

The Edinburg Newsletter

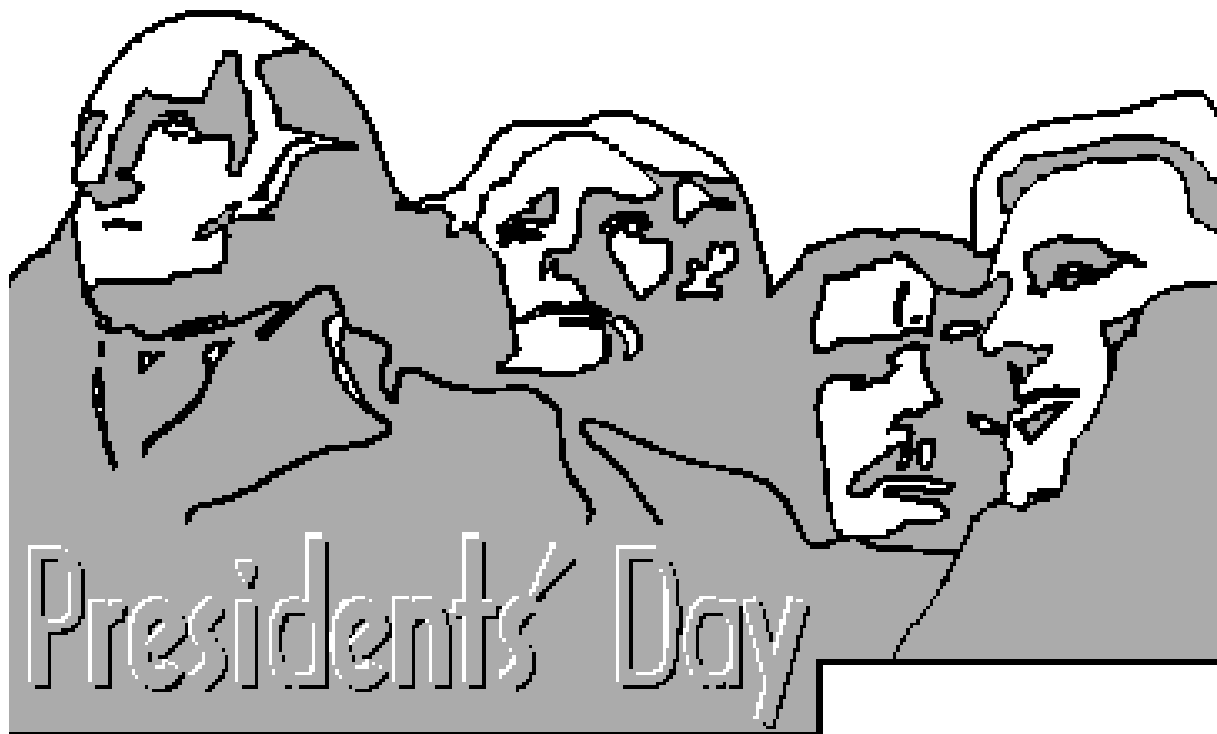
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February 2019

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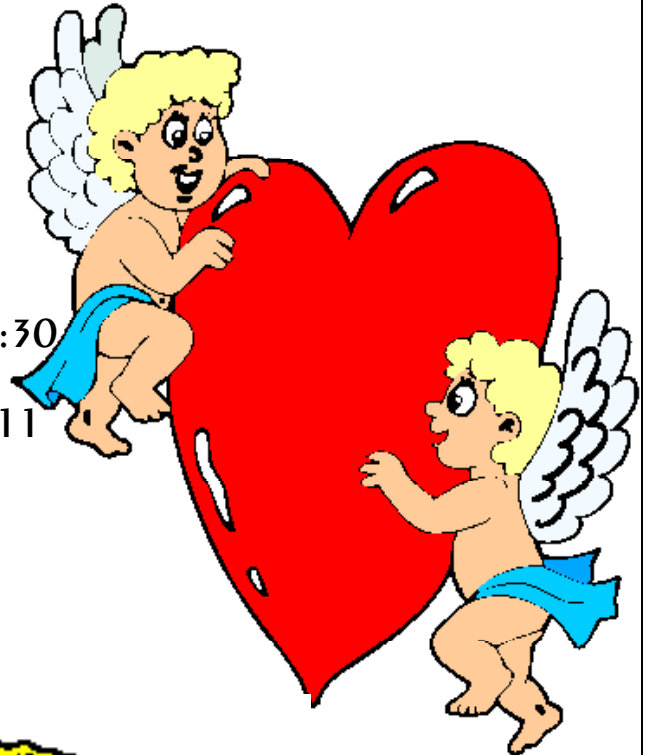
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BY APPOINTMENT OR BY CHANCE. CALL FIRST.



FEBRUARY 2019 COMMUNITY CALENDAR

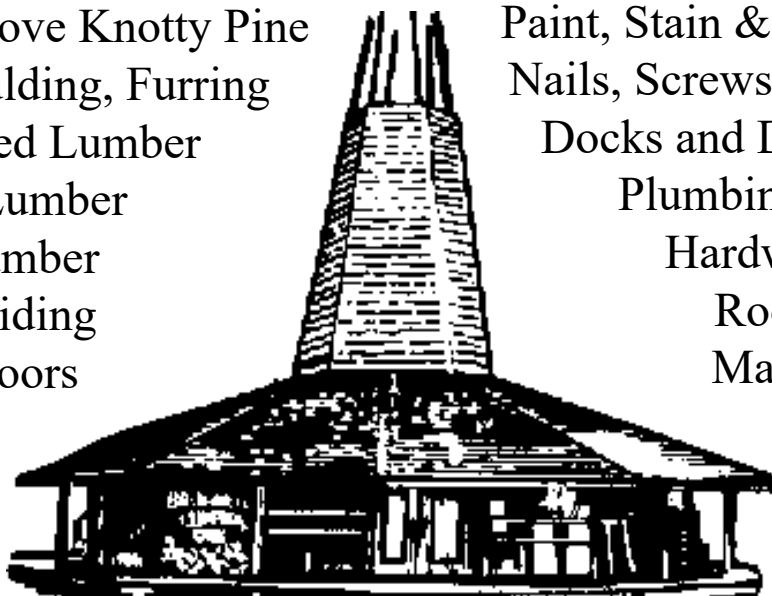
THURS	7	Edinburg Zoning Board 7pm
Fri	8	SACANDAGA SENIORS 1:00 pm
TUES	12	Edinburg School Board 5pm
THURS	14	VALENTINE'S DAY Edinburg Town Board Meeting 6:30
SUN	17	SACANDAGA SNOWMOBILE Club 19TH ANNUAL WINTER PARTY Pg. 11
MON	18	PRESIDENT'S DAY Holiday
TUE.	19	Edinburg Historic Society
Fri	22	SACANDAGA SENIORS 1:00 pm
THURS	28	Edinburg Planning Board 7pm



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til Labor Day
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Sunday 9-2



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Birthdays - Anniversaries & Other



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

Happy Birthday

Ashley F.

Arch F.

Marge F.

Tammy S.

Austin P.

Laurie C.

Bruce G.

Wimp E.

Bill B.

Chip F.

Happy Birthday in Heaven:

Justin Milnyczuk – February 25th



EDINBURG, NY

J and D Percherons
Edinburg NY

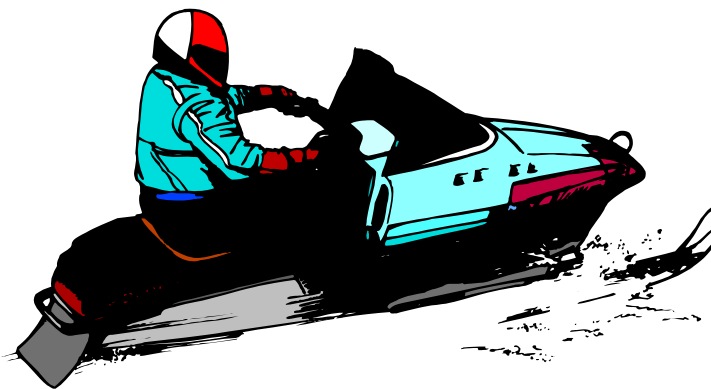
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Thanx!



Tedisco Honors Edinburg Centenarian

Senator Tedisco Presents NYS Commendation Award to Norma Porteus on her 100th Birthday

Senator Jim Tedisco (R,C,R,REF-Glenville) honored Norma Porteus of Edinburg on her 100th birthday with a New York State Senate Commendation Award. Tedisco joined Porteus at her birthday celebration at the Bridge Restaurant in Perth.

Norma has three children, five grandchildren and four great grandchildren. An avid photographer, Norma was recently honored by the Sacandaga Valley Arts Network, and has been an active member of the Edinburg Historical Society. Norma and her late husband also owned a pub in Edinburg which was a very popular spot for many years

"As she celebrates her 100th birthday, Norma Porteus is someone who has had a very positive impact on our community and truly represents the best of New York State. Happy Birthday to Norma and best wishes for many more happy years to come," said Senator Tedisco.



Thank You From Norma Porteus

I would like to extend a thank you to SVAN, the Historical Society, the bowling team, the Seniors, members of the community and my family for your efforts and thoughtfulness that were expressed to me in the celebration of my 100th birthday. The many birthday wishes, gifts, events and numerous cakes were overwhelming and greatly appreciated.

I would also like to thank Senator Tedisco and Jean Raymond for the Senate Commendation Award and citation recognition that was presented. It was a day- no a week of wonderful surprises. I am truly blessed.

Sincere Thanks, Norma Porteus

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EDINBURG TOWN REPORT

www.edinburgny.com

by Jean Raymond



SNOWMOBILERS PLEASE BE VERY CAREFUL ON THE LAKE THIS YEAR. THE WATER IS VERY HIGH AND AS IT IS LOWERED THERE WILL BE POTENTIAL ICE HEAVES. THERE ARE ALSO OBSTACLES FROZEN IN THE ICE. GO SLOWLY TO AVOID ACCIDENTS AND DO NOT RIDE ALONE.

