

September 2019

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**VOLUME 39 # 1** 





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EDINBURG NEWSLETTER

819 North Shore Rd.

Hadley, NY 12835

#### Phone & Fax 863-2075

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



#### ADVERTISING RATES

1/8 Page - \$30 1/4 Page - \$55 3/8 Page - \$80 1/2 Page - \$100 3/4 Page - \$145 Full Pg. - \$180

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#### The Newsletter

Ad & Copy Deadline
is the 17th of Every Month
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Thanx!

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#### SPPTEMBER **COMMUNITY CALENDAR**

Young Eagles Fulton Co. Airport 9am-2pm Sat Aug 25

Sacandaga Lake Ring of Fire at Dus Sun

Tues Kindergarden Orentation

Thurs Edinburg Zoning Board Meeting 7pm

9 Edinburg School Board 4pm Mon

Fri 13 SACANDAGA SENIORS 1:00pm

Tues 17 Edinburg Historical Society 7pm Ed Comunity Center

Thurs 19 Edinburg Town Board Meeting 6:30pm

26 Edinburg Planning Board 7pm Thurs

Fri 27 Sacandaga Seniors 1:00pm







## umber

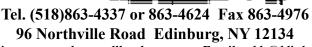
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#### Birthdays -Anniversaries & Other



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

Happy 10th Birthday Lucas
Love Aunt Desiree and Uncle Tim

Happy Birthday Marc Greene - Sept. 23 Love, Ange

Happy Birthday Marvin W. Levi M. Doug F.

Doug F. $Allison\ Jacob$ 

Debbie L.R. Paula B. Judy F.

> Connie E. Kenny G. Jane V.

From the Four Corners Diner Gang Have a safe Labor Day!

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

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### Saratoga County Rabies Clinics

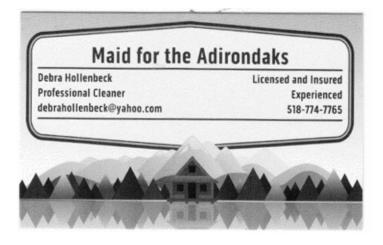
Saratoga County Animal Shelter September 17 November 12

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

#### Location:

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

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



## Thank You from from the Family of Martin Baylies Jr. (MOONBEAM)

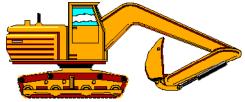
Thank you will never be enough to express our gratitude for the over whelming show of support and kindness given to our family during this unexpected tragic loss We would like to acknowledge all of the support from our families, friends, business owners and our lake family for their amazing support & generosity, as we struggle to recover from our devastating loss.

No act of kindness went unnoticed from the 500 + people who took the time to come to the services, those who donated to the trust fund for Marty's beautiful daughter Ariannah, everyone who sent a text, called, sent a card, sent food, gave a hug, came to visit, help set up, clean up, gave their time, we are forever grateful for each and every one of you.

In Marty's short 24 years he was with us we are amazed at the number of people that he touched in so many different ways. Our hearts are forever broken, but we are so very grateful for your continued love and support.

Please continue to stop by Main Street Dogs, In Corinth and have a "MOONBEAM "to continue to support the trust fund for Ariannah.

Thank you all from the bottom of our hearts, With all our love...... Shashe, Jibber & Big Mart



## RICK CARBONE EXCAVATION CO.

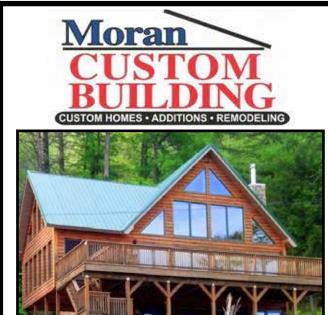
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#### EDINBURG TOWN REPORT



1801-2001

www.edinburgny.com
by Jean Raymond, Supervisor

#### Saratoga County Honors Deceased Veteran

Every month Saratoga County honors a deceased veteran from a county town or city. On September 24th the county ceremony will honor Robert Morgan from Edinburg. The public is invited to attend and we encourage anyone who knew Bob to try to be there. For additional information contact the Town Hall.

#### **Hunting Licenses Now on Sale**

Hunting licenses are now on sale at the office of the Town Clerk. The Hunting Guides have also been received from the DEC and are available from the Town Clerk.

#### **General Election**

The November general Election will be held on November 5th, from 6:00 am until 9:00 pm at the Community Center. Anyone who wishes to vote absentee may get applications for an absentee ballot at the Town Hall.

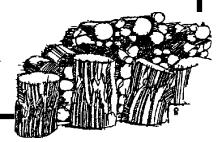
#### Saratoga County Senior Picnic

The Saratoga County Office for the Aging Annual Senior Picnic will be held at the Saratoga County Fair Grounds on Thursday, September 5th. It will be Southern Style Picnic with Fried Chicken, Corn Bread, Coleslaw, Mac & Cheese and Dessert Beverages. Tickets are \$4.00 and advanced ticket purchase required. Gates open

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at 11:00 and lunch will be served at 12 noon (no takeout & no animals allowed). For additional information call the Office of the Aging at 518-884-4100.

#### **REMINDERS:**

#### **Labor Day Weekend**

The Town Hall will be closed Friday, August 30th and Monday, September 2nd. Garbage collection will move ahead to Tuesday and Wednesday September 4th and 5th. The Recycling Center will be open normal hours on Friday and Saturday (9:00-3:00)

#### Ring of Fire

The tradition of people having fires on their beaches the Sunday evening of Labor Day weekend has gone on for many years as a way of saying "good-by" to summer. People can also walk out on the bridge sidewalk to see the fires and there will likely be a lot of pedestrian traffic so please drive carefully on the bridge as well as around the lake. Enjoy the "End of Summer Weekend".

Edinburg Historical Society Fall Festival September 28th at the 2 museums at the Four Corners from 10:00 to 3:00.

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







#### EDINBURG VOL. FIRE CO.

by Brian De Feo

Neighbors protecting neighbors

From July 1ST. through August 12th The Company responded to a total of twelve calls. These included: Mutual-aid to Northville and Hadley-Luzerne, two EMS assistance, three power lines down, one MVA, one Landing Zone setup, one fire alarm activation, one boater assist, and one water rescue.

Late September marks the start of the heating season. Many of us, myself included, heat our homes either solely or partially with wood or wood pellets And while nothing beats the heat of a wood stove come February, there are certain precautions which must be maintained to keep your home not only warm, but safe from a house fire.

If you are looking to install a wood or pellet stove, make sure you are purchasing a stove which has been certified by an independent testing laboratory. Just as in any manufacturing process there are cheap knock-offs out there. If the price is just too good to be true, chances are there is a reason. Speak to your neighbors and learn what brands they recommend and which specific features they prefer and why.

Don't skimp on the cost of installation. Find a business which installs stoves on a regular basis, knows the required codes, and follows them. You'll need to check with your local government to see if you will need a permit and ultimately an inspection from their codes officer, who is there to keep you safe from sub-standard work.

Your chimney should be inspected and cleaned at least annually by a certified chimney sweep, and perhaps cleaned more often depending on the type of wood you burn and how hot you typically run

your stove. Only dry, well seasoned wood or pellets should ever be used. Make sure small children are protected from the stove. It only takes a few seconds for a serious injury to occur. Never assume because it is so hot they won't touch it.

Lastly stuff happens to even the best prepared. A smoke detector should be mounted at the highest point in the room. And an appropriately rated fire extinguisher should be nearby. By taking these few precautions you'll hopefully never see us except at our annual barbeque.



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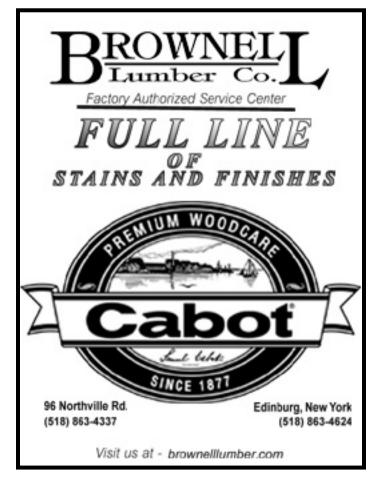
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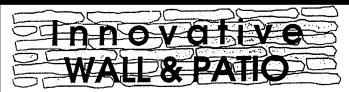
www.facebook.com/DeJongSeptic



#### Edinburg Fire Company Auxiliary Fall Festival Sale

September 28, 2019
10:00 am - 3:00 pm
Crafters/Vendors
rent a table for \$10
To book a table at the
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Call Chris 518 863 - 8483
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9am - Noon

9am - 8pm

9am - 4pm

9am - 4pm

9am - Noon

9am - Noon





#### NORTHVILLE PUBLIC LIBRARY

Monday

Tuesday

Wednesday

Thursday

Saturday

Friday

Michael Burnets

Director 863-6922

The library returns to fall and winter hours adults an on Fri, Sep 6. On Fridays, the library will close at noon through the month of March.

Hours:
September to March

Author Martin Podskoch will present a program on Tues, Sept 17 at 7 pm, based on his book "Adirondack 102 Club: Your Passport and Guide to the North Country". The book is a comprehensive guide to travelers in a quest to visit all 102 towns and villages in the Adirondacks.

The Sacandaga Book Group begins its eleventh season on Tuesday, Sept 10 at 10 am in the library's program room. Jane Borrelli will lead

Barbara Johnson is The Parson's Wife 3 rooms full of **@**乳油 - NEW AND CURIOUS THINGS! THUR, FRI and SAT 11-4 or so CASH and CARRY 2623 Rt. 30A Camp Mohawk Plaza In the rear by dentist Between Johnstown and Fonda × 518-332-3665

a discussion of "Magpie Murders" by Anthony Horowitz. This brilliant, riveting thriller is a deviously dark take on vintage English crime fiction in which the reader becomes the detective. The group is open to all who wish to participate.

Cheryl Miller will present an art class for adults "KINDNESS ROCKS" on Tues, Sept 24 from 6-730 pm. The session will only seat 15 adults and interested participants should register

at the library.

Story Time will be held on Sat, Sept 21 at 10 am, with coordinator Ondrea Filkins. Bring your pre-school children for stories, snack, and craft.

Check out our Facebook pages for information on any and all library programs, activities, and new acquisitions.

Book displays in the children's area will cover "Back to School" and "Autumn".

Watch for these titles to be arriving: Sara Donati – Where the Light Enters Phillipa Gregory – Tidelands Stephen Hunter – Game of Snipers Iris Johansen – Smokescreen Richard Russo – Chances Are





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

Stock, the name makes it sound average and normal, but the Stock flower is quite special. Although it is not well-known or popular flower at the florist's shop just yet, it has been growing in use over the last few years because of its gently twisting spike of blooms in soft shades of purples, pinks and white. Native to the lands along the Mediterranean from Spain to Turkey and south to Egypt, it is a plant of rocky cliffs and harsh dry land. This Mediterranean flower is usually grown as an annual or biennial today. Stock flowers' botanical name is Matthiola, named after Pietro Andrea Mattioli (1500-1577), an Italian botanist and doctor who cultivated these flowers because he thought they might have medicinal values that



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promoted love and lust due to their strong scent. It was immediately imported to England after it's discovery becoming instantly popular in English garden.

Another name for the flower is Gillyflower. The name "gillyflower" can be somewhat misleading, as it was used broadly in the fourteenth to sixteenth centuries for groups of fragrant flowers like carnations, wallflowers and stock. When Shakespeare referenced the Gillyflower, he was referring to carnations. Elizabethans (1558-1603) called them Stockgilloflowre, referring to the spicy cinnamon and clove scent like that of carnation, and the woody upright stem, or stock. Hence the name Stock.

