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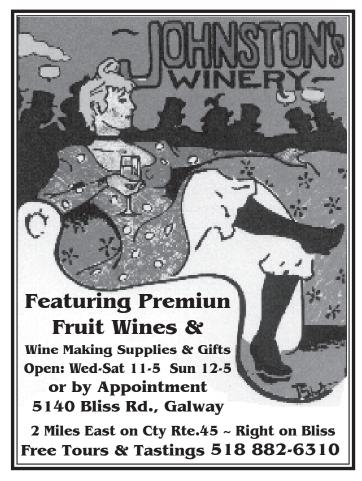
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JULY 2015 COMMUNITY CALENDAR

- SAT 4 FOURTH OF JULY HOLIDAY
 - **3-4** Northville Doins
- Fri 10 Sacandaga Seniors 1pm
- SUN 12 SPC Steakout Pq.19
- TUES 14 Edinburg Historical Society
- Thurs 16 ECS Re-Organizational Meeting, 6:00 p.m.
- Sat 18 Historic Edinburgh Day Pg.6
- Thurs 23 Edinburg Planning Board 7pm
- Fri 24 Sacandaga Seniors 1pm
- SAT 25 Edinburg Fire Company BBQ Pq. 36 Sacandaga Snowmobile Club Picnic Pg. 28







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"CONGRATULATIONS" Shelby! Love, Mommy, Papa, Jamie, Onie

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Please call us if you would like to join our Thursday afternoon group at the Northville Presbyterian Church. We start at 12:30 p.m. and play until around 4:00 p.m. Call Kathie at 863-2760 or Barbara at 613-4040.





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"Northville Central School Students & Community Artists Team Up"

Because artists are problem solvers, leaders, builders, entrepreneurs, visionaries, craftsmen, and creative thinkers who dream of a better community and better tomorrow; and with the belief that promoting the Arts in a community promotes creativity in hearts and minds, which in turn, promotes a thriving community; Northville's students and artists have teamed up!

"Northville Central School and Sacandaga Valley Arts Network (SVAN) have come together to host simultaneous exhibits of each other's artwork during June and July 2015. Over 50 Northville Central School students in grades K-12 have put their artwork on display in Gallery 2 of the SVAN Arts Center on South Main St. in Northville. At this same time, the works of SVAN member artists are on exhibit in the front entrance of NCS."

The SVAN exhibit includes paintings (oil and acrylic and watercolor), photographs, digital prints, ceramics, Chinese Brush paintings, woodworking, textiles. The NCS exhibit includes paintings, engravings and 3D artworks.

"Everything you can imagine is real." \sim Pablo Picasso.



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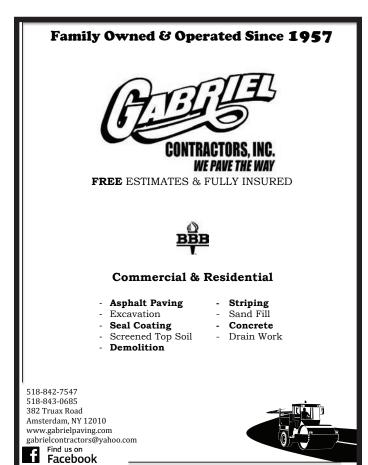
www.edinburg-hist-soc.org

The Edinburg Historical Society will hold its 24th Historic Edinburg Day at the Edinburg Four Corners on Saturday, July 18 from 9 a.m. to 3 p.m. Historic Edinburg Day will be celebrated by the Edinburg community with most sites located within walking distance of the Four Corners. Enjoy the view as you cross the Great Sacandaga Lake on the new Batchellerville Bridge, one of the longest steel bridge spans in upstate New York.

The Historic Edinburg Day festivities will include free horse and wagon rides between 11 a.m. and 2 p.m. provided by Joel and Denise Ferguson of J & D Percherons. Visit the Copeland Covered Bridge and Carriage House which is 35 feet long and is the only NYS queen post truss bridge in Saratoga County.

Roy Pearsall's historic one-room Sand Hill Schoolhouse and Grange Hall on the corner of Tange and Northville Roads will be open to the public from 9 a.m. until noon.