Saratoga County Trails Grant

The town has received the contract from Saratoga County for the grant for improvements to the nature and walking trail at the town park. The grant, in the amount of \$9095.68, will be used to purchase engineered wood fiber for the trail. The highway department has been clearing dead trees and cleaning up the trail and will be doing the trail improvement work this spring.

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There have been some concerns raised regarding the level, timeliness and quality of service provided by Frontier. If you have had any experiences with the company regarding delays in getting phone installation or service outages restored, static on the lines, very slow internet or other problems please document your experiences and send the information to the Edinburg Town Hall. We will be forwarding them to Senator Tedisco's office and they will be working to determine if there is a pattern of problems, and if so, what can be done.

Update on Wheel Loader Grant

The new wheel loader has been in service since it was received and all the paperwork has been submitted to the Dormitory Authority for reimbursement. Senator Tedisco arranged for the town to receive \$100,000.00 to help pay for the equipment. We paid cash for the wheel loader and will now be reimbursed. We expect we will have payment within the next month.

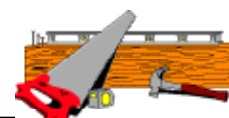
Update on the Grant for the Highway Garage and Community Center

The Dormitory Authority of the State of New York (DASNY) notified us that we have fulfilled all of the criteria necessary to receive a State and Municipal Facilities Program (SAM) Grant in the amount of \$100,000.00. This grant was also arranged by Senator Tedisco. DASNY sent the Grant Disbursement Agreement (GDA) and it has been completed and returned for their review and signature. When the final GDA is received we will send out a solicitation for an engineering firm to design the addition and detail the scope of work and contract documents. The Board will have to

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References Available





select a firm and hopefully we can go out to bid for the work by late spring. The grant will allow us to add onto the highway garage, reside the entire building and remodel the bathroom and kitchen in the community center.

BridgeNY Grants

The Department of Transportation held a kickoff meeting on January 8th which I attended. The Military Road culvert will be done entirely by DOT as part of a process to bundle jobs at bidding. The town will be hiring an engineering firm for the Fox Hill Road Bridge. The grant is for \$712,747.00 and there is a 5% local match of \$37,513.00. The Military Road grant is \$958,520.00 which is 100%. The total of the 2 grants is \$1,671,267.00.

REMINDERS:

Monday, February 18th is Presidents Day. The Town Hall will be closed for the holiday. Garbage will be collected on Tuesday and Wednesday of that week.

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STFSL - SAVE THE DATE!

The Sacandaga Task Force for Senior Living will be holding their annual Pasta and Wine Tasting Event on March 9th of 2019 from 5 to 8 PM. The tickets will be \$20 if purchased ahead of time, \$25 at the door. Proceeds will go to the Wheels Program for Senior Transportation, which includes both medical and entertainment transport. This event will be held at the St. Francis of Assisi Church in Northville. Many of your favorite restaurants including Placid Pines, the Old Trail Inn, Shelby's Four Corners, Klippel's Kozy Korner, Vic's, Cristiano's, and the Inn At the Bridge have signed up to take part in this fun evening. This year the Inn At the Bridge will be providing a gluten-free dish in addition to a regular pasta meal. Of course there will also be a selection of great wines from the Northville Liquor Store especially chosen to complement the food. And you will love the desserts we have lined up for you! Come on March 9th for a great night out with friends and neighbors that also benefits the older adults in our community.

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Tedisco Public Safety Bill to Support Johnstown Firefighters Signed into Law

Governor signs into law Senator Tedisco's legislation to enable Pleasant Square Volunteer Fire Company in Johnstown to boost volunteer recruitment

Senator Jim Tedisco (R,C,I,REF-Glenville) today announced that the Governor has signed into law his legislation to enhance public safety in Fulton County by enabling the Pleasant Square Volunteer Fire Company in Johnstown to boost their firefighter recruitment efforts.

Tedisco's bill (S.8979A) will allow the Pleasant Square Volunteer Fire Company in the town of Johnstown to recruit volunteer firefighters from outside the fire district's boundaries to help in their recruitment efforts so they are able to fully respond to emergencies.

"Ensuring public safety is my top priority and should be job number one for any elected representative. This new law will not only lead to more government efficiency for our tax dollars but also help support the brave men and women who volunteer as firefighters and emergency first responders. These neighbors helping neighbors put their lives on the line each and every day to protect our communities and the lives of our families and neighbors," said Tedisco.

The bill was sponsored in the Assembly by Assemblyman Marc Butler (R,C,I,REF-Newport)

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NORTHVILLE PUBLIC LIBRARY

Michael Burnett
Director 863-6922



The Library's award winning Local History & Genealogy Project continues to develop and is now in its 14th year. Parts of the project can be found on the library's website under the tab "Library Activities – Genealogy".

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, Hadley, Providence, Mayfield, and Broadalbin. The database has 36,609 names and is synced to Ancestry.com, allowing it to be viewed all over the world. This is an ongoing project.

Hours: September to March

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

The Sacandaga Book Group will meet on Tuesday, Feb 12 at 10 am in the library's program room. Pat Paton will lead a discussion of "Daring to Drive" by Manal al-Sharif. A ferociously intimate memoir by a devout woman from a modest family in Saudi Arabia who became the unexpected leader of a courageous movement to support women's right to drive.

"Story Time" will be held on Sat, Feb 16 at 10 am, coordinated by Ondrea Crandall. Bring your pre-school children for stories, snack, and craft.

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

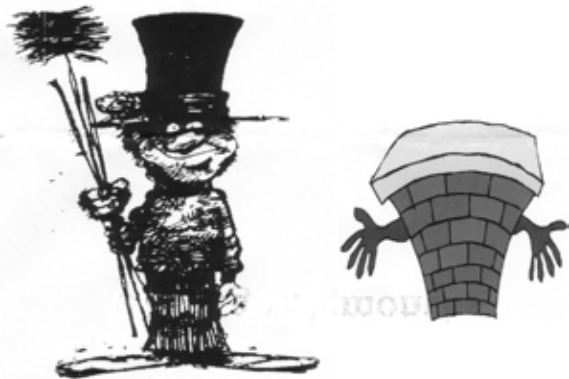
www.fantasticfiction.co.uk

www.stopyourekillingme.com

www.goodreads.com

Watch for these titles to be arriving:
Rule of Law – John Lescroart
Connections in Death – J D Robb
Wedding Guest – Jonathan Kellerman

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SVAN Presents Jeanne O'Connor and the New Standard

In continuation of its Winter and Spring concert series, the Sacandaga Valley Arts Network will host Jeanne O'Connor and the New Standard on February 10 at 5pm at the Sport Island Pub, Northville. With beautiful four-part harmony, great grooves, and top-notch musicianship, Jeanne O'Connor and the New Standard skillfully and soulfully reinterprets the music of the great songwriters of the 60s and 70s. Come enjoy this exciting evening of food and great music. Admission is \$30 (\$28 for SVAN members) and includes a buffet dinner. For reservations, call or text (518)863-8047.

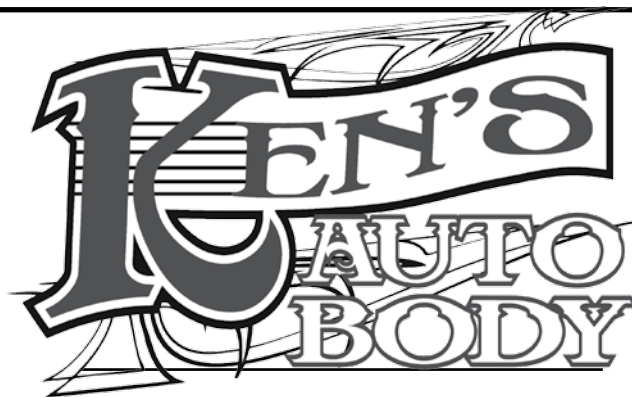
Other upcoming concerts in the series:

March 3, 3pm - New Shoes at the inn at the Bridge

April 7, 3pm - John and Orion Kribs at the William Coffey Studio

May 18, 6pm - Lustre Kings at the St. Francis of Assisi Church Hall

All Northville Concerts are sponsored by the Village of Northville, Town of Northampton.



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Greg Rajczi



"Party in The Pines"



Sacandaga SNOWMOBILE CLUB ANNUAL WINTER Party

<Outside between Ponderosa Pines & Placid Pines>

Sunday February 17th 2019 Food from 1-4

The club will be supplying hamburgers and hotdogs, so we ask that everyone bring an appetizer, side, salad, or dessert to share.

Come by Sled or Car (Hopefully mostly sleds)

Open to all members and prospective members. Come join in the festivities, enjoy some old friends and make some new ones!

Lots of club apparel for sale -T shirts / sweatshirts / hats and more!



Hadley's Maple in April Festival

You won't want to miss this sweet event coming up in Hadley. A sweet event is coming up in Hadley, NY and trust us when we say you won't want to miss it.

Northern Saratoga County and Warren County is know for many things including mountain climbing, cold winters and of course maple syrup. In order to celebrate a maple syrup tradition, there are many maple syrup producers with open houses held throughout the county. However, there is a festival that happens right here in Hadley, New York.

Hadley's very own "Maple in April Festival" is taking place this year along Rockwell Street, Hadley Smead Memorial Park and Wilder's Sugar Shack the last weekend of April from 9am - 4pm April 27 & 28, 2019.

So, what can you expect from this years festival? Maple producers can enjoy the bragging rights for the best tasting maple syrup made in their own backyards. The criteria for earning the Bragging Rights is to bring a pint of syrup in a glass container to Wilder's Sugar Shack on the day of the festival. The makers also needed to have less than 150 taps, boil the sap themselves, and live within a 50 mile radius of Hadley, NY. Those entering will be judged on their syrup's density, color and flavor by local veteran maple producers.

Festival goers can enjoy lots of family fun activities - French Toast and Pancake Breakfasts served with real maple syrup, a backyard maple syrup makers tasting contest, car & truck show, craft and food vendors, music, kids activities, dog day at the park, art auction, and maple cotton candy.