The blooms packed onto a tall spire draw you in at first, but it's the spicy scent that keeps you coming back for more. The Stock flower means enjoying life whenever you can, even when it's not exactly what you planned for or wanted. These flowers are used for weddings as well because it's a beautiful way for a husband to tell a wife he will always consider her the most beautiful woman in the world. Pair that with an overall meaning of happiness and you can see why it has so much

Stock flowers aren't just pretty and easy to grow, but also edible. It wasn't until the 19th century that William Townsend Aiton identified it as a member of the mustard family, which also include radish and turnips. The flowers feature a spicy taste, much like a radish, and work well in



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salads and as garnishes. If you wait for the plant to develop seed pods, you can eat them as well before they harden and dry. Don't eat the leaves or the roots due to the bitter flavor. Tempted to take a nibble? Only eat organically grown flowers.

An all Stock only arrangement in a vase is a thing of beauty. It also airdries beautifully when tied loosely, 3 - 5 stems to a bunch, and hung upside down in a warm place with good air movement. If they're dried fast enough, their fresh scent will be preserved along with them.

Floriography: a long life full of happiness, contentment with life now, everlasting beauty and a dedication to spiritual purity. If Stock were to talk, it would say, 'Enjoy and give thanks for the life you have before it's gone.'

Trust & Contact your Local Florist Direct. Avoid the impersonal Order Gatherers and e-Commerce 'flower' dealers with their middleman and added fee\$.



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

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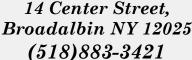
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#### Edinburg Historical Society

PO Box 801, Northville, NY 12134

www.EdinburgHistoricalSociety.org

EDINBURG FALL FESTIVAL – SATURDAY – SEPTEMBER 28, 10 AM TO 3 PM

Come join us for the Edinburg Fall Festival on Saturday, September 28th. The Rural Museum will serve as the location for free horse and wagon rides by J & D Percherons from 11:00 a.m. to 2:00 p.m. There will be face painting by Jessie Vonberg. A variety of delicious homemade soups, potato and macaroni salads, toasted cheese sandwiches, chili, coffee, hot tea, juice and water will be available. Maple sugar samples will be provided with a variety of maple sugar products for purchase from the Edward's Maple Hill Sugar Farm.

A bake sale with pies, cookies, breads and all kinds of treats will be available. If you love to bake



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you can bring your contribution of baked goods to the Rural Museum between 9:00 and 10:00 a.m. on September 28<sup>th</sup>.

Jessie Jensen sings and plays the dulcimer and guitar and will entertain us at 10:00 a.m. Jesse has a master's and Bachelor's degrees in Vocal Music Education and teaches music, drama and art at the Edinburg Common School. She and her husband Darby are lifelong residents. At 1:00 p.m. Edinburg resident Ony Antonucci will perform some songs from her new CD "Heart of Dreams." Ony studied at Queens College and UCLA and has performed with groups in Europe and the U.S. EHS member George McCleery will play old favorites on the pump organ.

EHS is still accepting applications from vendors and



Continued Next Page



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





#### From Previous Page

crafters for the Fall Festival. A 10% commission of sales is asked as a donation to help defray costs associated with the event. Information is online.

#### EDINBURG HISTORICAL SOCIETY DINNER AND MEETING

On Tuesday, September 17<sup>th</sup> the Edinburg Historical Society will hold a Pot Luck Dinner at 6 p.m. and a business meeting at 7 p.m. with the collection of dues and election of the EHS Board members whose terms are expiring. It's a great way to meet your neighbors and enjoy the evening.

The new Rural Museum addition dedicated to fishing, trapping and hunting is almost completed. Painting and putting together the exhibits are still on the list for completion. Construction people were terribly behind this year because of all the rain and we are grateful that André Garand could find time for us.

The Society welcomes everyone to its meetings. You do not have to be a member to attend. But for \$5 a member or \$10 for a family why would anyone pass up this opportunity. Are you a snowbird? Many of our members are and participate only during the summer. Wonderful programs and new friendships are just waiting to happen. There are many ways to participate in the Society like baking, manning a table or sitting at the Nellie Tyrrell Museum for a few hours

during the Festivals, organizing demonstrators of old-time crafts, or be the Sunshine Chair and send cards to members for all occasions.

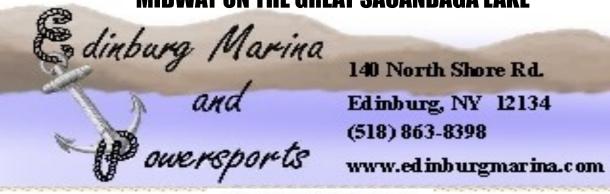
Lorraine and William Barry have purchased a share in the Copeland Covered Bridge in memory of Paul and Lucille Schulte. Patricia and Bradley Brownell have purchased a share in memory of Stirling Hall. Shares are available for \$25 in honor of and in memory of a beloved one. The funds help EHS preserve the bridge for future generations.

Visit the Historical Society's website:

www.EdinburgHistoricalSociety.
com for more information. All
meetings and programs are free
and open to the public.



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#### **131 Riverview Rd, Northampton** MLS 201918244 **\$254,000**

GSL yr-round 3BR, 2BA chalet w/ 76.5' waterfront across the road!



#### **16 Bradt Hill Rd, Edinburg** MLS 201917510 **\$229,000**

Unique passive solar 3BR, 1.5BA home w/ stone FP, expansive windows, & open concept layout!



#### **1768 S Shore Rd, Edinburg** MLS 201823467 **\$288.000**

This yr-round 3BR, 2BA lake home has 100' lakefront w/ dock on the GSL!



#### **520 South Shore Rd, Northville** MLS 201917080 **\$229,900**

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



#### **126 Bell Brook Rd, Hadley** MLS 201922339 **\$59,000**

0.92 acre parcel with 10' lake access - peaceful spot in the Adirondacks



#### **143 Lakeview Ave, Northampton** MLS 201914725 **\$275,000**

Post & Beam Lake Home just steps from the lake! Assoc. access plus 19' lake permit.



#### **149 McKinley Ave, Northville** MLS 201919687 **\$157,500**

Historic Sacandaga Park - 3BR, 2BA yr-round home, walking dis. to the GSL marinas, golf course, & restaurants!



#### **2716 South Shore Rd, Day** MLS 201919684 **\$239,000**

Open concept licing, yr-round 3BR, 1BA home w/75' waterfront across the road.





66 Northville Road, Edinburg, NY 12134

#### 518-863-COLE (2653) cole@colerealestate.com

Many more listings! See our web site: www.colerealestate.com



#### DAY

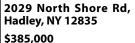


#### 112 Yates Hill Rd, Hadley \$129,900

107 Acres w/1880' road frontage. Subdivision potential, 2 story barn,1994 35' camper, shed. Partially cleared and wooded, potential timber value. 5 min drive to Great Sacan-

daga Lake & Saratoga County boat launch. Only an hour drive to Lake George and Saratoga. Located on nice country road and enjoy low MLS #201324853

#### DAY



Lakefront directly across from Great Sacandaga Lake. Nice lake views & 62' of sandy beach w/ float. Charming 4 BR 2 BA spacious home, open floor plan-liv rm with stone gas frplc , knotty



pine interior & french doors to screen porch & deck, din area & kitchen. 1BR 1BA and newer family rm w/ bar downstairs. Upstairs offers 3 Br-mstr, has private screen porch, 1BA & laundry. Shed/ retreat workshop. MLS #201926149

#### **HADLEY**

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

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

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



MLS #201919879

#### DAY

#### 2408 South Shore Rd Hadley

evening drink.

\$198,500

and campfire.

A real Adirondack feel with this 3 bedrm, 2.5 bath A frame cottage on lovely wooded .5 acres. Great room- living, dining and country kitchen. Relax on the spacious deck overlook-



ing the lake. 100' of lake frontage with level area for picnic table MLS #MLS #201927993

Christie Rd, Mayfield. \$37,900. 5.33 acres. Surveyed & approved building lot located in the beautiful countryside with partial clearing and woods. 616' road frontage. APA approved for building and septic. Nice location in the country with southern views, yet short drive to Rt 30 and Great Sacandaga Lake town beach and marinas. MLS #201917586

Interested in the Great Sacandaga Lake Region? See more listings at

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#### **376 Bemis Rd, Gloversville** MLS 201925005 **\$389,900**

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



#### **154 Vunk Rd Ext. Broadalbin** MLS 201923584 **\$365,000**

Lakeside waterfront 3BR, 2BA triple wide mobile home w/ 70' HRBRRD lake permit on the GSL!



#### **129 Lakeview Ave, Mayfield** MLS 201920352 **\$775,000**

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



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

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



#### **121 Houseman Pt, Northampton** MLS 201926151 **\$395,000**

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



#### **551 Reed St, Northampton** MLS 201918145 **\$499,900**

Victorian waterfront w/ 2.2 ares & 136' HRBRRD on the GSL! Elegant staircase, cathedral ceilings & more.



#### **145 Vue Point Rd, Mayfield** MLS 201922240 **\$640,000**

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



#### **273 North Shore Rd, Edinburg** MLS 201917213 **\$159,500**

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



#### **145 Lakeview Ave, Mayfield** MLS 201919134 **\$109,000**

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







Great Sacandaga Lake!



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101 Lakeside Ave, Edinburg

**\$630.000.** Yr-round lake house w/ 84' feet of direct waterfront on the GSL. No road to cross. Lg custom kitchen, great room w/ cathedral ceiling, custom ADK staircase. Huge master w/Jacuzzi tub. MLS 201927115



131 Riverview Rd, Northampton

\$254,000. GSL, yr-round 3BR, 2BA chalet w/76.5' waterfront across the road. ADK style home, spacious eat-in kitchen, SS appliances, wraparound deck, easy lakefront access. MLS 201918244



1913 North Shore Rd, Day

\$227,000. Charming ADK 4-season 3BR house in Saratoga County w/10' HRBRRD permit on the GSL. Make this your vacation getaway any time of year as it has a high efficiency gas furnace! MLS 201828042



145 Vue Pointe Dr, Mayfield

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



143 Lakeview Ave, Northampton

\$275.000. Post & beam lake home just steps from the lake. New kitchen w/quartz counters. Lg living room w/gas stone fireplace. Master w/vaulted ceiling. Hot tub. 2BR, 2BA. MLS 201914725



1257 North Shore Rd, Day

\$280,000 Charming, historic 3BR yr-round home on the GSL w/80' HRBRRD permit & low Saratoga Co. taxes and views of the lake & mountains. Enclosed front porch to relax & enjoy the views. MLS 201924507



636 Seven Hills Rd, Northville

\$509,900. Stunning spacious custom home w/56' direct waterfront w/sandy beaches & spectacular sunset views on the GSL. Protected cove for swimming & docking. 4BR, 2.5BA. MLS 201921780



160 Eden Lane, Mayfield

\$895.000. Upscale waterfront home w/ amazing lake views on 100' DIRECT lake front. High-end finishes t/o, most recently renovated. 4BR, 3.5 BA. Breathtaking views of lake & ADK Mountains. MLS 201831043



122 Old Fish House Rd, Northampton

\$595,000. Unique property w/majestic waterfront house, barn, & guest house plus 220' HRBRRD permit on the Great Sacandaga Lake. Incredible views of the lake & mountains. MLS 201925588

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#### **DID YOU KNOW** THAT-

by Town of Edinburg Historian, Priscilla L. Edwards

#### Barker's Store

At the intersection of Military and North Shore (Co. Rt. 4) Roads in Edinburg stands a distinguished old building with four Greek Revival-style columns in the front. This old general store, always known by local residents as Barker's or Brooks' store, was built in 1847 by the owner and accomplished builder John Barker.