Historic displays at the Rural Museum, 11 North Shore Road, show different aspects of life in



early Edinburg and will include demonstrations by Arlene Rambush of Deerhaven Studio, hand weaving; Fran Mazzoli, spinning and knitting, Paul and Elliot Fernhout, old tools and a peddle powered saw; Dorothy Edwards of Maple Sugar Farms, relates how maple syrup is made and also sells her delicious syrup and maple sugar candy. The Rural Museum event includes a bake sale, featuring Mrs. McCleery's famous pies, and an Arts and Crafts Show. Raffle tickets will be sold for three chances to win three prizes, a piece of furniture from Rusty Greaves, a framed photo by Norma Porteus and a handmade afghan by Andrea Blackwood.

The newly renovated Nellie Tyrrell Museum will be open for the Festival and resumes its summer schedule of Saturdays, 12 noon to 3 p.m. Come see the Batchellerville Presbyterian Church (founded 1867) located across the Batchellerville Bridge and the Edinburg United Methodist Church (founded 1836). The Sacandaga Senior Citizens will be selling hot dogs with all the trimmings. The Edinburg Emergency Squad will have a blood pressure clinic and fundraisers to help the squad. The Edinburg United Methodist Church is having a White Elephant Sale. Come see the fire trucks at the Edinburg Fire Department.

The Historic Edinburg Day will co-inside with the Northville Rotary's 7th Annual Woodworking and Fine Arts Festival Weekend July 18-19, 9 a.m. to 5 p.m. on Saturday and 10 am to 3 pm on Sunday featuring more than 50 accomplished artists from this area and beyond. Artists will display and sell their artwork at the Bradt Building and Park on Main Street in the village of Northville just 4 miles from the Four Corner's in Edinburg.

For more information please contact Maria Spaeth, president at thespaeths@ymail.com or call 863-7063

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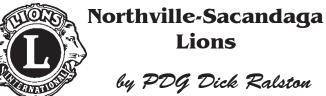
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Northville/Sacandaga Lions Club Service Awards.

The Northville/Sacandaga Lions Club celebrated their 30th Year Anniversary on June 13th at Lanzi's on the Lake. The following awards/ recognition were presented to the following members for their service and dedication in Lionism.

A Melvin Jones Fellowship was presented to Lions William Hassan, and John Tuccio by PDG Mary Jane Ralston.

The fellowship is not an award; rather it is recognition given to humanitarians for distinguished service. The fellowship is named as a tribute to the founder of Lions Clubs International, Melvin Jones, and is designated as LCIF's highest honor.

> Robert J. Uplinger Award was presented to PDG's Mary Jane and Dick Ralston by Lions Carl Ingalls and Ann Kenyon.

The Robert J. Uplinger Award is the highest award given in our Multiple District 20. The **Distinguish Service** Award which is obtained through the New York Stat and Bermuda Foundation was established to honor Past International President Robert J. Uplinger of Multiple District 20.The award cannot be obtained for one self, but is given to honor a Lion or Community



Person for special achievements.

Knights of the Blind Awards were presented to Lions Ann Kenyon and Rory Crannell by PDG Dick Ralston and Lion Keith Goodrich respectively.

The Knight of the Blind Award is given through The Lions Eye Institute at Albany, Inc. in recognition to individuals who are dedicated to humanitarian service and attributes such as generosity, compassion and concern for others. The Lions Eye Institute at Albany, Inc. is dedicated to patient care, medical training, and basic and clinical eye research.

As Helen Keller stated:

"It is said that success is happiness. I think good-will and service to all men and women are the true kind of happiness. They are things that endure. They bring riches that never pass away, and happiness that never fails".

In 1925 Helen Keller challenged the Lions to become "Knights of the Blind." At present 1.4 million Lions are continuing in their actions to fulfill the Lions motto "We Serve".

The Nothville/Sacandaga Lions Club members are looking forward to a new year in Lionism to serve others in their community, district, state and Lions Club International.