The Maple in April Festival is sponsored by the Hadley Business Association and supported by many community volunteers. To learn more go to www.Facebook.com/MapleInAprilFestival.



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2408 SOUTH SHORE ROAD, DAY

MLS 201828593 **\$249,000**

3BR, 2.5BA lakefront tri-aframe cottage with 100' waterfront.



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MLS 201828539 **\$125,000**

Totally renovated 2BR, 1BA. Large yard. Move-in ready, nothing to do!



O SHIPPEE RD, DAY

MLS 201524709 **\$19,000**

8.23 acre wooded parcel; great spot to build in Saratoga County!



198 HOPE FALLS ROAD, HOPE

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NINE MILE TREE RD, MAYFIELD

MLS 201815006 **\$19,500**

Lot #1. 1.155 acre building lot, surveyed, part of larger parcel.



NINE MILE TREE RD, MAYFIELD

MLS 201719171 **\$19,500**

Lot #2. 1.226 acre vacant parcel w/ gravel driveway, surveyed.



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MLS 201823410 **\$95,900**

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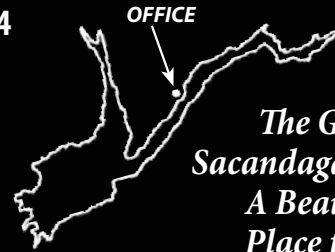


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MLS #201324656

GREAT SACANDAGA LAKESIDE

26 Bay Shore Blvd., Edinburg
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Very good condition furnished yr rnd 3R 2BA double wide home in Bay Shore Park with lake views. Master BR is a suite, kitchen w/counter open to liv & din rms, back deck, 2 porches, 2 story shed, spacious lot, 50' beach with dock slips and swimming. Own a share o corporation: easy living at the lake. HOA covers lake permit, taxes, water, common area use, snow removal of road. Snow mobile trail bordering park.

MLS #201827996



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DAY



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107 Acres w/ 1880' road frontage. Subdivision potential, 2 story barn, 1994 35' camper in good condition, shed. Partially cleared and wooded, 5 min. drive to Great Sacandaga Lake Saratoga County boat launch. Located on nice country road.

RS207

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Winterfest at The Inn at Erlowest in Lake George

Dates: Friday Jan. 25 from 4 pm – 10 pm
Saturday Jan. 26 from 12 pm – 10 pm
Friday Feb. 1 from 4 pm – 10 pm
Saturday Feb. 2 from 12 pm – 10 pm

Place: Inn at Erlowest - 3178 Lake Shore Drive, Lake George

Admission is free but parking is limited. Parking vouchers are \$10/car. Call the Inn in advance at 518-668-5928 to have a voucher sent to you.

Volunteer Appointment Schedulers Needed

Volunteer Income Tax Assistant (VITA) Appointment Schedulers are needed for the upcoming tax season. The VITA Appointment Scheduler will pre-screen participants by asking a few simple intake questions to see if they qualify to have their state and federal taxes done by one of our volunteer income tax preparer's. Duties include: filling out appointment survey, scheduling tax appointments and mailing follow-up paperwork. Volunteers may also be asked to make reminder calls for up-coming appointments.

We are looking for volunteers who can commit to 4 hour shifts one to two days a week during the tax season. Appointment schedulers are needed mid-January through mid-March. To become a volunteer in Warren County call Amy Sabattis 518-623-3291. To volunteer in Washington County call Joan Prouty at 518-746-2560.

Sportsman Alliance Grant

Cornell Cooperative Extension of Warren County was recently awarded a \$1,500 grant from the Sportsmen's Alliance (<https://www.sportsmensalliance.org/>). This grant will help support programs that introduce new audiences to outdoor recreational activities like hunter safety, riflery, archery, outdoor safety skills, wild game cooking, and fishing. The grant programs are part of the R3 (Recruit, Retain, and Retrain) movement to stop the decline of sportsman active in the field.

Currently, the team of partners includes CCE of Warren County, NYS 4-H Shooting Sports, the NYS 4-H office, and Dr. Keith Tidball at the Cornell Department of Natural Resources. The grant for \$1,500 will be used to support promotion, site/facility rental, equipment, and a small amount for volunteer gifts.

Event site locations will be determined in the next several weeks. One will be in the Capital region; the other will likely be in the Finger Lakes region.

If you would like more information about the Sportsmen's Alliance (<https://www.sportsmensalliance.org/>) grant or any program that 4-H offers in Warren County, please call 518-668-4881/623-3291 and speak with John Bowe.



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FISH HOUSE FISH & GAME CLUB

WALLEYE ICE FISHING CONTEST

on the Great Sacandaga Lake is LAKEWIDE

on Saturday, February 9th, 2019

Contest runs from 6am to 4pm,
weighing station opens at 7am till 4pm

Entry fee: \$25 - Pre-entry fee \$20

Entry Fee includes chili & coffee
from 11am to 4pm.

Weighing station at the Town of Providence
parking area at 1/4 mile North of Fish House
Corners, County Road 110.

Cash awards will be given to the top three places
for Walleye (\$500, \$250, \$100),

Northern Pike (\$250, \$150, \$100),

Perch (\$250, \$150, \$100).

For Registration information go to www.fhfgc.org

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Owner Perry 917-747-8580

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Brand New Home—644 White Birch Road, Edinburg, NY



4 Bedroom , 2 1/2 bath situated on 2 acres +/- . This wooded
private lot is located in the new Adirondack Lifestyle Estate's.
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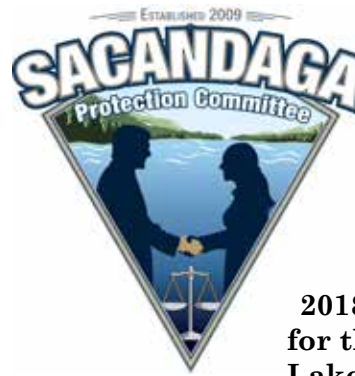


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Sacandaga Protection Committee

*by Joe Sullivan
SPC Co-Chair*

2018 was an eventful year for the Great Sacandaga Lake and our communities.

The Sacandaga Protection Committee, our lobbyist, legal team, board members and volunteers all played significant roles in our continued success to protect the communities and permit holders all around the GSL. We cannot overstate that the threats and risks continue to exist, and will continue to challenge all of us.

By far, our highlight was lobbying Governor Cuomo to veto the bill targeting permit holders to be considered beneficiaries. This was bad legislation that was amended and passed in the very final hours of the 2018 legislative session. The fallout from this poorly conceived legislation went well beyond affecting just permit holders; it put all

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residents in Fulton County and the Towns of Edinburg, Day and Providence at risk of increased taxes and fees.

Our attorneys prepared an excellently crafted position paper and memo of opposition to the bill, pointing out the inconsistencies and flaws if the legislation was enacted, and our lobbyist hand delivered the same to the Governor's office. This, in addition to countless phone calls and over 200 letters, were why this bill was vetoed! The community stood with the SPC and our voices were heard.

While we are ecstatic with this victory, we know challenges are ahead. We will be in Albany with our lobbyist meeting with legislators this spring, and will recommit our efforts to stay ahead of issues affecting the GSL.

As long as we have support, and can fund our lobbyist and attorneys, we will be ahead of these issues. As many have said, the SPC is the best and least expensive insurance everyone can have to protect our lake communities and property values.

Your help and support is essential to our continued success, and we are grateful for your support. All of your donations go to our legal team, lobbyist, outside accountant and financial administration and fund raising. Our board is 100% volunteer. A \$200 donation pays for one hour of legal work, a small price to pay for your peace of mind. You may mail your contributions to SPC, P.O. Box 86 Mayfield NY 12117, or use PayPal through our website, www.sacandagaprotectioncommittee.org. Keep up with our posts on Facebook, www.facebook.com/lovethesacandaga/.

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Northville- Sacandaga Lions

As we begin the new year 2019, the members of the Northville/Sacandaga Lions Club want to thank you for contributing to the success of our various fund raisers, the coin drop, "Popping for Sight and Hearing", popcorn sales, history night, and the 5K and 10K race.

Thru your generous support, the club adopted two families for Christmas with food, toys, and clothing. Sponsored eye screening for pre-k, and kindergarten NCS children. The club sponsored a high school student to attend The HOBY Leadership Program, and contributed to the scholarship program at NCS. The club packed three hundred (300) fruit and candy packs at Christmas for the elementary school children in the NCS and Edinburg Commons Schools.

Vision and hearing assistance, helping fire victims, and supporting community organizations and events are just a few of the project we support. The club contributes to county organizations that service the local community. As sight and hearing are an important part of our motto "We Serve", we support The Lions Eye Institute at Albany, The Hearing Conservation Society of District W, The Lions Eye Bank at Albany, The Northeast Association of the Blind (NABA), The Central

Association of the Blind at Utica (CABVI), and several service dog schools. We continue to collect used eye glasses and hearing aids. The glasses are sorted to determine those that are usable or unusable, processed, and placed in inventory for distribution to optical missions around the world. Lions help to minimize landfill waste by supporting precious metal reclamation and scrap processing for damaged glasses that are unusable. In 2018 the club collected over five hundred pairs of used eye glasses which were turned into the recycling center for processing.

In order to meet the ever growing needs in the community and beyond, The Northville/Sacandaga Lions Club always welcomes prospectus new members. We meet every 1st and 3rd Thursday of the month at 6:30 PM at the Sport Island Pub, 108 Riverside Drive, Northville, NY 12134. The club has many projects this year and we would like to have you join our team. "Alone we can do so little, together we can do so much" Helen Keller.

Our long-standing mission has a new face "The Service Journey", Diabetes, Environment, Hunger, Vision, and Childhood Cancer. February is Childhood Cancer Awareness Month. February 15th is International Childhood Cancer Day. We are the World's largest service organization and "Where there is a Need, there is a Lion".

