hits.

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## Hadley Lake Luzerne Historical Society Showcases Civil War Encampment

The American Civil War changed the face of our nation. It was a sobering reminder of the weaknesses and strengths of our nation. It not only took many men from their Lake Luzerne and Hadley homes to a distant battlefields, but also deeply affected those left behind. We hope you'll consider joining the Hadley Lake Luzerne Historical Society this year as we work to remember and recognize a pivotal time in the history of our communities and the lessons we learn from it.

Join us as we commemorate the Homecoming of the Adirondack Regiment 118th NY Infantry encampment September 7th and 8th, 2019 at the Lake Luzerne Pavilion at Colonel Butler Park on Route 9N. Learn what life was like for soldiers and civilians during wartime, and how our communities were effected during those years. Saturday and Sunday re-enactors will demonstrate various period impressions of the Civil War including military and civilian demonstrations, medical aid and more. There will be food vendors, candlelight camp tours, cannon firing, community campfire, music and a march to the Lake Luzerne Cemetery for the 'roll call on Sunday.

The Hadley Lake Luzerne Historical Society is seeking any information regarding the impact the Civil War had on our area and its people. We are looking for interesting facts, family stories, relics or legends that will help highlight the Civil War period in our communities. If you are unsure of your ancestry join Ben Kemp August 17 at the H-L Public Library as he walks us through "Finding Your Civil War Ancestors"

If you are interested in volunteering, donating to this historic community event or sharing your stories please contact Sue Wilder at 518-696-4947 or Ben Kemp at 518-538-8330.

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#### COMBATS SUMMER BLOOD SHORTAGES -COMMUNITY HELP NEEDED!

Mountain Valley Hospice (MVH) will be hosting a Community Blood Drive and Open House at the Nancy Dowd Hospice Home, 108 Steele Ave, Gloversville, NY on Tuesday, August 13 from 9:30 a.m. - 2:30 p.m. The need for blood locally remains constant, and donations are needed to offset summer blood shortages. Those eligible to give blood can donate a pint every 56 days and will receive an eGift Card to Amazon for their contribution. Donors are encouraged to eat well and drink plenty of fluids the week prior to giving blood. We need the help of the community to reach our goal of 29 appointments!

To schedule an appointment, please call 1-800-RED CROSS or visit www.redcrossblood.org and enter sponsor code MountainValleyHospice. We will also be offering tours to anyone interested in seeing the Nancy Dowd Hospice Home, which was



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built in 2005 with private funds raised by a group of concerned citizens. Board Chair, Amy Karas expressed, "The NDHH was built with the intent of helping the community in every way possible. We are glad to be offering an event that the community can get involved in, while also helping another nonprofit with their important mission."

For more information, please contact MVH at (518) 725-4545 or by email at receptionist@mvhcares. org.

The mission of Mountain Valley Hospice is to enhance the lives of those we serve by supporting what matters most to them. Mountain Valley Hospice supports patients and families in the Fulton,

Montgomery, Saratoga and Hamilton Counties of New York State. The Nancy Dowd Hospice Home is an elegantly rustic, 8-bed facility with 24/7 care for those seeking comfort. Anvone can make a referral or request a tour of the building. For details, visit mvhcares.org.



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## The Revival on Lake Algonquin in Wells Welcomes Doc Orloff

August 31, 7:30 The Revival on Lake Algonquin in Wells welcomes Doc Orloff and his Blues Elixir to keep your Labor Day weekend humming.

Inducted into the New York State Blues Hall of Fame in 2014, Doc Orloff is a Master Blues Artist who brings to the stage a mix of Blues, Rhythm And Blues, Classic Rock And Southern Rock. Accompanied by Jon LeRoy, master of the Keyboard, Mike Porter, guru of the drums, Tom Metallo (Pigeon Man), vocals and riff specialist and Doc, lead vocals and smooth bass.

This seasoned group of musicians will be cranking out rhythm and blues, classic and southern rock. This is a show you won't want to miss! \$10.00 at the door/refreshments

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### Annual Fox Hill Camp Meeting

It's time again for the 61st annual Fox Hill Camp Meeting, located 9 miles east of Northville N.Y., and 2 ½ miles east of the Batchlerville Bridge on Fox Hill Road. Services will begin on Friday Evening Aug 9-18, 2019 at 7:30 P.M. and on the weekends Saturday and Sunday at 10:30 A.M., 2:30 P.M., and 7:30 P.M. Monday thru Friday Children and Youth Services will be held at 1:30 and 2:00 P.M.

The guest evangelist will be the Rev. Ronald Yoder, from Fairmont, WV. Rev. Yoder, has pastored many years for the Allegheny Wesleyan Methodist Connection of churches, and is now currently serving as a full time evangelist. He was a guest Evangelist for the Fox Hill camp in 2015.

The Fox Hill Camp is conducted by the New York District Churches of the Evangelical Wesleyan Church. It is a Holiness Camp that makes no charge for the meals and lodging but is based on a free will offering of those who are attending. Accommodations are available for those wishing to stay on the grounds. You are cordially invited to attend this friendly family Camp meeting. For more information you may contact Rev. G.H. McCleery at 518-863-6478 or Rev. D.D. Snedeker at 570-222-3600. We're Open

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## Northville United Presbyterian **Church News**

Eight years ago, my first wife passed into heaven after two brutal

months of hospital suffering.

