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FIREWORKS

Where: Point at Edinburg Marina Date: February 14, 2016 Time: Dusk

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FEBRUARY 2016 **COMMUNITY CALENDAR**

Thurs 4	Edinburg Zoning Board 7pm
Fri 5	Sacandaga Seniors 1:00 pm
Mon 8	Edinburg School Board 5pm
Sat 13	Valentine's Day
Sun 14	Sacandaga Snowmobile Club
	18th Annual Winter Party Pq. 16 2 2 3 23
Sun 14	Fireworks @ Sport Island Pub
Mon 15	President's Day Holiday
Tue. 16	Edinburg Historic Society
Thurs. 18	Edinburg Town Board Meeting 6:30
Fri 19	Sacandaga Seniors 1:00 pm
Thurs 25	Edinburg Planning Board 7pm



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Birthdays -Anniversaries & Other



Happy Birthday To: Wimp E. Ruth G. Ashley F. Arch F. Marge F. Tammy S. Chip From The Four Corners Gang

A Special Happy Birthday to Justin Milnyczuk - February 25th Love, Mom, Dad, Sister - Kayla, Son -Hayden, Grandmother, Dewey, Aunts, Uncles and cousins



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Sacandaga Seniors

To all of my friends and family!

Dear Friends!

Remember...a layer of dust protects the wood beneath it.

A house becomes a home when you can write "I love you on the furniture".

I use to spend at least 8 hours every weekend making sure things were just perfect - 'in case someone came over'. Finally I realized one day that no-one came over; they were all out living life and having fun!

NOW, when people visit, I don't have to explain the 'condition' of my home....

They are more interested in hearing about the things I've been doing while I was away living life and having fun.

If you haven't figured this out yet, please heed this advice.

Life is short...Enjoy it!

Dust if you must..... but wouldn't it be better to paint a picture or write a letter, bake cookies or a cake and lick the spoon or plant a seed, ponder the difference between want and need.

Dust if you must..... but there's not much time..... with beer to drink, rivers to swim and mountains to climb, music to hear and books to read, friends to cherish and life to lead.

Dust if you must...... but the world's out there with the sun in your eyes, the wind in your hair, a

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

flutter of snow, a shower of rain. This day will not come around again.

Dust if you must...... but bear in mind, old age will come and it's not kind.

And when you go - and go you must - you, yourself will make more dust!





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Edinburg Historical Society

PO Box 801, Northville, NY 12134

www.EdinburgHistoricalSociety.org

The first meeting of the Edinburg Historical Society will be held on Tuesday, March 15, 7 p.m. at the Edinburg Community Center on Military Road. This will be an organizational meeting finalizing our 2016 season. Come make new friends and learn about the history of Edinburg. Consider becoming a member. Membership is only \$5 per person or \$10 for a family payable to the Edinburg Historical Society, PO Box 801, Edinburg, NY 12134.

Members are already making plans for the Historic Edinburgh Day to be held on Saturday, July 16 from 9 a.m. to 3 p.m. so mark your calendar for this annual community-wide celebration with food, crafts, and horse and wagon rides by J & D Percherones. There will be craft vendors, a bake sale and demonstrations of old time crafts in the Rural Museum. Visit the Nellie Tyrrell Museum and see the John Bennis Photo Collection and ring the school bell!

The Edinburg Historical Society 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. Upon receipt of your donation, a certificate will be sent to the recipient you request and the name will be posted in the Copeland Covered Bridge. Send your request to the Edinburg Historical Society, PO Box 801, Northville, NY 12134 or download a form from our website.

Visit the Society's website: www. EdinburgHistoricalSociety.com. All meetings and programs are free and open to the public.

Contact Maria Spaeth, president for further information at thespaeths@ymail.com or 863-7063.



Adirondack Folk School Schedule for February 2016

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

Sunday, February 7

Animal Tracking: Nature's Morning News with Dan Yacobellis. #885-0207. Half day, 12pm-4pm. Tuition \$105. Member Tuition \$85. NOTE: Bring your snowshoes and dress warmly for a day outside!

Sunday, February 7

Woodturning-Traveling Medicine Show with John Kingsley. #886-0207. Half day, 9am-12pm. Tuition \$55. Member Tuition \$45. Materials Fee \$15. NOTE: For your safety: no loose fitting clothes, hair tied back, comfortable shoes, and no jewelry. If sensitive to wood dust registration for turning classes is not recommended.

Sunday February 14 Rugs from Rags with Caroline Dvorak. #933-0214. 1/2 day. 12-4. Tuition \$95. Member Tuition \$70.

Sunday February 21 Soap Making with Chrissey Eberhardt. #936-0221. Half day, 1pm-4pm. Tuition \$55. Member Tuition \$45. Materials Fee \$15.

Saturday, February 27

Braided-rim Basket for the Tabletop or Wall with

Barbara Boughton. #954-0227. One day, 9am-4pm. Tuition \$105. Member Tuition \$85. Materials Fee \$25.

NOTE: Students must be 12 years or older.

Sunday, February 28 Woven Placemats, Table Runners, Hot Pads or Coasters with Caroline Dvorak. #929-0228. Half day, 12pm-4pm. Tuition \$55. Member Tuition \$45. Materials Fee \$15.



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DON BOWMAN REMEMBERS

Tales of the Sacandaga Valley

Many years ago we had a column titled Don Bowman Remembers. It was written by a gentleman who lived in this area for many years, and worked on the dam and bridge. He lived in a bygone area of simpler times and strong resourceful people. We have access to many stories of the time and have decided to start printing them in our publication again.

I hope you enjoy them as much as we do.

Lazy Bones

Jerome(Jerry) came to work on the Dam with the crew from Albany. A foreman tried him on several different jobs and finally put him at a road crossing, waving a red flag. Other men began to call him 'Lazy Bones'. His story was-

"I am lazy. I was born that way and my blood is pooped. I can cut myself and it seems like I don't bleed until next week. I was two days late arriving in this world and when the Doctor spanked me, I yawned and went to sleep; no sense in crying. I tire easy and quick, so I shun laborious work. When I see the 'Men Working' signs along the road, I break out in a rash. I never patronize a self-service gas station. I absolutely refuse to leave the comfort of my car to pump gas where I might over exert myself, and I will not check tires, clean windshields, or check oil fluid levels. I am not a gas attendant and refuse to do the work of one. I also shun cafeterias to stand in line holding a heavy tray which gets heavier as the food is piled on. The cook at the Dam sends a boy with my food to my table. Yes, I am completely indolent. I envy the bunkhouse cat when I see her curl up and sleep and not have to wait for a certain night hour to go to sleep. The time from sun-up and sun-down is a long drag. Believe you me."

"Life has its problems and one of the greatest is that I have to wake up to eat and quit eating to go to sleep. I hate work. I wish I could have been born a bear, then I could hibernate without some foreman telling me how slothful, downright lazy I am. Whew!! Man, all that talk tired me out!"

"It was wuth it"

It took place in the store at Beechers. Ozzie stepped up to Big Elliot and said, "Elliot, I want you to leave my wife Myrna alone."

Big Elliot looked at Little Ozzie, laughed and said, "Iffen a man can't keep his wife at home I don't know why I should worry."

Ozzie, small as he was hit Big Elliot a blow to the mouth, followed with a good punch to the jaw. Then walked out of the store.

Big Elliot asked the Constable to arrest Ozzie for assault.

The Justice of the Peace asked Ozzie if he hit Elliot.

Ozzie answered the J.P., "I sure did Your Honor."

"That will be ten dollars or ten days," ruled the J.P.