PDG Dick Ralston, Secretary
Northville/Sacandaga Lions Club

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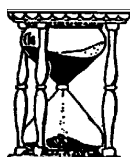
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DID YOU KNOW THAT—

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

There was a time in our Adirondack foothills when one could drive down the road in the winter and see snowmen and/or snow forts standing in many dooryards. Chances are there would be a couple of sleds and even a toboggan leaning against the house or porch railing.

Most kids could barely wait for the first snow of the season usually arriving sometime in November maybe even October. As soon as the weather turned really cold—even if snow hadn't arrived yet—smaller girls were made to wear cotton stockings under their dresses and we wore dresses most of the time. Outside we wore snowsuits—heavy pants with jackets or coats. Knee-high rubber boots, unlined, were pulled on over our shoes. One's feet would get very cold in those boots. Sometimes a large pair of your dad's wool sox would be pulled over your shoes before going into the boots to help keep your feet warmer. Our moms would sometimes put a plastic bread wrapper over our shoes to keep them dryer inside the boots. Small boys wore similar boots; some older boys wore galoshes which had metal clasps up the front but most country boys wore pull-on rubber boots much like the ones worn by the men. None of them did a very good job of keeping one's feet warm. Most kitchens smelled of wet and drying sox and mittens all winter long. A scarf, hat and mittens—often handmade—completed our ensemble. By then we almost needed to be rolled out the door to go play.

Almost every household had a sled. Chances are it was a Lightening Guider sled made by Flexible Flyer. Invented in 1889 by Samuel Leeds Allen and produced at his SL Allen Co. the sled had “weak in the middle” runners that allowed for better bending and steering. By 1915 the company—in the winter season—was selling 2000 Flexible Flyers a day. The sleds are still being sold at the Paricon Co. in South Paris, Maine but sadly are made in China.

Sleds are used for purposes other than fun. Hauling a few loads of firewood across a dirt driveway for the kitchen stove woodbox completes part of your daily chores but also cleans all the rust off the runners making them shiny and smooth for a new winter season.



A sled can usually hold three people-sitting up or belly flopping. The most fun if you're alone is to grab the sled, get a good running start, put sled down, belly flopping on it as you go- a lot swifter ride that way! There are no age restrictions on riding downhill on a sled. My in-laws farm house is located on a slope above the town road with a half-circular driveway. The lower driveway has a nice incline toward the road. I well remember my late mother-in-law, probably in her late 70's at the time, hopping on her sled one morning after an overnight snowfall—zipping down the driveway and on down the road.

Sleds-especially for small children-could be made by cutting open cardboard boxes which were much heavier in the old days. A youngster could sit on the cardboard while holding a flap and swoop down a short incline.

Sledding parties were popular-all one needed was a hill, sleds and people of all ages. Often the party would end with hot chocolate and light refreshments, even hot dog roasts.

Edinburg's town roads were all dirt until the mid to late 1950's. Once snow came the roads would be covered with snow the remainder of the winter. After each storm our town highway crew would start plowing and sanding. Trucks were much smaller and the dump box filled with sand-no salt. The sand provided extra weight for the trucks to plow after which two men would get in the back of the truck shoveling sand by hand onto the roads.

At times there wouldn't be much sand on the road and one could hop on their sled and have a ride in the road. One time we hopped on the sled at my grandfather's farm and rode for app. 1½ miles before coming to a stop! Probably not the smartest thing in the world to do but in the 1940's and 50's not as dangerous as it sounds-at least not on the Tennantville Road. There were 17 fewer families on the road and as a rule each family only had one vehicle. Work schedules then were basically the same-starting at 6 or 7 am and ending 4 or 5 pm unless you were a farmer. We all knew what time each neighbor went to work and returned home. There was barely any other traffic and people did not drive as fast as they do today. There were no 4-wheel or all-wheel drive vehicles back then so when folks got home from work they stayed there and did not waste gas with unnecessary trips.

My friend Janet had a toboggan so sometimes when visiting her house we often rode downhill on the "old hill" which is located behind the Clarkville Cemetery on the Edwards' Farm property. In the summer the "old hill" was used —still is-for pasture. One day on the way down the hill holding the sides of the toboggan my hand struck frozen horse manure which I'm sure to this day broke my finger. Never forgot that ride! The "old hill" was and still is a great place for a sledding party, just keep your hands away from the ground!

Since my sister Linda was much younger and sister Libby and brother John weren't born yet I was on my own to make my own winter fun. One Christmas I received a set of skies but needless to say I never became much of an expert. If any country kids did ski it would have been on a hillside out behind the barn, not at Gore Mountain.

Conclusion of "Winter Fun" next month



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A Report from the Great Sacandaga Lake Association

*by Edward Ludlum,
President*

In my last article I wrote about the unusually high lake level that was occurring in early December. Unfortunately, the high lake levels have continued due to higher than average rain fall. The GSLA has received quite a few inquiries from members concerned about property damage to docks and erosion along the shore line. Members would like to know why the Hudson River Black River Regulating District is not releasing enough water to lower the lake level. In general, water releases are not made to provide any particular lake level. The HRBRRD traps water in the spring to reduce the potential for downstream flooding and then releases water to regulate the flow of the Hudson River. The HRBRRD tries to control the flow of the Hudson River below the confluence of the Sacandaga and Hudson Rivers, maintaining a flow of approximately 8000 cubic Feet per second. If the Hudson is flowing above 8000 cfs the regulating district does not release water or releases less water. If the Hudson River is flowing at less than 8000 cfs the HRBRRD tries to release enough water to make up the difference. If more water flows into the lake than the HRBRRD releases the level goes up. If less water flows in to the lake than the HRBRRD releases the lake level goes down. So, the water management isn't

really about the lake level it's about the flow on the Hudson River. One recommendation to reduce the potential for ice damage is to move the docks at the end of the season to high ground above 771 feet. Of course moving your dock may not be possible for everybody and it's certainly late for this year. We have our fingers crossed that the rain will stop and the lake level will again begin to drop.

On another topic The Broadalbin-Perth High School Adirondack Sciences class and the B-P Fishing Club are teaming up with the Sean Craig Memorial Fund to help bring awareness to water safety in our area. Sean graduated from Broadalbin-Perth in 2015. He loved the outdoors and he loved spending time on the Great Sacandaga Lake. After Sean's passing, The Sean Craig Memorial Fund Inc. was created to help improve the safety of those who enjoy water recreation in the Fulton, Montgomery and Saratoga County Region. They have done an incredible job so far, but are always looking to do more!

They are currently collecting used Life Jackets to help establish a Life Jacket Loaner Program on Sacandaga. The ADK Sciences class and the B-P Fishing Club hope to be constructing Life Jacket Loaner Stations in the spring of 2019 to help individuals comply with the lake's safety regulations. We are asking the community to donate any life jackets that they are no longer using. We are accepting all sizes (adult & youth). You can send your life jackets to the Broadalbin-Perth High School in care of Brian Henry or if you contact Brian directly (henryb@bpscd.org) If you haven't already, I invite you to visit the Sean Craig Memorial Fund website and Facebook page.

<https://seancraigmemorialfund.wordpress.com/>

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The GSLA is entirely member supported and always looking for new members. If you are a permit holder or a regular lake user, the GSLA represents your interest. Visit our website at www.GSLA.org.

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Great Story About Our Edinburg Emergency Services

Last Friday afternoon my wife, Jeanne, and I were hiking near our house in the Adirondack Mountains. It was a spectacular winter day and we were enjoying every second of our time in the woods. As we walked back toward our ATV, I stepped on a patch of ice and came down hard on my shoulders and neck. I did not lose consciousness for more than a second or two, but when I could get my eyes to focus, I realized that while I could see my right hand, I could not feel it, nor move it. Jeanne was right there and came over attempting to find out what happened. Being a nurse, she began a patient assessment. I could not move or feel anything below my neck. This was bad.

We were in an area with no cell service, about 1-1/2 miles off the road. There was no way Jeanne could safely move me by herself. She would have to take the ATV back down the logging road to our neighbors in Bay Shore Park to call 911. She did not want to leave me there, laying on ice while she went for help, but there was no alternative. She covered me as best she could with several Mylar emergency blankets that we keep in a pack, and her own coat, then she tucked a can of bear repellent spray into my left hand which she propped up on my chest while she began the trip down the mountain to get help. I can say that laying there all alone, looking up at that beautiful blue sky through the trees was a very lonely and frightening period. We had seen plenty of coyote tracks as we hiked. Little good would the bear spray do me, since it was pointed at my face and I could not even move my hand if I had to. At the

base of the mountain, Jeanne met our friends, Diana, Noel, and Jim, who called 911 for her and gathered a couple of blankets and gave Jeanne a coat for her to wear.

As I lay there, I heard the Edinburg FD siren sounding. Oh what a beautiful sound that was! I hoped it meant that Jeanne had safely made it to Bay Shore (unless there was another emergency somewhere in town!). The EFD siren sounds so much like the old siren of the Inwood FD that I had jumped up at all hours to respond to for so many years. And now it was my turn to lay there helpless and silently wish the responders Godspeed. I will tell you that the apparatus siren does a lot more than warn other traffic to clear the way. When you are laying there as a patient waiting for help, that siren is your connection to salvation. You hear the first distant warble as the units begin their response, and as they get closer and closer, the increasing volume helps you to hang on to whatever hope you can muster, and I did not have much hope at that point, being paralyzed from the neck down was not the way I wanted to live my remaining time on earth. The siren also tells you how seriously the responders are taking it: are they rolling like this is the real deal, or is this a perfunctory occasional tap on the siren, just another "milk run."

If I ever get into a position to be able to use a siren again, I can tell you, I will lay on it and the airhorns, long and hard, sending the message "Take it easy guy, we're coming to get you!"