John was the youngest son of Jesse and Prudence Payne Barker. Jesse, a Revolutionary War veteran, brought his family to Edinburgh in 1793-94. They settled on what we now know as the Airport Rd. very near the intersection of Bradt Hill, Wheeler and Airport Roads.

John married an Alice Cornell and moved to the Town of Hope where he probably earned a living with his carpenter's skills. In 1831 John and



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



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



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



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



3410 S. Shore Rd Day \$259,000 Year round Great Sacandaga Lake home w/10 ft of lake access, 2 BR's, 1 BA, full basement, 2 car garage w/ bonus room above. MLS#201922258



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



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



1489 N. Shore Rd Day \$399,000 Enjoy looking out over your 100 feet of Great Sacandaga Lakefront from this bright and open 3 BR, 1 BA home w/ bonus studio apartment. MLS# 201921140



Alice moved back to Edinburgh operating a farm and store next door to the old family homestead.

It's believed that John in 1836 may have been instrumental in building the United Methodist Church that stands at the Edinburg 4-corners.

In 1847 John Barker came down off the hill into Beecher Hollow to build a general store. The majestic columns in front of the store are believed to have been made down the road at the Copeland Carriage Shop(the small white building just above the covered bridge); when ready were loaded on a horse-drawn wagon and taken up the hill to the construction site. The rear addition of the store was added in 1870 and the second story porch in the early 1900's with the second floor remodeled in 1912. On the third floor(attic) is a large winch that operates a hook on the south outside end of the building to lift items and freight into doors on the first and second floors of the store.

As was the custom in the early days the local post office was located in the general store. Depending on local politics the Edinburgh PO

alternated between Beecher's store across the road and Barker's store from 1849-1880. John Barker was storekeeper and postmaster from 1849-1852, when he and Alice moved to Northville where they also ran a store and John was postmaster. Two of their sons, Charles H. and Edwin L. took over running the Edinburgh store with Charles H. being postmaster from 1852-1857 and another son, Henry S., postmaster from 1863-1880.

Julia Barker, widow of Henry S., made some extra income after his death by renting out the store as a polling place during local elections.

The Barker family continued operating the store until 1890 when it was purchased by local businessman Charles and Jessie Olmstead Sumner who resided in the large house behind the store. They ran the store for twenty years, selling it in 1910 to their bookkeeper Charles Brooks. Charlie was an orphan and grew up in the Hollow being raised by the Allen family. Charlie and his wife

#### Continued Next Page





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#### From Previous Page

Annette operated the store until his death in 1943 at which time Annette kept things going for a couple more years. Folks who had known "Net" found her to be rather testy and not overly friendly. The doors of the old general store closed in 1945 having served the people of Edinburg continuously for 98 years.

Marshall Robinson returning home from WWII purchased the house and store property in that same year of 1945. Marshall and his wife, the former Doris Palmateer, lived in the house and raised their family of three.

The first floor of the store was used for personal storage while the 2nd floor was converted into a rental apartment for various families for over twenty years.

Sadly Doris passed away in 1967 and a few years later Marshall remarried Dona Marvin Breazzano. The 2nd floor rooms of the store were used as a recreation area for Dona's five children. In the summer of 1974 the main floor was used by two young cabinetmakers and for a few years starting in 1975 Carleton Nellis used the store as a TV repair shop.

Due to tourists stopping by making inquiries about the old building Dona and Marshall- in the summer of 1990-started an attic sale on the 1st

floor, using items that had been stored for many years in the store or other buildings on their property.

In 1995 more space was needed. Upon removing some drawers along an inside wall to replace with shelves a panel was discovered which when removed revealed a large space under the stairs to the 2nd floor. There was no access to this space from the outside. Wrought iron hooks were found on the inside of the panel.

After much research regarding the store's builder John Barker and other Edinburgh residents involvement in anti-slavery and Liberty Party conventions held here in town we now believe this room was a hiding place for slaves on their way north to freedom.

Probably nothing since the War of 1812 had stirred up the North Country as much as slavery did in the 1840's and 50's. The Rev. Abel Brown, pastor of the Sand Lake Baptist Church (in southern Saratoga County) was a fiery abolitionist going about the county speaking out against slavery. The newly formed Liberty Party, the Methodist Church and the Quakers worked hand in hand as all were very involved in the antislavery and UGRR movement.

Continued Next Page





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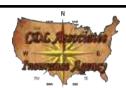
#### From Previous Page

In Edinburgh James Armstrong, John Barker and Henry Noyes were prominent members of the Liberty Party. Several Liberty Party conventions were held at the home of Henry Noyes with the Rev. Brown as speaker.

A letter written by Rev. Brown in September 1844 mentions a "grand convention" being held at the Methodist Church in Edinburgh. (The entire Barker family-all dedicated Methodists- were instrumental in building the Methodist Church in 1836). With a full house the audience voted to stay another hour and hear another Liberty speaker. \$100 was also raised at this meeting to hire an anti-slavery agent to circulate throughout the county. The next convention was to be held in Corinth in two weeks. By November the Rev. Brown was dead at the age of 34, probably of pneumonia and exhaustion.

John Barker built Barker's Store in 1847. Many buildings constructed by or for abolitionists after 1840 would include a special hiding place. Sympathizers owning older buildings would often create hiding spots within the old building.

Most of the UGRR route in New York State passed through the western part of the state.









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There was however a lesser-used northern route. When slaves reached New York City they would go directly north to Albany; then through Saratoga, Washington or Warren counties. From there the route passed through Essex and Clinton counties on into Canada.

The old Military road in Edinburgh passed directly in front of Barker's store on its way north. To the south the Military continued over what is now Sinclaire Rd. going on to Schenectady and Albany. It makes perfect sense that this building could be another stop on the Underground Railroad.

The old general store was placed on the State and National Registers of Historic Sites in 2002. If this article seems familiar to my readers-it is. I submitted it to the "Newsletter" three years ago. However, it has recently been brought to my attention that the store with accompanying home and property is on the market to be sold (if it hasn't been already) and I felt the people of Edinburg should know that there might be changes a-foot in Beecher Hollow. Let us hope that the new owners will appreciate the history of this property and be willing to care for and love it as much as the Robinson family-especially Dona- did.



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#### Northville-Sacandaga Lions

#### **Used Eye Glasses**

Ever since Helen Keller inspired us to champion the cause in 1925, the Northville/Sacandaga Lions Club has served and advocated for the blind and visually impaired. Nearly a century later, this long standing mission continues unhindered.

**Vision Facts:** 

253 million people are blind or have moderate to severe distance vision impairment (MSVI).
1.1 billion have near-vision impairment simply because they don't have a pair of glasses.
>75% of all blindness and MSVI is avoidable.
89% of people with visual impairment live in developing countries.

One of the projects of the Nothville/Sacandaga Lions Club is the collection of used eye glasses. The collected eye glasses are sent to The Lions Eyeglass Recycling Center (LERC) for processing. There, 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.

Drop off sites for used eyeglasses and/or used hearing aids are as follows:

Town Clerks Office – NBT – Sport Island Pub – Methodist Church – St. Francis of Assisi Catholic Church – Northville/ Sacandaga Lions Club Members.

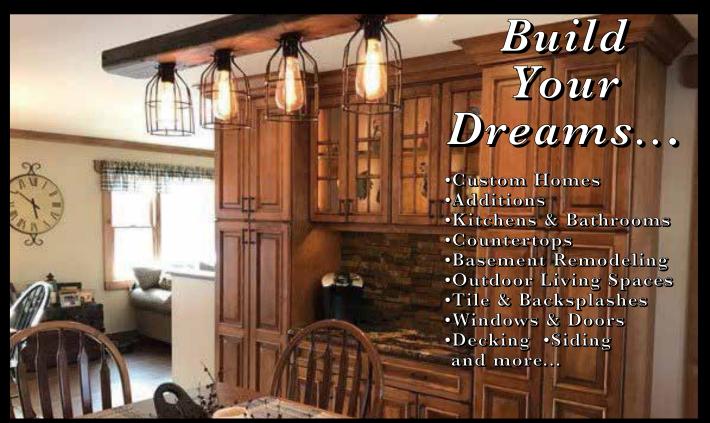
We continue our service to the blind and visually impaired, and remain committed to continuing this mission.

Our Strategic Objective: Prevent avoidable blindness and improve the quality of life for people who are blind and visually impaired.

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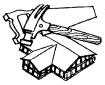
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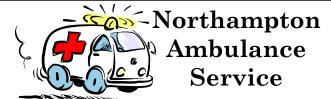
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#### Kimberly Sadadolsky, Secretary

Northampton Ambulance meeting held on August 13th, 2019 with 15 members attending.

Following responses were in July T/Northampton 15, V/Northville 9, Wells 1, T/Hope 2 and City of Gloversville 1.

Thank you all for dropping off your refundable containers.

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#### Sean Craig Memorial Fund Inc. Life Jacket Loaner Location

The Sean Craig Memorial Fund Inc. is pleased to announce that Wally's Driftwood Park in Mayfield has agreed to be the host location for a Life Jacket Loaner Station. Statistics show that Life Jackets do SAVE LIVES and that 90 percent of drowning victims were not wearing one. The Life Jacket Loaner Project is a supplement program for those who forgot their Life Jacket or don't have the right size Life Jacket for that day. By accepting the loan of a life jacket borrowers agree to comply with the safety guidelines, user agreements, loan conditions posted on the sign at the life jacket station. The site also provides information about the SEND IT App that has been developed by the Henry D. Ross lll Memorial Fund which offers an additional safety resource to those enjoying year round recreation on the GSL.

The project is part of the ongoing mission of the Sean Craig Memorial Fund's commitment to improve the safety of those who enjoy water recreation in the Fulton, Montgomery and Saratoga County Region. Over the past 3 years their programs have provided 32 Life Rings to waterfront venues and organization around the GSL, an underwater sonar and water rescue equipment for the Fulton County Sheriff Dept, a matching funds donation for 2 person watercrafts to the Montgomery County Sheriff Dept, life jackets to summer camps, scholarship program for life guard certification and a number of safety education programs throughout the year. For more information visit https://www.facebook.com/ seancraigmemorialfund/









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

Pickle in the Park is a membership club in Sacandaga Park. Access to the courts and parking is off Rt30. We have 5 courts (1 doubles for tennis), about 60 members and play most summer days — weather permitting — including a weekday "twilight" game. Guests are welcome. Club members provide informal skills development for newbies. There is a formal coaching session on Wednesday at 9 am. Schedule info and member communication is through a phone app. We have spare paddles. The annual membership fee for 2019 is \$125; the guest fee is \$5 per day/person. For further info call Willem at 518 332 6896.



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#### Northville Girls Autumn Brunch September 21, 2019

The Northville Girls will be hosting the Autumn Brunch on September 21, 2019, at the Timeless Tavern, Northville, NY. Checkin starts at 10:30 AM. This event is open to any female alumni, teacher or employee of Northville Central School and is a great opportunity to see old friends, reminisce, laugh, eat good food and raise money for a worthy cause. The cost is \$25.00 per person.

Raffles for gift baskets and gift certificates donated by local merchants, as well as attendees, will be held during the brunch, with all proceeds going to the Northville Girls Reunion Scholarship fund. These scholarships are given to three graduating senior girls in recognition of their active involvement in community service. A committee of NCS teachers chooses the recipients annually. Should you wish to make a donation of a raffle item, please deliver it by 11am. Donations can also be delivered to Cristen Shepard at Northville Central School if unable to attend the brunch.