"Here's the ten bucks Your Honor and it was wuth it." $\ensuremath{\mathsf{}}$

The Northville Demon

There were stories of an animal, a demon, or devil that hurried down the road one night, smashed fences and gates, damaged barns and house roofs, destroyed crops, left cloven hoof marks in the churchyard and produced bats, scores of bats.

Folks told me that I was wrong to say the area had been visited by a sort of a small whirlwind that we called a large dust devil when I was a boy. An act of nature.

I also claimed that the bats were not from hell. But from a gathering of bats from a forest fire somewhere and had settled in Northville.



HEALTHLINK Z LITTAUER

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FEBRUARY 2016



2016			ALL PROGRAMS ARE OPEN To Downtown Johnstown TO THE GENERAL PUBLIC On 2 Colonial Court!			
Торіс	Date-Time	Place	Details			
Breastfeeding Your Baby	2/3 6:30 – 8 p.m.	Nathan Littauer Hospital	1 session (Wednesday). Learn what you NEED to know to insure a positive breasfeeding experience. Healthcare experts agree that breastfeeding is still the best way to feed your baby during the first year! FREE! To attend, call 736-1120			
Managing Stress: Nutrition & Fitness	2/10 11:30 – 12:30 or 6:30 – 7:30	HealthLink 2 Colonial Court	1 session each (Wednesday). <i>Learn about the relationship between nutrition, fitness and stress,</i> and how you can help manage your stress by introducing a few simple (though perhaps not so easy) lifestyle changes! <i>FREE</i> ! To attend either session, call 736-1120			
Infant Care & Parenting	2/10 6:30 – 8 p.m.	Nathan Littauer Hospital	1 session (Wednesday). Babies aren't delivered with instruction manuals! Come learn parenting basics including how to calm a fussy infant, sleep patterns, feeding, sick child care, keeping them safe, and much more. <i>FREE</i> ! Call 736-1120			
Alzheimer's Caregiver Group	2/11 4 – 5 p.m.	Nathan Littauer Hospital	1 session (Thursday). <i>Monthly group meeting</i> For family members who care for a loved one with Alzheimer's or dementia. <i>Topic: "Dementia"</i> Learn about the types of dementia and their associated behaviors followed by open discussion. <i>FREE!</i> No enrollment necessary			
NEW Introduction To Square Dancing!	2/18 10 – 11:30 a.m.	ED Center 31 Spring St. Gloversville	1 session (Thursday). <i>Let's keep moving this winter!</i> Join us for a beginners workshop on this American folk dance. Bring a friend, a positive attitude, and have FUN while learning this simple form of physical and mental exercise for all ages. <i>FREE!</i> Call 736-1120			
♥ Blood Pressure Screening	2/19 9 a.m. – 1 p.m.	HealthLink 2 Colonial Court	1 session (Friday). One in four people have high blood pressure, which increases their risk for heart attack and stroke! Since there are usually no symptoms, this condition is often referred to as the 'Silent Killer.' GET IT CHECKEDFREE! No appointments necessary			
Body Fat Analysis	2/19 9 a.m. – 1 p.m.	HealthLink 2 Colonial Court	1 session (Friday). <i>Measuring body fat is a better indicator of overall health than total weight!</i> With a simple, non-invasive test, learn your percentage of body fat & body mass index (BMI), and get the recommended range for your physique. <i>FREE! No appointments necessary</i>			
Cholesterol + HDL + Glucose Screening	2/19 9 a.m. – 1 p.m.	HealthLink 2 Colonial Court	1 session (Friday). <i>Are YOU at risk for heart disease or diabetes?</i> Professional blood test results in 5 minutes (for glucose, 3 hour fasting suggested). Cholesterol + Glucose \$10, Cholesterol + HDL \$15. All three tests only \$18! <i>No appointments necessary</i>			
Women With Heart Disease	2/23 4 – 5 p.m.	HealthLink 2 Colonial Court	1 session (Tuesday). <i>Monthly group meeting …</i> For women with heart disease and their family members. <i>Topic: "Healthy Heart Diet"</i> presented by Registered Dietitians of Littauer's Nutritional Services. <i>FREE!</i> No enrollment necessary			
ViP Luncheon: Fit More Stress Less	2/24 11:30 a.m. – 1 p.m.	Nathan Littauer Hospital	1 session (Wednesday). <i>Especially For Adults 50+</i> Enjoy a buffet style luncheon followed by a presentation on how to manage, reduce, and prevent stress through physical activity for any fitness level! Luncheon fee: \$5 ViP members, \$6 public. Call 736-1120 by 2/22			
Winter Fitness ~ Winter Fun	2/26 10 a.m. – 4 p.m.	Lapland Lake Nordic Ski Center	1 session (Friday). <i>Cross-Country Skiing, Skating, Snowshoeing …</i> Join us for a few hours or stay all day! Open to the public (any age – beginners welcome). <i>\$14 day pass with our group payable upon arrival (rentals available - lessons available with prior notice)</i> . Call 736-1120			
Snowshoe Hike!	2/27 Meet 10 a.m.	Pine Orchard	1 session (Saturday). Rated Easy ~ 4 Miles RT. Keep moving this winter! Join us as we snowshoe to this peaceful, isolated grove of enormous white pines that re 200+ years old with diameters exceeding 6 feet! <i>\$6 guide fee payable in advance to reserve your space.</i> Call 736-1120			
FEBRUARY SUPPORT GROUPS: No enrollment necessary ~ For details, visit nlh.org or call 736-1120						
→ Breastfeeding 2/3 Nathan Littauer 12:30 p.m. → Diabetes 2/22 Nathan Littauer 10 a.m.						

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→ Breastfeeding 2/3	Nathan Littauer 12:30 p.m.	→ Diabetes 2/22	Nathan Littauer 10 a.m.
→ Cancer 2/9	Nathan Littauer 5 p.m.	→ Heart Disease 2/23	HealthLink 4 p.m.
→ Alzheimers 2/11	HealthLink 4 p.m.	Smokefree 2/25	HealthLink 10:30 a.m.
→ Breastfeeding 2/15	Nathan Littauer 6:30 p.m.	TOPS Wednesdays	Nathan Littauer 5:30 p.m.



HealthLink Littauer's WELLNESS WORDS Submitted by Carol Tomlinson R.N. B.S., Community Health Educator

4 WAYS EXERCISE HELPS ARTHRITIS

According to the Arthritis Foundation, physical activity is the best non-drug treatment for improving pain and function for people with osteoarthritis. The good news is that you don't have to run a marathon or become an Olympic competitor to help reduce the symptoms of arthritis. Even gentle exercise can help maintain joint function, relieve stiffness and reduce pain.

Along with your current arthritis treatment program, exercise can: Strengthen the muscles around your joints Help you maintain bone strength Give you more energy to get through your day Make it easier to get a good night's sleep Help to control your weight Improve your sense of well-being



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PH# 518-863-8105 EMAIL: lakeeyes@frontiernet.net FULLY INSURED If you have arthritis, you want to be sure your exercise routine has these goals in mind:

Better Range Of Motion (improved joint mobility and flexibility): These exercises involve moving your joints gently through their normal range of movement, such as raising your arms over your head or rolling your shoulders forward and backward.

Stronger Muscles (through resistance training and strengthening exercises): Fancy equipment is not necessary, but you should ask your doctor or physical therapist to recommend exercises to give you the most benefit with the least aggravation to your joints.

Better Endurance: Aerobic exercise such as walking, swimming and bicycling strengthens your heart and lungs and thereby increases your endurance and overall health. Stick to activities that don't jar your joints, and avoid high-impact activities such as jogging.