Jeanne waited for the emergency responders to arrive and drove the first two up to my location in the ATV since none of their vehicles would make the climb over the ice. The first two on scene were Edinburg Fire Chief Wayne Seelow and

Continued Next Page



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From Previous Page

my friend, past Assistant Chief John Olmstead. Chief Seelow on hearing the nature of the situation had already requested mutual aid from the Northville Fire Department for their track equipped 8 wheeled Argo ATV which has patient transport capability. He also requested a life flight helicopter be launched to take me to the trauma center at Albany Medical Center. While waiting for EMS, Chief Seelow and Past Chief Olmstead placed additional space blankets and hand and toe warmers in vital areas to help ward off hypothermia. At this point I had been laying on the ice for about 30 minutes, and even with my arctic weight Carhartt coat and fleece lined pants I was starting to get cold.

Jeanne made another run down the mountain with the ATV to bring up additional assistance, this time two EMTs from the Edinburg Emergency Squad, Kayla Milnyczuk and Walt Fitzgerald. Both were very professional, continuing patient assessment, prepping me for movement, coordinating with the troops at the staging area and requesting additional EMS resources in the form of mutual aid Paramedics from Fulton County Ambulance Service.

When the Northville FD arrived at my location, all hands placed me securely on a backboard and moved me to the Argo. This was done under very hazardous conditions over the ice on sloping terrain. Unfortunately, it was not done without incident, as past Chief Olmstead fell on the ice and broke his wrist. When the backboard was secured to the Argo, all personnel boarded it and our ATV and slowly made their way down to the staging area in Bay Shore Park where I was transferred to the Edinburg Emergency Squad ambulance. There I was treated by the Fulton County Paramedic, Dawn, who started an IV and administered medication for pain. I was taken to the Edinburg airport where the Edinburg FD had set up an LZ and transferred to LifeNet for a 20 minute flight to Albany Medical Center. Enroute, the crew of LifeNet 7-13, Andrew, Jess, and pilot Stevin, started an additional IV and administered more pain medication and gave me a very smooth flight over the beautiful Adirondacks (too bad I couldn't see any of the scenery). Past Chief Olmstead was transported by Fulton County Ambulance for treatment of his injury.



I cannot begin to thank all who participated in this outstanding multi-agency effort, those doing the hands-on work, as well as all the support personnel that made it come off like it was a routine event instead of a very complex wilderness rescue. It was truly a life and death situation. When I got to the ambulance my body was shivering uncontrollably, hypothermia was setting in. The spinal injury had the potential for serious consequences. On arrival at Albany Medical Center, the staff at that truly wonderful facility, from the Emergency Department Doctors Hogan, Schuster, Chowdhury, and Fillion to the Neurosciences Dept of D5East (especially nurses Amy and Isabella) conducted a series of tests and administered additional treatments that stopped the spasms I was experiencing. The care that all involved gave me helped to ensure that I will likely have no permanent affects (other than keeping me off the mountain when there is ice present.)

As someone who spent more than 40 years responding to all kinds of emergencies, big and small, I know how rare it is to ever have anyone say "Thank you." Especially for those impacted by trauma, the need to put their lives back in some semblance of order, combined with the difficulty of figuring out who all the sea of swirling faces hovering over them belong to, often diverts their attention away from this task. I have made a conscious effort to try to remember the names and faces of all of you who were there for me and my family. Seemingly minor actions, like Mark Bomba's helping Jeanne to calm down and get the ATV put away and give her directions to Albany Med, have a huge impact that you often don't think much about, but which make life so much smoother for those in the middle of "the worst day in their life". You have made a huge difference in our lives. Thank you!

To all my friends who have devoted so much of your lives to helping others, please continue to do as much as you can. There may come a time when it is you or one of your loved ones that will need help. Then, hopefully you will be fortunate enough to have someone as caring you are to help. I did!

Sincerely John Norman

*Chief of Special Operations (Ret.)
Fire Dept., City of New York*



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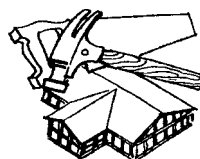


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Adirondack Folk School Schedule for 2019

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.

FEBRUARY

Friday February 1

Radiant Life with Herbs with Amy Cason. #1392-0201. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$45.

Saturday February 2

Perfect Pictures Every Time for Beginners with Carl Heilman II. #1436-0202. 1 day. 10am-6pm. Tuition \$205. Member Tuition \$195. Materials Fee \$0.

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

Sunday February 3

Gourd Design: Bird Houses with Tim Sauter. #1458-0203. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials Fee \$50.

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

Sunday February 3

Techniques of the Hudson River School Masters with Daniel Wall. #1501-0203. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials Fee \$12.

Friday-Monday, February 8-11

Build the Sagamore Chair with Larry Benjamin. #1425-0208. 4 days. 9am-4pm. Tuition \$470. Member Tuition \$420. Materials fee \$320.

NOTE: This class will take place at 18 Curran Street in Glens Falls, NY - the building located around the corner from the front entrance of the Shirt Factory Gallery.

Saturday February 9

Hand and Power Tool Safety with Frank Lagace



and Jim Schreiner. #1470-0209. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$15.

Saturday & Sunday, February 9-10

Sightseer Pack Basket with Linda Scherz. #1347-0209. 2 days. 9am-4pm. Tuition \$220. Member Tuition \$180. Materials fee \$102-142.

NOTE: Materials fee for Cotton Harness - \$102. Materials fee for leather harness - \$142. 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.

Sunday February 10

Introduction to Woodturning with John Kingsley. #1316-0210. 1/2 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.

Friday February 15

Introduction to Beading with Susan Arehart. #1459-0215. 1/2 day. 9am-12pm. Tuition \$55.

Member Tuition \$45. Materials fee \$10.

NOTE: Students may bring any drilled stones or charms they wish to incorporate into their creations.

Friday February 15

Earring Design and Construction with Susan Arehart. #1460-0215. 1/2 day. 1pm-4pm. Tuition \$55. Member Tuition \$45. Materials fee \$20.

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From Previous Page

NOTE: Students may bring any favorite beads or charms to include in their creations.

Saturday February 16

Introduction to Cold Process Soap Making with Roberta Devers-Scott. #1382-0216. ½ day. 9am-12pm. Tuition \$55. Member Tuition \$45. Materials fee \$15.

NOTE: This class will take place at 18 Curran Street in Glens Falls, NY - the building located around the corner from the front entrance of the Shirt Factory Gallery. Please wear a long-sleeve shirt and bring a washed out and clean 1/2-gallon paper milk carton.

Saturday February 16

Wooden Children's Toys with Bart Pisha. #1504-0216. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$20.

NOTE: Students should wear clothing that is suitable for working with paints. Students are also welcomed to bring their own tools for their project.

Saturday February 16

Wine Basket for Two Bottles with Barbara Boughton. #1429-0216. 1 day. 9am-5pm. Tuition \$105. Member Tuition \$85. Materials Fee \$30.

Sunday February 17

Spa Day with Christine Eberhardt. #1364-0217. 1/2 day. 1pm-4:30pm. Tuition \$55. Member Tuition \$45. Materials fee \$30.

NOTE: Please bring an old apron, a wash cloth and a towel.

Monday February 18 & Sunday February 24

Tuffet Footstool with Carol Johns. #1472-0218. 2 half days. 9am-1pm. Tuition \$140. Member Tuition

\$120. Materials fee \$100.

NOTE: Students will need to bring the following:

1. Assortment of cotton decorative fabrics. The project requires 64 strips of fabric 2-3" wide and 23" long.
2. 6" square of coordinating fabric
3. 5/8 yard of coordinating fabric
4. 2 yards of muslin cut into 8 rectangles each measuring 9" x 22"
5. Marking pencil or pen
6. A well-functioning sewing machine
7. Thread
8. Scissors
9. Seam ripper
10. Rotary cutter, cutting mat and ruler.

Saturday February 23

A Beekeeping Journey: Basics & Benefits with Tim Norray. #1496-0223. 1/2 day. 9am-1pm. Tuition \$55. Member Tuition \$45. Materials fee \$0.

Saturday February 23

Fanciful Felt Landscapes with Robin Blakney-Carlson. #1462-0223. 1 day. 9am-4pm. Tuition \$115. Member Tuition \$95. Materials fee \$20.

NOTE: Students should bring 2 old towels and wear sleeves you can push up to stay dry. A heavy cloth or waterproof apron is helpful too.

Saturday & Sunday, February 23&24

Harp Making with Larry Benjamin. #1461-0223. 2 days. 9am-4pm. Tuition \$210. Member Tuition \$170. Materials fee \$170.

NOTE: This class will take place at 18 Curran Street in Glens Falls, NY - the building located around the corner from the front entrance of the Shirt Factory Gallery.

Saturday & Sunday, February 23&24

Rustic Dog Bed with Jim Schreiner. #1473-0223. 2 days. 9am-4pm. Tuition \$210. Member Tuition \$170. Materials fee \$125.

NOTE: The bed you create will be customized to the size of your dog. It will be helpful to bring measurements to class.

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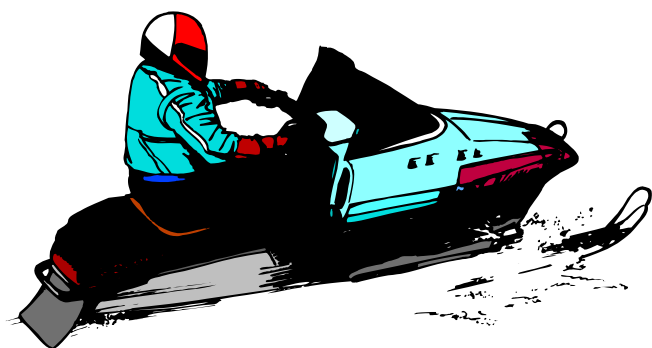
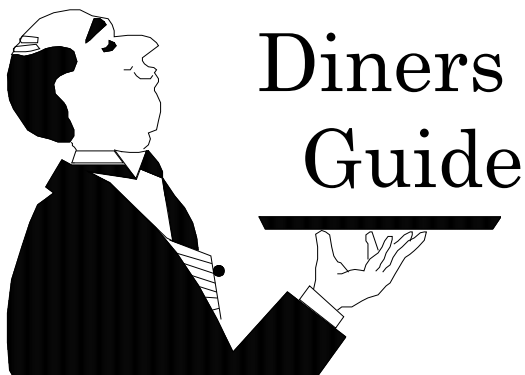
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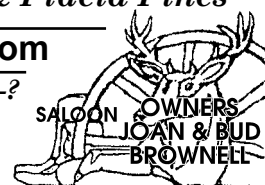
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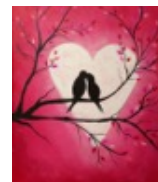
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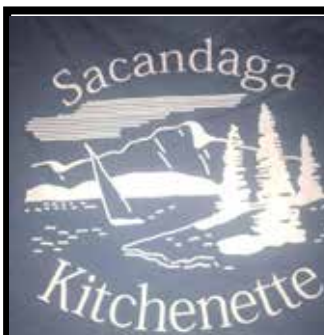
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God's Valentine!