Like many others, past, present, and in the future, my cry was "WHY GOD!" As she lay there "suffering" and shortly thereafter, I perceived a conversation between the Lord and my Linda. I wrote this down and it comforted me, providing to me an answer to my cries of "WHY GOD!"

I am reproducing it below with the thought that it may help others facing doubts about God's loving plan in the face of a loved one's suffering.

This is the Lord talking to my Linda and establishing her Legacy.

"Legacy"

"Welcome daughter. Daughter of Heaven, daughter of eternity... My child.

You have been through much pain. Too much, I know. I have been watching, alongside your family, unseen. Crying with compassion and admiring your courage and dignity, embracing you with My love.

You now know that I will never allow My children to endure more than is tolerable, more than is sufficient to fulfill My plan. A plan not meant for mortals to now perceive.

In earthly weeks, yet Heavenly moments, your body will fail. But now you will come to Me and know no further suffering. Your human form, lving warm on cold hospital sheets, will remain an illusion of pain for those earthly weeks. Those around you will be tested by your apparent continued suffering. But your illusory suffering, I shall have them perceive as real. Unknowing that you are already with Me and feeling only their pain and sadness.

Soon, your tears for them shall be loving smiles. They will judge Me, scream out to Me, hate Me, question Me, reject Me... or perhaps, in time, become closer to Me... or even return to Me. I expect these things. This is but one of many tests in My plan. I will help them pass these tests, through the power of Faith.

Page 50



There shall be other tests until My children realize their arrogance. The futility of trying to fully understand the mysteries of My plan. Just as My first children believed they could taste the fruit of the knowledge tree. My daughter, now with Me, you now understand this. And are allowed angelic guardianship over your loved ones.

To further guide them through these future mazes of life. Help them understand, as I also shall, that Faith is just that:

Unquestioning belief in things unknowable, unseen, hoped for, trusted in.Through an all loving and merciful God.

No, daughter, tell them not to weep for you. But weeping for themselves is permitted and expected.

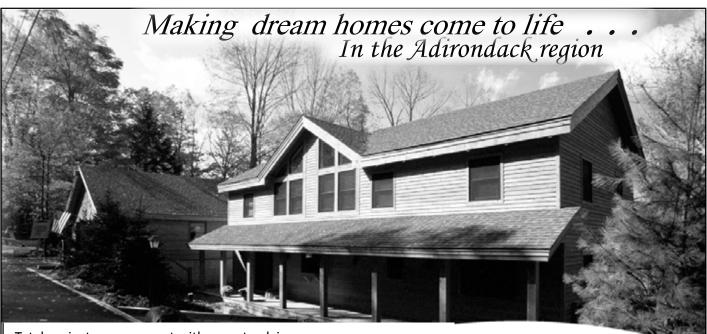
Tears to cleanse past regrets, tears to make vivid other memories most joyful, And tears to wash pure and make clear the path to salvation... to you, to Me.

Help them heal through Me, My daughter. That shall be your legacy."

(Personal views of Frank Ralbovsky, Church Elder)



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by Capt. Stephen George, Secretary

#### Greetings from the GSLFF!

First and foremost, the GSLFF would like to send our condolences to the Ross family as Henry "Hank" Ross passed away at the age of 91. He ran Ross's Bait & Tackle for over 50 years and his kindness, knowledge of fishing and hunting, and his presence within the local sporting community will be missed. RIP Hank.

Everyone wanted summer to arrive, and it has arrived with gusto. careful what you wish for, right? Hot temps, humidity, and lake levels



dropping are all everyone is talking about. The weather has been great for swimming, boating, and fishing ... no complaints here.

Upcoming events for the GSLFF is the fall contest which will be held on September 7th and the weigh in will be at Sport Island Pub. The Sport Island has been a huge supporter of the federation and there is no better place to have a weight station. The beach, the fun crowd, and of course the food and atmosphere are perfect for a post-fishing contest gathering. Enjoy some food and beverages after a day on the water and tell some tall tales, no lies, about all the huge fish you caught.

The water temperatures have been on a steady rise over the past month and the fishing has changed, as it always does, with the temps. A month ago I was reading 64° F and now it's up to 77° F. That's a big jump in a couple of weeks. As a result, the smallmouth bite has been on fire in the shallows and along the shoreline. Finding smallies and rock bass along the shoreline has become easy as they are searching for small bait fish 3'-14' of water. Small, shallow running crank baits, soft bait crayfish imitations, and rubber worms in tan and orange have been the "hot ticket" for smallies. The trout have move off into deeper water as the thermocline has set up and its depth depends on wind, weather, and a few more factors. To find the trout run out to 25+ feet of water and look for them suspended with your electronics. Walleyes have been feeding heavily on young-of-year perch over the past couple of weeks. Once in the live well, they are coughing up handful's of half to one inch sized perch. Downsizing stick baits and slow trolling crawler harnesses have been working well

Image: Display bit of the prices of the pr

to fill a stringer.