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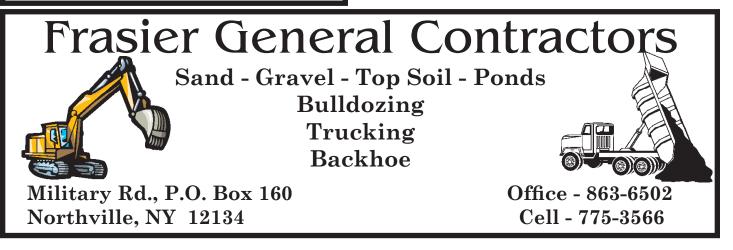
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by Janice Hawk-Baldwin GSLBA Secretary

July 12

The G.S.L.B.A. is supporting Sacandaga Protection Committee event Grillin & Chillin SPC Cookout at Lanzi=s on the Lake. This fundraiser is being held on Sunday July 12 from 1:00 to 4:00.

Music is provided by Aaron Mittler. There will be a silent auction at the event. The cost is \$ 100.00 per couple.

Come and meet the lobbyists and find out what is going on regarding your beach access permit.

Are you aware that recent newspaper articles indicate that the state Comptroller=s office auditors say the HRBRRD could generate more revenue by increasing fees on the GSL lake holder?

Are you aware that the Niagara Mohawk Lawsuit continues to be a real issue? The SPC with the HRBRRD have been engaged in a legal battle with Niagara Mohawk to prevent the abolishment of the HRBRRD permit system.

Are you aware that the SPC continues to fight for the exclusive use of permit land? This is the SPC=s highest priority. The SPC worked to have the buffer zone (permit lands) around the lake classified as Astate administrative lands@ to yield several benefits to permit holders. No action was

taken by the Adirondack Park Agency but the SPC continues to search for more opportunities to ensure such use of these lands , whether it is through the current permit system or another mechanism.

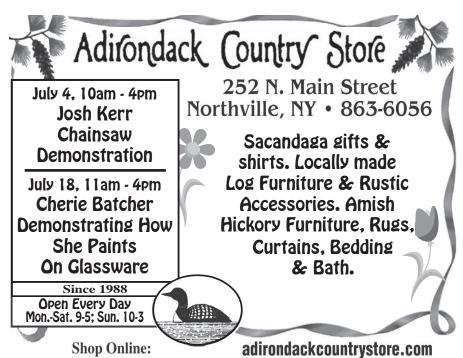
August 8

Come and join us at the Dam for the Dam Tie Up. The rain date for this event is August 15.

Once again, Scott Price is playing from 12:00 to 5:00. Come early and enjoy one of the best parties of the year.

September 12

Sand Island Get Together at Sand Island. Rain date is September 19. We need help at these events ! We would love to have your support. Please contact Lou Stutzke, Bob Campbell or Janice Hawk Baldwin if you are interested.