As I sit here watching "Wheel of Fortune" on TV, I am thinking . . . I really need to work on our February article for the Edinburg Newsletter. I'm working on it super early this month, as at this writing I am still busy packing for the mission's trip my husband and I are taking to the Philippines (Jan. 9-23). Yesterday I got a shot in my back and am hoping I feel better for our long flights and our two weeks there. So, fast forward to February, "Thank you for praying for us!"

We also had a team fly to Mali, Africa in January to assist our missionaries, Rich and Anna

Marshall. The team consisted of Bill Donnan, Darby Jensen, Rick Morey, Shawn Darling, Seth Darling, Ernie Turner, Isaiah Philo and Jeff and Anne Morgan. We thank God for the willingness of these folks to go and help our dear friends and missionaries, the Marshalls. Rich Marshall's Mom and Dad, Frank and Eleanor, were missionaries in Timbuktu, Mali for many years. They retired years ago. Frank has gone on to Heaven and Eleanor lives in Perth, NY. I will give you a full report of both of these amazing trips in our March article. So, stay tuned.

Right now we are in the month of February . . . Valentine's Month! But to our school kids here in the Adirondacks it is also known as the month of the ever-popular, Winter Break! This week we went over to our son's house to check out their new outdoor ice-skating rink that they put in the back yard. It is huge, has side boards, homemade goals, and yes, it even has outdoor lights! (I'm wondering if bleachers will be installed soon . . . heated of course, for dear G-ma!) Our grandkids had a blast skating with their friends the other night, and afterwards the big kids (adults) had a hockey game, too. I have a feeling it's going to get a lot of use over the school's winter break!

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Back to Valentines . . . and the month of L-O-V-E! Jesus talked a lot about love! One time He was asked, "What is the greatest commandment?" (Matthew 22:36-39) He answered, "Love the Lord your God with all your heart, soul, and mind. This is the first and most important command. And the second command is like the first: Love your neighbor as you love yourself." (We, of course, naturally love ourselves. No command needed there!)

Jesus also said, "You have heard that it was said, you shall love your neighbor and hate your enemy. But I say to you, love your enemies and pray for those who persecute you." (Matthew 5:43-44) So this basically covers everybody, huh? It's easy to love those who love you! So, this

Valentine's Day, bedtimes reaching out to those you love with kindness, and words of love and appreciation, why not surprise someone else, like that someone who might be on your I-try-to-avoid-this-person list. (And, don't forget to pray for them, too!)

How can we not talk about God's Valentine here . . . the GREATEST LOVE ever given! You can read about it in that very famous chapter in the Bible, John chapter 3. It says that God so loved the world that He gave His one and only Son. Anyone who believes in Him will not perish but will have eternal life. God did not send His Son into the world to judge the world. He sent His Son to save the world through Him. Anyone who believes in Him is not judged. But anyone who does not believe is judged already. They have not believed in the name of God's one and only Son. (I hope you respond to God's Valentine . . . and will love and believe in Him.) Hope you can make it out to church soon, where you can hear more about the One who loves you so much. See ya' in church!

Sunday: Sunday School (8:45 a.m.) Worship (10 a.m.) Youth Choir (11:15) Evening Service (6 p.m.) Man-Up Bible Study @ BCON Corner (7:30)

Monday: Ladies Bible Study @ church (11 a.m. & 6:30 p.m.) Bible Club for K-5th (after school - 4 p.m.) Girls' Bible Study @ BCON Corner (8 p.m.)

Wednesday: Food Pantry @ BCON Corner (10 a.m.), Youth Groups. (Jr. High 6:30) (Sr. High 8 p.m.)

Thursday: Bible Study/Prayer @ church (7 p.m.) 3rd Thurs: Nursing Home Service @ Nathan Littauer (10:00 a.m.)

Saturday: Men's Coffee Hour (6:30-8:00 a.m.)




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HealthLink Littauer's WELLNESS WORDS

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

THYROID AWARENESS

You've probably heard of the thyroid gland before, but do you know what it does? According to National Institutes of Health, the thyroid is a small, butterfly-shaped gland that's located in the base of the neck and produces thyroid hormone. While it is a relatively small gland, the thyroid plays a big role in how our bodies function.

For example, the thyroid gland regulates many of the organs within our bodies including the heart, brain, liver, kidneys and skin, and affects things like our heart rate, digestion, breathing and body temperature. Therefore, to protect and maintain your body's overall well-being, it's important your thyroid gland works properly.

The American College of Endocrinology estimates roughly 30 million Americans are affected by thyroid disease, altering the function of their thyroid gland. The two most common conditions of thyroid disease include hyperthyroidism and hypothyroidism.

Hyperthyroidism occurs when the thyroid gland produces too much thyroid hormone and increases the activity of the body systems. According to the Department of Health and Human Services, symptoms of hyperthyroidism include weight loss, eating more than normal, increased heartbeat, irritability, problems sleeping, feelings of anxiety or nervousness, feeling warm more easily, increased sweating, muscle weakness and increased bowel movements or diarrhea.

While it is not the only cause, the most common cause of hyperthyroidism is an autoimmune disorder known as Grave's disease. This disorder causes the thyroid to produce more thyroid hormone than the body needs.

Hypothyroidism occurs when the thyroid gland doesn't produce enough thyroid hormone, slowing down the function of the body systems. The

Department of Health and Human Services lists common symptoms of hypothyroidism as weight gain, feeling cold more easily, sweating less than normal, muscle weakness, muscle or joint pain, feeling sad, depressed or extremely tired, dry skin, thinning hair, a swollen face or hoarse voice and constipation.

Another autoimmune disorder, known as Hashimoto's disease, is the most common cause of hypothyroidism. Hashimoto's disease causes your body's immune system to attack the thyroid gland, causing swelling, scarring and decreased production of thyroid hormone.

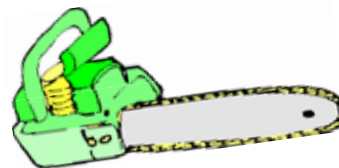
While thyroid disease is common, it is often hard to identify. Unfortunately, many symptoms of thyroid disease mimic other chronic conditions. One indication of a thyroid disorder may be a thyroid nodule or goiter. A thyroid nodule is a swelling in one section of the thyroid gland while a goiter is an enlargement of the entire thyroid gland. Not all nodules cause problems, but some can.

If you have a family history of thyroid disease, swelling of the thyroid gland or experience symptoms of a thyroid disorder, talk with your healthcare provider. A simple blood test can determine whether or not your thyroid is doing its job.

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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Topic	Date-Time	Place	Details
New Day & Time: Zumba Gold	2/1 – 2/22 9 – 9:45 am	HealthLink Littauer Johnstown	4 sessions (Fridays). Time to dance those calories away! For active older adults with easy-to-follow choreography focusing on balance, range of motion and coordination. \$5 fee/week. Attend 1 session or all 4
Chair Yoga	2/1 – 2/22 10 – 11 am	HealthLink Littauer Johnstown	4 sessions (Fridays). Experience gentle, peaceful yoga with the support of a chair. For everyone...no matter what age you are, or what condition you are in! \$7 fee/week. Attend 1 session or all 4
Wellness Walkers	2/4, 11 & 25 9 – 10 am	Johnstown Mall	3 sessions (Mondays). Indoor walking group open to anyone wanting to get active and have some fun! Walking is one of the best and easiest forms of physical activity to stay healthy. FREE! Attend 1 session or all 3
Gentle Yoga	2/4 – 2/25 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 4
Zumba!	2/5 – 2/26 6 – 7 pm	HealthLink Littauer Johnstown	4 sessions (Tuesdays). Exercise in disguise! Join the fun with this high energy, calorie-burning dance party. Modern fitness program appropriate for all abilities. \$7 fee/week. Attend 1 session or all 4
Relax With Crafts	2/7 6 – 7 pm	HealthLink Littauer Johnstown	1 session (Thursday). Experience the therapeutic effects of creativity! Relax while creating a unique 'Be Mine Bear' for your Valentine with this simple towel folding technique. \$20 fee includes all materials
Healthy Eating, Active Living	2/11 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Monday). Monthly sessions focusing on nutrition & physical activity... "Living A Healthy Lifestyle." Learn how to incorporate a healthy diet and regular physical activity into your everyday routine. FREE!
The Butt Stops Here!	2/12 – 3/19 1 – 2 pm 2/21 – 3/28 6 – 7 pm	HealthLink Johnstown Nathan Littauer Gloversville	6 sessions (Tues/Thurs). Award winning program has helped thousands to QUIT smoking and/or using tobacco products! Get the tools and support you NEED to become tobacco and nicotine-free. \$25 fee...attend all sessions and receive a full refund! (scholarships available for those in need)
Alzheimer's: 10 Signs of Dementia	2/14 3 – 4 pm	HealthLink Littauer Johnstown	1 session (Thursday). Interactive workshop on the 10 warning signs of Alzheimer's disease & why early detection matters! We'll separate myth from reality on commonly-held fears about Alzheimer's & dementia. FREE!
Snowshoe Hikes	2/16 & 2/18 10 am – 12 noon	Scotch Bush Tree Farm Amsterdam	1 session each (Sat/Mon). Rated Easy-Beginners Welcome. Join us as we snowshoe along a serene farm trail by a peaceful pasture for picturesque views. \$10 fee/hike (limited number of snowshoes available to loan)
Health Screenings	2/20 9 am – 1 pm	HealthLink Littauer Johnstown	1 session (Wednesday). Is YOUR number up? Includes a Cholesterol+HDL+Glucose blood test \$18; diabetes risk assessment, blood pressure reading & BMI measurement at no charge. No appointment needed
Diabetes Discussion	2/25 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Monday). For anyone with diabetes... "Communication, Positive Thinking & Stress Management." Learn to clarify your thoughts and be an active listener, practice skills for positive thinking & managing stress. FREE!
Women With Heart Disease	2/26 3:30 – 4:30 pm	HealthLink Littauer Johnstown	1 session (Tuesday). Monthly group meeting... For women with heart disease. "Exercise Your Heart Muscles With Zumba Gold!" Learn easy-to-follow dance moves to improve heart health. FREE! No enrollment needed
ViP Luncheon: Infection Prevention	2/27 11:30 am – 1 pm	Nathan Littauer Hospital	1 session (Wednesday). Especially For Adults 50+... Enjoy a buffet-style luncheon followed by a presentation on the important role you play in your own well-being. \$5 ViP members, \$6 general public. RSVP by 2/25