The Alder Fly hatch has subsided on the GSL but the large yellow Hexagenia mayflies are hatching. These bright yellow 1.5" mayflies are easy to spot once airborne and their husks (casings) are floating all over at the

> Continued Next Page









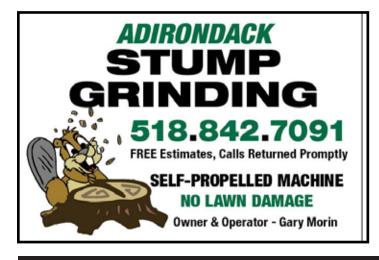
#### From Previous Page

#### marina.

Get the flyer for the September fishing contest at any one of the local bait shops. Get in touch with a member for some raffle tickets! Lots of great prizes will be awarded with this, including a Hummingbird Helix fish finder. I have one and its fantastic ... I love the bottom and side imaging! I can actually see the structure of the bottom such as rock piles, stumps, stone walls, whole fish, bait balls, and possibly some of the tackle I've lost to snagging bottom over the years.

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 or the Great Sacandaga Lake Fisheries Federation facebook page.

Tight lines everyone!



## Edinburg United Methodist Church

#### 4 CORNERS, EDINBURG

Our faithful members attend every Sunday and we are happy to have visitors while one vacation join us. Our Church motto is "Open Hearts, Open

Minds, Open Doors". All are welcome. Our Certified Lay Minister, Gary Delallo, starts with a friendly conversation that leads into the service. Our prayer list grows longer every week as we pray for many of our friends, families and our country.

In reading Luke 11:9-10 "Ask and it will be given to you; seek and you will find; knock and the door be opened to you. For everyone who asks receives, he who seeks fines, and to him who knocks, the door will be opened. Don't hesitate; stop and pray. God loves will to hear from you every day.

The month of August start on the 4th with WORLD COMMUNION SUNDAY. Our offering funds Scholarships and Ethnic in-service training and on the 18th we celebrate HUMAN RELATIONS DAY. This funding is to further development of better human relations in our community, voluntary services and youth offender rehabilitations. Our church is busy church and while we are not having a current funding event we are still helping the United Church in its efforts to continue their out-reach programs.

A reminder that August 1st is our last Thursday Night Music Program for this year. The DAMMED RIVER BAND which features local talent with Matt Brucker, Lenny Broiles and Tony Vece will be performing.





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## Northville Baptist Church by Barbara Klueg

111 North First Street, Northville 518.863.8001 bconny.org Sr. Pastor: Rev. Richard C. Klueg Associate Pastor: Rev. George

Hopper Associate Pastor: Pastor Andrew Larson

#### **Run Your Life-Race!**

From our front window I see a lot of my neighbors and friends out walking or going for a



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run. I don't run anymore due to having two new hips and knees pounded into my body within the last 10 years, and now a total shoulder replacement, too. But as a kid I used to love to run! Our son, Christian, and daughter, Heather, amaze me as they have both done a Marathon, which is a huge goal to accomplish (26+ miles non-stop)! My physical therapist got me interested in watching the recent 2019 Women's World Cup, where there is a lot of running involved. I noticed that they all run and play a little differently. Their agility and speed are something to behold. And, by the way, our congrats to the USA Team for holding their title.

Years ago I saw the movie, Chariots of Fire,

which is a true story about the world-renown runner, Eric Liddell. He was born in China to Scottish missionaries and later won an event in the 1924 Summer Olympics, setting a world record. He had an odd way of flailing his arms when he ran. If you have never seen this movie it's well worth looking it up to view on Netflix, or maybe you can check it out at your local library.

We have friends who have done the daunting Ironman Triathlon, which consists of a 2.4 mile swim, a 112 mile bicycle ride, and a full marathon of 26.22 miles in that order and with NO breaks. It is considered to be one of the most difficult one-day sporting events in the world. These athletes do not just wake up one day and do one of these races. They decide months or even vears before to take on this task, and then make a plan and train for weeks and weeks before the day of the big event. Just entering this race makes them a winner in my eyes, but many of them actually complete this race! Did you know that God wants



each of us to win our own race, our life-race? God has created us as unique individuals, and He does not lead us all in the same way. So, if you want to win your life-race, you will need to find your own running style or your own way of doing things. Of course, we can learn from other people, but we dare not try to copy them at the cost of losing our own individuality. Appreciate the advice and example of others, but follow God's leading in your life. Hebrews 12:1-3 says, "Let us run with perseverance the race marked out for us, fixing our eyes on Jesus . . . so you will not grow weary and lose heart."

We had another terrific VBX this year at church. It ran for one week in July with a good attendance, lots of helpers and of course, the kids had a great time, and hopefully, they all learned more about loving and living for Jesus. This year's VBX missionary project was Lifesaver Ministry in Gloversville. We appreciate this local ministry that does so much for the local community and encourages men and women to love the unborn and give them life.

