

The Edinburg Newsletter

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March 2019

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VOLUME 38 # 7

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MARCH 2019 COMMUNITY CALENDAR

MARCH

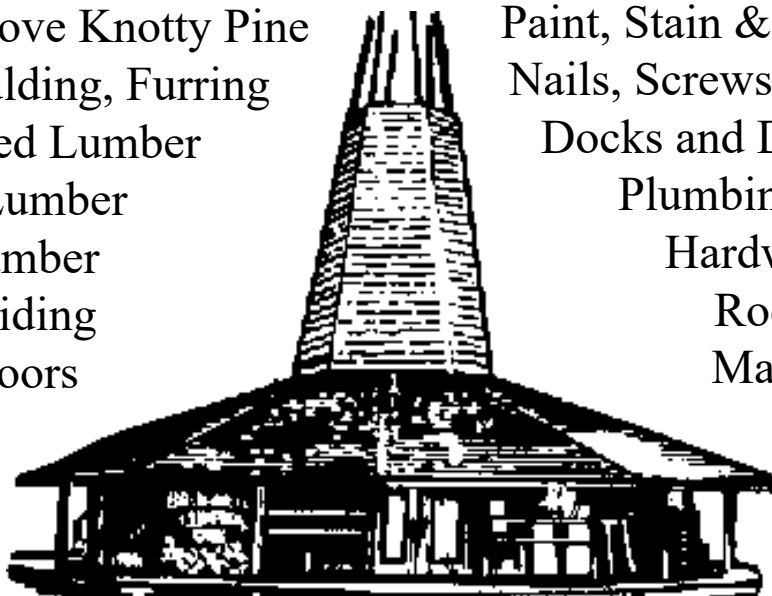
- THURS 7 Edinburg Zoning Board 7pm
- SUN 10 Daylight Savings Time begins ...yippee!
- MON 12 Edinburg School Board 6pm
- Fri 15 SACANDAGA SENIORS 2:00 Ed COMMUNITY CENTER
- SUN 17 ST. PATRICK'S DAY
- TUE 19 Edinburg Historical Society 7pm
- Wed 20 SPRING BEGINS Yippeeeee
- THURS 21 Edinburg Town Board Meeting 6:30
- THURS 28 Edinburg Planning Board 7pm
- Fri 29 SACANDAGA SENIORS 2:00 Ed COMMUNITY CENTER



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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

Greg F.

Angela L.

Dayna McD.

Marion F. (92 years young)

Denise F.

Gail V.

Dan A.

Cindy L.

Jorden W.

Happy Birthday in Heaven:

Michael Edwards

From The Four Corners Gang



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EDINBURG VOL. FIRE CO.

by Brian DeFeo

“Neighbors Dedicated To Your Safety”

2018 was once again a busy year for your Fire Company. We responded to 127 calls, three more than 2017.

A total of 1337.73 volunteer hours were expended vs.1260.52 the previous year.

Structure Calls were down slightly, with additional decreases noted in Mutual Aid to outlining communities and Mutual Aid received.

The most significant increases were in the categories of: power lines down, EMS assist, brush fires, vehicle fires, and motor vehicle accidents which close to doubled.

The Company welcomed the following individuals whom are new or returning members in 2018: Robert Barber, Devin Colvin, Brian DeFeo, Joe Smith, Julia Smith, Peter Smith.

The Company acknowledges with sadness the following members who have responded their last alarm: James Cole, Joel Edwards, June Lawrence.

We thank the entire Community for your anticipated support in the coming year while encouraging those who can, to step forward and join your neighbors at the Edinburg Volunteer Fire Company.

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EDINBURG TOWN REPORT

www.edinburgny.com

by Jean Raymond



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

New Highway Pickup Truck Received

The Town budget for 2019 included a new pickup truck for the Highway Department. It has been received and the plow has been purchased under state bid from Puthaven Farm in Johnstown. The sander will be used from the old truck. The old truck will be advertised for sale on line with Auctions International in the next few weeks.

Dog License Penalty

All dogs over 4 months of age MUST be licensed, including small mostly house dogs. The penalty for harboring an unlicensed dog can be up to \$250 per day. Dog licenses may be obtained from the town clerk's office.

E-Waste Collection For 2018

The Town of Edinburg will file the required annual E-Waste report with the DEC this month. Residents recycled 26,432 pounds of computers, computer peripherals, small electronic equipment and televisions.

Ambulance Service of Fulton County

The Ambulance Service of Fulton County closed down February 8th because they could not pay their insurance or make payroll. They provided both back up and ALS to the Edinburg Emergency Squad when required. It is unclear if they will be able to reopen. The state has issued a 60 day emergency certificate to the Greater Amsterdam Ambulance Service to take over the territory, which they are doing. Discussions are taking place regarding various alternatives for the long term future.

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Edinburg Calendar of Events for 2019

Contact	Date/Time	Place
STRAWBERRY FESTIVAL		
Linda Hurst 518-863-2764	6/8/19 4pm - 6:30pm	Methodist Church North Shore Rd., Edinburg
EDINBURG COMMUNITY DAY		
Linda Hurst 518-863-2764	7/13/19 10 am - 3 pm	Four Corners of Edinburg Including Museums & Fire House
WHITE ELEPHANT SALE		
Linda Hurst 518-863-2764	7/13/19 10am - 3pm	Methodist Church North Shore Road, Edinburg
CHICKEN & RIB BBQ		
Courtney Seelow 518-863-6773	7/27/19 4pm - 7pm	Edinburg Fire House 7 North Shore Rd Edinburg
FALL FESTIVAL		
George Blackwood 518-863-6772	9/28/19 10am - 3pm	Rural and Nellie Tyrrell Museums, Edinburg
EDINBURG TREE LIGHTING		
Jackie Nichols 518-863-2488	12/7/19 2pm-4pm	Edinburg Vol. Fire House 7 North Shore Rd. Edinburg

Broadalbin United Methodist Church

65 North Main Street
Broadalbin, NY 12025
518-883-5247

Broadalbin United Methodist Church is having their annual Corned Beef and Cabbage Dinner on March 9th from 4pm to 7pm. \$10.00 Adults, Children 5-12 years \$5.00 and children age 4 and under eat free. Take outs available. Pipe music will be played through out dinner by Keith Bartholoma. For further information, you can call the church office.

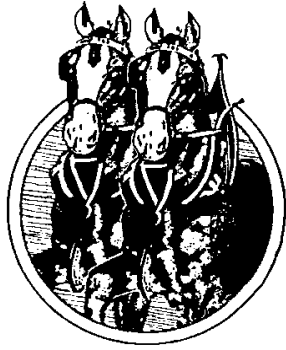


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DON BOWMAN REMEMBERS

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 era 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.

Little Pieces of the Valley

I say little pieces. Not enough to make a big story. Just notes I made.

August 2nd. Hotter than the Hobbs of Hell. Old Fargo had a heart attack and died. A shame. He was a nice old man.

January 3rd. Below zero. Two eagle feeding on a fish frozen in the ice at Day. Shane fell and busted his leg. Will be out of work. Collection for his family.

They said Manny acted as if he didn't have both oars in the water hen he punched Lonny. So both lost jobs.

The valley had horse and wagon towns. Saturday night and other nights. Not even a blinking red and green traffic light.

The small settlement of Fayeveille all demolished nothing left.

There was no moon, "In the dark of the moon" we always called it. The stars winked coldly, distantly in the nite sky.

He was as sharp as a sliver of glass.

Everytime you see a fox running don't mean that he just stole a chicken.

Yeah Brian was drunk. Higher than a kit on the Fourth of July. So he got fired. That was the rule.

Coincidences are nature's way of saying "pay attention."

They said that Simon once had a wife named Sybil. But like Peter, Peter, Pumpkin Eater, he couldn't keep her.

Lend some money to a friend and you lose the friend.

Gary looked around the noon lunch group at the campfire. "I'm not like you guys," he said. "Me I don't play God. Let the constable find out who stole that stuff."

"You sound like my wife," Darrold from Tennant Mountain said. "Gee, I didn't know you were married three times. You sound like one of them."

"Every problem is an opportunity," said the time keep.

"The best defense is a good offense."

There was a saying at Cranberry Creek. "If you pick blackberries or raspberries you bettea wear shoes."

The siding on most empty housed was grayed from the weather and the wind blew through the glassless windows.

Guilt by association has marred the lives of many women who loved evil men.

It was foot stomping cold that day.

"Death by natural causes" was heard now and then on the project as one or other of the hundreds of the workmen came to a sad end.

Elmo said that now and then he got a shiver like someone stepping on his grave.

"Code of the Valley," said Constable Dick. "Just don't get involved."