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JULY 2015 CALENDAR

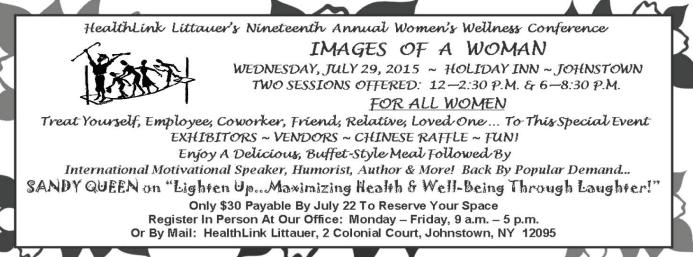
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Торіс	Date-Time	Place	Details	
Arthritis Tai Chi Exercise	7/7 – 8/25 6:30 – 7:30 p.m.	Johnstown Senior Center	8 sessions (Tuesdays). <i>For anyone with arthritis, joint or muscle problems.</i> Learn six gentle movements of Sun-style Tai Chi to improve flexibility, strength, balance, mental focus & performance of daily activities! \$25 fee payable at HealthLink to reserve your space. Call 736-1120	
Childbirth Preparation Classes	7/8 – 7/22 6 – 9 p.m.	Nathan Littauer Hospital	3 sessions (Wednesdays). <i>Prepares expectant parents mentally and physically for the childbirth experience.</i> Includes options for managing pain during labor and delivery. <i>\$45 fee payable at HealthLink to reserve your space (scholarships available).</i> Call 736-1120	
HealthLink Wellness Walkers	7/16 6 – 7 p.m.	Myers Park	1 session (Thursday). <i>Monthly walking group for anyone interested in getting fit and having fun!</i> Bring your friends and family as we continue on our fitness journey through this small park in Gloversville near Route 30A. <i>FREE!</i> Call 736-1120	
♥ Blood Pressure Screening	7/17 9 a.m. – 1 p.m.	BCON Corner 99 N. Main St. Northville	1 session (Friday). One in four people have high blood pressure, which increases their risk for heart attack and stroke! Since there are usually no symptoms, this condition is often referred to as the 'Silent Killer.' GET IT CHECKEDFREE! No appointments necessary	
Body Fat Analysis	7/17 9 a.m. – 1 p.m.	BCON Corner 99 N. Main St. Northville	1 session (Friday). <i>Measuring body fat is a better indicator of overall</i> <i>health than total weight!</i> With a simple, non-invasive test, learn your percentage of body fat & body mass index (BMI), and get the recom- mended range for your physique. <i>FREE! No appointments necessary</i>	
Cholesterol + HDL + Glucose Screening	7/17 9 a.m. – 1 p.m.	BCON Corner 99 N. Main St. Northville	1 session (Friday). Are YOU at risk for heart disease or diabetes? Professional blood test results in 5 minutes (for glucose, 3 hour fasting suggested). Cholesterol + Glucose \$10, Cholesterol + HDL \$15. All three tests only \$18! No appointments necessary	
Hiking For The Health Of It!	7/18 Meet 9 a.m.	Tennant Creek Falls	1 session (Saturday). Rated Moderate ~ 4+ Miles RT. We'll hike to three picturesque waterfalls, one with an ideal picnic spot beside a deep pool at the base of a 50-foot waterfall to sit and enjoy lunchand a swim! \$6 guide fee payable at HealthLink to reserve your space. Call 736-1120	
^{NEW} Fit More Stress Less!	7/21 11:30 – 12:30 or 6:30 – 7:30	HealthLink 2 Colonial Court	1 session each (Tuesday). <i>Learn about the relationship between</i> <i>stress and fitness.</i> Topics will include new strategies to help you manage, reduce, and prevent stress through physical activity for any fitness level! <i>FREE</i> ! To attend either session, call 736-1120	
ViP Luncheon: Hazardous Events	7/22 11:30 a.m. – 1 p.m.	Nathan Littauer Hospital	1 session (Wednesday). <i>Especially For Adults 50+</i> Enjoy a buffet style luncheon followed by a presentation on how to prepare for storms, floods, power outages, pandemic flu, emergencies, disasters and more! <i>Luncheon fee: \$5 ViP members, \$6 public.</i> Call 736-1120 by 7/20	







REGISTRATION IS OPEN FOR THE SIXTH ANNUAL PECK'S LAKE SPRINT TRIATHLON

Event Benefits Mental Health Association in Fulton and Montgomery Counties

The Fulton County Tourism Department of the Fulton Montgomery Regional Chamber of Commerce and the Peck's Lake Protective Association (PLPA) are presenting the Sixth Annual Peck's Lake Challenge Sprint Triathlon to be staged at Sunrise Bay on Peck's Lake in Fulton County, NY on Saturday, August 1. The event is comprised of a ½ mile swim, a 9 mile bike ride, and a 3 mile run.

Peck's Lake is located within the Towns of



Bleecker and Johnstown in Fulton County, NY and inside the Adirondack State Park's "Blue Line." The Peck's Lake Challenge swim course will begin at Sunrise Bay on the north side of the lake. After the swim, triathletes will begin a rolling and challenging bike ride along North Shore Road and proceed to the lake's South Shore Road and back to Sunrise Bay. After finishing the bike race, athletes will run on North Shore Road and again return to Sunrise Bay for the triathlon finish.

Entry fee is \$50 per racer for registration. There will be a staggered start at the swim portion between a competitive group and a participant group. Racers may enter as individuals or as a 2- or 3-person team; entry fees are \$40 per each team member. Race memorabilia will be guaranteed for the first 100 racers who sign up for the triathlon. Awards for the top three winners in each age group category will be presented.