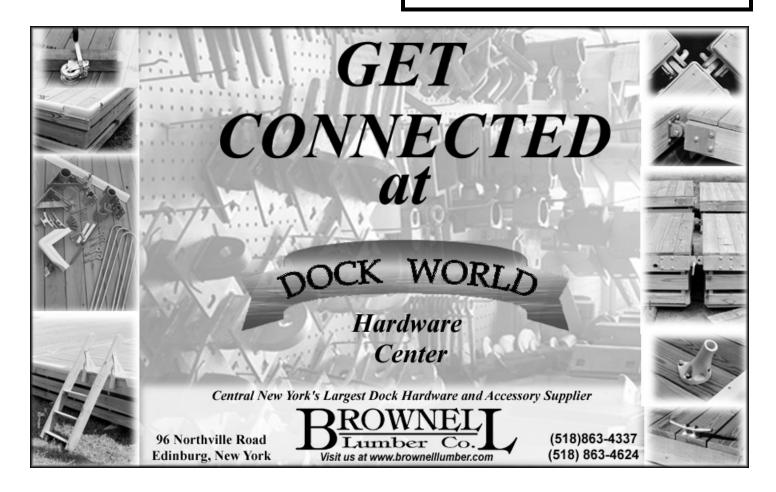
Soon, we will see the geese flying south and the school buses out in force, but until then, enjoy the rest of your summer! Hope to see ya' in church! Sunday: Sunday School (8:45 a.m.) Worship (10 a.m.) Evening Service (6 p.m.) Monday: Ladies Bible Study (11 a.m. & 6:30 p.m.) Wednesday: BCON Corner: Food Pantry (10 a.m.) Thursday: Bible Study/Prayer @ 7 p.m. 3rd Thurs: Nursing Home Service @ Littauer (10:00 a.m.) Saturday: Men's Coffee Hour (6:30 a.m.)



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### **TOPS NY 1005 Northville**

Join us at TOPS NY 1005 Northville on Tuesdays! TOPS (take off pounds sensibly) is not about dieting or selling you a specific food plan. It's about giving real people the support and tools they need to make lasting lifestyle changes that make sense for them. 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!

We welcomed three new members to our chapter: Martha Dietrich, Sandra Mahr and Sue Ann Tasselmyer... it is wonderful to have new people join our TOPS 'family'!!

Our KOPS Best loser for the month is Marsha Miller and the TOPS best loser is Leslie Casey. Other losers include: Cathe Bard, Pat Wilcox, Bob McGuirk, Martha Dietrich and Wendy



Beaulieu.

Our chapter elected new officers for 2019-20... Leader: Nancy Bassett Co-Leader: Cathe Bard

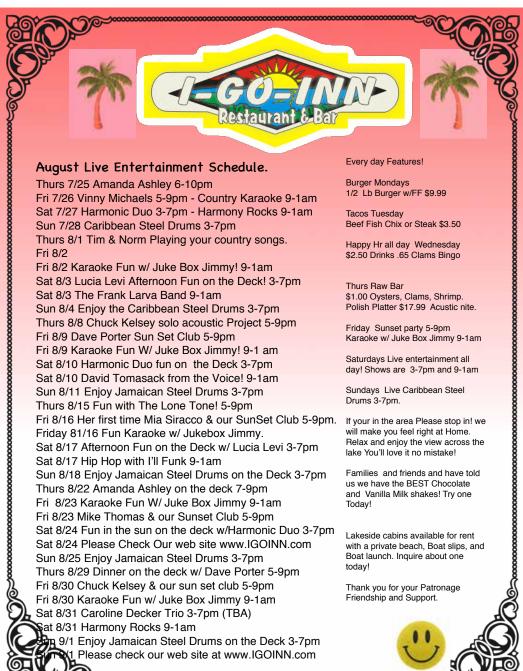
Secretary: Carmen Durkin

Treasurer: Wendy Beaulieu

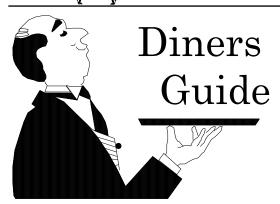
Assistant Weight Recorder: Leslie Casey

Our Area Captain, Shirley Patnode came to our chapter for her annual presentation!! Many thanks to her as she will be retiring from this position after many successful years!

For more information, call 774-9243 or visit us at www.tops.org on the web.









#### Kimberly Sadadolsky, Secretary

July 9, 2019 regular monthly meeting of Northampton Ambulance was held with 16 members in attendance.

Calls responded to in June as follows: Northampton 5, Northville 5, and 2 in Hope.

New Members were accepted as follows: Audra St. Onge and Robert VanVranken.

Donations were received in memory of: Corky Ellsworth, and Beverly Morgan.



#### Explore. Discover. Create.

51 Main Street, Lake Luzerne, NY 12846 (518) 696-2400 www.adirondackfolkschool.org

#### All classes are held at the Adirondack Folk School unless otherwise noted.

#### Friday August 2

Folk Art Cat Painting with Carol Maher. #1444-0802. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$15.

#### Friday August 2

Paddle Making with Caleb Davis. #1333-0802. 1 day. 9am-5:30pm. Tuition \$190. Member Tuition \$170. Materials fee \$0.

NOTE: Students will need to contact AFS at the time of registration and tell which type of paddle they wish to make. All materials are provided. Material fees are included in price of tuition. Due to time constraints students are encouraged to bring their own lunch.