FEBRUARY GROUP MEETINGS: No enrollment necessary ~ For details, visit nlh.org or call 518-736-1120

→ Breastfeeding 2/7	Nathan Littauer 12:30 pm	→ Parkinson's 2/21	Mayfield Presbyterian 2 pm
→ Chronic Disease 2/13	HealthLink 1 pm	→ Breastfeeding 2/21	HealthLink 5:30 pm
→ Alzheimer's 2/14	HealthLink 4 pm	→ Mother To Mother 2/23	Mohawk Harvest 2:30 pm
→ Beyond Moms 2/14	HealthLink 5:30 pm	→ Heart Disease 2/26	HealthLink 3:30 pm
→ Alzheimer's 2/21	Mayfield Presbyterian 10:30 am	→ TOPS Wednesdays	Nathan Littauer 5:30 pm



Edinburg United Methodist Church

3 South Shore Rd , Edinburg, New York

Valentine's Day

Valentine's Day is about love, sacrifice and commitment. Valentine was a Christian Priest who defied the Roman Emperor Claudius. Claudius the Cruel was a harsh leader in the third century and treated his soldiers badly. He cancelled all marriages and engagements in Rome. Thousands of couples saw their hopes dashed by the tyrant. Valentine secretly married soldiers before they went to war, despite the Emperors order. The Emperor found out about the secret marriages and had Valentine thrown into prison and put to death. Valentines Christian faith reminds us of Jesus love, sacrifice and commitment throughout his lifetime. As a faith community we seek to know God's presence in our lives. In our Church we worship God and share the good news of Jesus. Our hearts, our minds and our doors are open to all. Join us on Sunday mornings at 9:00 am and after the service we continue fellowship with breakfast at Shelby's Diner.

WELCOME

Mohawk Harvest Cooperative Market Schedules Soup Contest For February 24th

The Mohawk Harvest Cooperative Market (Co-op) will be holding a Soup Contest on Sunday, February 24, 2019 from 11am-2pm at the store, located at 30 N. Main Street in Gloversville. Prizes will be awarded in each of two categories – vegetarian and non-vegetarian. The Co-op is looking for soup makers/contestants as well as tasters who will judge the soups for the contest. For those making a soup for the event, soup can be vegetarian or include meat, but there must be at least ONE MAIN INGREDIENT purchased at the Co-op. The Co-op is offering a 10% discount for any ingredients purchased for a soup if you enter the contest. Deadline to enter is February 17 and there will be a maximum of 15 entrants. Soup makers can register at the Co-op or by email to gkm0828@gmail.com and should include email address, phone number, and a copy of soup recipe – please note vegan/vegetarian if applicable.

Soups should be delivered piping hot in a crock pot (at least 4 quarts of soup are needed) to the Co-op by 10:30am on February 24; tastings will take place from 11am-2pm. Cost to sample all soups and cast a ballot is \$5 per person.

For more information about Mohawk Harvest Cooperative Market or about the Soup Contest, please contact Co-op General Manager Gianna DeLilli at Mohawk Harvest at manager@mohawkharvest.org, call (518) 706-0681, or visit the store online at the Co-op's Facebook page or at www.mohawkharvest.org.

Mohawk Harvest Cooperative Market Mission Statement: As consumer, producer and farmer members of a cooperative, we are committed to the creation of a healthy, sustainable community by providing wholesome foods, empowering artisans and fostering lifelong learning.



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TOPS 1005 Northville

TOPS (Take off Pounds Sensibly) 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!

Some tips to keep you going into this New Year....

Be realistic when setting a goal!

Make one change at a time.

Be specific when making a goal.

TOPS 1005 Northville

Talk about your goals with family and friends and Track your progress!

Congratulations go out to Fran Sculley who reached her goal to become a KOPS (Keep Pounds off Sensibly)... and our Queen!!

We have a wonderful discussions during our meetings at TOPS 1005 Northville... at one of our meetings, we talked about spices! Margie Ferguson brought in pepper with three flavorings she uses.... true lemon/lime and orange packets... adds great flavor to chicken! she also uses Stouffer's seasoning wraps.

Each member that brought in a spice, took home one of their choice!

We talked about freezing leftovers into portions for later use... and buying a whole chicken for a better value and more meals!

TOPS believes you CAN lose weight and keep it off permanently — when you change your lifestyle.

Diets may deliver quick results, but the weight usually piles back on.

A lifestyle change takes time, but the new habits you adopt along the way ensure the weight you lose is gone for good.

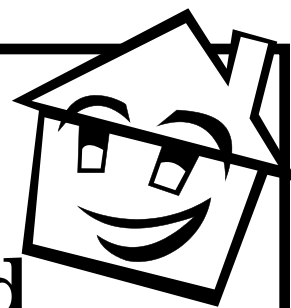
Join us at TOPS NY 1005 Northville!!

We have been meeting upstairs at the Bradt building (South Main St. in Northville) in the conference room (a few of our meetings are held downstairs). We meet on Tuesdays... during the winter months, our meeting times change, so please call the number below. Our first meeting is free.

For more information, call 518-774-9243 or visit us at www.tops.org on the web.

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Craig

Middle of Winter Chicken 'n' Biscuit Dinner

Wednesday, Feb. 6

4:00 pm - 6:30 pm

(Or until food runs out)

**Wells United
Methodist Church**



Cost: by donation

(Take outs are available)

Menu:

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

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



Edinburg School News



Edinburg School Happenings

by Ms. Kimberly S.

Armadillo, Superintendent



We are "Eagle Proud"

OUR BUDDING SCIENTISTS:

The Edinburg Common School Pre-K through first grade "scientists" have been busy observers and having hands on experiences in class this month. Pre-K students have been learning about snow and ice through non-fiction literature and hands on opportunities. The students have investigated ice molds and experimented with conditions that make ice melt.

The Kindergarten class is learning about weather and weather conditions. The class has created a weather windsock to experiment measuring wind. Students have been gathering and tracking the weather conditions in Edinburg, NY and Orlando, FL. They are learning to compare the similarities and differences between each area. In first grade, the class has been investigating the core ideas of light & sound.

PERFECT ATTENDANCE FIRST MARKING PERIOD:

Congratulations to the following students on their perfect attendance the first marking period. Remy Morrison, Joden Wood, Gabrielle Hutchins, Brayden Shults, Michael Wagner, Payton Wilson, Porter Brownell, Sophia Edwards, Erin Bradt, Elleah Whittaker, Emily Brownell, and Rylee Wilson.

REMEMBERING OUR TROOPS DURING THE SEASON OF GIVING:

In December, the Second and Third grade students sent heartfelt messages in Christmas cards to recovering United States Troops at Walter Reed Memorial Hospital in Bethesda, MD. We hope that they brought some joy to our brave men and women who serve our country.

FULLERS SPONSORS HOLIDAY COLORING CONTEST:

Congratulations to our coloring contest winners. This contest is sponsored each year by Fullers store owned by Mr. and Mrs. Shawn Marco. We want to thank the Marcos for providing each student that participated with a gift certificate as well as the special gift bag given to each of the contest winners. The winners were: Remy Morrison, Iris Ward, Mackenzie Roberts, Kendra Finley, Madysan May, Autumn Lee, Alaina Cherry and Keegan Evans.

ANIMAL SHELTER RECEIVES HELP FROM E.C.S. STUDENTS:

ECS students and staff wish to thank EVERYONE who generously donated to the James Brennan Memorial Animal Shelter in December. Our little school generated (2) trunk loads of dog food, cat food, laundry detergent, linens and toys. We also received both monetary donations as well as PTO donations following the closing of the Secret Santa Shop. We love to help our animal friends, and your support is much appreciated.

WELLNESS CORNER:

A Toast to a New Year is this month's theme for the Wellness Corner. The students were given a piece of paper toast to write a goal on or write down something they already are doing. The pieces of toast are then put on the wall around a big toaster.

Jackson Creek Firewood Co., LLC

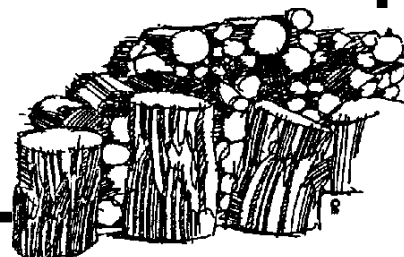
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New Year resolutions are not just for adults. Kids ages 7-12 are still developing habits and growing, so this is a perfect time for them to set goals for themselves. Also this can be a good bonding experience for families to do together. Make sure to not give your children goals but let them pick something and help to guide them throughout the process.

Some creative ways that children can make resolutions is through different activities such as creating a vision board; a vision board is a piece of poster board that they decorate and can have in their rooms to see each day. It represents what their goal is for the year such as having a picture of healthy snacks to grab and go. Another idea would be to play 3 stars and a wish, you list 3 qualities you have or things you do well and then wish for something for a goal to work on. Examples would be running fast, comforting a friend when they are sad etc.