Reservations are due by September 14. For more info or to register, please contact Cheryl Edwards at 518-863-4610 (cherylynn101419@yahoo.com), Tracey Eschler McClary at 518-863-3322 (pumpkin10seed@yahoo.com) or message them on Facebook; Shannon Smith (shannon\_otoole@yahoo.com) or Cristen Shepard at 518-863-7000X5208 (CShepard@NorthvilleCSD.org). Checks can be mailed to Judy Wilcox, 454 Hope Falls Rd, Northville, NY 12134, or you can pay at the door. See you all at the Brunch!

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#### Saratoga County Office for the Aging

Got an hour? The Saratoga County Office for the Aging is in need of volunteers to help deliver meals to homebound seniors in Saratoga County. Currently looking for volunteers in Edinburg, Stillwater, Waterford, Clifton Park, Burnt Hills, Saratoga and Moreau.

The Senior Nutrition Program helps many seniors remain independent in their own homes. Nutritious meals are prepared, packed and ready for transport. Delivery takes about an hour. Training/orientation is provided. Being a volunteer for this program is a gratifying experience-seniors look forward to seeing a friendly face.

Please call The Office for the Aging at 363-4020 for details.

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#### Northville-Sacandaga Lions

#### Northville-Sacandaga Lions to Host 5 and 10K Road Race on Oct 19.

The Northville-Sacandaga Lions Club will host it's 22nd annual Great Sacandaga 5 and 10K Road Race on Oct 19th, with assistance of The Fulmont Roadrunners.

The location is at the Sport Island Pub, 108 Riverside Boulevard in Northville. Race day registration will be from 9 to 10:15 a.m. with the races starting at 10:30 a.m. The entry is \$20.00 for preregistration and \$25.00 on race day. You may register online at: https://www.zippyreg.com/ online reg/index.php?e=1299 or by contacting the Lions Club. Registration is limited to the 1st 125. T-shirts are guaranteed if registration is received by Oct 3.

Awards will be presented to first overall male & female, and to top three, male & female, in 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and older age groups in each race.

> There will be a postrace buffet featuring hot and cold entries and beverages compliments of Sport Island Pub. Non-runners may take part in buffet for \$8.

> All proceeds will be used for Lions Clubs projects to help the visually and hearing impaired, for local community needs, and to help anyone in their time of need.

For information contact Keith Goodrich 518-863-4452, kgoodrich3@ roadrunner.com or Dave Gifford 518-863-8046, dygiff@ frontiernet.net.







#### Summer Events

August 31 Nancie Johnson Wood Block Artist 1-3

Oct. 12th Cherie Batcher 11:00 - 4:00 Cherie will be demonstrating how she paints on glassware - beautiful wine glasses, and assorted items for sale. Let Cherie customize something for you.

Join us for apples & cider. New Fall items arriving daily

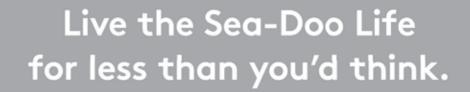
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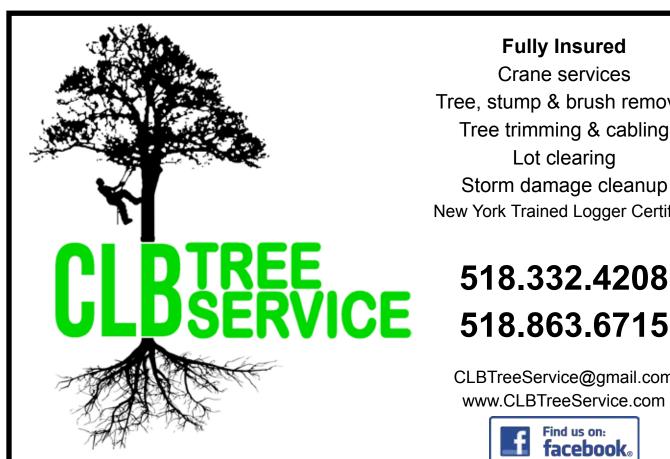
> 518-848-1556 Craig

#### Lake Safety: New Boating **Safety Certificate**

Captain Peter M. Byron NAV-ED SERVICES GROUP

Latest New York State Boating Safety Certification News - During the 2019-2020 Regular Sessions of the New York State Legislature a bill which was named Brianna's Law, passed the Senate and subsequently past in the Assembly on June 4, 2019. The Governor signed the bill into law on August 6, 2019. Relevant citations from NYS documents are provided to ensure accuracy and include web citations from which they can be retrieved.

According to the Assembly June 4, 2019 news release: "Under current law, new boat owners are exempt from the requirement to complete a safety course for up to 120 days after the purchase of a vessel, and the requirement only applies for operators born after May 1, 1996. As a majority of boat owners in the state are much older, this has created a gap in the number of boaters who receive these important safety courses. Today's legislation closes this gap ..."



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What is the new legislation? "No person shall operate a mechanically propelled vessel on the navigable waters of the state or any tidewaters bordering on or lying within the boundaries of Nassau and Suffolk counties, unless the operator is at least ten years old and is the holder of a boating safety certificate issued to him or her upon completion of a boating safety course approved by the commissioner, the United States Power Squadrons, the United States coast guard auxiliary or the United States sailing association for a powerboating course or courses which are approved by the commissioner ..."

Can other licenses, certificates or occupations satisfy the 'boating safety certificate' requirement? "The provisions of this subdivision shall not apply to persons who are: certified by the commissioner as boating safety instructors; members of the United States Power Squadrons; members of the United States coast guard auxiliary; holders of public vessel licenses pursuant to section sixty-four of this article; police officers, peace officers, fire personnel, rescue personnel or lifeguards, when any such person is acting pursuant to assigned

Continued Next Page







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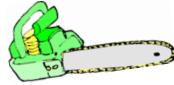
### From Previous Page

duties; or licensed to operate vessels by the United States coast guard or the Canadian coast guard. The commissioner, by rule or regulation, may provide for the exemption of additional persons not listed in this paragraph from the requirements of this section."

When does the law take effect? The legislation includes a five year phase-in to allow boaters to comply with the new requirement. In order to help understand the implementation schedule, NYS Parks prepared the text found in Table I:

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#### Table I

If you were born	You will need a
on or after:	boating safety
	certificate when
	operating a
	motorized vessel
	in:
January 1, 1993	2020
January 1, 2088	2022
January 1, 2083	2023
January 1, 2078	2024
<u>All</u> operators	2025
(see below)*	

\*All operators of motorized vessels, regardless of age, will need a boating safety certificate by January 1, 2025

When do all operators of motorized vessels need a boating safety certificate? By the end of 2025, all operators of mechanically propelled vessels must have the appropriate boating safety certificate using a 5 year phase-in schedule beginning with individuals born after January 1, 1993 as shown in Table I above.

My child is under the age of 18. In the past he used to operate our boat accompanied by someone over the age of 18. Can he continue to do this? Beginning in 2020, operators under the age of 18 without a certificate may no longer operate a motorized vessel with certified operators older than 18 years of age. In the past, boaters under the age of 18 were allowed to operate a motorboat or a Personal Watercraft (PWC) when accompanied by someone over 18 years of age who can legally operate the vessel.

We are buying a new motor boat but no one in the family has a boating safety certificate. Is

Continued Next Page





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### From Previous Page

there a 'grace period for new owners'? Owners of recently purchased new boats must be holders of a boating safety certificate to operate their new vessel and no longer have a 120-day grace period from the date of purchase to obtain a boating safety certificate.

May I rent a motor boat if I do not have a boating safety certificate? Renters at a boat livery operation who are 18 years or older do not need a boating safety certificate if the staff demonstrate 'safe handling and locations of safety equipment prior to rental.'

I have a NYS Boating Safety Certificate, do I have to do anything to comply with the new law? Individuals who hold a New York State Boating Safety Certificate or other legally authorized certificate as listed in the legislation can continue to operate a mechanically propelled vessel.

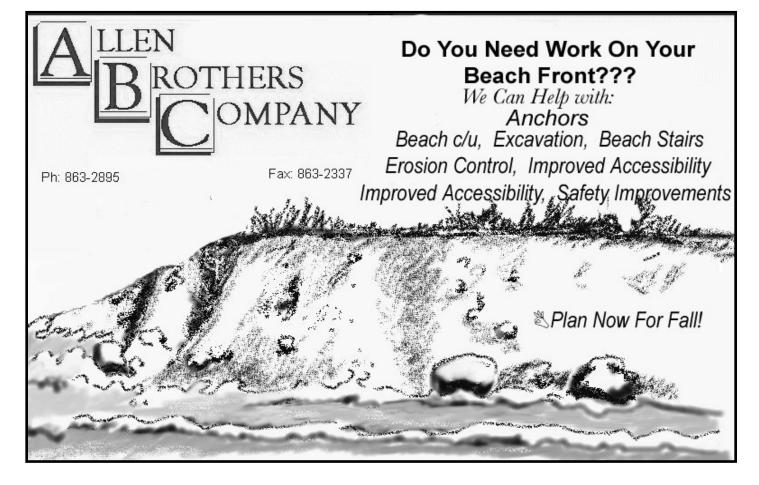
I looked for my certificate but can't find it, what do I do? Individuals who need a replacement for a NYS boating safety certificate may view https://parks.ny.gov/recreation/boating/education.aspx and apply for a replacement. Individuals may also check the website for a complete list of other certificates which can be used for vessel operation.

I want a Boating Safety Certificate, what do I

do? Individuals who do not have a valid certificate may view https://parks.ny.gov/recreation/boating/education.aspx for the 2019 Boaters Guide, schedules for classroom instruction as well as information on ONLINE programs either of which may successfully be completed to secure a Boating Safety Certificate.

How much does an initial Boating Safety Certificate cost? A Boating Safety Certificate is FREE upon successful completion of the written examination for individuals younger than 18 years of age and \$10 for those older than 18. An instructor may or may not charge a fee for a classroom course. If a fee is charged, they may vary. Some classroom courses may be taught by volunteers free of charge. ONLINE courses are available at your convenience. Course providers are responsible for any fees they may charge currently ranging from FREE to \$49.50. Please check the listing for the pricing of ONLINE courses at https://parks.ny.gov/recreation/boating/education.aspx

Is there a penalty if I operate a motor boat without a boating safety certificate? Please be advised that boating without a safety certificate (if you are required to have one, based on age) for the first violation may result in a fine of \$100-\$250.



Where can I find information on safe boating topics? Additional information on the new law and answers to frequently asked questions may be found at https://parks.ny.gov/recreation/boating/education.aspx

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





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### **Edinburg Garden Club**

### Hello Everyone

I hope everyone enjoyed their Summer and their gardens.

The Sacandaga Garden Club is starting our 2019/2020 club year on September 5th with our Annual Pinic. The picnic is our first meeting of the year as well as a time to catch up with our gardening friends and family.

Our meetings are held on the first Thursday of the month except for January, February and March. Just like our gardens, we hibernate for the Winter. All are welcome to join us as well become a new member of the club.

On Thursday October 3rd, Sacandaga Garden Club is meeting at Northville Presbyterian Church at 10am. We will be making centerpieces for Annual Luncheon.

On October 10th at 12noon, the Garden Club will be having our Annual Luncheon and Auction at Hales Mills Country Club in Johnstown. The luncheon will be a buffet lunch. After lunch, we have our exciting Annual Auction. Our favorite auctioneer Jack Learch will be there to keep the auction and all of us in line.

The luncheon is always an enjoyable experience. The tickets are \$22.00 per person and can be purchased from any Garden Club members. For further information, please contact our Club President Janet Mitchell at 518 863 2170. Hope to see you there.

On Thursday November 14th, the Garden Club is taking a field trip to Lyndon Lyon Greenhouses in Dolgeville N.Y. We will be meet up at Topps at 10am to carpool to the greenhouses. Enjoy the rest of our warm weather.