Better Balance: Improving your balance is the key to preventing injuries from falls. According to CDC research, Tai Chi for arthritis is one of the most effective fall prevention activities. Movements are slow, relatively simple and joint sparing. They are designed to strengthen your core, improve balance and even memory.

Start slowly to ease your joints into exercise if you haven't been active for a while. Move joints gently at first to warm up. For example, you might begin with range of motion exercises before moving on to strengthening or aerobic exercise.

Remember – arthritis doesn't have to keep you from enjoying life. According to the Arthritis Foundation, the bottom line is that mild to moderate exercise is beneficial for people with osteoarthritis. However, everyone's circumstances are different, so having a discussion with your doctor is important. Together with your doctor and/or physical therapist, you can design an exercise program that is right for you.

HealthLink has certified Tai Chi For Arthritis instructors and offers ongoing classes. For more information on these, call 736-1120. You can e-mail us at healthlink@nlh.org, see our website at nlh.org, or visit our NEW wellness center at 2 Colonial Court in downtown Johnstown, Monday - Friday, 9 a.m. - 5 p.m. We're your community health & wellness service of Nathan Littauer Hospital and Nursing Home.









ASH WEDNESDAY SERVICES

Ash Wednesday is a very blessed day



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celebrated by Christian Churches of diverse denominations. This day marks the beginning of the Lenten Season, and is traditionally celebrated by congregants accepting the mark of the crucifix, stroked in ashes, upon their foreheads. Concurrently, they are reminded that they came from dust by the grace of God, and to dust they shall return. Ashes used in the celebration are created from the palms used in the previous year's Palm Sunday services.

Ash Wednesday is also a day of repentance and a reminder of the fasting that our Lord endured for 40 days in the desert. In the typically 46

> days leading up to Easter (40 days not including the 6 Sundays without fasting) the Lenten Season is a most holy time of prayer, reflection, devotion, and anticipation of God's ultimate sacrifice for us, and the subsequent miracle of the resurrection.

> Northville United Presbyterian Church will be celebrating Ash Wednesday on Wednesday, February 10, 2016 at 7:00 pm at our church on Reed Street in Northville. All are welcome to attend and participate in beginning the season of Lent with an outward acceptance of the sign of their Christianity through the cross of ashes.

SHROVE TUESDAY PANCAKE SUPPER

In addition, the day before Ash Wednesday is designated Shrove Tuesday in the Christian tradition. It is often referred to as "Pancake Day" in the vernacular. "Shrove" is derived from the word "shrive", which means to confess and receive absolution, and thus denotes a period of cleansing of our souls. On this special day before the beginning of Lent on Ash Wednesday, our men's group will, once again, prepare and serve a traditional pancake supper. Save the date and location: Tuesday evening, February 9th in the downstairs fellowship hall of our church. Planned time is 5-7pm. Check our website for complete details at : http:// northvilleunitedpresbyterianchurch. wordpress.com

Again, all are welcome to participate and enjoy a great meal.



EDINBURG TOWN KON OF Edinburg REPORT www.edinburgny.com



by Jean Raymond

CAUTION*CAUTION *CAUTION THE LAKE DID NOT FREEZE UNTIL MID JANUARY-BE SURE YOU CHECK ICE CONDITIONS BEFORE WALKING ON THE ICE OR DRIVING ANYTHING ONTO THE ICE.

Gore Mountain Ski Center **Military Discounts**

Gore Mountain Ski Center in North Creek is offering a military discount. The discount is 35% of the cost of lift tickets any day you visit. Military ID is required for anyone receiving a discount. This information is not on their web site but you can call 518-251-2411 if you have any questions. Sand for Public

Edinburg Sand

The Edinburg Highway Department has sand available for town residents. It is located to the right of the Community Center. It is there to be picked up. Please bring a shovel and containers. It is not meant for commercial use.

Shared Services Agreement with NYSDOT

The NYS Comptroller allows the NYS Department of Transportation and local governments to sign a shared services agreement for services and materials valued at less than \$10,000.00 using a simple one page agreement. This would be used in the event of an emergency in the absence of a Governor's Emergency Declaration. The Town of Edinburg has entered into this agreement as well as Saratoga County. We now have an additional asset available in the event of an emergency.

REMINDERS:

Garbage will be collected on Tuesday and Wednesday the week of February 15th due to the Washington's Birthday holiday. There is a paperback book lending library available at the Community Center for residents. The Center is open from 10:00 until 12:30 for senior meals so you can look over the books available. Check with the town hall for other hours the center may be open.

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Genealogy".

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Michael Burnett

Director 863-6922

The Library's award winning

continues to develop and is now in

its 11th year. Parts of the project

under the tab "Library Activities -



Broadalbin. The database has over 33,200 names and is synced to Ancestry.com, allowing it to be viewed all over the world. This is an ongoing project.

> The Sacandaga Book Group will meet on Tuesday, Feb 9 at 10 am in the library's program room. Gail Cramer will lead a discussion of "They Came to Sacandaga" by Donald Sawyer. The novel is the life story of Godfrey Shew, a German immigrant and early settler of Fish House, who fought in the French and Indian War and the American Revolution.

"Story Time" will be held on Tues, Feb 2 (Groundhog's Day) and 16 (Valentine's Day) at 945 am, coordinated by Hadley Jacobs. Bring your preschool children for stories. snack. and craft.

"Teen Time" will be held on Feb 16 at 3 pm with Wii games and snacks, coordinated by Shannon Robare.

If you are looking for sources for what to read or the order that a series was written in, check out these websites:

www.fantasticfiction.co.uk www.stopyourekillingme.com www.goodreads.com

Watch for these titles to be arriving: Swans of Fifth Avenue – Melanie Benjamin Siege Winter – Ariana Franklin High Mountains of Portugal - Yann Martel Finding Winnie – Lindsay Mattick



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Local History & Genealogy Project can be found on the library's website

The main part of the project has been the establishment of "Sacandaga Families", a genealogical research tool that creates family trees for those that have lived around the Sacandaga Valley from the 1700's forward, including the

Towns of Northampton, Hope, Benson, Wells, Edinburg, Day, Providence, Mayfield, and





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SVAN Art Gallery to Host an Artist Meet & Greet

The SVAN Northville Public Library Art Gallery will host an Artist Meet & Greet featuring Oil Painter and Pastel Artist, Corey Pitkin on Tuesday, January 19th from 6-8pm. The Gallery is located on 341 S. Third St. in Northville. The exhibit will continue to be open during library hours: 9-noon Mon/Fri/Sat, 9-8 Tues, 9-4 Wed/ Thurs.





WWW.EDINBURGNEWSLETTER.COM





Regular monthly meeting held on 12/8/2015. In December, 2 call responses in Northville and 6 T/Northampton. Patrick Sheeran and Zachary Wilson will be attending the EMT classes at FMCC which start on 1/27/16.

Stay safe, warm and think spring.

The Sacandaga Snowmobile Club's



19th Annual Winter Party & Vintage Ride In Sunday February 14th 2016 11am - till? This year's event will be held on the Beach adjacent to the Ponderosa Pines Beach.

> Truck & Trailer Parking is Available at the Saratoga County Boat Launch



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Edinburg United Methodist Church

3 North Shore Road, Edinburg Four Corners Worship Service Sunday at 8:45AM Rev. Judy Humphrey-Fox, pastor

If I had a favorite month of the year, it would not be February. Usually by February the winter cold has really settled in and the snow has piled high. Since I don't enjoy outdoor winter sports, I don't appreciate the cold and snow the way many people do. By February I'm usually tired of winter, and I can't find any signs that spring is on it's way. This year, being a Leap Year, February is even longer than usual, with 29 days instead of 28.