Just remember, as you look into the New Year, find something you can either do as a family or on your own, but share it with your children. Make small steps to larger goals and have fun.

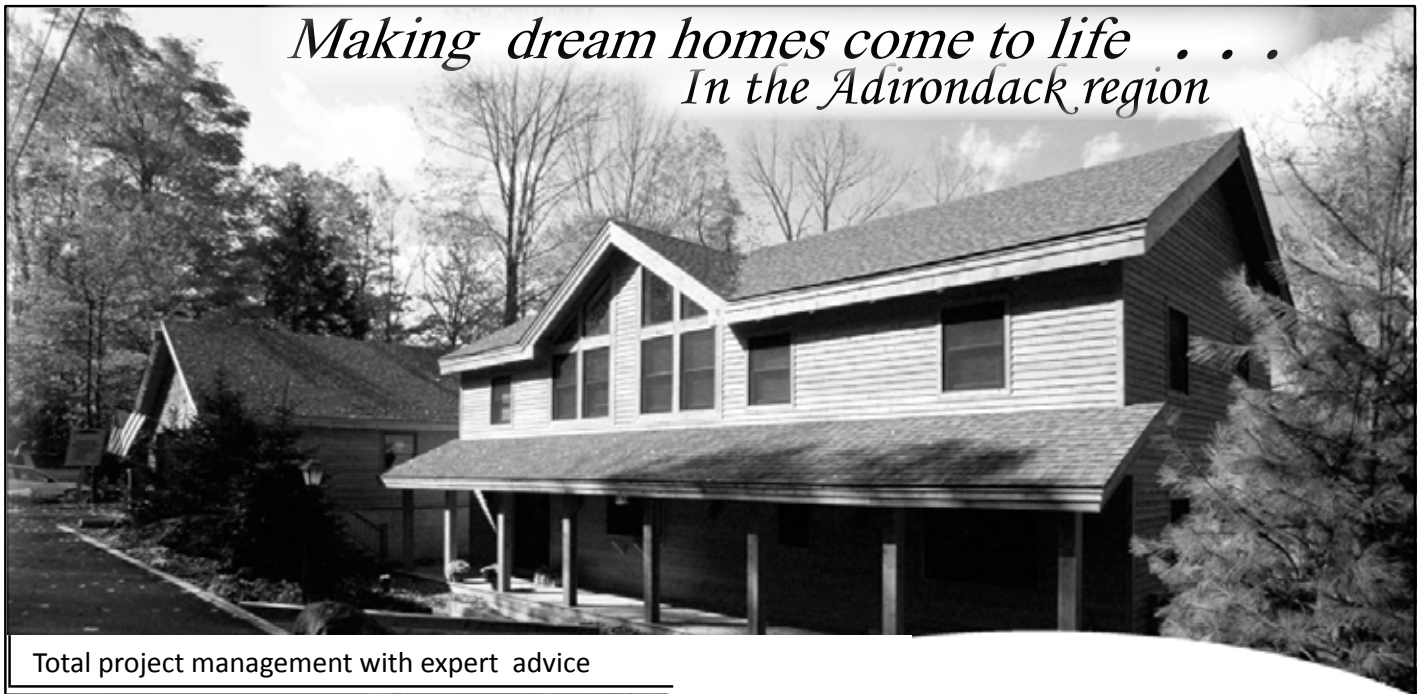
NORMA PORTEUS' MILESTONE BIRTHDAY:

On January 11, 2019 our third and fourth grade students had the honor of being invited to the Senior Center to help celebrate Norma's 100th birthday to the day. This same group of students went to the Senior Center last year for Norma's 99th birthday and promised to come back again this year to help her celebrate. Students read books with their Senior Buddies and then after a rousing Happy Birthday song, they were treated to cake and ice-cream with Norma. Everyone had a wonderful time and Norma asked when they were coming back to sing for the group again.

POTENTIAL CAPITAL PROJECT:

On behalf of the Edinburg Common School District, we wish to invite all Edinburg residents to a presentation on February 12, 2019 starting at 6:00 in our Multi-Purpose Room. TRANE and our Facilities Director, Michael Sherman will be presenting the scope of a potential capital project which serves to replace our 30 year old boilers as well as underground fuel tanks. All are welcome to attend this presentation which will be held at the start of our regularly scheduled board meeting.

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IMPORTANT PHONE NUMBERS

LANDFILL		TOWN HALLS	
B'ALBIN	Mon & Fri 8-3	BROADALBIN	883-4657
	Tues, Wed, Thur 12-7 Sat 8-1	DAY	696-3789
EDINBURG		EDINBURG	863-2034
	Fri 12-3 & Sat 9-3	HADLEY	696-3112
NORTHAMPTON/N'VILLE		NORTHAMPTON	863-4040
	Mon, Tue 8-4, Sat 8-1	MAYFIELD	661-5414
TOWN CLERKS		DOG WARDENS: (HOME)	
DAY		BROADALBIN	
Carol Vaillancourt	696-2698	Joe Passino	762-6342
EDINBURG		DAY	
Denise Ferguson	863-2034	Francis Allen	696-3617
MAYFIELD		EDINBURG	
Dorothy Hart	661-5414	Bill VanNostrand	863-4880
HADLEY		HADLEY	
Pauline Smead	696-2055	Jim Jenkins	696-3757
NORTHAMPTON		NORTHAMPTON/N'VILLE	
Elane Milhalik	863-4040	Vernon Duesler	863-6313
STATE POLICE		ELECTRIC INSP.	
HADLEY	696-2535	Mike Kratky	863-8800
MAYFIELD	725-3034	Ron Royal	924-7661
FONDA	853-3415	Joe Swanson	863-2020
BROADALBIN	883-5433	Brian Sweet	673-5123
SARATOGA COUNTY	911	EDINBURG TAX COLLECTOR	
FOREST RANGER		Faye Frasier	863-2034
EDINBURG/DAY	383-1005	EDINBURG ASSESSOR	
FIRE & BLDG. INSP.:		Ron Beckering	863-2034
EDINBURG		EDINBURG TOWN JUSTICE	
Matthew Ginter Sr.	863-2034	Paula Blackwell	863-2034
NORTHAMPTON		HIGHWAY SUPER	
Matthew Ginter Sr.	863-6580	Wayne Seelow	863-8126
NORTHVILLE			
David Edwards	863-2419		
DAY			
Ken Metzler	696-5164		

BINGO

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Month Only December- April**

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Thanx!



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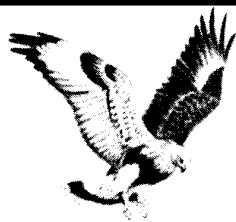
From Hawk On Back Page

route was three blocks long and the line up was Dachshunds in the first group, Chihuahuas in the second group and the rest of the big dogs in the rear. I cannot believe the number of people out watching the parade. Everyone was friendly and in a good mood. There was a lot of camaraderie between dogs and people alike. If only people, everywhere, would act like this on a regular basis.

I love this town. I love the people and the diversity. I have found the best place to experience it is in Publix. When I checkout, I love looking around the store. It is the visual definition of the term, melting pot. You will see multiple nationalities consisting of rich people, working people, vacationing people, retired people, old people, young people. The common denominator is they are ALL PEOPLE! Everyone is always cordial and friendly. It is definitely different from my experiences in NY. Living in a neighborhood is different for us too. Around the corner is a Bahamian neighborhood. We walk through there all the time. Everyone is so friendly to us. They chat with us, they wave and smile. It almost seems like a lost art. So many people tell me they do not know their neighbors and this is certainly true of many people on the lake. Bill and I did not know a lot of people around us either. The simple answer is the hustle and bustle of our routines just gets in the way. But seriously, what happened to smiling and waving to your neighbor? It takes no extra effort to be friendly and these moments of interaction can truly make a person's day. I am grateful to be reminded of the simple things in life.

Our little boy, Big Hoss, has opened up doors for us in so many ways. He goes almost everywhere with us and has become quite a celebrity. We have met so many wonderful people and heard about their fur babies too. We have been participating in many events that we never would have been a part of before. Big Hoss is one lucky puppy to be born in this town. When he officially turns one year old, he will receive a proclamation from the Conch Republic, stating he is an Official Conch. Bill and I will forever be Fresh Water Conchs but Big Hoss will always have status in this town.

No matter what your plan is for February, enjoy your experiences. Take in the beautiful scenery and open yourself up to the people around you. We are more alike than you may think. Practice being a good neighbor, make some new friends and stay positive and focused. Enjoy life to the fullest in 2019. Happy February!



Hawk

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Did You Know

It is almost inconceivable to me that I am writing my February 2019 Newsletter article. I have spent a lot of time reflecting on what I want to write about. Depending on your age, there are generally three things that pop into your mind when you hear the word February; Valentines Day, Presidents Day or Winter Break. Romance is in the air at the beginning of the month with television and the internet telling you what you should buy for your Alove.@ A three-day weekend is in the mind of people who love to play in the snow. Winter Break is in the mind of school kids. How you perceive the month is based upon what is happening in your personal life and your past experiences. Since 2011 February brings, to my mind, memories of an open heart surgery, snow mobile accident, house theft and an anguishing month of heart break. This year, I have a reason to celebrate February again. Our puppy, Big Hoss, was born on February 7 and he is turning one year old. I was there when he was born and I did not anticipate

that he would ever be our dog. I cannot believe that a year has passed by so quickly. I have learned, however, that God sent him to me to heal my heart. He is a blessing to us both and has been a positive influence in our lives.

We had the honor to march in the 14th Annual Dachshund Parade on New Year's Eve Day. We had no idea what to expect. When we arrived at 11:00 a.m., it was controlled chaos. There were not only Dachshunds everywhere in costume, there was a Chihuahua flash mob and lots of other dogs (and cats) that did not want to be discriminated against. The event started exactly at noon with a prayer by a local priest that was actually very moving. The parade

Continued Inside Back Page

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