"Every accused is innocent unless proven guilty beyond a reasonable doubt. Then look out."

His shadow went along with him. Like a dog on a leash.

The doc said that Culver was not "purblind", partly blind.

Brandon choked to death on a bottle cap. Why he had it in his mouth was never explained. It was put down as, "Death by Unusual Circumstances."

The constable said that smother of all strategies of homicide is one of the most difficult to detect. It is often put down as "cardiac failure."

The church steeple pointed the way to heaven.

Green Cove Springs had green water cress even in winter.

Travis of Day was a legend in his own mind.



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The year's winners for the best in children's literature include:

** Newbery Award for Fiction – "Merci Suarez Changes Gears" by Meg Medina: A sixth grader navigates difficult changes with friends and family.

** Caldecott Award for Picture Book – "Hello Lighthouse" by Sophie Blackall: The story of a lighthouse keeper and his family.

** Seuss Award for Early Readers – "Fox the Tiger" by Corey Tabor: Mischievous Fox wishes he was a tiger.

The Sacandaga Book Group will meet on Tuesday, Mar 12 at 10 am in the library's program room. Gail Cramer will lead a discussion of "The Dream" by Harry Bernstein. A memoir of a hardscrabble youth in depression-era Chicago and New York, Bernstein, a British immigrant, tells his tale of hope and dreams coming true.

STORY TIME will be held on Saturday March 16 at 10 am led by Ondrea Crandall. Preschoolers enjoy stories, crafts, and a snack.

Hours:	
September to March	
Monday	9am - Noon
Tuesday	9am - 8pm
Wednesday	9am - 4pm
Thursday	9am - 4pm
Friday	9am - Noon
Saturday	9am - Noon

Watch for these titles to be arriving:
Malta Exchange – Steve Berry
Wolf Pack – C J Box
Cemetery Road – Greg Iles
First Lady – James Patterson
Island of Sea Women – Lisa See

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Flower Talk

by Sally Peck

Here's an equation we can all agree to; grey skies + sunless days = a somber mood, (sometimes even depression). When the sun comes out and the sky is blue everyone is upbeat and feels pretty darn good. No matter how you slice it, color and light affect a lot of things. The same goes for inside your home or workplace. There are ways to lift-your-spirit by adding color; throw pillows, furniture scarves, area rugs, plants or FLOWERS are some examples. FLOWERS anywhere in the house or workplace give so much. A FLORAL ARRANGEMENT = Color + beauty + nature + art + fragrance; an all-in-one.

A somber mood can be lifted when you surround yourself with even one of these elements, FLOWERS give it all! Most folks display flowers in spot for all to see, which is a good thing. However, don't think that putting them in a more secluded place like a bedroom is like hiding them away. They will be the last things you see when you turn

off the light and the first things you see when you awake. That is a good thing too. It sets the mood for the day, which in-turn gets shared with everyone you encounter. FLOWERS added to your home or workplace are a great way to help recover from all those grey, somber days...and chase the Blues away.

Floral Focus : Alstroemeria , also known as Peruvian Lily or Lily of the Incas, resembles a miniature lily. It's named after Baron Claus von Alstomer, who discovered the FLOWER while collecting seeds on a trip to Spain.

Floriography: Alstroemeria: The FLOWER of Friendship, is also symbolic of wealth and prosperity 'hint-hint': If you want to get a better night's sleep, try placing Gerbera Daisies next to your bed. Gerberas emit oxygen and absorb carbon monoxide and toxins at night, this was said to be especially helpful for anyone suffering from sleep apnea. Remember, Trust your local florist and contact them direct. Avoid the Impersonal, E-Commerce Flower Dealers and avoid a middleman and their added expen\$.

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Sacandaga Garden Club

Hello Everyone

I hope everyone had a wonderful holiday season. At this time of the year, most people are thinking about our lovely winter weather with mountains of snow. As a gardener, I'm already wondering about my beautiful gardens underneath the ice and snow. My opinion is that gardeners are optimist. Why? Every Spring, we know that all of our gardens and/or flowers, trees, vegetables will grow and return this season. All of our beloved plants will survive the winter season.

While we are waiting for Spring to start, the Sacandaga Garden Club has planned a road trip to The Capital District Garden and Flower Show at Hudson Valley Community College in Troy. The show starts on March 22nd thru 24th.

The Sacandaga Garden Club is going to the Garden and Flower Show on Friday March 22nd. The Club is meeting at Northville Topps store at 9am. If you wish to join us, please call Janet Mitchell at 518 863 2170. This way, we know to expect you.

The Sacandaga Garden Club is starting our new year on April 4th at 1:00pm at the Northville Public Library. Our first meeting and presentation is about Gladiolas. Our guest speaker is from Cooperative Extension. If you need more information, please contact Gale McGowan at 518 863 2604. All are welcome to join us for our meeting and presentation. Hope to see you there.

This is a good time to make ready for Spring Gardening. Beside starting seedlings at home, this is great time to prepare your gardening tools. Cleaning and sharpening your tools and clippers. Happy planting.

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2408 SOUTH SHORE ROAD, DAY

MLS 201828593 **\$249,000**

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



NINE MILE TREE RD, MAYFIELD

MLS 201815006 **\$19,500**

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



4251 ST. HWY. 30, PERTH

MLS 201828539 **\$125,000**

Totally renovated 2BR, 1BA. Large
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O SHIPPEE RD, DAY

MLS 201524709 **\$19,000**

8.23 acre wooded parcel; great spot
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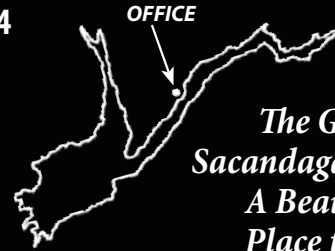
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15.87 Acres of forest Borders State land Private Setting 2BR furnished home, lots of room to expand & space for 2 BR upstairs, w/ knotty pine interior overlooking 1 acre

pond, gazebo w/deck & stn frplc. Yr rnd stream, +/- 3 acres cleared. 2 car gar yr rnd stream. **MLS #201713375**

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17th annual Maple in April Festival

*by Susan Wilder, president of the
Hadley Business Association*

Spring is in the air at the 17th annual Maple in April Festival held along Rockwell Street, Hadley NY April 27 & 28. The two day festival begins with scholarship breakfasts each day at 8a.m. and continues with lots of family fun activities and 'sweet' maple goodies.

There is much to see and do at the Maple in April Festival. Taste the sweetness of maple syrup on French toast and pancakes, maple cotton candy and maple popcorn at some of the vendors booths. Watch as the artists create their art on the festival grounds and then support them and the Hadley Business Association's Scholarship Fund at the Springtime Festival Art Auction on Sunday. Listen to live music and performers in the the Performance tents. Participate in the Backyard Maple Sugar Makers Tasting Contest, if you make



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. This event will be held at the St. Francis of Assisi Church in Northville. The tickets will be \$20 if purchased ahead of time from the vendors listed below, \$25 at the door. Or you may reserve tickets by calling the STFSL number: 518-752-8737, and leaving a message with your name, phone number, and how many people are coming.

Proceeds will go to the Wheels Program for Senior Transportation, which includes both medical and entertainment transport. Many of your favorite restaurants including Timeless Tavern, the Inn At the Bridge, Placid Pines, the Old Trail Inn, Shelby's Four Corners, Klippel's Kozy Korner, Vic's, Cristiano's, and Sport Island Pub 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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your own syrup and have less than 150 taps. Browse the many craft and food vendors, visit the kids' corner of activities with the bounce houses and face painting, take a horse drawn wagon ride, learn about owls and hawks and bring your furry companion to the Dogs day in the Park on Saturday there will be something for every breed of dog.

On Sunday take your 'lil' sugar' out for a drive to the Dust-off Car and Truck Show at Hadley Smead Memorial Park, County Route 1 on Stony Creek Rd. D.J., awards, the Next Generation Creative Center, and 50/50 benefits the HBA Scholarship Fund. \$10 pre-registration or \$15 at the gate.