I've decided not to look at Feb. 29th as just a day that prolongs one of my least favorite months. Instead, I'm going to view it as a special day, an extra day of life. That will make it an extra day to love and serve both people and God. An extra day to choose to live joyfully. An extra day to receive love from God and others.

Come to think of it, maybe I shouldn't save that attitude for just February 29th. Maybe I should see every day as an opportunity to love, serve, and choose joy.

The Bible says in Psalm 118:24, "This is the day that the Lord has made; let us rejoice and be glad in it." That's a verse we should take to heart every day!

If I can see every day as a day that the Lord has made... If I can rejoice and be glad every day... Maybe the days, or months, that I don't like very much can all become special ones.

I invite you to spend some of your special days with us. We gather for worship every Sunday at 8:45am.

You can also find me at Shelby's Four Corners Diner in Edinburg every Thursday from 4 to 6pm. As "The People's Pastor" I'm there to listen to whatever's on your mind, perhaps answer your questions about God, the Bible, and the church, and pray for you if you'd like. You don't have to be "religious" or a church member to come spend time with me. I'd enjoy meeting you. And people tell me that I'm a great listener!

Also, look me up on www.facebook.com/ thepeoplespastor.



Cornell Cooperative Extension

Cornell Cooperative Extension of Saratoga County will host a sheep and goat FAMACHA Certification Workshop for local producers in Saratoga County and surrounding areas on Friday, February 19th 2016. Internal parasites are the number one health problem affecting sheep and goats in much of the United States. This workshop is designed to help producers develop integrated parasite management (IPM) programs for their farms.

The event is being run in collaboration with Dr. Tatiana Stanton, Sheep and Goat Extension Specialist of Cornell University. In addition to teaching the basics of internal parasite control, the workshop will provide hands-on training in using the FAMACHA Anemia Guide, and health exams to determine the need for de-worming. The cost is \$20 per person.

For more information or to register, please contact Carter Older at 518-885-8995, co263@ cornell.edu, or visit www.ccesaratoga.org.



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Getting in shape can have some painful side effects.

Keeping fit can leave you hurting. The added stress on your body can produce such troubling conditions as osteoarthritis, disc degeneration, bursitis and neuritis. If you're hurting as a result of your exercise program or you cannot exercise because of pain, we'd like to help. A chiropractic examination will locate the source of your pain, and with treatment, the trouble can usually be



eliminated. Thousands of people with pain like yours have found relief through the natural, nonsurgical, chiropractic approach to health care. Listen to your body and give us a call to make an appointment for your initial exam. Because keeping fit shouldn't have to hurt.

> Dr. Jim Tamulaitis Dr. Richard Jankunas Adirondack Chiropractic Center 230 Fifth Avenue Extension Gloversville, NY 12078 Open Monday through Saturday, call 773-2000 www.adirondackchiropracticcenter.com



Food Recipients

 Sacred Heart Lake George

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Purs & Paws

Lake George + SPCA

LAKE GEORGE HIGH SCHOOL & ALUMNI ASSOCIATION PRESENT

Proceeds to 2015 Graduate Applicants and School Projects

Banafit Cooking Show Friday, April 29, 2016 7:00-10:30 p.m.

Book sales will begin at 6:00 pm outside

Ticket Sales

Saturday, April 2, 2016 • 9:00 -12 Noon \$25/Ticket – LGHS Office, 381 Canada St. Credit Cards, Checks and Cash Accepted

Show Features

Pre-Show: Pet & People Food Exchange

- Book Sale
 Recipe Handouts
 Cooking Show Q & A
- Book Signing & Photo Op with Rachael
- "Recipe Tastings" prepared by Derek Buck
 & Crew from Bogey's Pub
- Desserts made by the Lake George Baking Co.

For More Information

Tom Roach, LGHS Alumni Association – 668-9579 Gloria Gilman, Show & Media Coordinator – 747-1251 Pam Morin, Assistant Show Coordinator – 696-7184



February 2016 SVAN Art Workshops

www.svanarts.org

February 10 (Wednesday) Upscale Tropical Arrangement James Dempsey, Floral and Fiber Artist 518-762-7755 Studio Herbage, 13 West Main, Johnstown 6–8 pm; minimum 3, maximum 10

students

This class is definitely for those who love DIY! The class will cover elements and principles of design as they relate to creating a contemporary tropical-based floral arrangement. Be prepared for class by bringing a sharp floral-style knife, pruners or secateurs and wire cutters. Tuition: \$75. SVAN member \$70: all

Tuition: \$75, SVAN member \$70; all materials provided.

February 13 (Saturday)
Upscale Tropical Arrangement Studio Herbage, 13 West Main,
Johnstown. 2–4 pm 762-7755
See the description and details under the February 10 listing.
Tuition: \$75, SVAN member \$70; all materials provided.

Adifondack Country Store 252 N. Main (Across From Tops Market)

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OPEN ALL YEAR Wednesday - Saturday 9-5 Sunday 10-3 Jan.–April closed Mon. & Tues.

Shop on line at www.adirondackcountrystore.com





February 17 (Wednesday) Table Top Basket (ages 13 and up) Sandy Salada, Basketry 518-369-3910 Northville United Presbyterian Church, 161 Reed Street, Northville 12:00 noon – 4 pm; minimum 5, maximum 10 students

This basket looks great on a table or counter holding your mail, recipes or remote controls (7 1/2 x 4 x 5 1/2"). Made from flat reed and finished with a unique match stick rim. Your choice of color accent is optional. No prior experience needed. Tuition: \$30, SVAN member \$25; materials fee: \$15

February 20 (Saturday)

Handweaving Happiness — Plan a Project/ Wind a Warp

Arlène Rambush, Fiber artist 518-863-8647 Deerhaven Studio, 130 North Road, Benson 9 am – 4 pm; maximum 4 participants. Bring a lunch.

Do you need towels, placemats, a runner or scarf? In this workshop you will explore the many possibilities of project design including which yarns, colors and weave structure to use, and function of the finished piece. We will write the draft for threading, tie-up and treadling, then wind the warp so that you can dress your loom at a later date. Requirements: Some previous weaving experience: advanced beginner through intermediate skills. Bring your own warping frame; limited number available in studio. Tuition: \$45, SVAN member \$40; includes yarn for your project or bring your own. PC Repairs & Upgrades Virus Removal Data Backup & Restore System Cleaning Internet & Email Instruction THE COMPUTER TECH TO GO **PICKUP & DELIVERY** CALL FOR RATES: 843-5148 332-0383 **Downs Roofing** Specializing in Residential **Shingles** New Roofs **Roof Repairs** Flashing Repairs Modified Rolled Roofs **Gutter Cleaning** All Roofing Done By Hand Nailing No Air Guns **30 Years Experience David Downs**

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Free Tax Assistance for Area Seniors

A Sacandaga Task Force for Senior Living volunteer with professional tax experience is available to help prepare taxes for seniors needing assistance with this task. Interested seniors can get more specifics about the tax preparation assistance by calling the Task Force phone line at 752-8737. (This is not a long distance call.) Leave your name, phone number and reason for the call and someone will return your call as soon as possible.

16th Annual Indoor Garage Sale

The annual indoor garage sale will be held on Saturday, February 6, 2016 at the Community Hall on Main Street in Wells from 9 a.m. to 2:30 p.m. Food and beverages will be available for sale. To reserve a free table, call Dee at 518-924-5371. Everyone is welcome to attend.