#### Saturday August 3

Sketching the Flora and Fauna of the ADKs with Elaine Katz. #1493-0803. 1/2 day. 9am-12pm. Tuition \$55. Member Tuition \$45 Materials fee \$20.

#### Saturday & Sunday, August3&4

Forging a Chef's Knife with Matthew Parkinson. #1342-0803. 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, August 3&4 Creating Carousel/Star Books with Elaine Katz. #1492-0803. 1+1/2 days. Saturday 1pm-5pm. Sunday 9am-4pm. Tuition \$160. Member Tuition \$130. Materials fee \$25.

Thursday & Friday, August 8&9 Rustic Headboard with Jim Schreiner. #1385-0808. 2 days. 9am-4pm. Tuition \$210. Member Tuition \$170. Materials fee \$125.

Saturday August 10 Beginning Knitting for Adirondackers with Julie Hutchinson and Patricia Goldberg. #1523-0810. 1/2 day. 9am-12pm. Tuition \$55. Member Tuition \$45. Materials fee \$15.



## **UPRIVER CAFE**

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#### Saturday August 10

Introduction to Soldering and Brazing with Jacques Gallant. #1414-0810. 1 day. 9:30am-4:30pm. Tuition \$105. Member Tuition \$85. Materials fee \$20.

#### Saturday & Sunday, August 10&11

Quilting the Landscape with Elaine Katz. #1491-0810. 2 days. 9am-4pm. Tuition \$210. Member Tuition \$170. Materials fee \$25.

NOTE: Students should bring photos or other images they wish to work from and any fabrics or embellishments they wish to use. The instructor will also provide various fabrics, scraps, beads, sequins and ribbons. If you have a sewing machine, you may bring that too.

#### Sunday August 11

Rugs from Rags with Caroline Dvorak. #1355-0811. 1/2 day. 12pm-4pm. Tuition \$80. Member Tuition \$60. Materials fee \$10.

#### Sunday August 11

Restoring and Repairing Old Tools with Jacques Gallant. #1413-0811. 1 day. 9:30am-4:30pm. Tuition \$105. Member Tuition \$85. Materials fee \$10.

#### Sunday August 11

Bird Language: Interpreting Calls and Movement with

Dave Muska. #1506-0811. 1 day. 9am-4pm. Tuition \$155. Member Tuition \$145. Materials fee \$0. NOTE: Students are required to bring a notebook and writing utensil to this class, and to wear weather appropriate clothing as a portion of the day will be spent outdoors.

Monday & Tuesday, August 12-13 Mountaineer Adirondack Pack Basket with Linda Scherz. #1348-0812. 2 days. 9am-4pm. Tuition \$220. Member Tuition \$180. Materials fee \$116-155. NOTE: Materials fee for Cotton Harness - \$116. Materials fee for leather harness - \$155. Please call AFS if you would like the leather harness as it needs to be ordered a minimum of two weeks prior to the class. Students should wear comfortable clothing.

Monday – Friday, August 12-16 Intermediate Blacksmithing - Forging Transitions and "Set-Ups" for Various Shapes with Bob Valentine. #1331-0812. 5 days. 9am-4pm. Tuition \$575. Member Tuition \$525. Materials fee \$125.

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

#### Thursday August 15

The Ins and Outs of Herbal Infused Vinegars with Margo Mullein. #1353-0815. 1/2 day. 10am-1pm. Tuition \$55. Member Tuition \$45. Materials fee \$25.

#### Friday August 16

Blanket Basket with Barbara Boughton. #1450-0816. 1 day. 9am-5pm. Tuition \$105. Member Tuition \$85. Materials fee \$35.

#### Saturday August 17

Adirondack Berry Picking and Gathering Basket with Beverly Cornelius. #1335-0817. 1 day. 8:30am-5:30pm. Tuition \$115. Member Tuition \$95. Materials fee \$40. NOTE: Student to bring to class: Basin for water, sheetrock knife, an old towel and washcloth, clip clothespins and a spray bottle.

#### Saturday August 17

Knife Sheath with David Cornelius. #1511-0817. 1/2 day. 9am-12pm. Tuition \$55. Member Tuition \$45. Materials fee \$15.

#### Saturday August 17

Introduction to Cold Process Soap Making with Roberta Devers-Scott. #1382-0817. ½ day. 9am-12pm. Tuition

### Continued Next Page

Fish House Community Center Events for 2018

## All You Can Eat Breakfast Date August 11 & September 1st



**Breakfast Prices** 

Adults (Over 12) - \$10.00

Seniors (Over 60) - \$8.00

5-12 Years of Age - \$5.00

**Under 5 Free** 

Rummage Sale - July 12 & 13 No Donations Accepted Before May 30th





### From Previous Page

\$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.

#### Saturday August 17

Summer Landscapes, Stars, and Moonlight Photo Tour with Carl Heilman, II #1502-0817. 1 day. 3pm-11pm. Tuition \$205. Member Tuition \$195. Materials fee \$0. NOTE: Equipment requirements include: a DSLR and/ or full featured point and shoot camera (preferably with screw-on filter capability), a sturdy tripod and a remote release. In addition, bring along your widest angle lenses (shortest focal lengths), longer focal length zooms (that can be used with extension tubes), macro lenses, extension tubes, tele-extenders, and close-up diopters you have in your camera bag.