The Hadley Business Association along with some community friends is planning this two-day family fun festival. There are no guarantees when it comes to weather but the festival committee guarantees you that they will work hard to make the Maple in April Festival the best it can be. To learn more about becoming a vendor send your request via Email: hadleyba2003@yahoo.com or for more information visit facebook.com/MapleInAprilFestival



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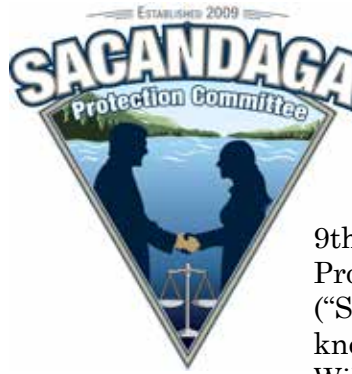


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Sacandaga Protection Committee

On Saturday February 9th 2019 The Sacandaga Protection Committee ("SPC") held a small get to know us gathering at the William Coffey Studio and

Gallery in Northville. The event was organized by Tracy McClary, Bob McCloskey and Bill Coffey. The event featured music by Doug Moody and Bob Stump, hors d'oeuvres, cocktails and lively conversations. Sam McClary of Southside Beverages in Amsterdam provided a New England Style IPA from Sloop Brewings of Hopewell Junction called Juice Bomb and Heather Simpson of Steep Tea of Northville provided a variety of fresh brewed Topsy Teas. The SPC thanks all those in attendance for their support in promoting our cause to keep our lake access intact as it has been for nearly 90 years. To make a donation or learn more about the SPC please visit our website sacandagaprotectioncommittee.org

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Sacandaga Valley Arts Network

SVAN Presents "Adirondack Sketches: Five Mountain Dances"

The Sacandaga Valley Arts Network is sponsoring the premiere of a new composition by local composer Philip Spaeth. The new piece is titled "Adirondack Sketches: Five Mountain Dances". It consists of five movements: Reel, Lonesome Song, Jig, Waltz and Hornpipe. The piece will be performed at the Mayfield Presbyterian Church on February 23rd at 2PM. Featured musicians include renown Adirondack musicians John Kirk, Werner John, Dan Duggan and Scott Hopkins with Kara Virtulli on the piano. The performance will be preceded by a talk by composer Spaeth.

American composer, conductor and liturgical musician Philip Spaeth is a native of Northville and began his musical pursuits at the age of six studying piano with beloved Sacandaga Valley musician and artist Anne Miller. This piece is dedicated in memory of Anne.

Saratoga Arts made this project possible with an Artist Grant funded by the New York State Council on the Arts with the support of Governor Cuomo and the New York State Legislature.

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DID YOU KNOW THAT—

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

Winter Fun—conclusion

Kids in Edinburg in the 1940's and 50's had lots of winter fun. Several kids had skates and since we had to walk to get anywhere a near-by pond was the choice place to skate. Sometimes folks had a shallow spot in their yard that might fill with fall rains and then freeze. All one had to do was shovel or sweep the area off to have a nice safe place to skate or just slide around in your boots. My Aunt Helen had such a place in her yard and it entertained many kids over the years. There was usually at least one pond in each neighborhood that could be cleared of snow to make a good spot for skaters. Even today one must be careful of thin or cracking ice on ponds so as not to fall through the ice.

In the 1800's and early 1900's folks found winter entertainment holding dances or birthday and jackwax parties in their homes. A jackwax party is a fun and delicious event to attend! For those that didn't want to spend all their time outside ladies did knitting, crocheting and quilt making. Others would play card games such as rummy or flinch and other games of dominoes and checkers.

Snowshoes were a necessary tool of winter transportation at this time but by the 1940's most folks had a vehicle and snowshoes used used mainly by trappers, hunters, and those tapping maple trees in maple syrup season. Snowshoes are lots of fun and easy to use. I do find it very strange today to see people snowshoeing with poles. We never used them.

Making a snowman or snow angel was easy fun for one person to do and easier yet with a friend. Since Janet had the same age-related sister problem I had and only lived a half- mile away we spent time together. My friend Mary Ellen would also stop over at times and when Bev and Bridget visited their grandmother up the road they usually stopped down also.

Snow forts are fun to do if there's a group but not much fun for one or two. Groups of us at Edinburg Consolidated School would make snow forts and tons of snowball ammunition.

One day some of the older girls in our neighborhood came to our house and along with some of the younger kids—I think my mom and my sister Linda got involved too—we had enough folks for a snowball fight. Since we didn't have a snow barrier for protection we had to improvise. My dad had stacked a large pile of winter firewood above our driveway—app. 8' high and 12-15' long. It made great protection from advancing forces! I'm just thankful we didn't tip it over as it would not have been in our best interests!

In the early to mid 1950's Elwin and Helen Ginter lived at the top of Hope Hill—later called Ginter's Hill on Johnson Road. Elwin acquired a set of bobsleds from someone in Northville. These were the same bobs that folks used to ride down Northville Hill on upper Main Street some years earlier. Elwin's plan was to offer bobsled rides to folks as winter entertainment. A pole with an electric light on top was installed at the top of the hill near their driveway. A large bonfire was nearby so folks could warm themselves between rides. To get the bobs back up the hill the guys first tried pushing them up by hand. This proved to be too much so they were then towed up by a car or farm tractor.

The bobsled had an upright steering wheel-not tilted like a motor vehicle-and brakes, although it was questionable at times how well the brakes worked. With its sideboards the sled could carry 15-20 people. The ride down that hill was lots of fun!

Probably the most annoying problem was too much sand applied to the hill by the town highway crew. The two Ginter boys, Kenny and Bruce were designated to go down the right hand side of the hill shoveling snow back onto the dirt so the bobs could get more speed. The bobsled winter rides continued for about 3 years entertaining folks young and old from miles around. Thanks Kenny for the bobsled information.

Snow crusts—I remember we had snow crusts that were hard enough to walk on or ride a sled on. What a thrill it was to walk in the woods or ride a sled through a field always checking to see where all wire fences were located before starting your ride.

We seldom see kids outside anymore enjoying what Mother Nature has to offer. As kids we created our own fun and had a great time doing it. Come on folks—go out and enjoy it. You don't need a small fortune—use your imagination. Winter will go faster that way!



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HealthLink Littauer's WELLNESS WORDS

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

HEART HEALTH

Did you know the leading cause of death for both men and women in the United States is heart disease? According to the Center for Disease Control and Prevention, about 630,000 Americans die from heart disease every year. Therefore, it's important to stay educated on heart health, know the risk factors associated with heart problems, and the steps you can take to protect yourself against such problems.

Speaking of heart health, you've probably heard the terms cardiovascular disease, heart disease and coronary artery disease, but do you know the difference between them?

Cardiovascular Disease (CVD)
The National Heart, Lung, and Blood Institute defines cardiovascular disease as a broad term used to describe any type of disease that affects either the heart or the blood vessels. Heart disease is considered a type of cardiovascular disease. All heart diseases are considered cardiovascular diseases, but not all cardiovascular diseases are heart diseases.

Heart Disease

There are several types of heart diseases, all of which affect the heart. While coronary artery disease is the most common type of heart disease, there are many other conditions that affect the heart. These conditions may include but are not limited to arrhythmias, heart failure and

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cardiomyopathy. An arrhythmia is an irregular heartbeat that can be either very fast or very slow, heart failure occurs when the heart cannot pump enough blood to supply the body's needs, and cardiomyopathy is a condition that affects the heart muscles, resulting in a weakened heart.

Coronary Artery Disease (CAD)

Coronary artery disease is a type of heart disease and, according to the American Heart Association, is actually the most common type of heart disease, affecting more than 16.5 million Americans. CAD occurs when there is a buildup of plaque in the arteries. This plaque is usually made up of fat, cholesterol, calcium or other substances. When plaque builds up, the flow of oxygen-rich blood to the heart is blocked and can lead to chest pain and heart attack.

Promoting Heart Health

While there are some uncontrollable risk factors that increase the chance of developing cardiovascular disease, like age or family history, there are many risk factors that we can control. High blood pressure, high cholesterol, smoking, diabetes, obesity, a poor diet and inactivity can all greatly increase your chance of developing cardiovascular disease. In order to promote heart health and protect against CVD, the National Institute of Health recommends: Keeping your blood pressure, cholesterol, and

A1C levels in check by visiting your healthcare provider on a regular basis.
Reducing the amount of salt you eat to no more than 2,300 mg per day.
Increasing the amount of fruits, vegetables and whole grains you eat.
Engaging in physical activity on a regular basis.
Maintaining a healthy weight.
Not smoking.
Managing stress.

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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**Enough winter!
Break out for a great dinner out**



Saratoga Arts' Summer Camp is Open for Registrations!

Our Visual Arts programs consists of Imagination Rules, a half day program for kids ages 5 to 7, Camp Creativity, a full day program for kids ages

8 to 14, and Teen Arts Camp, a full day program for kids ages 12 - 15. All of these visual arts programs culminate with an exhibition of works highlighting lessons and projects and friends and family of campers are invited to attend! Our Theater Camp program, for kids ages 6 - 14, puts together a production within a week. Campers will learn about and experience the collaborative nature of theater, exploring all the art forms required to bring a play to life.