The Peck's Lake Challenge Sprint Triathlon event is limited to 175 total athletes; the event has been known to sell out one to two weeks prior. Entry forms can be found on the Fulton County Tourism website, www.44lakes.com/blog, calling the Fulton Montgomery Regional Chamber at (518) 725-0641, or by sending a request via e-mail to tourism@fultonmontgomeryny. org. The deadline for registration is Wed., July 29.

A portion of the proceeds will be donated to the Mental Health Association in Fulton and Montgomery Counties. The mission of the Mental Health Association in Fulton & Montgomery Counties is to be dedicated to being a progressive, collaborative organization that promotes wellness and recovery from mental illness and chemical dependency across the life span through high quality, effective programs, services, and education.

Thank you to our sponsors: Gold Medal, Nathan Littauer Hospital; Silver Medals, Benjamin Moore & Co, Inc. and Brown's Ford; and Bronze Medal, Alpin Haus and Wal-Mart DC #6096.

For more information, please call the Fulton Montgomery Regional Chamber at (518) 725-0641 or e-mail tourism@fultonmontgomeryny.org.





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The Paul Nigra Center for **Creative Arts announces Summer Theater Camps for Children and Teens**

This summer, the Paul Nigra Center for Creative Arts will present a collection of theater camps open to all children in the community. There will be seven weeklong camps in July and August, all taught by local actress, director, singer and drama teacher Roberta Esposito. There are two camps for children aged 4 to 7, two for 8- to 11-year-olds and three for theater fans ages 11 and up. Children of all experience and skill levels are welcome.

The youngest group can explore princes, princesses and royal kingdoms in the Royal Treasure Box camp or musical theater based on folklore and fairy tales in Broadway Babies. For the 8 to 11 age group, campers can put on an L. Frank Baum inspired production in Wizard of Oz Meets Wicked, or they can explore ways of interpreting musical theater characters in Disney Musical Express. The oldest age group has longer, more in-depth options. Audition Boot Camp is a comprehensive course aimed to prepare students for formal auditions. The Villains and Villainesses camp will build confidence as well as character acting skills in learning to play evil characters. Finally, Life Is a Cabaret will teach students how to put on the many-

Technology Frustration

featured performance of a cabaret.

For more information and to register, please visit www.pncreativeartscenter.org/theater-camp. There is a 10% discount available for students taking more than one class, multiple students in the same family and children of Lexington employees. To receive this discount, you must use the coupon code SUMMER2015 in the online checkout form.

We hope your child will join us for a summer of fun and enrichment in the performing arts. What: Summer theater camps open to all children of the community

Who:

Ages 4 to 7: Royal Treasure Box and Broadway Babies Ages 8 to 11: Wizard of Oz Meets Wicked and Disney Musical Express

Ages 11 and up: Audition Boot Camp, Villains and Villainesses, and Life Is a Cabaret When:

Audition Boot Camp: July 14-17, 9 a.m. to noon Royal Treasure Box: July 20-24, 9-10 a.m.

Wizard of Oz Meets Wicked: July 20-14, 10:30 a.m. to noon

Villains and Villainesses: July 27-31, 9 a.m. to noon Broadway Babies: Aug. 3-7, 9-10 a.m.

Disney Musical Express: Aug. 3-7, 10:30 a.m. to noon Life Is a Cabaret: Aug. 10-14, 9 a.m. to noon (no class on Tuesday, Aug. 11)

Where: The Paul Nigra Center for Creative Arts: 2736 State Hwy 30, Gloversville, NY 12078

Cost:





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Sacandaga Garden Club

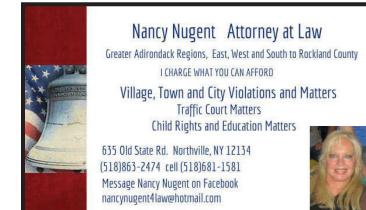
The month of May was a busy time for the Sacandaga Garden Club. The first Saturday of the month saw members participating in the annual Plant Sale. Plants of all types were offered to eager buyers. Those who sold the plants reported that they did a brisk business and many folks went home happy with the purchases that they made. The following Thursday, May 7th, a meeting was held in the Northville Library. Ms. Marty Teumin offered an enlightening presentation entitled, "Gardening in the Twenty-First Century". Ms. Teumin explained the effects of climate change on our gardening techniques. She provided graphics indicating a steady change in growing zones. She urged members to continue composting and to use organic materials whenever possible in their gardens. Conservation of water was also discussed and the use of rain barrels to collect water was suggested. All in all, Ms. Teumin's presentation was an eve-opener for those in attendance and members left challenged to rethink old ways and to explore new possibilities in gardening.

The month of June brings with it warmer weather and new adventures for Garden Club. Several members have volunteered to construct floral arrangements reflecting a "Classic Movie" scene. These arrangements will be on display at the Northville Library from Wednesday, June 11th through Friday, June 13th. Hopefully, many readers will be able to stop by and enjoy the





offerings provided by members. Later in the month, on June 18th, members will bring the 2014-2015 season to a conclusion in what promises to be an exciting manner. A trip to Experience and Creative Design in Schenectady is planned. There members will attend a flower arranging demonstration with Rudy Grant and David Siders. That will be followed with a brown bag lunch in the picnic pavilion at the Schenectady Rose Garden where new officers for the upcoming 2015-2016 season will be installed. Meetings for the new season will begin in September, 2015.





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Northampton Ambulance meeting held on June 9, 2015 with 8 members present.

NAS responded to 5 calls in T/Northampton, 8 in V/Northville and 2 in T/Hope.

Greg Bedell was approved as a new member. A donation was received in memory of Janice Hanaway.

Thank you all for your generous support during our annual fund drive.

Thanks To The Edinburg Emergency Squad

A special thanks to Jacki and Ron for taking care of the transporting of my wife Pat to St. Mary's. What a great dedicated organization we have in Edinburg.

Thank You! Daryl





Sacandaga Protection Committee

The Sacandaga Protection Committee (SPC) is a volunteer group of property

owners/permit holders on the Great Sacandaga Lake committed to protecting the environmental, economic, and legal interests of the lake community. Very early in the formation of the SPC, the committee recognized that the effective use of legal and lobbying resources is important in representing and protecting the interests and rights of the lake community. Through the continued generosity of property owner donations to the SPC, our legal and lobbying teams have made substantive gains and are ever present and ready to protect the way of life we enjoy around the Great Sacandaga Lake.

We depend on the generous contributions from those with the common interest of protecting our way of life and property values around the Great Sacandaga Lake. We rely not only on the strong support of front-lot and back-lot permit holders, but also on business owners and non-permit holders who all have a vested interest in the impact on property taxes if lake values are not protected. We thank those who have supported us in the past and look forward to your continued support.

We are planning a fundraising event on Friday July 12th at Lanzi's on the Lake. We appreciate your consideration of donating to our efforts. Thank you.