#### Sunday August 18

Spinning on a Drop Spindle with Krystina Konanec. #1531-0818. 1 day. 9am-12pm. Tuition \$55. Member Tuition \$45. Materials fee \$10.

#### Sunday August 18

Woodturning: Hollow Forms with John Kingsley. #1318-0818. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$25.

#### Sunday August 18

Mountain Gathering Basket with Barbara Boughton. #1427-0818. 1 day. 9am-5pm. Tuition \$105. Member



518-863-4953

Tuition \$85. Materials fee \$35. NOTE: Must be over 12 yrs of age.

#### Monday - Friday, August 19-23

Mastering the Fundamentals of Blacksmithing with Mark Aspery. #1334-0819. 5 days. 9am-4pm. Tuition \$700. Member Tuition \$650. Materials fee \$125. NOTE: Hard shoes and long pants are required for student's safety.

Open Forge Night with Steve Gurzler Wednesday, August 21. 6:30 p.m. Admission free. \$20.00 to try blacksmithing.

Wednesday August 21

Goat Milk Soap with Christine Eberhardt. #1362-0821. 1/2 day. 1pm-4:30pm. Tuition \$55. Member Tuition \$45. Materials fee \$20.

#### Wednesday - Friday, August 21-23

The World of Mushroom Foraging in the Adirondacks with Ryan Bouchard and Emily Schmidt #1438-0821. 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 August 24

Wine Basket for Two Bottles with Barbara Boughton. #1429-0824. 1 day. 9am-5pm. Tuition \$105. Member Tuition \$85. Materials Fee \$30.

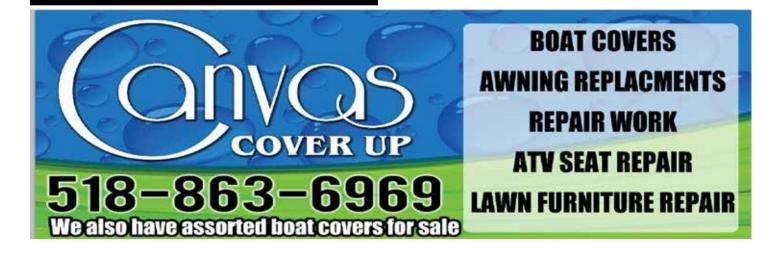
#### Sunday August 25

Pottle Basket with Beverly Cornelius. #1526-0825. 1 day. 8:30am-5:30pm. Tuition \$125. Member Tuition \$105. Materials Fee \$15.

#### Sunday August 25

Glycerin Soap with Christine Eberhardt. #1366-0825. 1 day. 9:00am-4:30pm. Tuition \$105. Member Tuition \$85. Materials fee \$35.

NOTE: Please bring a 4-6 gallon ceramic crock pot and an apron.





### HEALTHLINK LITTA Wellness Education & Resources for over JER Years

#### AUGUST 2019

→ Alzheimer's 8/8

→ Beyond Moms 8/8

→ Alzheimer's 8/15

→ Chronic Disease 8/14

HealthLink 4 pm

HealthLink 1 pm

HealthLink 5:30 pm

Mayfield Presbyterian 10:30 am

Unless noted otherwise, enrollment is required by calling HealthLink Littauer at 518-736-1120 or email <u>healthlink@nlh.org</u> to attend programs or for more information.