Together they will learn the basics of character development, stage directions as well as set and costume design as they work toward the performance of their play in our very own Dee Sarno Theater for family and friends at the end of the week. We have partnered with Northshire Bookstore to offer Page Turners - a program for kids who love to read! Campers in this program will receive a box of books at the start of summer and during camp they will do fun activities based off these books. Additionally, campers will get to meet the authors of these books either in person or via skype! This year, Saratoga Arts and Northshire Bookstore are proud to partner and offer Page Turners Teen Camp, an extension to Page Turners which also offers our campers to meet with industry professionals and explore the possibilities of careers in the literary field!

If you'd like more information, visit our website at <http://saratoga-arts.org/education/artcamps>

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STFSL's Red Rooster Cafe's Program for March 2019

Please note, Fulton County OFA is now serving meals at the Red Rooster Cafe on Tuesdays as well as on Thursdays. To make a reservation, please call OFA at 736-5650.

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

Call Fulton County OFA at 736-5650 to make lunch reservations. If you are unable to attend the lunch, please call OFA by 9 am to cancel your meal! If the OFA meal site is closed, there will be no program that day. Chair Yoga taught by Ony Antonucci is held each Thurs. from 10:30 to 11:30. Cost of classes is \$5 per week or 6 sessions for \$25. You may join at any time.

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

March 7th OFA Congregate Meal 11:30-12:30
Chicken a la Cranberry, rice Pilaf, Broccoli, Rye Bread Apple.. We will also celebrate all March Birthdays with a Birthday Cake provided by Judy Wilcox.

Red Rooster Program at 12:30
Musician Don Hofmann will entertain with a selection of his choice.

March 14th OFA Congregate Meal 11:30-12:30
Chicken and Biscuits, Mashed Potatoes, Spinach, Vanilla Pudding with Cherries.

Red Rooster Program at 12:30
Jayne Mulligan will talk about the Little Angel Gowns Program of the Capital Region.

March 21st OFA Congregate Meal 11:30-12:30
Turkey with Gravy, Stuffing, Corn, Dinner Roll, Chef's Choice Dessert.

Red Rooster Program at 12:30
Steve Collins will talk about the Northampton Ambulance Service. This program was postponed from January 24 because of weather. Becky White, Fulton County Office for Aging will also be on hand from 11:30 to assist Seniors with any issues.

March 28th OFA Congregate Meal 11:30-12:30
Roast Beef with Gravy, Baked Potato, Dill Carrots, Wheat Bread, Frosted Cake.

Red Rooster Program at 12:30
Frank Manning will entertain with a musical selection of "A Little of This and a Little of That!" This program was postponed from January. Also, Home Care Partners will hold their monthly blood pressure clinic.



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Stories tell that the bell ringing had the power to drive away evil and the devil. It also calms storms to save people from the plague and alert when danger or fires are near. They are also rung to remind people to recite “The Lords Prayer.” They are also rung for special occasions such as Weddings or a Funeral Service.

The primary purposes today is to signal the time for worshippers to gather for a service. The bell is rung usually 15 minutes before the service. Bells signify hearing the word of God. Our Methodist Church was organized in 1815. The building was erected in 1836 and our bell in the belfry is dated 1867. It was made by the Jones & Company Founders in Troy, NY. The belfry light was added in 1961 according to our Church history. For one hundred and fifty years the Church bell has rung to signify

our service is about to start. The bell rings at 8:45 on Sunday morning as the service starts at 9:00 am. We are known as the Friendly Church. Our hearts, our minds, and our doors are always open to all. Join us after the service as we continue our fellowship with breakfast at Shelby’s Diner.

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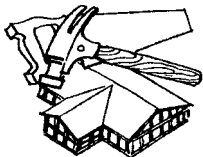
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Get Out of Your Comfort Zone!

One of the best ways to get out of your comfort zone is to visit a foreign country. My husband and I spent two weeks in the Philippines recently where the daily wage is \$11.00. WOW!! We were invited by a local Filipino church to come so my husband could teach college level Bible classes (Matthew –John and the book of Acts). He was originally told he would have seven students, but it turned out to be a class of 27 students; consisting of pastors, teachers, secretaries, cooks, and more.

We stayed at Pastor Alan & Lorilee Ambrocio's home in Balagtas, whom our church has helped support financially for many years now. They were wonderful hosts and we appreciated their hospitality so much. Their church began by them just going out to visit their neighbors and sharing Christ with them. Then 10 years ago Lorilee also started a Christian School at the church with 5 students (3 of them their own children). Now the school has over 200 students (K-12). The school is held in their new church building (their former church building has been converted into the Pastor's home). They are still finishing up the new church building, adding a stage in the front of the sanctuary and a balcony area in the back. We were privileged as a church to be able to send funds to help them finish up some of these church building projects. The church's first floor is their small kitchen and cafeteria area for the school and church dinners. The second floor is the sanctuary where the congregation sits on white lawn chairs for the church services. Their side rooms are used for offices, Sunday School classes and the school's classrooms. The 3rd floor has a few bedrooms for out of town teachers and guests to stay during the week. The roof has a nice fenced-in basketball court. (Yes, they have flat roofs – no snow there!) Their students wear uniforms to school, as do the public school students. Many parents send their children to their Christian school because they teach all their classes in English and they are widely known as providing an excellent education.



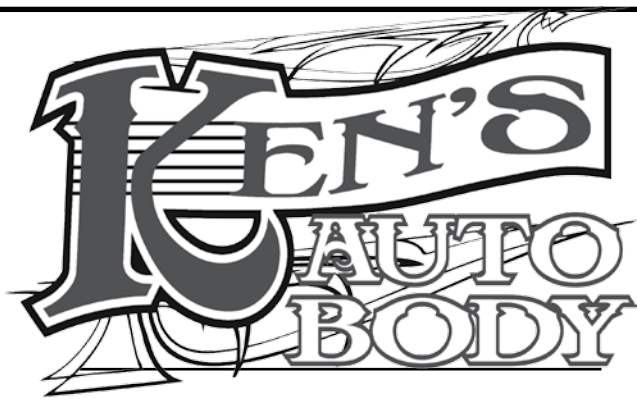
We were very impressed with the children, teachers and staff. Our first night there the students did a bamboo dance for us, and they all sang at a special service that the parents also attended. It was awesome! We also visited the nearby public school, as every Friday the public school has the local church do a chapel service with their students. Rick spoke to about 100 5th and 6th graders at the public school's outdoor auditorium. The kids were great, all standing quietly while he shared the story of David and Goliath with them. Of course, there was singing too, as the Filipinos love music.

The Bible classes which Rick taught were held from 6-9 PM weekdays after everyone got out of work. All of the students worked so hard and were given certificates at the closing ceremony. We met so many wonderful believers, and visited several churches: some in the city, one in the mountains and one near the rice paddies. They always had 3 or 4 special musical pieces at each service, with an exuberant young song leader directing the congregational singing. One church even had a 13 year old boy leading the music. He was amazing! I had the opportunity to speak to church ladies twice and had a great time with them at a fun night-out ladies get-together. Filipinos are very friendly, hard-working and service oriented. And, they love to eat . . . always having us attending their special dinners. They showered us with love and had us on the go every minute. They even honored us with a wedding ceremony when they found out we were celebrating our 48th wedding anniversary while there. Needless to say, we were blessed by these new friends.

When we first arrived in the Philippines my husband had to go visit a Dr. as his left arm was hurting him during our long flights over. After a \$3 X-ray he was told, "You have a broken arm." A week before our trip Rick had fallen while playing ice hockey with a bunch of young guys on our son's rink. (He never mentioned this to me – MEN!) A very nice Filipino Dr. casted his arm and it's healing nicely. Thank you for praying for our trip. Our two weeks went quickly. We have been invited back next January to participate in their yearly church retreat, and Lord willing, we will go.

Our church also had a team of nine (Bill Donnan, Darby Jensen, Rick Morey, Shawn Darling, Seth Darling, Ernie Turner, Isaiah Philo and Jeff and Anne Morgan) who went to Mali, Africa on a mission's trip in January. The guys

Continued Next Page ➡ ➡



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From Previous Page

helped our missionary, Rich Marshall, build an entire church building out in the bush. Two of the guys also built a water tower for their well. Shawn and Seth Darling set up solar power at the missionary complex, which they greatly appreciated. Anne Morgan, who was the only woman on the trip, was a huge help to Anna Marshall, Rich's wife. They had to walk to the market every day for bread, vegetables and meat, as they had to prepare meals for the guys. (We take our American grocery stores for granted!) Anne led a Bible study at the church for the ladies, and had the privilege of planting a ceremonial tree at the newly built church. I would say it was a successful trip!