### SARATOGA COUNTY OFFICE FOR THE AGING

### Annual Senior Picnic Friends, Food & Music

The Saratoga County Office for the Aging is proud to announce the Annual Senior Picnic on Thursday, September 5th at the Saratoga County Fairgrounds! This year will be a Southern Style Picnic complete with Fried Chicken, Cornbread, Coleslaw, Mac & Cheese, Dessert and Beverages. We will have music, games and a 50/50 raffle. This event is for Saratoga County Residents 60 and over. Lunch is served at 12 noon and parking will be available on site.

A \$4.00 advanced meal ticket is required and can be picked up at The Office for the Aging located at 152 West High Street, Ballston Spa beginning Monday, August 5th. We will also have local distribution sites available for tickets. Please contact (518) 363-4020 for more detailed information.







# ABC 1234 EXCELSIOR

Someone sent me this proposal for our new license plates.

Notice the center graphic.

Seems to me to be appropriate for us New Yorkers.

### The Newsletter

Ad & Copy Deadline is the 17th of Every Month

### TOPS 1005 Northville

Fall is coming upon us and everyone is busy with family and friends over the summer months....
We always seem to put ourselves on the back burner.... not having time for ourselves!

Being healthy is paramount.... That is why we attend our meetings at 1005 Northville, listen to others and pick up pointers that keep us on track!

What exactly happens at TOPS meetings?? We begin with confidential weigh ins and then our program starts! These programs aim to help members achieve their weight loss goals.

A meeting is a time to share one's weight loss successes and challenges without feeling uncomfortable! Fellow members are there for support and to keep your spirits high!

We had a wonderful gathering at Tom and Cookie Utting's house... we had our installation of officers for 2019... gave out awards and had a great time commiserating with

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friends!!

Members Losing after the holiday: Diane Mack, Fran Sculley, Judy Frasier, Tom Utting, Ellen Descharnais, Leslie Casey, and Sandy Mahr.

Our KOPS biggest loser was Pat Wilcox The TOPS biggest loser was Martha Dietrich

Our KOPS Honor Society met at the Turf Tavern in Scotia on Saturday August 10th.... We had a guest speaker, Sara Maklanga who lost over 100 lbs and spoke about her journey to do so with the help of TOPS.... very inspirational!

The following officers were installed: Kaptain-Marsha Miller, Co Kaptain- Diane Mack, Korrespondent- Nancy Bassett, Kashier- Terry Poulin

Yellow roses were awarded to the following KOPS that were below their goal: Terry Poulin, Pat Wilcox, Cathe Bard..Many door prizes were awarded by Marsha Miller and a great time was had by all!

We at TOPS, invite you attend our meetings! We meet on Tuesdays, downstairs at the Bradt Building on Main St. in Northville.

Weigh in begins at 4:15 with the meeting to begin soon after.



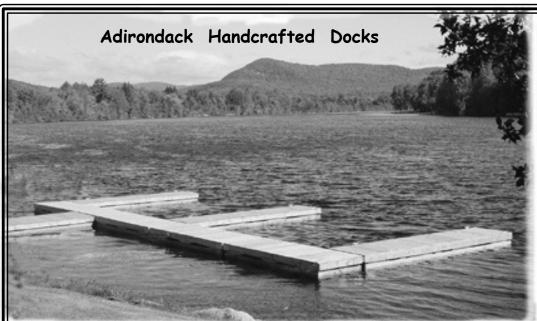
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Open Forge Nights Are Back By Popular Demand!

Get an introduction to the art of blacksmithing by visiting Adirondack Folk School on any of our OPEN FORGE nights for an amazing demonstration by Expert smith Steve Gurzler. Observing the demonstration is free and open to the public. For those who want to try their hand at blacksmithing and forge an item at open forge, there is a \$20 fee to cover the cost of materials, and safety precautions must be followed – including hard shoes with no open toes, long pants, goggles (supplied) and gloves (supplied). Demos begin at 6:30 PM on the following dates:

Wednesday, September 18 Wednesday, October 16



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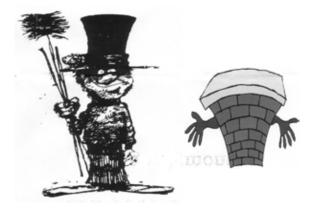
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Reading Luke 6:47-49 we are reminded of "The wise and foolish builders". One man is building

## Milburt Farm & Greenhouse

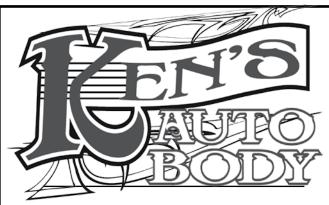


There are still plenty of herbs available, either culinary, herbal, or just for fun in the garden. Fall is an excellent time to plant rhubarb, asparagus, horseradish or berry bushes for your home garden.

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a house, dug it down deep and laid the foundation on solid rock. When a flood came the house stood firm because it was well built. The second man build his house without a foundation and during a storm the house collapsed and was completely destroyed. This parable illustrates that Christian life isn't about escaping storms that come into your life, but about being able to weather the storms because of a firm foundation in Jesus Christ. As Christians we believe "Jesus" is our foundation.

Our invitation is open to all to come and start your Sunday mornings with us. Coffee and light refreshments are always

offered after the service. Many of us continue our fellowship at the diner next door. Service is at 9AM each & every

Sunday.



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### HealthLink Littauer's WELLNESS WORDS

Submitted by Alicia DeRuscio B.S., Community Education Assistant HEALTHY STARTS IN THE GARDEN

According to Harvard Health and the University of New Hampshire, there are many reasons to grow your own food! Gardening can be beneficial to your health, the environment, and can even help save you a few extra dollars throughout the summer and fall months.

### **Gardening For Nutrition**

When you grow your own food, you not only increase the amount of fruits and vegetables you eat, but you also consume a greater amount of nutrients. Prior to being sold in grocery stores, produce goes through a long process of being shipped and delivered across the country, and is not always picked at peak times. During the shipment and delivery process, fruits and vegetables often lose many beneficial nutrients. If you grow your own produce, you'll be able to pick your fruits and vegetables when they are ripe, providing you with fresh, flavorful options that are full of vitamins, minerals and antioxidants to fuel



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your body. Having your own garden also allows you to eliminate pesticides and other contaminants that are used on grocery store produce.

#### Gardening For Physical Activity

According to the Center for Disease Control and Prevention, adults should get at least 150 minutes of aerobic activity each week as well as two days of muscle-strengthening activities each week. The CDC considers gardening, including weeding, digging, hoeing, raking and planting a moderate aerobic activity and therefore can help improve heart health, flexibility and body strength. Regular physical activity can also improve your body's immune system, help decrease stress and heart rate, and boost your mood.

#### Vitamin D

An outdoor garden is a great way to increase your sun exposure and get more Vitamin D! Vitamin D is important for maintaining strong bones and teeth and can help protect against certain chronic diseases. The CDC recommends always protecting your skin when in the sun by using a broad spectrum sunscreen with at least SPF 15 before going outside.

### **Help The Environment**

Shipping and delivering produce throughout the country requires long travel times that rely on fossil fuels and increases pollution of the environment. If you grow a garden you can help reduce transportation and decrease the harmful effects of pollution.

### Continued Next Page





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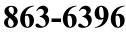
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Save Money

While it may seem costly to start your own garden, in the long run it can actually help you save money. According to the UNH, buying seeds, plants and a few supplies to maintain your garden can yield a great amount of produce in the summer and fall months. This allows you to avoid those extra charges tacked on to produce for growing, harvesting, shipment and delivery.

### Spice up your Meals

The CDC recommends filling half of your plate with fruits and vegetables. There are endless amounts of produce to grow in an at-home or community-based garden, and many ways to use your fruits and vegetables during meal time. Try these simple ways to add your fresh-grown produce from the garden to your meals:

Zucchini Noodles – Instead of pasta, use a spiralizer to create zucchini noodles and substitute them in your favorite pasta dish.

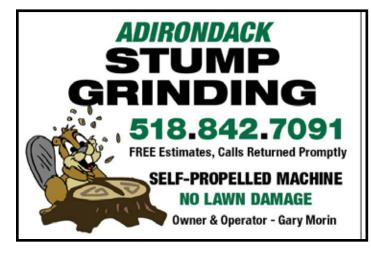
Summer Salads – Put a little summer twist on your salad by topping fresh greens with strawberries, blueberries or blackberries.

Cauliflower Pizza Crust – Try making a cauliflower pizza crust with fresh-from-the-garden cauliflower, a couple of eggs, grated low-fat parmesan and low-fat mozzarella cheese, along with your favorite seasonings.

Kale Chips – Bake kale in the oven with a little bit of olive oil, salt and pepper for a nutritious, crispy snack.

#### **Extend your Harvest**

While many think that late summer means the end of gardening, it's actually the perfect time to plant cool-weather vegetables. According to the Farmer's Almanac, many vegetables thrive just as well in cooler weather than in warmer weather, and some even taste better after a frost. Vegetables including kale, cabbage, parsnips, carrots and brussel





sprouts get sweeter from cooler weather and can survive in the ground longer without much harm from the cold.

To determine the best plants to grow, check the "days to harvest" information on the back of seed packets. In general, your vegetables should be grown just prior to the first frost of the season. The Farmer's Almanac lists several fast-growing vegetables that are ideal for late-summer planting including:

Squash and Zucchini

Cucumbers

Leaf Lettuces

Radishes

Snap Peas and Snow Peas

Spinach

Broccoli

If you'd like to learn more about gardening or are preparing for a fall harvest, visit the United States Department of Agriculture's website for upto-date resources at https://www.nal.usda.gov/homegardening.

For more information on good health, contact HealthLink Littauer at 518-736-1120 or email healthlink@nlh.org. We're your community health & wellness service of Nathan Littauer Hospital and Nursing Home.

### Perennial Sale!!

### **Hope Valley Farm**

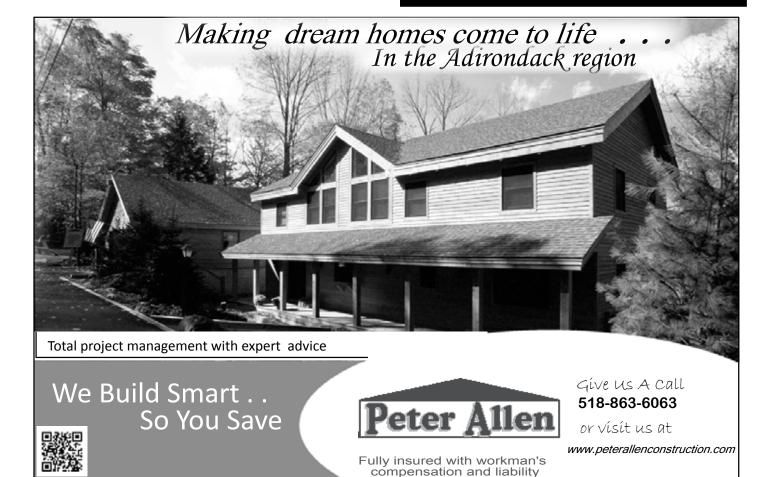
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### STFSL Red Rooster Program

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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.

STFSL's Red Rooster"s Programs for September 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

Sept. 5th <u>OFA Congregate Meal 11:30-12:30</u> Ham Salad Cold Plate, Coleslaw, 3-Bean Salad, Kaiser Roll, Mandarin Oranges. We will also celebrate all Sept. Birthdays with a Birthday Cake provided by Marilyn Corey.

Red Rooster Program at 12:30

Norma Porteus, celebrated Photographer and Centenarian will talk about "My First One Hundred Years!"

Sept 12<sup>th</sup> <u>OFA Congregate Meal 11:30-12:30</u> Spanish Rice, Cauliflower, California Blend Vegetables, Italian Bread, Cookie.