ALL PROGRAMS ARE OPEN TO THE GENERAL PUBLIC

Торіс	Date-Time	Place	Details
Zumba Gold	8/2 – 8/30 9 – 9:45 am	HealthLink Littauer Johnstown	5 sessions (Fridays). <i>Time to dance those calories away!</i> For active older adults with easy-to-follow choreography focusing on balance, range of motion and coordination. <i>\$5 fee/week.</i> Attend 1 session or all
Chair Yoga	8/2 – 8/30 10 – 11 am 8/5 – 8/26 4 – 5 am	HealthLink Littauer Johnstown	5/4 sessions (Fridays/Mondays). <i>Experience gentle, peaceful yoga with the support of a chair.</i> For everyoneno matter what age you are, or what condition you are in! <i>\$7 fee/session.</i> Attend 1 session or all
Teddy Bear Hospital	8/4 1 – 3 p.m.	Nathan Littauer Hospital Gloversville	1 session (Sunday). <b>Bring your teddy bear for a free check up!</b> Learn about visiting the doctor and good health habits through hands-on displays, health exhibits, workshops, and more. Explore an ambulance, fire truck and LifeNet helicopter. Get info on vaccinations and poison control. <i>Kids get free backbacks while supplies lastFREE Family Event! No enrollment needed</i>
Wellness Walkers	8/5 – 8/26 9 – 10 am	Littauer's Walking Track	4 sessions (Mondays). <i>Outdoor walking group open to anyone wanting to get active and have some fun!</i> Walking is one of the best and easiest forms of physical activity to stay healthy. <i>FREE!</i> Attend 1 session or all
Gentle Yoga	8/5 – 8/26 5:30 – 6:30 pm	HealthLink Littauer Johnstown	4 sessions (Mondays). For anyone interested in relaxing, gentle yoga sessions. Benefits include improved strength, flexibility and a positive effect on internal systems. \$7 fee/week. Attend 1 session or all
Healthy Eating, Active Living	8/6 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Tuesday). <i>Monthly educational sessions focused on nutrition</i> <b>&amp;</b> <i>physical activity. "Healthy Eating For An Active Body"</i> Learn the importance of eating to fuel your body for physical activity. <i>FREE!</i>
Celebrate World Breastfeeding Week	8/7 6 – 8 p.m.	Nathan Littauer Hospital Gloversville	1 session (Wednesday). <i>Join us for a special event celebrated in over</i> <b>120</b> <i>countries!</i> Healthcare experts agree breastfeeding is still the best way to feed babies. Welcome new or expectant mothers with families. Exhibits, activities, prizes, refreshments, and more <i>FREE! No enrollment necessary</i>
Diabetes Discussion	8/13 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Tuesday). <i>Monthly educational sessions for anyone with diabetes.</i> "Overcoming Challenges" We'll discuss strategies to overcome the emotional and physical challenges diabetics experience. <i>FREE</i> !
Better Breathers Club	8/8 1 – 2:30 pm	HealthLink Littauer Johnstown	1 session (Thursday). <i>Monthly group meeting</i> For anyone with a chronic breathing condition or lung disease. " <i>Breathing Benefits of Yoga</i> " presented by Jeannie Moller RYT of Happy Heart Yoga. <i>FREE ~ No enrollment needed</i>
Alzheimer's	8/15 10:30 am	Mayfield Presbyterian	1 session each (Thursday). <i>Monthly group meetings</i> For anyone with Alzheimer's, Parkinson's or other neurological conditions & their caregivers. <i>"Eddy Services"</i> presented by Susan Beth Olsen, Volunteer Coordinator of
Parkinson's	8/15 2 pm	Church	Eddy Alzheimer's Services. FREE meetings ~ No enrollment needed
NEW Smokefree Support Group	8/20 6 – 7:30 pm	Nathan Littauer Gloversville	1 session (Tuesday). <i>Monthly group meeting</i> For anyone with a desire to quit smoking or become and remain nicotine free! Share your experiences and learn from others with guidance and assistance from former smokers. <i>FREE! No enrollment necessary</i>
Vitality Plus: Annual Picnic	8/28 11:30 a.m. – 1 p.m.	Littauer's Reflection Garden Gloversville	1 session (Wednesday). <i>Especially For Adults 50+</i> Join us and our neighbors from the Nursing Home as we celebrate summer in the 'Fairy Garden' including a delicious picnic-style lunch in this beautiful, relaxing atmosphere! <i>Lunch fee: \$5 ViP members, \$6 public.</i> RSVP by 8/26
AUGUST GROUP MEETINGS: No enrollment necessary ~ For details, visit nlh.org or call 518-736-1120			
→ Breastfeeding 8/1       Nathan Littauer 12:30 pm       → Parkinson's 8/15       Mayfield Presbyterian 2 pm         → Better Breathers 8/8       HealthLink 1 pm       → Breastfeeding 8/15       HealthLink 5:30 pm         → Alphaimar(a presbyter)       HealthLink 4 pm       → Breastfeeding 8/15       HealthLink 5:30 pm			

→ NEW...Smokefree 8/20

→ Mother To Mother 8/24

→ Heart Disease 8/27

→ TOPS ~ Wednesdays

Nathan Littauer 6 pm

Mohawk Harvest 2:30 pm

No Meeting At HealthLink

Nathan Littauer 5:30 pm



## **Edinburg School News**



Edinburg School Happenings

> by Michelle Ellis Superintendent



It is with great honor that I, Michelle Ellis, have been named the new Superintendent/Principal at Edinburg Common

School. As many of you know, my teaching career started here at Edinburg Common School in 2011 as the second grade teacher. Within those years, it was a pleasure to work with students, families, colleagues, and the Edinburg community. In 2015, I made the decision to further my career in the Building and District Administration program through SUNY Plattsburgh. During my internship at Edinburg Common School, I was given opportunities to strengthen our community



relations by being the community liaison. Our students became a large part of the Sacandaga Seniors where we would attend their meetings to read with a buddy and even bring a sample of our holiday concerts on location. As your superintendent, I look forward to continuing the community relationship that Edinburg Common School has grown to know and love.

We will also continue to strive for educational excellence for our students not only during their years here at Edinburg Common School, but even as they move through their middle and high school years. The foundations from our district will impact the lives of our students for the rest of their educational experiences and that is a true honor. We look forward to opening our doors this fall and welcoming our students and families back. We are truly excited to see all of those smiling faces a few short weeks away!

Please stay tuned to our school website at http://www.edinburgcs.org/ for upcoming events and opportunities.