This has nothing to do with the topic of mission trips, but I wanted to share a quote with you by Corrie ten Boom, who is one of my favorite writers. She has quite the life story! She lived in Amsterdam, Netherlands where her family helped Jews escape the Nazi Holocaust in World War II. They hid them in their home, but were later caught and sent to a concentration camp. Her most famous book, *The Hiding Place*, tells all about it. (It's a must read!) After the war she returned to The Netherlands to set up a rehabilitation center and helped concentration camp survivors. She returned to Germany in 1946 with the purpose of forgiving two Germans, one who was particularly cruel to her sister Betsie. She traveled the world as a public speaker, appearing in more than 60 countries, sharing her experiences and the Good News of Jesus Christ. So – here's the quote. "If you look at the world, you'll be distressed. If you look within, you'll be depressed. But if you look at Christ, you'll be at rest." Love it!

Hope you can make it out to church soon, where you will hear more about Jesus who gives us rest. 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.)



Saratoga Arts' Summer Camp is Open for Registrations!

Our Visual Arts programs consists of Imagination Rules, a half day program for kids ages 5 to 7, Camp Creativity, a full day program for kids ages 8 to 14, and Teen Arts Camp, a full day program for kids ages 12 - 15. All of these visual arts programs culminate with an exhibition of works highlighting lessons and projects and friends and family of campers are invited to attend! Our Theater Camp program, for kids ages 6 - 14, puts together a production within a week. Campers will learn about and experience the collaborative nature of theater, exploring all the art forms required to bring a play to life. Together they will learn the basics of character development, stage directions as well as set and costume design as they work toward the performance of their play in our very own Dee Sarno Theater for family and friends at the end of the week. We have partnered with Northshire Bookstore to offer Page Turners - a program for kids who love to read! Campers in this program will receive a box of books at the start of summer and during camp they will do fun activities based off these books. Additionally, campers will get to meet the authors of these books either in person or via skype! This year, Saratoga Arts and Northshire Bookstore are proud to partner and offer Page Turners Teen Camp, an extension to Page Turners which also offers our campers to meet with industry professionals and explore the possibilities of careers in the literary field!

If you'd like more information, visit our website at <http://saratoga-arts.org/education/artcamps>

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Northville United Presbyterian Church News

March is a month that marks the beginning of the Lenten season, starting with Ash Wednesday, March 6th. But the day before Ash Wednesday we Christians celebrate Shrove Tuesday, a day of repentance and a time to also eat foods made with rich ingredients, including sugar, milk and butter. Since Lent is a period of abstinence from some of life's personal luxuries, often including (for some) rich foods such as cookies, candies, and cakes, Shrove Tuesday is a day where folks can relish such food items.

Traditionally, PANCAKES have been a symbolic food for Shrove Tuesday meals. Accordingly, the Northville United Presbyterian Church has annually held a Shrove Tuesday pancake supper on this day, which is Tuesday, March 5th. As usual, this year the dinner will be held in our church's downstairs fellowship hall from 5pm to 7pm. Cooking will primarily be done by the men of our church. Thank-yous go out to Jim Conkling and Glynn Hawley, who once again will lead the effort. Of course, volunteers are always welcome to help setup and cleanup. Please join us !

So.... What is a Shrove? The word derives from the english word "shrive", which means to receive absolution for one's sins, and thus signifies the upcoming Lenten season. In the Christian

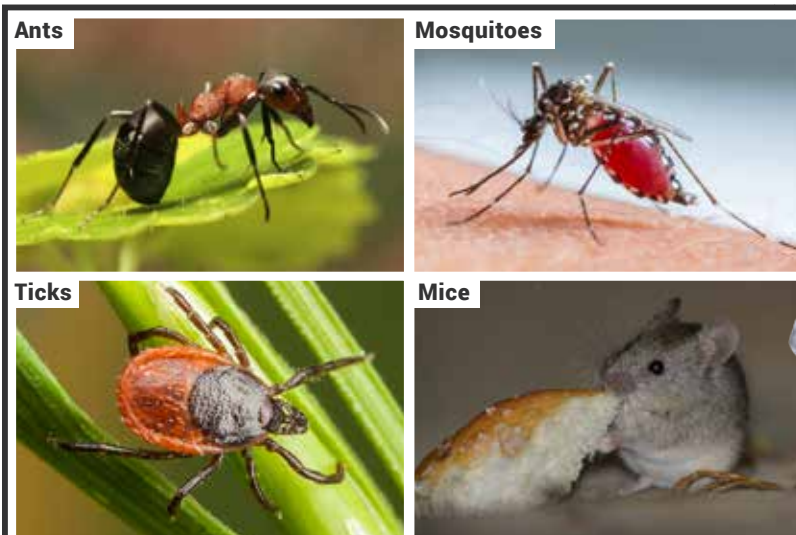
tradition, Lent is a time of prayer, repentance, and sacrifice, marking the time leading up to and culminating in Jesus' crucifixion, death and resurrection. Ash Wednesday reminds us of our mortality, noting that from ashes we came and to ashes we will return. Easter Sunday reminds us of the hope and promise of salvation.

I am not a Pastor, but simply a Christian congregant and church Elder, but I believe that what happens in between those two Holy days is a 40 day microcosm of our lives. My personal goals for the period of Lent are to pray by doing (including, but not JUST by attending church); to repent, by making good of past faults (including, but not JUST through prayer); and to sacrifice by giving to others in need (including, but not JUST by giving something up).

As I personally have done in the past, I turn to the Beatitudes (Matthew 5:1-12). For me, these are a perfect starting place for daily reading during Lent and for transforming those words into tangible deeds whenever possible during those 40 holy days. I encourage those who seek a deeper spiritual experience this Lenten season to seek their own way or ways to pursue tangible acts of prayer, repentance, sacrifice and Christian charity.

Turning to Scripture again, perhaps we can remember (and act upon) the fact that we ARE our brothers and sister keepers, and, for instance, do whatever we can to personally become involved in addressing the situations of homelessness and poverty in our county.

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



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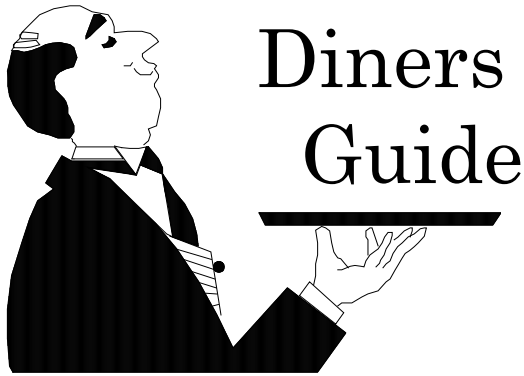
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Diners Guide

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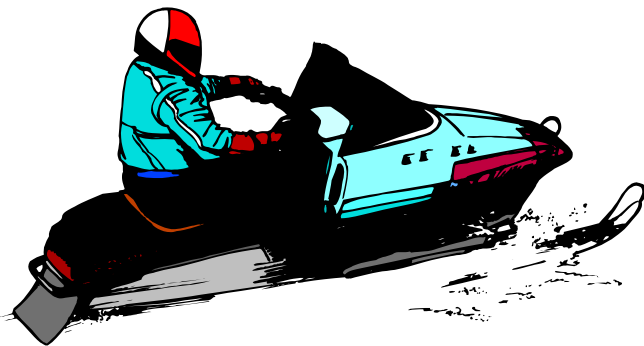
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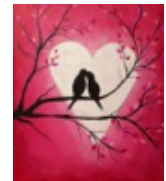
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March @ The Inn
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Passionate About Books?

Check out the Local Authors Book Fair at Johnstown Mall!

Socialize with local authors and browse a unique array of books suited for a variety of readers! Participating writers include Sally Booth, Wanda Burch, Sandy Lane, Irene Morrison, Christy O'Callaghan, Jan Prestopnik, Rosemarie Sheperd, Barb Spaeth, Heidi Sprouse, Betsy Suydam, and Betty Zerbst.

The Book Fair will be held at 10:00AM on Saturday, February 9th inside the Johnstown Mall, 248 N Comrie Ave Johnstown.

This event is admission free. Readers can discover new talent while learning about opportunities available to writers in the area, such as local groups, intensive writing seminars, and additional books on the craft!



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Edinburg Historical Society

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The Edinburg Historical Society meeting in March has been cancelled this year due to a conflict with board member's and the president's work schedules. Future board meetings will be held the second Wednesday of each month at 9 a.m. at the Edinburg Community Center. Members are welcome to attend the board meetings.