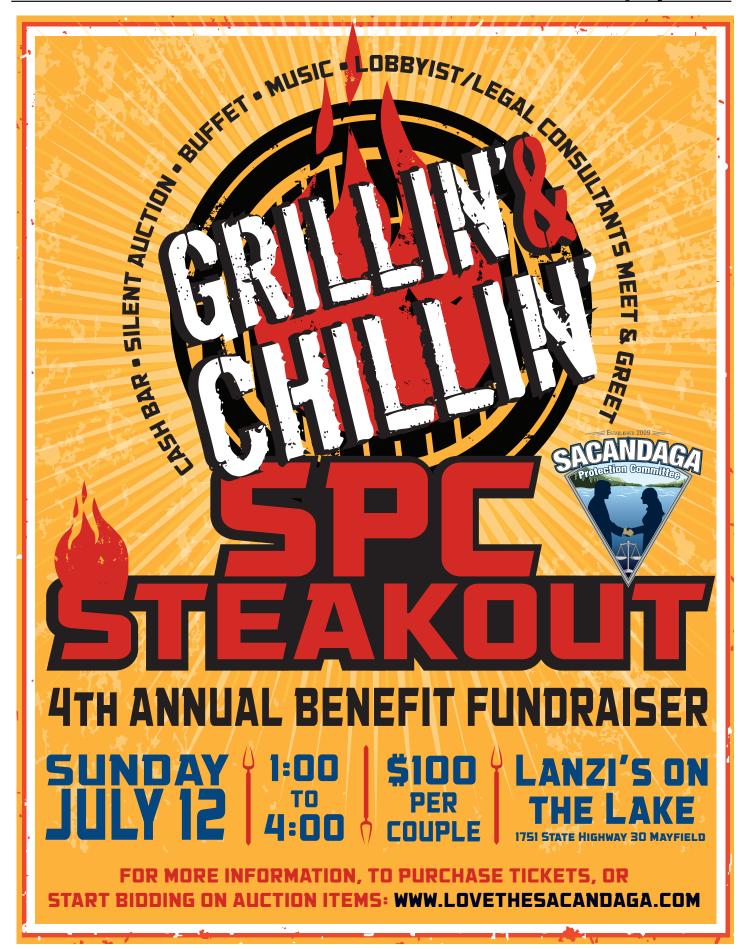
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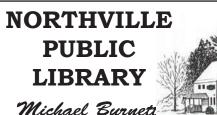
Lot Clearing 696-3737











Director 863-6922

Check out this free program for the kids: Mon, July 13; 10 am – Chris LaBarge "The Magicman" (at NCS Gym)

Kids and Teens: Don't forget to sign up for the Summer Reading Program - win prizes for reading and a free ice cream cone. Also sign up for the book raffle.

"miSci": Hands-on science programs will be held for 25 elementary students. Call ahead to reserve a slot. Wednesdays at 1 pm. July 8: Just a Phase. Explore the Moon July 15: Optical Illusions and Brain Games July 22: Magic of Electricity



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Hours:				
April - August				
Monday	9am - Noon			
Tuesday	9am - 8pm			
Wednesday	9am - 4pm			
Thursday	9am - 4pm			
Friday	9am - 4pm			
Saturday	9am - Noon			

Steve Englehart, Executive Director of Adirondack Architectural Heritage, will present "There's More to Adirondack Architecture than Great Camps" on Tues, July 7 @ 7 pm. Free to the public. SVAN's Artist Exhibit will feature the watercolors of Karen Cooper from July 1 – Aug 27. A reception will be held on Tues, Jul 14 from 6 to 8 pm.

Gerry Lemmo, nature photographer, will return to the library with a special program: "Adirondack Timeless Treasures" on Tues, July 21 @ 7 pm.

There is no charge to attend.

The 2014 Summer Book Discussions will begin on Tues, July 28 at 7 pm. Kathy Hoff, professor emerita at Rider University, will lead the discussion of "Lake Shore Limited" by Sue Miller. A tale of connection and lost.

Renown Adirondack Photographer Carl Heilman Jr will present a program "I am the Adirondacks" on Wed, July 29 at 7 pm. A free ticket is required for admittance due to limited seating. Contact the library.

"Now Showing" movies at the library on Thursdays at 1 pm will feature these award winning films: July 9: "Theory of Everything" – a bio drama about physicist Stephen Hawking July 16: "Birdman" – a washed out actor battles his ego to recover his family July 23: "Whiplash" – a young drummer is mentored by a driven instructor July 30: "Boyhood" – the life of one boy from childhood to college

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Edinburg United Methodist Church

3 North Shore Rd., Edinburg "The Friendly Church"

Summer is here and we will offer our usual activities as well as something new.

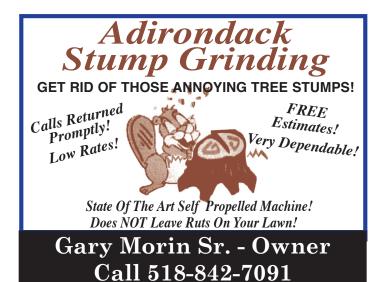
For the first time, our pastor will become "The People's Pastor". Do you need a listening ear or a caring prayer? Do you have questions about God, the Bible, or life in general? Drop-in on Pastor Judy any Thursday from 3 to 5p.m. on the church front porch. She's a wonderful listener and loves to pray for anyone, especially community members who may not attend church. She'll do

her best to answer your questions, but can't guarantee she won't be stumped. Even when she doesn't have answers, she's glad to listen. "The People's Pastor" will be there for the first time on July 2nd and will continue Thursdays through August, rain or shine.