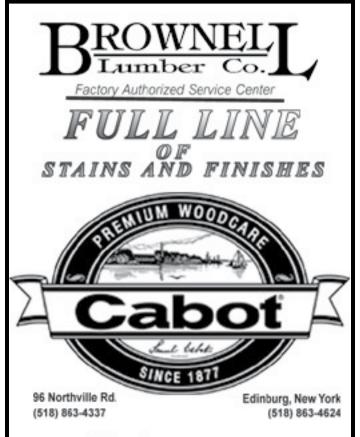


This June our first grade students planted new flowers around the building. Thank you for all your hard work and love you have for our school.





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



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#### TRADING POST

PERSONAL RATES ONLY: \$2 for up to 25 words. Please send in your copy with the proper amount by the 15th. Please send in only one month at a time. Thanks!

For Sale – EZ Dock, 2 yrs. Old. For personal watercraft. EX. Cond. \$1800. Call – 518-863-2062

Soft Couch 7.9, Loveseat 6 ft. 4 matching pillows and Ottoman, 5 years old, clean. Tawny brown. Johnstown. All for \$165 Call/text 518-705-2947

Broyhill Couch, used 2 months, floor model. Light beige with thin stripes, corduroy look (Zachary style) with 2 pillows. Lists \$999. Sell for \$395. Northville text/call 518-705-2947 1999 Stingray power boat, LS 22, bowrider, 5.0 Liter, new cover, serviced, stored, extra propeller, Tennessee dual axle trailer. \$7100. Call/text 518-705-2947

For Sale – Thru the wall/ window portable, 8000BTU AC. Brand new – 3 years old – new been used. \$75. Call (845) 229-2906 for appt. to come see.



## Something Really Cute

"Stand Out From the City, Support Upstate New York!"

A 3'x5' Flag for us Upstate People (Residents, Camps & Wannabes) The price is \$30 plus S&H each. by American Flag & Pole Co. Great to fly under your American Flag. Call 518-924-flag (3524) to grab one



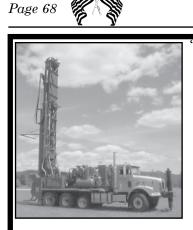
#### From Hawk On Back Page

I want to focus on all of the caring people that are all around us. In the last few weeks, the people who live around the lake have come together, twice, to support lake friends. The first time to attend a benefit, to raise money, for an individual to help pay for cancer treatment. Last week, the same people got together to support a family who lost a son in a tragic accident. The outpouring of love and support was overwhelming. Many of these people are not good friends and some do not always get along. The common bond is they put other people first. These people use social media as a tool to lift people up, not to tear them down. They go a step further and get out and help, when help is needed. Is this group of people perfect? Absolutely not! No one is. Sometimes in life, we are dealt a hand that seems unfair. When things get rough in life, we all handle circumstances differently. As we pass through difficult phases in our lives, our ability to understand, help and share from our experience is invaluable. When the time is appropriate, we need to pass some of that on. I truly believe there are many more kind and caring people, in this world, than negative angry people. When life gets tough what comes out of us? We get to choose how we react. Admittedly some days it is hard but let=s always try to choose kindness, understanding, forgiveness and joy! Life goes by to fast!

If you are lucky enough to live or vacation in a place, which you love . . . embrace it. Reach out to your neighbors, to the person sitting next to you at the beach, to the people you meet in a restaurant. In a community it should not be about us and them. It is about our collective "family". No matter where you reside, new members are invited to join. Everyone is welcome daily. Get involved, make new friends and be thankful. Enjoy every moment that life has to offer. If you are reading this and live or vacation here . . . You Are Blessed

For Sale Delivered Locally Seasoned hardwood logs, 1 cord +/- \$100 Pine Slabwood, 1 cord \$100 Pine Slabs – varied \$20 + 518-863-7090







Serving the Sacandaga Region for 80 years...

## **Did You Know**

Life! It takes unexpected twists and turns. I heard someone say, once, we should have been born with a road map in our hands. I could not help but think, if we always knew what was going to happen in life, it would be boring. We would have nothing to strive for. There is no one in this world that has an easy life. We all have trials and tribulations that we have to go through. The mountains can seem too high to climb and the lows in the valleys can be devastating. People are born and people die. People marry and people divorce. You get the picture! We all go through similar type of experience, at different times in our lives.

When I was young, I just wanted to be grown up so I could do what I wanted. I had no idea what life had in store for me. Last week, Bill and I celebrated our 43rd wedding anniversary. I blink, shake my head and think, when did this happen? I cannot believe how fast life has gone by. People react to life in different ways.

\*Registered with the State of New York DEC \*Certified Well Drillers and Pump Installers





VISA

If we are fortunate, we are given a lifetime of experiences that shape us. Hopefully we come out, as better people.

Have you noticed an increase of opinionated people around us? They use social media as a platform to tell people how to think and what to believe. This morning, on the news, there was a group of people protesting some cause. They were making mean spirited and negative comments. At the end of the clip someone commented "it is ok to be disagreeable but we need to do it in an agreeable way". So true! Opinionated and negative people have existed since the beginning of time. Thanks to social media we notice them more.

I do not want to focus on the negative people. They get too much attention already.

#### Continued Inside Back Page

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#### **EDINBURG** NEWSLETTER NORTH SHORE ROAD EDINBURG

Mail Address: 819 North Shore Rd. Hadley, NY 12835