Saratoga County 4-H Opportunities

Since 1902, 4-H has offered the youth of our nation unique opportunities for personal growth in leadership, community service, arts & sciences. 4-H is unique, out-of-school program available to youth ages 5-19, which allows individuals to practice life skills and achieve goals with caring adults mentoring them along the way. Volunteer opportunities are also available for adults with a desire to share their time and talents with youth. 4-H is the Youth Development Program associated with Cornell Cooperative Extension and it services over 700 individuals throughout Saratoga County. We are pleased to offer club openings in the following areas: photography, baking, fly fishing, dogs, horses, robotics and general interest clubs. To learn more, please contact 4-H Program Educator, Deborah Gutierrez @ 518-885-8995 or dag325@cornell.edu.

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

SACANDAGA TASK FORCE FOR SENIOR LIVING

February 4th OFA Congregate Meal 11:30-12:30 Meatloaf, Mashed potatoes, Corn, White Bread, Pie. We will celebrate all February birthdays with a cake provided by Judy Frasier. Red Rooster Program at 12:30 Bob Cudmore will discuss life in the Mohawk Valley and his new book, "Lost Mohawk Valley". February 11th OFA Congregate Meal 11:30-12:30 Cheesy Ham and Rice Casserole, Beets, Cauliflower, Rye Bread, Brownie. Red Rooster Program at 12:30 Dean Shepherd, Northville Central School District Board Member will talk about the school's capital project package being put up for vote on March





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Friday 11am -close Saturday & Sunday 9am - close



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Lulu's Bar & Bistro at The Inn

* Open for Dinner * Friday & Saturday Call for reservations

MAKE YOUR RESERVATION NOW for Lovers Day at The Inn February 13th We have a special Lovers Menu designed for sharing Hiso:

Frank Manning in The Parlor bringing you your favorite Love Songs





February 18th OFA Congregate Meal 11:30-12:30 Roast Turkey with Gravy, Stuffing, Brussel Sprouts, Dinner Roll, Banana. Red Rooster Program at 12:30 Karen Thaver, Executive Director, Southern Adirondack Independent Living Center will discuss the many services of the center including The Traid Project, Facilitated Enrollment in Medicaid, Community Health Advisors and more! February 25th OFA Congregate Meal 11:30-12:30 Chicken Cacciatore, Rotini in Sauce, Mixed Vegetables, Italian Bread, Pie Red Rooster Program at 12:30 Jim Groff, Supervisor for the Town of Northampton will discuss town and county issues. Home Health Care Partners Blood Pressure Clinic will also be held.

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. The fourth Thursday of each month Home Health Care Partners holds a blood pressure clinic during lunch and the program.

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. For information about trips, the Handyman project or to request volunteer medical transportation, call 752-8737





Always check local ice conditions



Groceries, Custom Cut Steaks, Rotisserie Ribs & Chicken, Breakfast Sandwiches

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Winter Hours:	Day, NY 12835
Mon, Tue Thurs, Fri, Sat 9-5 Sun 9-2 Closed Wed	696-5896





Miscellaneous Ice Fishing Rules and Regulations

No more than 7 ice fishing lines may be used except as noted in special regulations for specific waters. No person shall operate a tip-up that has more than 5 lures or baits or a combination of both, or has more than 15 hook points in any combination of single, double or treble hooks. The operator must be present when ice-fishing lines are in the water.

Ice shanties must be marked on the outside with the owner's name and address in letters at least 3 inches high. Shanties must be removed from all waters by March 15 to prevent them from falling through the ice in spring and becoming navigational hazards

It is illegal on New York State waters to

possess walleye, black bass, brook trout, lake trout or Atlantic salmon that have been cut, dismembered, filleted, skinned or otherwise altered so that the species and total length of such fish cannot be easily determined. However, these fish may be gilled or gutted. Other species of fish may be filleted provided that the skin is not removed from the fillets. This regulation allows more effective enforcement of harvest regulations on protected game fish.

It is illegal to discard any fish carcass, or parts thereof, into the freshwaters of the state within 100 feet of shore or upon any public or private lands contiguous to and within 100 feet of such water, except:

On private lands by owners of such lands. If properly disposing into suitable garbage or refuse collection systems or by burial.

Where incidental cleaning of fish for consumption is permitted. However, resulting waste may not be disposed of within 100 feet of any public launching or docking site unless into a

Continued Next Page 🔵 🔵



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Please drop off or send by mail to Fuel & Food, 3006 St Hwy 30, Gloversville, NY 12078

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From Previous Page

suitable refuse collection system.

Live fish and fish which must be returned to the water because of size limits, open seasons and creel limits are not subject to the fish carcass disposal law.

Ice Fishing Contests January 25 thru March 2016 January 30 - Great Sacandaga Lake Fisheries Federation

January 30 - Fuel n' Food 6th Annual Walleye Challenge

February 6 - Fish House Fish and Game Club

March 4 through March 6 - 18th Annual Fueln-Food Ice Fishing Contest Our ice fishing contest will be held on Saturday 30, 2016 from 7AM to 4PM at the Sacandaga Boating Club located at 129 Merriam Road, Broadalbin NY. Additional information can be obtained at our website www.gslff.com or by contacting: Randy Gardiner at 843-6329 or Jack Smith at 863-4271.

Work has begun on our annual raffle that will be after the June 2016 fishing contest. Further information will follow and our website is listing the prizes as we receive them. Last year over \$8,500 in prizes were donated. If anyone wishes to contribute a prize contact Brian Kedik at bkedik@ gslff.com ..

The federation always welcomes new members. The next meeting will be held at 7PM on February 16th at the Fish House Fish and Game Club, 478 Fayville Road, Broadalbin, NY.

SPECIES	OPEN SEASON	MINIMUM LENGTH	DAILY LIMIT
TROUT	ALL YEAR	ANY SIZE	5
BLACK BASS	DECEMBER 1 - FRIDAY PRECEDING THE 3RD SATURDAY IN JUNE	CATCH AND RELEASE ONLY	ARTIFICIAL LURES ONLY
NORTHEN PIKE	1ST SATURDAY IN MAY THROUGH MARCH 15	18"	5
PICKEREL	1ST SATURDAY IN MAY THROUGH MARCH 15	15"	5
WALLEYE	1ST SATURDAY IN MAY THROUGH MARCH 15	15"	5
YELLOW PERCH	ALL YEAR	ANY SIZE	50
SUN FISH	ALL YEAR	ANY SIZE	50



REGULATIONS FOR GREAT SCANDAGA LAKE







SACANDAGA TASK FORCE FOR SENIOR LIVING

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February 11th OFA Congregate Meal 11:30-12:30

Ad & Copy Deadline is the 17th of Every Month



Sale

MON-FRI 9-5 G SAT 9-NOON 5 or by Appt. G



Cheesy Ham and Rice Casserole, Beets, Cauliflower, Rye Bread, Brownie. Red Rooster Program at 12:30 Dean Shepherd, Northville Central School District Board Member will talk about the school's capital project package being put up for vote on March 22nd.

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Sacandaga Protection Committee

Permit holders around the Great Sacandaga Lake and taxpayers throughout the three counties that encompass the lake are rejoicing over the Sacandaga Protection Committee's win in the Niagara Mohawk (National Grid) lawsuit in Federal Court that would have caused significant burden to permit holders and would have caused a decrease in property values around the lake.

Those people that have provided the SPC with their e-mail addresses received notification shortly after the Federal Court issued its ruling.

Residents that are interested in receiving important news from the SPC in a timely fashion should send an email to spc@ sacandagaprotectioncommittee.com with preferred contact information.

National Grid in the lawsuit argued that owners of private property around the lake should be considered beneficiaries because of their exclusive use and substantial property value increases and should be apportioned part of the costs of maintaining and operating

the reservoir through annual assessments. These assessments or fees would thus lower the amount that National Grid would pay for the operation of the Hudson River-Black River Regulating District.