The addition to the Rural Museum for the trapping, hunting and fishing exhibit is almost finished. André Garand has been working on the addition during the winter but was unable to do more until we get warm weather. André is also building the new shareholder's sign for the Copeland Covered Bridge and it should be done in May.

President, George Blackwood is organizing a work detail for May to clean the Sand Hill Schoolhouse. If you can help call George at 518 863-6772.

Historic Edinburg Day will be held on Saturday July 13, 10 a.m. to 3 p.m. and EHS members will sell containers of baked beans and salads along with making delicious desserts for the bake sale. The Edinburg United Methodist Church is organizing the event this year as EHS members will be busy in 2019 with new exhibits to organize plus setting up the new hunting, fishing and trapping exhibits.

The Edinburg Fall Festival will be held on Saturday, September 28, 10 a.m. to 3 p.m. There

will be craft vendors, a bake sale plus horse drawn wagon rides. Letters to crafters and applications were sent out the end of January. If you or someone you know would like to participate please contact George and Andrea Blackwood, 518 863-6772.

The next meeting of EHS will be April 16 at 7 p.m. at the Edinburg Community Center on Military Road for an organizational meeting and a program by Maria Spaeth on the History of the Edinburg One-Room Sand Hill Schoolhouse. You do not have to be a member to attend.



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MARCH

Saturday March 2

Silver Metal Clay Exploration with Nancy Miller.

#1332-0302. 1 day. 9am-5pm. Tuition \$120. Member Tuition \$100. Materials fee \$72.

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

Saturday March 2

Floor Loom Weaving: Where Did You Get That Scarf? with Lori Carter-Secreti. #1519-0302. 1/2 day. 12pm-4pm. Tuition \$55. Member Tuition \$45. Materials fee \$20.

Saturday & Sunday, March 2&3

Create Your Own Hardwood Cutting Board with Frank Lagace. #1406-0302. 2 half days. 9am-12pm. Tuition \$105. Member Tuition \$85. Materials fee \$50.

Sunday March 3

Traditional Table Runner with Janet Flinchbaugh. #1371-0303. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$25.

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

Wednesday – Saturday, March 6-9

Shoe or Sandal Making with the Cordwainer Shop with Molly Grant. #1340-0306. 4 days. 9am-4pm. Tuition \$475. Member Tuition \$425. Materials fee \$250.

NOTE: Students are required to bring sharp scissors and a notebook.

Saturday March 9

Floor Loom Weaving: Where Did You Get that Hat? with Lori Carter-Secreti. #1517-0309. 1/2 day. 12pm-4pm. Tuition \$55. Member Tuition \$45. Materials fee \$20.

Continued Next Page  



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From Previous Page

Sunday March 10

Beginning Bluegrass Banjo with Mac Petrequin. #1322-0310. 1/2 day. 1pm-4pm. Tuition \$55. Member Tuition \$45. Materials fee \$0.

Monday – Thursday, March 11-14

Leather Bag Design and Sewing with Molly Grant. #1341-0311. 4 days. 9am-4pm. Tuition \$390. Member Tuition \$340. Materials fee \$250. NOTE: Some sewing machine experience is helpful but not necessary; students may bring sharp scissors and a sketch book if they wish.

Saturday March 16

Build a Rustic Birdhouse with Don Polunci. #1358-0316. 1/2 day. 9am-12pm. Tuition \$55. Member Tuition \$45. Materials fee \$10. NOTE: Students should wear older clothing and/or bring an apron to class.

Saturday March 16

Mountain Gathering Basket with Barbara Boughton. #1427-0316. 1 day. 9am-5pm. Tuition \$105. Member Tuition \$85. Materials fee \$35. NOTE: Must be over 12 yrs. of age.

Saturday March 16

Floor Loom Weaving: Scarf or Hat with Lori Carter-Secreti. #1520-0316. 1/2 day. 12pm-4pm. Tuition \$55. Member Tuition \$45. Materials fee \$20.

Sunday March 17

Nature's Details - So Close, and So Far Away! with Carl Heilman II. #1463-0317. 1 day. 11am-7pm. Tuition \$205. Member Tuition \$185. 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.

Saturday March 23

Live Edge Bowl with John Kingsley. #1317-0323. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$25. NOTE: For your safety: no loose-fitting clothes, hair tied back, comfortable shoes and no jewelry. If sensitive to wood dust registration for turning classes is not recommended. The introductory class or some knowledge of wood turning is a prerequisite for this class.

Saturday & Sunday, March 23&24

Shades of Nature with Teresa Breuer. #1327-0323. 2 half days. 9am-12pm. Tuition \$105. Member Tuition \$85. Materials fee \$100.

Saturday & Sunday, March 23&24

Weave a Mobius Wrap (Shawl) with Lori Carter-Secreti. #1518-0323. 1+1/2 days. 3/23 9am-4pm, 3/24 12pm-4pm. Tuition \$160. Member Tuition \$130. Materials fee \$25. NOTE: Handouts for tying, washing care, and sewing are included.

Sunday March 24

Goat Milk Soap with Christine Eberhardt. #1362-0324. 1/2 day. 1pm-4:30pm. Tuition \$55. Member Tuition \$45. Materials fee \$20.

Saturday March 30

Introduction to Fly Tying with Paul Sinicki. #1403-0330. 1/2 day. 9am-12pm. Tuition \$55. Member Tuition \$45. Materials fee \$15.

Saturday March 30

Pysanky Eggs with Christina Boyd. #1373-0330. 1/2 day. 1pm-5pm. Tuition \$55. Member Tuition \$45. Materials fee \$10.

Saturday & Sunday, March 30&31

ADK Fishing Pole Rack with Jim Schreiner. #1476-0330. 2 days. 9am-4pm. Tuition \$210. Member Tuition \$170. Materials fee \$50.

Sunday March 31

A Beekeeping Journey: Being the Beekeeper with Tim Norray. #1497-0331. 1/2 day. 9am-1pm. Tuition \$210. Member Tuition \$170. Materials fee \$50.



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to attend programs or
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Topic	Date-Time	Place	Details
<i>New Day & Time:</i> Zumba Gold	3/1 – 3/29 (skip 3/15) 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	3/1 – 3/29 10 – 11 am	HealthLink Littauer Johnstown	5 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 5
Wellness Walkers	3/4 – 3/25 (skip 3/18) 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	3/4 – 3/25 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!	3/5 – 3/26 (skip 3/19) 6 – 7 pm	HealthLink Littauer Johnstown	3 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 3
NEW... Pain Self Management	3/7 – 4/11 11 am – 1:30 pm	Nathan Littauer Hospital	6 sessions (Thursdays). Evidence-based series of classes for anyone living with chronic pain. Learn how to overcome barriers, manage and cope with your condition. FREE...complimentary meals included!
Healthy Eating, Active Living	3/11 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Monday). Monthly sessions focusing on nutrition & physical activity...“All About Activity.” We'll discuss the many health benefits and what you can do to incorporate exercise into your everyday routine. FREE!
Health Screenings	3/12 9 am – 1 pm	HealthLink Littauer Johnstown	1 session (Tuesday). 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
Alzheimer's: Effective Communication	3/14 3 – 4 pm	HealthLink Littauer Johnstown	1 session (Thursday). Overview of common causes of communication issues and barriers related to Alzheimer's. Learn the best ways to communicate with someone affected by dementia. FREE!
Chronic Disease Self Management	3/19 – 4/23 12:30 – 3 pm	Presbyterian Church Broadalbin	6 sessions (Tuesdays). Evidence-based series of classes for anyone with an ongoing health condition such as diabetes, heart disease, COPD, chronic pain, obesity, depression, anxiety, etc. FREE!
Snowshoe Hikes	3/20 & 3/23 10 am – 12 noon	Scotch Bush Tree Farm Amsterdam	1 session each (Wed/Sat). 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)
Diabetes Discussion	3/25 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Monday). Monthly sessions for anyone with diabetes...“Locked On Labels.” We'll discuss the importance of food labels, good fats vs. bad fats, ways to limit the amount of fat in your diet, and more. FREE!
ViP Luncheon: Meal Planning & Food Shopping	3/27 11:30 am – 1 pm	Nathan Littauer Hospital	1 session (Wednesday). Especially For Adults 50+...Enjoy a buffet-style luncheon followed by a special presentation focused on National Nutrition Month! \$5 ViP members, \$6 general public. RSVP by 3/25
Infant Care & Parenting	3/28 6:30 – 8 pm	HealthLink Littauer Johnstown	1 session (Thursday). Babies aren't delivered with instruction manuals! Learn parenting basics including how to calm a fussy infant, sleep patterns, feeding, sick child care, keeping them safe, and more. FREE!
Chronic Disease Self Management	3/29 – 5/3 11:30 am – 2 pm	HealthLink Littauer Johnstown	6 sessions (Fridays). Evidence-based series of classes for anyone with an ongoing health condition such as diabetes, heart disease, COPD, obesity, depression, anxiety, etc. FREE...complimentary meals included!