Red Rooster Program at 12:30

Don Hoffman, musician will entertain with a selection of Old Time Favorites.

Sept 19th <u>OFA Congregate Meal 11:30-12:30</u> Fiesta Chicken, Rice, Sonoma Blend Vegetables, Rye Bread, Cinnamon Cake.

Red Rooster Program at 12:30

Becky White, Fulton County Office for Aging will discuss Medicare Open Enrollment which starts Oct 15<sup>th</sup>. Becky will also be on hand from 11:30 to assist Seniors with any issues.

Sept 26th OFA Congregate Meal 11:30-12:30

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Pulled Pork, Baked Beans, Broccoli, Hamburger Roll, Apple Red Rooster Program at 12:30 MEET THE **BOARD Members of** Sacandaga Task Force for Senior Living will be present to introduce themselves and talk about what the board is working on. Also, Home Care Partners will hold their monthly blood pressure clinic.





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### Northville United Presbyterian Church News

With Fall approaching just around the corner, it is a time for both reflection and anticipation.

#### **Reflections of Summer**

Another great Spring and Summer in the Sacandaga community has come and is transitioning to Fall. There are so very, very many memories of celebrations in Northville, Edinburg, Mayfield, and the surrounding communities. Village and town sponsored events, church events and fund raisers, community get-togethers, graduations, and visits by our loyal snowbirds and families. There are so many things to be thankful for (too many to list) and while we individually take some time to reflect on our blessings, we should take a bit of extra time to give prayers of thanks for being so blessed.

### **Anticipation of Fall**

The Northville United Presbyterian Church is pleased again to participate in the Village of Northville's annual Fall festival during the Columbus Day weekend. For our part, here is an early "heads up" for marking your calendars. Our Church's two most popular events will again be held on the grounds of the Red Barn on Main Street. (Thank you again to the Breda and Sedon families.) Activities will take place on Sat., Oct. 12th, from 10am-1pm. First, join us again this year for the ever-popular "Basket Bonanza Silent Auction." Baskets of all sizes and themes will be available, for all ages, wants, and needs! Come and browse, and bid early and often. You are sure to see some great bargains. And just as popular, the NUPC

food concession, located in the yellow barn, adjacent to the red barn, will offer a variety of home-made chili's, stews and soups, accompanied by crackers and breads! Awesome baked goods and other treats will also be available for purchase. More info will be posted in next month's Edinburg Newsletter as well.

Other wonders of the coming Fall include the colors of the Lord's palette, displayed as only the Adirondack forest can. And the annual "Ring of Fire" around the Reservoir and Little Lake offers and excellent time for further reflection of joys past and joys to come. Plus, Fall heralds in the beginning of a new school year (do I hear couple of groans coming from the the peanut gallery?) Hey kids, look at this as an opportunity that few throughout the globe are lucky enough to have, as well as some less fortunate in our own land. Pledge to make the most of this opportunity, and give thanks to your parents, guardians, ancestors and to God by doing your best!

#### **NUPC Service Times and Location**

With the end of summer, starting on September 1st, our Sunday morning services will once again be held at 10:00 am at our Northville Presbyterian Church Sanctuary, Reed Street, Northville, NY, rather than our Batchellerville Sanctuary. Morning worship includes Children's Sunday School and Nursery, and yummy refreshments will again be available in our downstairs Fellowship Hall, immediately following services. We are an inclusive, safe, loving place of worship (and fun, too). If you haven't experienced the love and friendship available with us each Sunday morning, you will always be welcome. You will be sure to leave with a smile and inspiration for the week.

### PEACE, LOVE, AND GOD'S BLESSINGS TO YOU ALL!

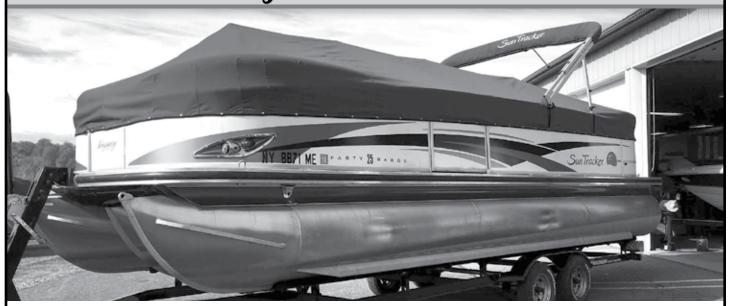
(Personal thoughts and views of Northville United Presbyterian Church Elder Frank Ralbovsky)





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### Northville Baptist Church

by Barbara Klueg

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

Hopper Associate Pastor: Pastor Andrew Larson Are You Pleasing God?

Kids make us laugh and smile. They are so stinkin' funny and adorable – well, most of them and most of the time, anyway. But, sometimes they can be very embarrassing! (They keep us humble!)

We moved from Painted Post, NY to Northville in mid-August 1987 with our brood of five kids, all of our earthly belongings, and our cat, Sweetie-pie, who had just had five kittens. During our kids' first week of school I bumped into our son's kindergarten teacher, Mrs. Jenks. I asked Linda how our son, our youngest, was doing. She answered with a little smile, "Well, better now that we figured out who is the teacher and who is the student." I looked at her with a puzzled look. She proceeded to tell me how he corrected her on something. I swallowed hard and sheepishly said, "Oh, I'm so sorry." I thought to myself . . . it's going to be a LONG year!

My husband and I worked hard over the years to instill in our children the desire to obey and please their parents, teachers, authority figures and God. The Bible says we should make it our

goal to please God. "Without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him." (Hebrews 11:6) Colossians 1:10 says, "Please Him in every way, bearing fruit in every good work, growing in the knowledge of God." The Bible says it is a fragrant offering, an acceptable sacrifice to please God! So, just how do we do this? We can please God with our faith, keeping His commands, bearing fruit in our lives, the way we speak and with our God-given gifts – to name just a few. (Here is a "Pleasing-God Test" for you: Look back over this last week. Have your activities and behavior been pleasing to God? What opportunities have you passed up and how can you change your perspective going forward?)

We had a wonderful turn out at VBX this summer. The kids learned about Jesus' love and His gift of salvation for all who will believe on Him. Several kids came to trust Christ that week, which is the whole reason we have VBX. We always have fun playing games with the younger kids and swimming with the Jr. High and Sr. High



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kids. Plus every year we hold a penny contest, boys vs. girls, for our offering which goes in its entirety to our VBX missionaries. This year's missionary project was Life Saver Ministries, a local pro-life ministry in Gloversville, NY. The kids gave tons of pennies which by the end of the week came to the total of \$2,930.00. WOW! That's a lot of pennies! And, congrats to the boys at VBX who won this year. (Warning: The girls are looking to regain their title next summer!)

Early August we held a baptism at the lake with seven folks showing their faith in Christ publicly through baptism. It was a wonderful blessing for us as a church to witness and celebrate. The following week our missionaries and dear friends. Glenn and Dorothy Budd, were with us at church. They have been serving in Peru for over 30 years now. They showed a video and shared all that God has been doing in Peru. My husband and I were blessed to have visited their ministry years ago, and some of our youth have also been on mission trips to Peru to help the Budds. We are so blessed as a church to be a part of so many mission outreaches around the world. Our Men's Fellowship had a good turnout for their picnic/pool party one Sat. night last month. It's always good to spend fun times together as believers.

Continued Next Page



### **EXPERIENCED CARPENTER**

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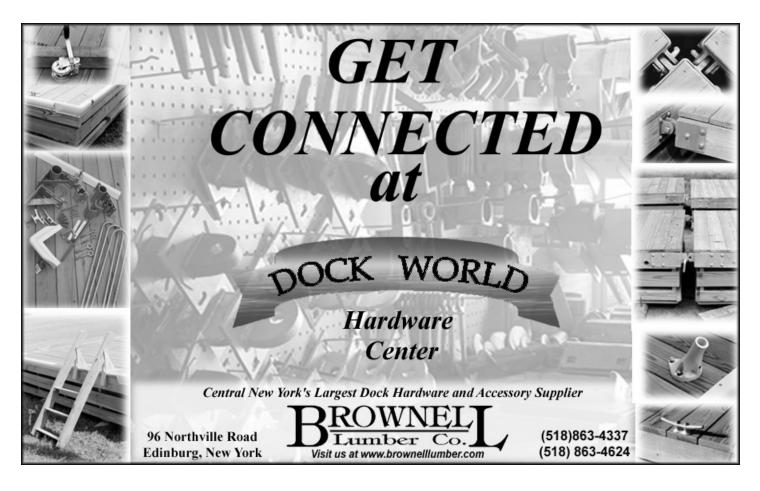
Decks

**Porches** 

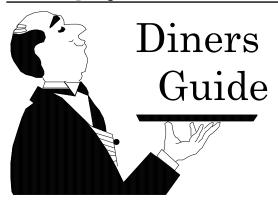
Stairs

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### From Previous Page

Our dear friend from church, Dorothy Chapin, turned 100! She has been such a blessing to so many in our area. She is a resident now at the Nathan Littauer Extended Care due to recently breaking her arm and health issues. Up to this point she had lived alone and drove her car! She is one spunky lady and we love her so much! We enjoyed celebrating her big day at our monthly nursing home service with a party and cake.

In life we experience the happy times and the hard times together. Jesus wept when his friend Lazarus died. We weep too, over those who have recently left us. We thank God for the time we had with them, but are saddened that they are gone.

### Wells United Methodist Church Labor Day DINNER Wednesday, Sept 4<sup>th</sup> 4:00 PM-6:30 PM

CHICKEN 'n' BISCUIT

Menu:

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

(Gluten-free option available)

**Cost**: By donation (Take outs are available)

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







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### Wine Down Friday's @ The Inn

wine flight 4 - 6:00pm experience our Fish Fry 5 - 8:30pm Reservations Suggested

Paint 幸 Sip Tuesday's Classes start August 27th. Be sure to reserve your easel early Life is really so short. It makes it even clearer that "Only what's done for Christ will last." One of the ministries our deaconess board does is to plan and provide a dinner for the family after the funeral of their loved one. I'm so proud to be a part of our church that does this act of love. These dinners help to heal the sadness we feel during these times.

In early September we have our annual All-Church-Picnic at the beach and celebrate God's goodness to us. With the start of the new school year, our church kicks off a new year of Youth Groups, Bible Club, Bible Studies, Sunday School classes and more. It's a fresh start! Check out our updated church schedule. Hope you all have a GREAT September and think more about how you can please God. See ya' in church!

Sunday: Sunday School (8:45 a.m.) Worship (10 a.m.) Evening Service (6 p.m.)

Monday: Ladies Bible Study (11 a.m. & 6:30 p.m.) Bible Club (starts 9/23) after school -4 p.m. at church

Wednesday: BCON Corner: Food Pantry (10 a.m.) Youth Groups (start 9/11) Jr. High 6 p.m. Sr. High 8 p.m.

Thursday: Bible Study/Prayer @ 7 p.m. 3rd Thurs: Nursing Home Service @ Littauer (10:00 a.m.) Saturday: Men's Coffee Hour (6:30 a.m.)

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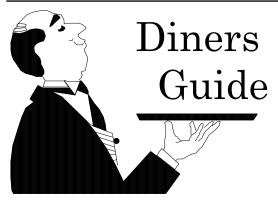
661-6917



A Special Thank you to all of our friends & customers of the I Go Inn for your kindness & support! We all have a lot of fun filled memories of an amazing hot sunny summer! We would like to give a special thank you to all of our staff for a Super Great Job well done! We will be back for our 401st season in 2020, to rekindle old friendships and establish new ones! Cheers to a happy, healthy and prosperous new year! From our hearts to yours.