The Sacandaga Protection Committee, through its attorneys with the Hodgson Russ law firm, pointed out that the permitted properties around the lake have no riparian rights and their owners do not enjoy the full range of rights typically enjoyed by owners of waterfront properties. Rather, each owner's use of the lakefront – even for such limited purposes as placing a picnic table or a fire-pit – is subject to oversight by the District. The Federal Court ruled in favor of the SPC and the permit holders. This is certainly an abbreviated version of the submissions by the SPC to the Federal Court. More details, including the Court's decision, may be viewed on the SPC web site.

The lawsuit was commenced in 2009 and, due to appeals by Niagara Mohawk, continued until this ruling was handed down on September 8, 2015. The legal costs to the Sacandaga Protection Committee, which represents you, have been substantial and have depleted the fund balance to

Director for the Direct

a point where, if there were to be another threat to the permit system, the SPC might not be able to respond on your behalf with legal representation. In addition, the Sacandaga Protection Committee pays for a lobbying firm to represent the permit holders in Albany with the purpose of advancing our views and attempting to avoid legislation or rulings that would adversely affect property owners around the lake.

The SPC's legal and lobbying efforts may be needed again very soon! As we enter 2016 the HRBRRD finds itself without an Executive Director as Mike Clark, the District's Executive Director for the past 8 years, resigned this past

month. As the District searches for a new Executive Director, the SPC will work with the HRBRRD Board to find a candidate that understands the Great Sacandaga Lake community and importance of the Permit System. Once a new Executive Director is in place the SPC will continue to work with the District to continue our mission of protecting the environmental, economic and legal interests of the lake community.

To all of you who have donated in the past to fund these

important missions, we ask that you again consider making a donation to help in rebuilding the "war chest" that is needed to continue to protect all of us. And, to those of you who have not been able to donate in the past, we ask that you please help the cause by sending in a donation now. Just by having a strong well-funded organization, combined with a prestigious law firm and a very reputable lobbying firm, helps to prevent various entities from trying to change the system that allows us to enjoy our properties. These services do not come cheaply with legal fees in the \$200 per hour range and lobbying fees of several thousand dollars per month.

Donations to help with the costs of operating the only entity that represents you from a legal standpoint and to protect your property values may be made by mail to the SPC, PO Box 86, Mayfield, NY 12117 or online at www. lovethesacandaga.com and going to the tab entitled "How to Donate"

Sincerely,

Rob Whittaker, Co-chair, SPC Travis Mitchell, Co-chair, SPC





Benjamin and Theoda Person arrived in Edinburgh from Vermont in or about 1811, both in their mid 20's. They settled on the east side of the Sacandaga River, just north of the little settlement that would become Batchellerville. The Persons had 4 children-sons; Earl, Edson, Hiram and a daughter, Betsey. Betsey never married and died in her early 50's.

This month's article is going to concentrate on son Hiram. In 1850 Hiram, age 29, was employed as a carpenter, living on the family farm with his older brother Edson, Edson's wife and baby daughter, Hiram and Edson's widowed mother and their unmarried sister. Their father Benjamin had died the year before in 1849. Five years later Edson had his own farm and Hiram was taking care of the family farm for his mother and sister.

In 1859 Hiram married neighbor girl and



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fellow church member Emily J. Noyes. Emily was the daughter of Isaac Jr. and Dolly Sawtelle Noyes. Hiram and Emily were married in the Congregational-later to become Presbyterian-Church in Beecher Hollow where her parents were active members. (The Presbyterian Church in Batchellerville wasn't completed until 1867.)

Emily was listed in the census records as a "teacher of languages." Hiram's mother and sister continued to live with the newlyweds on the family farm.

By 1870 Emily and Hiram had completed their family of 3 children: John, Anna and Grant and Emily was again back to teaching. John and Anna would have been in school while Grandma Theoda and Aunt Betsey could keep an eye on little Grant. Betsey also helped with the housework thus making life much easier for Emily.

Hiram apparently had made many improvements to the farm with the help of 2 hired men. Hiram's real estate value had increased to \$14,500 while his personal estate was valued at \$5,000.

Hiram had increased his business dealings to that of lumberman as well as farmer by 1875. The Person children now ranged in ages of 8, 11 and 12. Emily was becoming concerned that her children as well as other local children were not getting enough education in the one-room schools to further their training to become professionals such as teachers, doctors, lawyers, ministers, etc. Most of the training in the one-room schools only extended to ages of 14 or 15.

Due to this concern of Emily's in 1876 she established a private "Select School" in her home for her children and any other children that wished to attend. In the years between 1876 when the "select school" opened and 1900 when it closed Emily taught at least 40 Edinburgh students. Of those 40 at least 18 married classmates. As adults many of those students continued into successful careers. In later years Emily's daughter, Anna was also a teacher at the school.

Sad to say life for Emily and Hiram was not always "Sunshine and Roses". In spite of their reasonably comfortable lifestyle much sadness came to their family.

Hiram and Emily's oldest son John, born in 1862 was educated at several higher schools of learning including the Troy Conference Academy and Williams College. He studied law and was admitted to the NYS Bar in May 1888. In Sept. 1888 John married a fellow classmate, Kate



Wells at the Batchellerville Presbyterian Church. John and Kate lived in the town of Milton where he practiced law in Ballston Spa and Saratoga Springs. In 1893 he was elected District Attorney for Saratoga County. In Sept. 1895 while Kate and their young son were in Batchellerville with family, John was discovered dead in a friend's barn in Ballston Spa. at the age of 33. His obit said "no evidence of foul play". His body was brought back to Batchellerville and buried in the Beecher Hollow Cemetery.

Emily and Hiram's only daughter Anna, born in 1863 married an Edward W. Morgan in 1891. Apparently Morgan's work took him to Washington, DC. Anna died there in 1898 at the age of 34. Her body was brought home to Batchellerville with funeral services held at the Presbyterian Church. She was buried next to her brother in the Beecher Hollow Cemetery.

The Persons' youngest son Hiram Grant-always called Grant- born 1866, became an ordained Presbyterian minister in 1894. In 1898 in Saratoga Springs he married Georgia Harriet Ferry. Grant and Georgia had 2 sons, Carleton and Robert.

In the summer of 1923 while Grant was rector of the historic old Eliot Church in Newton, MA the entire family took a vacation trip through Europe. While in the French Alps near Nice, France both Grant and Georgia were killed in a car-bus accident and both boys were seriously injured. The parents were buried in Greenridge Cemetery in Saratoga Springs.

Hiram and Emily did not have to suffer the loss of their last child as Emily had passed away in 1904 and Hiram in 1908. They were buried near Anna and John in Beecher Hollow Cemetery and all the bodies were transferred to the Edinburg Cemetery when the Sacandaga Reservoir was created.



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Mid-Winter Chicken 'n' Biscuit Dinner

Wednesday, Feb. 3 4:00 pm - 6:30 pm

(Or until food runs out)



Wells United Methodist Church



Menu:

Chicken in gravy **Bev's Fabulous Biscuits** Mashed potatoes Green beans and Carrots Home-made desserts Beverage (Gluten-Free option available)

Don't be a wimp! Brave the cold and snow for a great dinner out





Northville Baptist Church by Barbara Klueg

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

Love is a Decision!

Yes, it's that time of the year again when Valentines have hit the stores and love is in the air! There are many different kinds of love. We might say, "Oh – I just love pizza!" which actually means that we really enjoy eating pizza. We also might say how much we love our pets. Growing up on a farm, I have always loved animals and as a kid just wanted to live out in the woods with all my animal friends. They are faithful, make us smile and are such a big part of our lives. Besides our cats purring while sleeping on our laps or our dogs giving us loving puppy licks and wagging their tails every time we say their names, our pets simply make us happy.