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

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



Nigra Arts Center announces winners of 2019 Winter Art Show

The Paul Nigra Center for Creative Arts is proud to announce the winners of its 2019 Winter Art Show, which features more than 120 works of a variety of media and themes made by more than 40 artists from across the state of New York and beyond, including those from New York City, West Virginia and Rhode Island.

Thanks to the generous support of donors, the Nigra Arts Center was able to offer three Best in Show awards to outstanding works. The first place award went to Marion Kratky of Northville for her oil landscape "Hatch Creek." The second place award went to Paul Chapman of Hudson Falls for his acrylic painting "In the Beginning." The third place award went to David Waite of West Charlton for his photograph "The Colors of Dawn."

The 2019 Winter Art Show will run through March 26. The public is welcome to view the show throughout its run. The regular gallery admission fee is \$5. Members of the Nigra Arts Center, children under the age of 18 and participating artists are admitted for free.

The Paul Nigra Center for Creative Arts is located at 2736 State Highway 30 in Gloversville. For more information about this show or the Paul Nigra Center for Creative Arts, call (518) 661-9932 or visit www.pncreativeartscenter.org.

About the Paul Nigra Center for Creative Arts:
The Paul Nigra Center for Creative Arts is a beautiful, year-round arts center open to the community. It houses premium art venues, hosts fun family events and provides educational opportunities for persons of all ages and levels of ability. The Nigra Arts Center was founded in 2015 by Lexington, a chapter of The Arc New York, an accredited, award-winning provider of disability services, whose employees work tirelessly to support people with disabilities and believe that every person can achieve success and fulfillment.

The Palatine Settlement Society Will Hold Its 14th Annual Antique Show & Sale

10:00 AM – 4:00 PM on Saturday March 2, 2019 at the Arkell Museum, 2 Erie Blvd. Canajoharie, NY 13452.

All proceeds will go directly to the restoration and continued preservation of the 1747 Nellis Tavern and School House #8 of St. Johnsville, NY.

The show features 25 dealers with a range of quality antiques including furniture, quilts, books, tools, postcards, toys, china, glassware, jewelry, and more. An appraisal booth and light lunch will be available.

For more information, please contact Joan Draus, Show Manager, by text, or leave a message (518-894-7807). \$5.00 admission.

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TOPS 1005 Northville

TOPS doesn't pay celebrities to endorse us, and we don't promise fixes or promote unrealistic images of the perfect body. TOPS focuses on making small steady lifestyle changes that provide lasting weight loss and better health.

We are nonprofit noncommercial. Which means costs are kept low and advertising is not accepted. Our chapters provide a non judgmental place where people learn how they can make changes and get the support they need to reach their goals.

Our TOPS members at 1005 Northville, learn to eat better, move more and stay motivated through engaging educational programs that our experts prepare and that volunteers present at weekly meetings.

Losing weight isn't just about counting calories or what the scale reports. We want to support you as you become more active, change habits and cope with everyday stress. To accomplish this, we at 1005 Northville, have programs and current information to share with you.

Lifestyle changes take a lifetime, not a few weeks. Since 1948, TOPS' philosophy continues to be that ongoing support and accountability, week after week, works best. We know you can do it and we are here for you!

We celebrate those that have lost weight each month and encourage all members at each meeting!

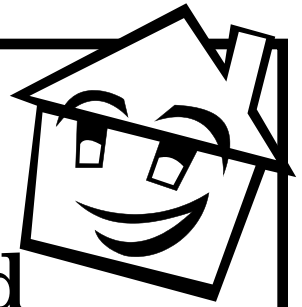
Feel free to join us on Tuesdays at the Bradt Building (upstairs meeting room) on Main Street in Northville.

The time for our meetings is 1:00pm during the winter months and one meeting is free.

For more information, call (800) 932-8677 or Nancy Bassett @ 518-774-9243 or visit us at www.tops.org on the web.

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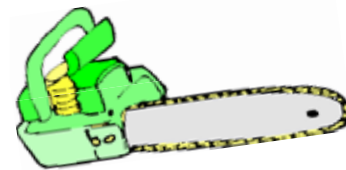
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Edinburg School News



Edinburg School Happenings

by Ms. Kimberly S.

Hromada, Superintendent



EDINBURG AUTHORS:

Mr. Schaperjahn recognizes the following students that have been invited to have their

writing pieces published by Young Writers in a book called Scary Stories from the Empire State:
4th grade: Deegan Fountain and Autumn Lee
5th grade: Emily Brownell
6th grade: Keegan Evan, Jordan McColl, Kebin Ostrander and Rylee Wilson

FALL, 2019 PRE-K and KINDERGARTEN REGISTRATION:

If you have a child that is turning 4 or 5 years old by December 1, 2019 please call us today at 518-863-8412 so that we can begin the registration process for. (Current Pre-K families do not need to call unless your child is not continuing into our Kindergarten program.)

WELLNESS CORNER:

March is National Nutrition Month. National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information. For more information you can visit their website eatright.org. March is also National School Breakfast week. It begins March 4th through the 8th. During this week we try new recipes for the kids to try. This year's theme is "Start Your Engines With School Breakfast." The idea is to understand the importance of breakfast which includes refueling your body with nutrition it needs after a restful

nights sleep. Breakfast helps with participating in physical activities and maintains a healthy weight. Children who skip breakfast, tend to feel more tired, restless or irritable.

MUSIC NEWS:

ECS 6th grade students are learning to play guitar. Last year, a handful of people donated their unused, wooden guitars. All they needed was new strings and a tune up. Our ECS guitar program was born. If you have a guitar or other gently used instrument that you no longer want, please consider donating it to our ECS music program by contacting Jessie Jensen, Fine Arts Teacher jjensen@edinburgcs.org.

JUNIOR ACHIEVEMENT:

This school year, Wendy Ferguson, L.T.A. has had the pleasure of working with our Kindergarten, First and Second grade students teaching a program new to E.C.S. called "Junior Achievement". Students have experienced hands on learning experiences as well as being introduced to a variety of guest speakers. The guest speakers come in and inform the students about their job descriptions and how they play a role in everyday living.

The Kindergarten Junior Achievement program is called "JA Ourselves". It teaches the difference between a want and a need. The students learn what you need to do in order to get, afford, and keep those wants and needs. The students are currently working on their "wants and needs" project posters. These posters will be displayed in the hallway for other students to see

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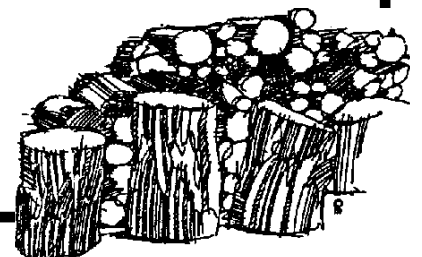
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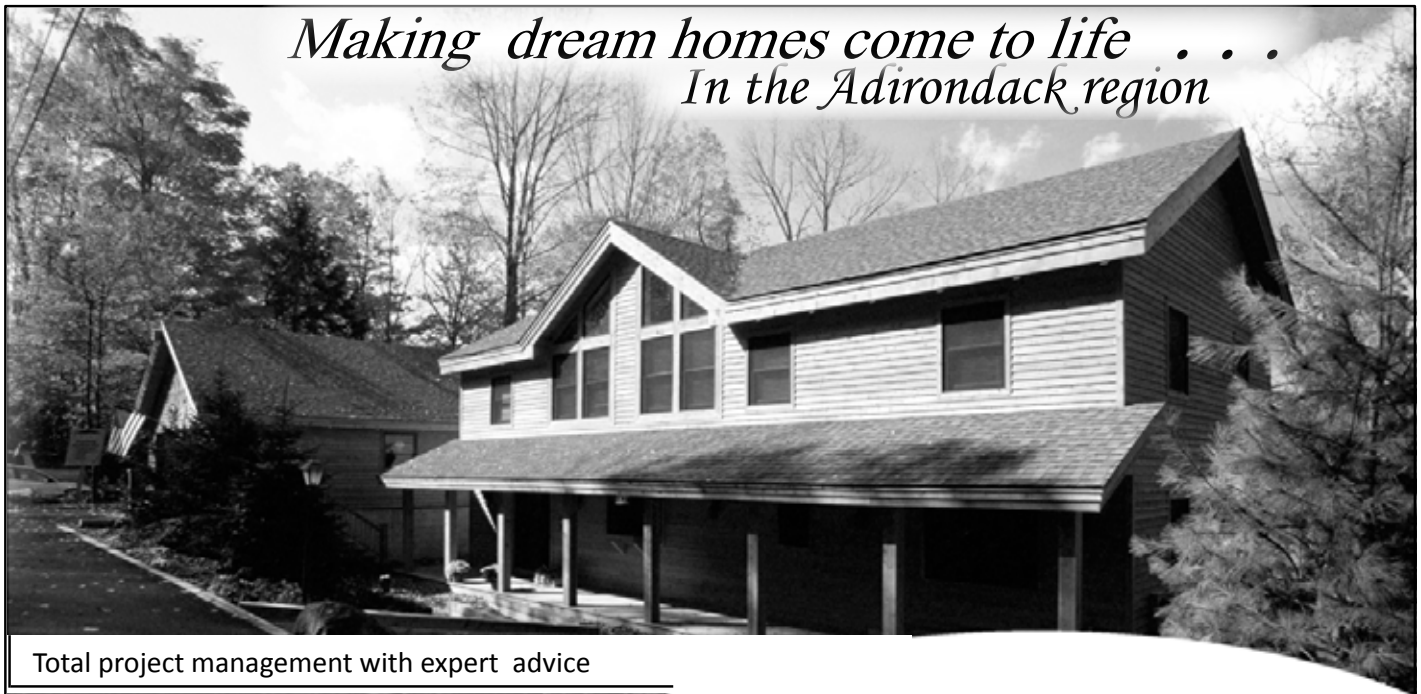