Helen & Henry





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

#### Wednesday September 4

Herbs: Emergency Survival Situations with Amy Cason. #1399-0904. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$45.

### Thursday September 5

Herbs: An Alternative Approach to Pain with Amy Cason. #1400-0905. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$45.

#### Thursday & Friday, September 5&6

Learn How to Create Dry-Laid Stone Walls with Ernest Orsini. #1513-0905. 1 day. 9am-3pm. Tuition \$210. Member Tuition \$170. Materials fee \$65.

NOTE: Students must bring eye protection, ear plugs, gloves, and wear sturdy shoes for their safety.

#### Friday September 6

Herbs: A Natural Approach to Antibiotics with Amy Cason. #1401-0906. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$45.

#### Saturday September 7

Wooden Step-Stool with Bart Pisha. #1503-0907. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee will

NOTE: Materials Fee will be based on the type of wood chosen for your project and can vary from \$22 - \$43.

#### Saturday - Sunday, September 7-8

Chip Carving: The Next Step - Jewelry Box with Dennis Wilson, #1486-0907, 2 days, 9am-4pm, Tuition \$210, Member Tuition \$170. Materials fee \$50.

NOTE: This is an advanced class. Basic chip carving experience is required. Consider Dennis's Intro to Chip Carving offered in both January and June.

#### Saturday-Monday, September 7-9

Introduction to Bladesmithing with Matthew Parkinson. #1344-0907. 3 days. 9am-4pm. Tuition \$365. Member Tuition \$315. Materials fee \$100.

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

#### Sunday September 8

Natural Dye Bath with Christine Eberhardt. #1369-1006. 1 day. 9am-4:30pm. Tuition \$105. Member Tuition \$85. Materials fee \$30.

NOTE: Students should wear old clothes and bring an apron.

#### Sunday September 8

Rugs from Rags with Caroline Dvorak. #1355-0908. 1/2 day. 12pm-4pm. Tuition \$80. Member Tuition \$60. Materials fee \$10.



Monday & Tuesday, September 9&10 Two Irish Willow Baskets with Bonnie Gale. #1466-0909. 2 days. 9am-4pm. Tuition \$210. Member Tuition \$170. Materials fee \$120.

NOTE: Students are required to bring with them: sharp pruning shears, a sharp knife, awl or bodkin, ruler, old bath towels and an apron.

Thursday evenings, Sept 12, 19 & 26 A Taste of the Forge II with Steve Gurzler. #1483-0912. 3 evenings. 6pm-8:30pm. Tuition \$125. Member Tuition \$105. Materials fee \$50.

NOTE: Hard shoes and long pants are required for student's safety. Students should be high school age and older. Parents must accompany children who are under 18 years of age.

Friday – Sunday, Sept 13-15 Integral Chef's Knife with Jordan LaMothe. #1495-0913. 3 days. 9am-4pm. Tuition \$365. Member Tuition \$315 Materials fee \$75.

NOTE: Students are required to wear non-synthetic clothing, long pants and closed-toe shoes. This is an intermediate course, students should have some prior blacksmithing or knifemaking experience.

Saturday September 14

Shaker Cat Head Basket with Barbara Boughton. #1430-0914. 1 day. 9am-5pm. Tuition \$105. Member Tuition \$85. Materials fee \$30.

Sunday September 15 Introduction to Lampwork

Introduction to Lampworking: Glass Beads with Renee Kingsley. #1407-0915. 1/2 day. 9am-1pm. Tuition \$80. Member Tuition \$60. Materials fee \$20.

Sunday September 15

Axe and Hammer Handles with Jacques Gallant. #1446-0915. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$10.

Friday-Monday, September 20-23 Starting from "Itch" - Introduction to Blacksmithing with Dick Sargent. #1435-0920. 4 days. 9am-4pm. Tuition \$470. Member Tuition \$420. Materials fee \$100. NOTE: Hard shoes and long pants are required for student's safety. Owing to the physical demands and to safety issues, this class is suggested for students 18 years of age and older.

Saturday September 21 Live Edge Bowl with John Kingsley. #1317-

### Continued Next Page



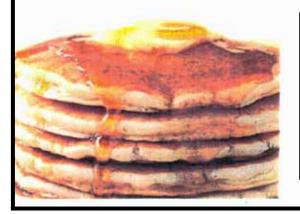




### Ad & Copy Deadline is the 17th of Every Month

### Fish House Community Center Events for 2018

### All You Can Eat Breakfast Date September 1st



**Breakfast Prices** 

Adults (Over 12) - \$10.00

Seniors (Over 60) - \$8.00

5-12 Years of Age - \$5.00

**Under 5 Free** 



### From Previous Page

0921. 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.

#### Saturday September 21

Soak, Sprout, Sour with Roberta Devers-Scott. #1381-0921. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$20.

#### Sunday September 22

Rugs from Rags...and More! with Caroline Dvorak. #1356-0922. 1 day. 9am-4pm. Tuition \$130. Member Tuition \$110. Materials fee \$20.

#### Sunday September 22

Woodland Fairy Houses with Bart Pisha. #1527-0922. 1 day. 9am-4pm. Tuition \$105. Member Tuition \$85. Materials fee \$6 - \$32.

NOTE: Materials Fee Options: 1) \$6.00 if you bring your own glue gun. 2) \$16.00 includes a mini 110v glue gun with glue sticks. 3) \$32 includes a full-size 110v glue gun with glue sticks. Please contact AFS for materials pricing and to state your choice.

#### Sunday September 22

Harvest Wreath with Roberta Games. #1423-0922. 1/2 day. 1pm-4pm. Tuition \$55. Member Tuition \$45. Materials fee \$15.

## Edwards Carpentry & Remodeling



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Friday - Saturday, September 27-28

The Beekman Pie Carrier Basket with Beverly Cornelius. #1337-0927. 2 days. 8:30am-5:30pm. Tuition \$210. Member Tuition \$170. Materials fee \$95.

NOTE: Student to bring to class: Basin for water, sheetrock knife, an old towel and washcloth, clip clothespins and a spray bottle.

Friday - Sunday, September 27-29

Adirondack Rustic Bookcase with Jim Schreiner. #1386-0927. 3 days. 9am-4pm. Tuition \$315. Member Tuition \$255. Materials fee \$185.

Friday - Sunday, September 27-29

Medieval Ball and Chain Flail with Colin Roy. #1510-0927. 3 days. 9am-4pm. Tuition \$365. Member Tuition \$315. Materials fee \$50.

NOTE: Previous Blacksmithing experience required for this advanced class for students age 16 and up. Long pants, hard shoes, a minimum of short sleeved shirt, safety glasses (we have some to supply if you do not.) A leather apron is encouraged. Students are welcomed to bring their own tools, but tools will be provided.

#### Saturday September 28

Art of Friction Fire with Dave Muska. #1509-0928. 1 day. 9am-4pm. Tuition \$155. Member Tuition \$145. Materials fee \$10.

NOTE: Students are required to bring a full tang or locking blade knife for carving, and to wear weather appropriate clothing as a good portion of the day will be spent outdoors.

#### Saturday September 28

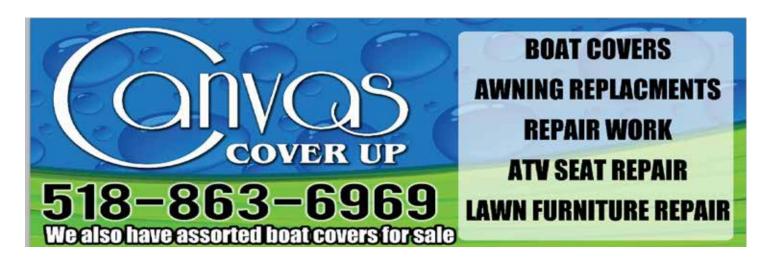
Candlemaking with Sarah Rodman. #1487-0928. 1/2 day.1pm-4pm. Tuition \$55. Member Tuition \$45. Materials fee \$25. NOTE: Students will be working with hot wax, dyes and fragrances. Wear casual work clothes.

#### Sunday September 29

Plein Air Drawing and Painting with Sarah Rodman. #1488-0929. 1/2 day.1pm-4pm. Tuition \$55. Member Tuition \$45. Materials fee \$25.

Monday-Friday September 30 – Oct. 4, and Mon-Sat, Oct. 7-12 Build a Wee Lassie Canoe with Larry Benjamin. #1426-0923. 11 days. 8:30am-5:30pm. Tuition \$1150. Member Tuition \$1100. Materials fee \$900.

NOTE: Contact the Folk School for the location. 518-696-2400.





# HEALTHLINK LITTAUER Wellness Education & Resources for over 3 Years

SEPTEMBER 2019

ALL PROGRAMS ARE OPEN TO THE GENERAL PUBLIC

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

Topic	Date-Time	Place	Details
Zumba Gold	9/4 – 9/25 9 – 9:45 am	HealthLink Littauer Johnstown	4 sessions (Wednesdays). <i>Time to dance those calories away!</i> For active older adults with easy-to-follow choreography focusing on balance, range of motion and coordination. <i>\$5 fee/week.</i> <b>Attend 1 session or all</b>
Chair Yoga	9/6 – 9/27 10 – 11 am 9/9 – 9/30 4 – 5 pm	HealthLink Littauer Johnstown	4 sessions each (Fridays/Mondays). <b>Experience gentle, peaceful yoga with the support of a chair.</b> For everyoneno matter what age you are, or what condition you are in! \$7 fee/session. <b>Attend 1 session or all</b>
Childbirth Preparation	9/7 8 am – 4 pm	Nathan Littauer Gloversville	1 session (Saturday). Prepares expectant parents mentally & physically for the childbirth experience. Includes options for managing pain during labor and delivery. \$45 fee (scholarships available for those in need)
Wellness Walkers	9/9 – 9/30 9 – 10 am	Littauer's Walking Track	4 sessions (Mondays). Outdoor 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
Gentle Yoga	9/9 – 9/30 5:30 – 6:30 pm	HealthLink Littauer Johnstown	4 sessions (Mondays). For anyone interested in relaxing, gentle yoga sessions. Benefits include improved strength, flexibility and a positive effect on internal systems. \$7 fee/week. Attend 1 session or all
Healthy Eating, Active Living	9/10 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Tuesday). <i>Monthly educational sessions focused on nutrition</i> & <i>physical activity.</i> "More Fruits & Vegetables" Learn the many health benefits, how to add more to your diet, new recipes, and more. FREE!
NEW Stop The Bleed!	9/12 2 – 3 pm	Nathan Littauer Gloversville	1 session (Thursday). <b>Learn how to save a life!</b> This training will prepare you to assist injured people following a traumatic event before professional help arrives. FREE! Call 518-773-5495 to reserve a seat
NEW Healthy Brain & Body	9/12 3 – 4 pm	HealthLink Littauer Johnstown	1 session (Thursday). <i>Maintain or improve your overall health and wellness!</i> Based on current research, topics include four areas of lifestyle habits associated with a healthy brain and body. <i>FREE!</i>
Diabetes Discussion	9/17 11 am – 12 noon	HealthLink Littauer Johnstown	1 session (Tuesday). <b>Monthly educational sessions for anyone with diabetes.</b> "Stress: Fight or Flight Response" Learn how to manage stress with diabetes to prevent destructive behaviors & promote well-being. FREE!
NEW Smokefree Support Group	9/17 6 – 7:30 pm	Nathan Littauer Gloversville	1 session (Tuesday). <b>Monthly group meeting</b> For anyone with a desire to quit smoking or remain nicotine-free! Share your experiences and learn from others with assistance from former smokers. <i>FREE! No enrollment needed</i>
Women With Heart Disease	9/24 3 – 4:30 pm	HealthLink Littauer Johnstown	1 session (Tuesday). <i>Monthly group meeting</i> For women with heart disease and their caregivers. <i>"Recovery Experiences"</i> Share your physical & emotional recovery after heart surgery. <i>FREE! No enrollment needed</i>
Seasonal Crafts	9/24 6 – 8 pm	HealthLink Littauer Johnstown	1 session (Tuesday). Experience the proven therapeutic effects of creativity! "Fall Wreaths"Relax and unwind as you create your own unique wreath with autumn colors. \$15 fee includes all materials
ViP Luncheon: Medicare Basics	9/25 11:30 am – 1 pm	Nathan Littauer Gloversville	1 session (Wednesday). <b>Especially For Adults 50+</b> Enjoy a buffet-style luncheon followed by an educational presentation on the many parts of Medicare! <i>\$5 ViP members</i> , <i>\$6 general public</i> . <b>RSVP by 9/23</b>
Infant Care & Parenting	9/26 6:30 – 8 pm	HealthLink Littauer Johnstown	1 session (Thursday). <b>Babies aren't delivered with instruction manuals!</b> Learn the basics including how to calm a fussy infant, sleep patterns, feeding, sick child care, keeping them safe, and much more! <i>FREE!</i>