Human love is one of the BEST things we enjoy in life. Our friends love us unconditionally. We can count on them and hopefully they know they can count us too, no matter what. And there

is the strong love of family ~ parents, sisters and brothers, cousins, aunts and uncles, and grandparents. Friends and families are great, but many times there can be disagreements and we need to resolve those conflicts. Love is more than just a feeling, isn't it? Love is a decision.

The love we feel and enjoy with our children is a special kind of love. You cannot describe it or understand the love a person has for a child, until you become a Mom or Dad. That little bundle cries and demands your complete attention from day one and totally steals your heart. Over the years your children may disappoint you or bring you heartache, but you love them anyway, because love is a decision.

And, of course, one of the greatest kinds of love we enjoy in life and talk about (especially during the month of February) is romantic love. Just look at the hundreds of songs written about romantic love! God's perfect plan is for one man to love one woman till death. But, because of sin life can get messy and many couples do not remain married and faithful to one another. I have experienced this pain first hand, as my own parents had their problems and divorced when I was a teenager. But, our God is a God of second chances, and sometimes even third or fourth chances. My Dad was married four times and my Mom twice before they gave their lives to Jesus. They both came to trust Christ before their lives ended. I am so thankful to know that I will see my Mom and Dad in Heaven someday, and I will spend eternity with them and our Lord Jesus.

My husband and I just celebrated 45 years of marriage. These many years together have not been without its struggles, and believe it or not, sometimes we did not agree on things. But with God's help we worked on making things better. So many times we needed to stop being selfish and to simply put the other person first. TV and the movies make us believe that we will feel gushy, romantic love all the time if we really love

Continued Next Page 🔵 🔵





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Would you like: A listening ear? A caring prayer? An opportunity to talk over difficult questions about God, faith, or the Bible? Come meet

The People's Pastor

Every Thursday Except Feb.18 from 4 to 6PM At Shelby's Four Corners Diner In Edinburg

Pastor Judy Humphrey-Fox will be there to listen, pray, and talk about whatever is important to you.

From Previous Page

someone, but love is not just a feeling, it is mostly a decision. When you have days that you do not feel very loving, you make a decision to love that person anyway. My husband and I both agree that one of life's greatest blessings has been our marriage. We thought we loved each other on our wedding day, but our love today is so much more than we ever imagined. Needless to say, God has been good to us!

The GREATEST love of all is God's love for us! When I think about God loving me so much that He gave His only son to die for my sin, it just blows my mind! In life's instruction book, the Bible, it says, "Love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and the most important commandment. The second most important commandment is this: 'Love your neighbor as you love yourself.' Notice that these are not God's suggestions – but commands! Neither does God say, "Love, if you feel like it." Yes, love is a decision!

Last month our "Magnificent 7 (plus one!)" flew to Mali, Africa for a mission's trip. Our missionaries in Mali, Rich and Anna Marshall, were wonderful hosts and translated. fed and housed our group, besides transporting them to wherever they needed to go. We were disappointed that Dave Murphy of Perth was unable to go on the trip the last minute, but fortunately Jeff Morgan of Northville was able to jump in to take Dave's place. Thank you men: Bill Donnan, Ernie Turner, Bob Peck, Adam Reimers, Mark Nestor, Adam Hand, Jeff Morgan and Pastor Klueg for obeying God's call to go to the capital city, Bamako and surrounding bush villages. Come join us on Sunday, Feb. 21st at 7 PM in our evening service at church as the team will be sharing their pictures and telling about their trip.

At this writing I want to take this opportunity to thank my family, friends, and my Dr., nurses, Physical Therapists and my friends at Northville Rite Aid Pharmacy, too. I had (another) knee replacement on January 5th. I am doing fine and am feeling better every day. I appreciate everyone's encouragement, help, cards, flowers, food dropped off, concern and especially your prayers. My kids call me Robo-Mom and my hubby says that I am Bionic Barb.

I hope to see you visit us at church soon. We have a Sunday morning worship service from 10-11



AM. Have a Happy Valentines' Day! Remember to express your love in a tangible way this month to others. And if you do not feel very loving, show love anyway, because love is a decision!

Church Schedule: Sunday (Staffed Nursery Provided) 8:45 AM (Sunday School for all ages) 10:00 AM (Worship) 11:30 AM (Sunday School for adults only) 7:00 PM (1st Sun: Video) (2nd Sun: Question & Answer Time) (3rd Sun: Something Special) (4th Sun: Bible Institute) (5th Sun: Potluck Dinner) Monday Bible Club (after school till 4 PM for K-5th Grades) Girls Bible Study (HS girls at Philo's) Man Up (Bible Study for HS boys at Pink Chicken) Wednesday (Check church website) 6:00-7:30 Jr High Youth (6th - 8th grade) at BCON Corner 8:00-9:30 Sr. High Youth (9th – 12th grade) at **BCON** Corner Thursday 10:00 AM (FREE Baked Goods at BCON Corner) 10:30 AM (3rd Thurs. only: Nursing Home Service at Nathan Littauer) 7:00 PM (Prayer/Praise at Church, Staffed Nursery Provided) Friday (Check church website)

7:00 – 10:00 PM Pink Chicken (8th-12th grade)









Edinburg School News



Edinburg Eagles School News by Ms. Kimberly S. Hromada, Superintendent

EDINBURG COMMON SCHOOL HAPPENINGS:



The Edinburg Common School is back from the holidays and learning is in full swing. Our students in Pre-Kindergarten are enjoying their first core knowledge unit on habitats. The room has been transformed with a bear cave for reading, a palm tree and special centers for students to experience.

Students in sixth grade are working on a book report after reading The Giver by Lois Lowry. The giver is written from the point of view of Jonas, an eleven-year-old boy living in a futuristic society that has eliminated all pain, fear, war, and hatred. There is no prejudice, since everyone looks and acts basically the same, and there is very little competition. Everyone is unfailingly polite. The society has also eliminated choice: at age twelve every member of the community is assigned a job based on his or her abilities and interests. When the community went over to Sameness—it's painless, warless, and mostly emotionless state of tranquility and harmony-it abandoned all memories of pain, war, and emotion, but the memories cannot disappear totally. Someone must keep them so that the community can avoid making the mistakes of the past, even though no one but the Receiver can bear the pain. Jonas receives the memories of the past, good and bad, from the current Receiver, a wise old man who tells Jonas to call him the Giver. This story is well worth the read and prompts students to really think about the good and the bad of history, memories and everyone's right to decide for themselves.

Students in fourth grade worked on an engineering problem where they needed to design and build a home for an egg. The home needed to protect the egg from a two story fall. Students then tested their design with the help of our Head of Grounds and Transportation, Alex Rockwell. Following the experiment, students reported out to the class predictions as to if their egg remained unharmed or broke during the two story fall. Students also had to support their predictions using their knowledge of gravity and force. In grades 3-6, our students are participating in what we are calling <WIN> groups this year. (What I Need) Students have thirty minutes of reading each day at their instructional reading level. This is a chance for them to strengthen their reading. Our Intervention program is seeing a complete over haul this year and we are excited about moving forward to provide additional learning opportunities and interventions geared to their style of learning.

This last week, I spoke with our primary students about Martin Luther King and what he did to make a difference in our world. We talked about ways that we can make a difference in our school in the way we treat each other and the way we treat our teachers and our school. I was proud of the many ideas that our youngest students had about helping hands and taking care of each other.

On January 17, 2016 the sixth grade class held a spaghetti dinner fundraiser at the Four Corners Diner. We can't thank owner Jackie Nichols enough for her work with the students in providing this dinner. We also thank all of the families and community members that were able to attend. The funds are going to be used to help offset the cost of our sixth grade trip this spring.