and then sent home for family and friends to enjoy. Three of the sessions with JA Ourselves are: A Penny Earned which touches upon jobs students could do to “earn” money to pay for their wants or needs. A Penny Saved teaches about different places you can save money. A Penny Shared teaches about the importance of giving and earning money for a worthy cause without expecting or receiving anything in return.

The First Grade Junior Achievement program is called “Our Families”. It teaches the children to understand the differences and similarities between families. We discussed different things they could do at home to be supportive of their families. They were able to identify the goods and services that certain businesses provide for their neighborhood and families. The students also had hands on exposure in reading and using a neighborhood map to find businesses in our area. Our last session was on advertising for a new business. Each student had to design and write up an advertisement for a “Pet Store” that boarded exotic pets while people went on vacation. We invited a local business entrepreneur, Carla Kolbe, from “Just Because Boutique” to come and share the advertising strategies she uses for her new

business. Thanks again Carla!!

The Second Grade Junior Achievement program is called “Our Community”. It teaches the children about how we contribute to and benefit from a community. We discussed different job titles in our community and how our community provides for us. During this session, students had to roleplay being adults for the day. They were employed at “Sweet O’ Donuts” to make goods to sell to customers. This taught them that quality of work is very important in order to keep your job and receive a paycheck. Next, the students learned about voting and the 3 steps to decision making. They were given an assignment to do individually on the advantages and disadvantages of recycling, creating art, and planting a butterfly garden in our school. Then they had to vote as a whole class on which one they would do for our school. The last session was about how money moves in a community. We had our Northville NBT Bank Manager, Connie Bucknell, come and teach the children about saving and checking accounts, debit cards, and checkbook registers. The children received several items including a quarter, dime, nickel and penny to put in their savings banks. Thanks again Connie!!



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IMPORTANT PHONE NUMBERS

LANDFILL		TOWN HALLS	
B'ALBIN	Mon & Fri 8-3 Tues, Wed, Thur 12-7 Sat 8-1	BROADALBIN	883-4657
EDINBURG	Fri 12-3 & Sat 9-3	DAY	696-3789
NORTHAMPTON/N'VILLE	Mon, Tue 8-4, Sat 8-1	EDINBURG	863-2034
		HADLEY	696-3112
		NORTHAMPTON	863-4040
		MAYFIELD	661-5414
TOWN CLERKS		DOG WARDENS: (HOME)	
DAY	Carol Vaillancourt 696-2698	BROADALBIN	
EDINBURG	Denise Ferguson 863-2034	Joe Passino	762-6342
MAYFIELD	Dorothy Hart 661-5414	DAY	
HADLEY	Pauline Smead 696-2055	Francis Allen	696-3617
NORTHAMPTON	Elane Milhalik 863-4040	EDINBURG	
		Bill VanNostrand	863-4880
		HADLEY	
		Jim Jenkins	696-3757
		NORTHAMPTON/N'VILLE	
		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		
FOREST RANGER		EDINBURG TAX COLLECTOR	
EDINBURG/DAY	383-1005	Faye Frasier	863-2034
FIRE & BLDG. INSP.:		EDINBURG ASSESSOR	
EDINBURG	Matthew Ginter Sr. 863-2034	Ron Beckering	863-2034
NORTHAMPTON	Matthew Ginter Sr. 863-6580	EDINBURG TOWN JUSTICE	
NORTHVILLE	Matthew Ginter Sr. 863-2419	Paula Blackwell	863-2034
DAY	Ken Metzler 696-5164	HIGHWAY SUPER	
		Wayne Seelow	863-8126

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From Hawk On Back Page

it. The social security office was located inside that building which was a courthouse. When we arrived, we found out there were no parking spots other than on the street. We circled the block looking for a place to park. Of course by now Bill and I are snipping at each other. We found a place to park and paid for one hour because it was supposed to be a quick visit if he had the necessary information. We entered the court house and were asked a series of questions. The last question asked was, "did we have cell phones?" Well yes we did. NO WHERE did it say no cell phones allowed. I took Bill's phone and headed back to the jeep to wait. I waited and waited. I was getting antsy because we had a houseful of people coming over for dinner that night. Over an hour later he appeared. He told me he just got up and walked out of the waiting room. He announced on the way out the door that it was an hour of his life he was not getting back. When we got home, he got a call asking why he walked out. Arrangements were made for an appointment the following day. Let me point out that there was nothing in correspondence, phone calls, or signage to communicate the procedure when entering the court building. We have a government that cannot communicate on a simple basis and they are taking care of our social security and Medicare. Bill told me the ordeal was like going to a proctologist. How frustrating! I do not know how our parents did all of this. Honestly they were just happy to get something for "free". Well we all know that nothing is free. This process has been frustrating and sometimes humiliating (at least in our minds). We are fortunate enough to have a friend, who is a consultant in the insurance industry that we could bounce things off of. I will admit that the biggest help came from United Health Care that is sold in affiliation with AARP. I have thrown out all of the offerings to join AARP for years and have wanted nothing to do with them. I have to admit they were there when we needed them. The people we talked to were knowledgeable and respectful and they found us the coverage we needed. We are now card carrying AARP members. Sorry it still kills me to say that. It was an eye opening experience for us. Yes Medicare is a benefit that we have paid for and it meets the needs of many people. The system, however, appears to be socialistic. People who want a socialist government have no idea what they are wishing for. Bill has summarized it the best. "We have never asked for anything, our whole lives, from the government and now we are being forced to take something we do not want or need at this time." We knew that we would need the program someday but in our minds we are still young and someday has not come yet.

Rant over ! Springs is coming Embrace it, enjoy it! You never know what life will bring.

The Newsletter

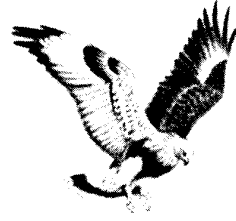
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Hawk

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Did You Know

After Christmas this year, Bill became inundated with phone calls, emails and direct mail concerning social security Medicare benefits. It has been relentless and is driving us crazy. The problem is there is a lot of conflicting information about these "special offers". By law, everyone has to sign up for Medicare at age 65. Bill and I will be working at Hawk Drilling Company for approximately another five years. He is not going to collect social security until he fully retires and he was going to keep our company health insurance program. This was not an option because we have less than 20 employees. Of course there is no real regulation to back this up. If you do not sign up for Medicare, you will be penalized down the road. Most people are excited to sign up because they consider this as an entitlement. The reality is that we all pay into the system.

In an effort to make things easier, he decided to sign up online. Of course the website is not as user friendly as it should be. For security you have to answer questions to identify yourself. You

know what I am talking about. Which if any of these addresses have you ever lived at? Well we looked at the questions together and none of the above was the correct answer for all of them. Immediately when he submitted the answers he got locked out with a big warning! He was "accused" of setting up a fraudulent account. This of course triggered a phone call from the local social security office. Bill was asked to come down so they could straighten everything out. He was told to come on Thursday between 9-3. He asked if there was an exact time to be there and he was told not to worry about it just come in. There were no further instructions. Bill asked me to go with him for another set of ears. The government building was surrounded by a giant chain link fence with no trespassing signs around

Continued Inside Back Page

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