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

→ Breastfeeding 9/5
→ Chronic Disease 9/11

Nathan Littauer 12:30 pm
HealthLink 1 pm

→ Better Breathers 9/12
→ Alzheimer's 9/12
→ Beyond Moms 9/12
HealthLink 1 pm
HealthLink 4 pm
HealthLink 5:30 pm

→ NEW...Smokefree 9/17

HealthLink 4 pm

→ Heart Disease 9/24

HealthLink 5:30 pm

Nathan Littauer 6 pm

→ Heart Disease 9/24

→ Mother To Mother 9/28

→ TOPS ~ Wednesdays

→ Alzheimer's 9/19

→ Parkinson's 9/19
 → Breastfeeding 9/19
 → Heart Disease 9/24
 → Mother To Mother 9/28
 → TOPS ~ Wednesdays
 Mayfield Presbyterian 2 pm
 HealthLink 5:30 pm
 HealthLink 3 pm
 Mohawk Harvest 2:30 pm
 Nathan Littauer 5:30 pm

Mayfield Presbyterian 10:30 am

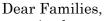


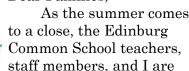
### **Edinburg School News**



### Edinburg School Happenings

by Michelle Ellis Superintendent





excited to start the 2019 - 2020 school year. The summer has been very busy for us all. We have painted, waxed, and cleaned rooms and hallways in order to be ready for a fresh start. We would like to thank our maintenance and summer staff for all their hard work and dedication to making this possible. Our office worked diligently to send home "Back-to-School" information packets. Families received supply lists, the school calendar, marking period information, immunization requirements,

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the student handbook, and the forms booklet for parents to fill out and return on the first day of school. We would like to thank our office staff for their ongoing commitment and dedication to serving our families.

School will begin on Wednesday, September 4, 2019. Students will arrive at 7:35 am and proceed to the cafeteria for breakfast. If students arrive after 7:45 am, he/she must be signed in by an adult and will be marked tardy. Students will be dismissed from the cafeteria at 8:00 am and classes will begin promptly. While in session, the doors will be locked and entry to the school is limited to the main entrance. Visitors, parents, etc. MUST provide identification and sign in at the office. Visitors will not be permitted to walk through the school without permission without a visitor's pass. These security measures are in place to be sure all of our children are as safe as possible. We appreciate your cooperation with the security system and ask for your assistance in these security measures.

For more information please go to our school website at www.edinburgcs.org and/or like our school Facebook page.

Dates to Remember:

September 2nd - Labor Day

September 3rd - Superintendent Conference Day

September 3rd - Kindergarten Orientation 4:00 pm

September 4th - 1st Day of School

September 9th - PTO Meeting 6:00 pm

September 10th - Board Meeting 6:00 pm

September 16th - First Day of Full Day Pre-K

September 23rd - Picture Day

September 26th
- Grandparents
Luncheon 11:30
am - 12:30 pm
September 26th Open House 6:00
pm

September 27th
- Early Dismissal
11:30 am

Please stay tuned for dates and times for the annual Fire Safety Day in September.





### The Edinburg Common School Board of Trustees announced its selection for the district's next superintendent/principal

Current Lake Pleasant Central School Principal Michelle Ellis was appointed by the Edinburg Board of Trustees at it reorganizational meeting July 10. Ellis will officially start her duties Aug. 1. She'll replace Northville Superintendent Dr. Leslie Ford, who has been serving in an interim capacity in Edinburg since former superintendent Kimberly Hromada left the district this past spring.

A Fulton County native and current Edinburg resident, Ellis began her career in education as a second grade teacher at Edinburg In addition to teaching, Ellis has also worked in a number of other roles serving as curriculum director, professional development facilitator and as the district's Response to Intervention coordinator. During her time in the district, she helped start a number of popular and successful initiatives such

as Slice and a Story and several events throughout the year with the Sacandaga Seniors.

Ellis left the district last year to become the building principal and Committee on Special Education chairperson at Lake Pleasant.

Ellis said she's thrilled to return to Edinburg and will work to maintain and enhance the district's strong programming characterized by a dedicated staff, Project Based Learning and a strong connection to the community.

"It's a wonderful school district that's the hub of a wonderful community and I couldn't be more pleased to return to work serving our families here," Ellis said. "The Edinburg Common School has a lot to offer, and I look forward to working with all the students, teachers, staff, parents and community members."

Ellis graduated from Fulton-Montgomery Community College before transferring to The College of St. Rose, where she earned a bachelor's degree in early childhood education with a concentration in math. She also earned a master's degree from St. Rose in curriculum and instruction and earned her school district administrative credentials from the State University at Plattsburgh.









First Wednesday Of The Month Only December- April

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Help Support The Edinburg Emergency Squad!



### IMPORTANT PHONE NUMBERS

LANDFILL

**B'ALBIN** Mon & Fri 8-3 Tues, Wed, Thur 12-7 Sat 8-1

**EDINBURG** 

Fri 12-3 & Sat 9-3

NORTHAMPTON/N'VILLE

8-4,Sat 8-1 Mon, Tue

TOWN CLERKS

DAY

Carol Vaillancourt 696-2698

**EDINBURG** 

863-2034 Denise Ferguson

MAYFIELD

Dorothy Hart 661-5414

HADLEY

Pauline Smead 696-2055

NORTHAMPTON

Elane Milhalik 863-4040

STATE POLICE

696-2535 **HADLEY** MAYFIELD 725-3034

**FONDA** 853-3415 **BROADALBIN** 883-5433

SARATOGA COUNTY 911

**FOREST RANGER** 

EDINBURG/DAY 383-1005

FIRE & BLDG. INSP.:

**EDINBURG** 

Matthew Ginter Sr. 863-2034

NORTHAMPTON

Matthew Ginter Sr. 863-6580

NORTHVILLE

Matthew Ginter Sr. 863-2419

DAY

Ken Metzler 696-5164 TOWN HALLS

**BROADALBIN** 883-4657 DAY 696-3789

**EDINBURG** 863-2034 **HADLEY** 696-3112 **NORTHAMPTON** 863-4040

**MAYFIELD** 661-5414

**DOG WARDENS: (HOME) BROADALBIN** 

Joe Passino 762-6342

DAY

Francis Allen 696-3617

**EDINBURG** 

Bill VanNostrand 774-1401

HADLEY

Jim Jenkins 696-3757

NORTHAMPTON/N'VILLE

Vernon Duesler 863-6313

ELECTRIC INSP.

Mike Kratky 863-8800 Ron Royal 924-7661 Joe Swanson 863-2020

Brian Sweet 673-5123

**EDINBURG** TAX COLLECTOR

Faye Frasier 863-2034

**EDINBURG ASSESSOR** 

Ron Beckering 863-2034

**EDINBURG TOWN JUSTICE** 

Paula Blackwell 863-2034

**HIGHWAY SUPER** 

Wayne Seelow 863-8126





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Thanx!

### From Hawk On Back Page

over the years. My last few weeks of memories have revealed to me how totally overwhelming it is during our busy season. After 26 years of doing this job I realize I cannot do it like I used to any more. I can not believe I keep falling in the same trap and how, once again, I have neglected myself. I am tired and it shows. I am not and will never be Super Woman. Exercising started again last week and I am making myself walk out the door after a 10 hour day. You would think by now that I have learned my lesson. I know I am not the only person to fall into this rut. Why do we do this to ourselves? More importantly, why haven=t I learned this lesson yet? I think it is because we believe in what we do. I am grateful for the many customers we have met over the years and relationships we have built down through the generations. Things are not always perfect but we all strive to deliver the best service that we can. Due to our drive to be involved in every aspect of our job, we miss many great opportunities in life.

Once again this summer, our boat did not touch water on the lake. This is it's second year in storage. We are lucky to have good friends with boats. We got to spend a little time on the lake and enjoy visiting with people we love. The weeks keep flying off the calendar, and I can not believe Labor Day is almost here! We have missed so many sunsets and lazy days of doing nothing. We have missed opportunities to spend time with more friends.

The leaves on the trees are starting to change. People are gathering wood for the Ring Fire. My favorite lake season is about to begin. The lake is a fantastic place to be in the fall. The colors are spectacular, the lake is calm and fall boating is beautiful. The Sacandaga Protection Committee (SPC) Fund Raising event is happening in October. The Annual Raffle Ticket sale has begun. There are 300 raffle tickets available for \$100 each. The grand prize is \$10,000. All proceeds from the raffle are designated for legal representation so that our voice is heard in government. This is an opportunity to protect the lake and your lake rights. Tickets will be drawn at the fall event at Sport Island Pub on Thursday October 17. You do not need to be present to win. For more information you can visit www.lovethesacandaga.com or visit the SPC Facebook page for more details.

After three days of writing and editing and multiple interruptions I am almost done with the article. I am still a work in progress. I apologize for grammar errors. Do not take after me. Where ever you are going after Labor Day, find time to enjoy fall. Remember all work and no play is not good for any of us. Take care of yourself. Summer may be ending but many more great adventures are on the way. Life is good! Embrace it!







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### **Did You Know**

I think I am losing my mind. My days are so busy, I have to write everything down. Some days are a big blur and if I don't keep copious notes, I am in serious trouble. The one thing I have learned lately, is to write legibly. There have been times, when I looked at my notes and could not read what I wrote or decipher return phone numbers. On top of that most people use cell phones exclusively. Calls that come in from people in bad cell areas or on a speaker phone are difficult to understand. I have gotten many email addresses wrong and wasted time because I did not get things right the first time. A few weeks ago, I talked to a guy named Bob who wanted his water tested. We had a friendly conversation and I told him I would send out someone to collect the sample. He told me where to get it, in the event he was not home. Well, as promised I sent our "Tech Bob" to see "Customer Bob". When "Tech Bob" got to the address I gave him, "Customer Bob", said he never called us. He had no issues with his water and did not need a water softener. "Tech Bob" came

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back to the office and told me what happened. I thought maybe the "Customer Bob" was losing his mind. I then started scratching my head and wondered who was the "Real Bob" that called. A few days later "Real Customer Bob" called about his sample. I told him about the mix up and we both laughed. I realized that I never did have "Real Customer Bob's" address. Both "Customer Bob's" had similar last names and both lived in Galway. Obviously I got them confused. When I see "Customer Bob" again I will tell him what happened, maybe!! So it is true, I am the one that is losing my mind. I have laugh about it and move on. Has anything like this ever happened to you?

One of the things I enjoy about Face Book is looking at my memories. It is like a time capsule of events, that happened on a specific day,

### Continued Inside Back Page

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