On January 19, 2016 at 6:00 p.m. I held my first Tea and Coffee with the Superintendent. There were three parents in attendance. I plan to offer these on a monthly basis. It is simply an opportunity for community members and parents to sit down, get to know Ms. Hromada better and just have informal discussions about the Edinburg Common School and the vision for the future. Parents and community members are welcome to bring ideas, positives, just come and listen, or even bring concerns accompanied by a recommendation for a solution. Ms. Hromada feels that communication is the heart of effective parent/ teacher/community relations and collaboration.



Please feel free to join us the third Tuesday of each month from 6:00 - 7:30 p.m. in the Multi-Purpose room. All ideas and refreshments are welcome but individual student, teacher and staff concerns are not. Please make an appointment with the Superintendent for the later. Hope to see you there! Tea and Coffee will be served. DATES TO REMEMBER:

Eagle Afternoon: February 12, 2016 at 1:00 p.m. Board Meeting: February 8, 2016 at 5:00 p.m. February Break: February 15-19, 2016 Tea and Coffee with the Superintendent: February 23, 2016 at 6:00 p.m.

The Eagle's Eye On Third Grade By Mr. Ronald Gribben

The third graders are having a wonderful start to a new year. The class is learning and growing by leaps and bounds. We just recently completed a long and rewarding reading unit on children all around the world learning to read and the challenges they face. As a final project, the students made "giant" book marks describing a country and the special library program that country uses to lend books. Great Job third graders!

In Social Studies, we made our own globes out of paper maché. It was a fun and very messy project. The completed globes are hanging in our classroom right now. A project like this one will be kept and enjoyed for many years to come.

As always, in third grade the big concept in math is learning about multiplication and division. The boys and girls are on their way to earning a pizza party for successfully memorizing and learning the multiplication facts up through twelves. It's hard and a challenging task, but they are well on their way. Keep up the great effort!

Finally, the class would like to wish everyone a very happy Valentine's Day!

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Adirondack Folk School Schedule for February 2016

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

Sunday, February 7

Animal Tracking: Nature's Morning News with Dan Yacobellis. #885-0207. Half day, 12pm-4pm. Tuition \$105. Member Tuition \$85. NOTE: Bring your snowshoes and dress warmly for a day outside!

Sunday, February 7

Woodturning-Traveling Medicine Show with John Kingsley. #886-0207. Half day, 9am-12pm. Tuition \$55. Member Tuition \$45. Materials Fee \$15. NOTE: For your safety: no loose fitting clothes, hair tied back, comfortable shoes, and no jewelry. If sensitive to wood dust registration for turning classes is not recommended.

Sunday February 14

Rugs from Rags with Caroline Dvorak. #933-0214. 1/2 day. 12-4. Tuition \$95. Member Tuition \$70.

Sunday February 21

Soap Making with Chrissey Eberhardt. #936-0221. Half day, 1pm-4pm. Tuition \$55. Member Tuition \$45. Materials Fee \$15.

Saturday, February 27

Braided-rim Basket for the Tabletop or Wall with Barbara Boughton. #954-0227. One day, 9am-4pm. Tuition \$105. Member Tuition \$85. Materials Fee \$25.

NOTE: Students must be 12 years or older.

Sunday, February 28

Woven Placemats, Table Runners, Hot Pads or Coasters with Caroline Dvorak. #929-0228. Half day, 12pm-4pm. Tuition \$55. Member Tuition \$45. Materials Fee \$15.





TOPS 1005 Northville

TOPS helps us to come together each week to learn how to manage our food intake and increase our activity levels. We work at making positive changes in the role food plays in our lives!

We strive to reach our goal weight with the help and encouragement of our members!

We have had three people reach KOPS status this year alone ('keep off pounds sensibly' and getting to their goal weight)... Ellen Descharnais, Nancy Franks and Diane Mack!! Kudos's to them!!

Sixteen KOPS out of thirty seven members is pretty outstanding!!

We are saying our good bye for the winter months to a few of our members! We look forward to seeing Cookie and Tom Utting, Doug and Mary Hodes, Arlene and Bob McQuirk, Terry Poulin, Ronnie Flynn, Ellen Bardwell, Cathe Bard, Pat Wilcox, and Barb Ille back soon!! Our membership has also grown, which is a testament of how well our chapter is doing to help its members lose and to keep the pounds off!!

Our TOPS biggest loser for the month was BillieJo Vrooman and the KOPS BL was Nancy Franks. Other losers included: Jovce Callahan Ellen Bardwell Laurie Dimick Diane Mack Tina McWhinnie Cathe Bard Some tips we talked about to keep you going this New Year.... Be realistic when setting a goal! Make one change at a time. Be specific when making a goal. Talk about your goals with family and friends and Track your progress! Come join us! We meet downstairs at the Bradt building (South Main Street) in Northville. Starting at 4:30, we begin our weigh ins and start our meetings at 5:15.

Feel free to stop in and visit our meeting (one is free) and for more information, call Nancy Bassett @ 863-8389 or visit us at www.tops.org on the web. "See you lighter".



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From Hawk On Back Page

tragedy. We will have many roles and there are many chapters in the book of our lives. I imagine the storyline would have multiple twists and turns and from a distance the book would look confusing or disjointed. Who are we? We think of ourselves as having a simple life but in reality we are complicated. Circumstances change, our roles change, our reaction to situations change over our lifetime.

I am a daughter, sister, wife, mother, mother in law, grandmother, aunt and a friend. I have been a water safety instructor, camp counselor, a college student, a speech language pathologist, an educational administrator, a company owner, a lobbyist, a volunteer, a soccer coach, a choir member, a worship leader, a camp counselor, and a board member. I have met many people in each of these roles and as I sat at the funeral last night I realized that most of those people have no clue of who I am really am. If I had not told you any of this, you would never know either.

What is important? It does not matter what my role in life was or is. It only matters how I interacted with the people around me in those roles. I want people to remember how I treated them. Was I nice or was I bitchy? Did I make people laugh or did I make people cry? Did I encourage people or did I cut them down? Did I criticize or did I support? Did I treat others with respect or disdain? Was I loving or was I miserable? One of the greatest compliments of my career came from a disgruntled staff member years ago. He approached Bill at a Christmas party and told him I was a tough boss but I was always fair. That is the type of thing I want people to remember about me. What about you? What do you want people to remember about you, as you move through life? We all have to remember it is not about what we do, it is about who we are and how we impact the people we come into contact daily in our lives.









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Did You Know

Last night, our staff came together to attend the funeral for the father, of one of our coworkers. None of us knew this man nor had we ever met anyone in the family. The minister painted a wonderful picture of his life and by the end of the service we knew quite a bit about him. It was a great tribute to the departed and I am certain it brought comfort to the family. I realized, however, how little we knew about our friend's life. This was the third time in less than a month that I had a similar thought about people. The first time was in early December as I was addressing Christmas cards. I was going through my address books and I would come across a name and think: this person has died, these people have gotten a divorce, this family has moved with no forwarding address. I realized I could delete almost half of the names and addresses. This was reinforced again this week. I have had the same Franklin planner

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since 2007. It was falling apart so I broke down and purchased a new one. As I was setting up my new planner and transferring information I came across business associates that I have not talked to in years. Why did I still have all of these names? Where are these people? What are they doing now? Are they retired while I am still working???? Have you ever wondered, why we keep

in touch with certain people and not others? Situations change, jobs change, partners change, finances change, health changes. There are any one of a million reasons why things might change. Some changes are driven by our goals and our ideals. Others are driven by broken relationships, illness or

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