Thursday Night Live concerts will begin on July 16th. They are held at 7p.m. in the pavilion behind the church and are followed by refreshments.

We will hold a White Elephant Sale in the pavilion on Sat., July 18th during Edinburg Day.

We hope to see you this summer!









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HAPPY AND SAFE 4TH OF JULY TO EVERYONE

Town of Edinburg Refuse and Recycling

The town rules for refuse and recycling collection are on the Town of Edinburg web site at www. edinburgny.com Please take a minute to review the rules so that your garbage and recycling will be collected. Please do not leave items at roadside that are not collectible since that is considered littering and subject to a fine. If you have any questions contact John at the Recycling Center on Friday or Saturday.

Doins in Northville Friday and Saturday July 3rd & 4th

The annual Fourth of July "Doins" will be held Friday July 3rd and Saturday July 4th and Saturday July 4th in the Waterfront Park in Northville. There will be fireworks at dusk on Saturday night.

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The annual 4th of July parade will be held On Saturday July 4th at 1:00.

Edinburg Town Beach and Park

The Edinburg Town Park will open for the summer on Saturday June 27th. The park hours will be 11:00am until 7:00pm Monday, (closed Tuesday and Wednesday) Thursday, Friday, Saturday and Sunday. The beach will open as soon as the Department of Health permit has been received. The park and beach are open to Edinburg residents ONLY.

Northville/Northampton Summer Youth Program

The Town of Edinburg contracts with the Northville-Northampton Joint Youth Commission for youth recreation activities. The summer camp program begins in July and runs through mid-August. For additional information contact the Northampton Town Hall.

Christmas Tree Four Corners

The tree that was planted at the Edinburg Four Corners last year did not make it through the winter. The tree has been replaced by Bob's Trees with a hardier Norway Spruce. This was done at no cost to the town.

Resident Faxes

Town residents may receive faxes at the town hall with no fee. Faxes may also be sent by residents. The fee is \$1.00 for 1-4 pages and \$2.00 for over 4 pages. The town fax number is 863-2985.

REMINDER

The Recycling and Reuse Center will be closed Saturday July 4th RRR.

Edinburg Calender Of Summer Events Historic Edinburgh Day

July 18th at the 2 museums at the Four Corners from 9:00 to 3:00 Edinburg Volunteer Fire Company Annual Chicken & Ribs Dinner July 25th from 4:00 pm to 7:00 pm at the Edinburg Fire House Corn Harvest Festival Edinburg Methodist Church at the Four Corners 4pm-7pm on Aug. 15th. Edinburg Historical Society Fall Festival September 19th at the museum at the Four Corners from 9am to 3pm

AARP SMART DRIVER CLASS

Page 23

An AARP Smart Driver class will be held at the Edinburg Senior Center on Sept. 8 and 9 from 8:30-11:30. The class, formerly known as 55 Alive Defensive Driving costs \$20 for AARP members and \$25 for nonmembers. For further information or to register, contact Jack Payne at 863-6221.

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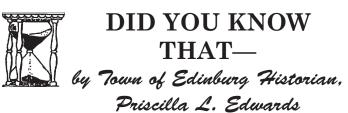
call 863-6525 anytime





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Cemeteries are often a forgotten and/or ignored place until we find ourselves in need of one. When the first settlers arrived in Edinburgh they naturally discovered the need for cemeteries even before schools.

The first settlers arrived in Edinburgh in the late 1780's with many more coming during the 1790's. Some of the very earliest burials were established on a family's own farm while in other instances a landowner would set aside a sandy plot of land for a community cemetery. The landowner would sell off burial plots to his neighbors as needed-making some extra money to supplement his income.

Very few records seem to exist for grave site transfers although yours truly has copies of my great grandfather Leander Simpson and his sister Maryette Downing deeds for purchasing burial lots in the Clarkville Cemetery in 1893 and 1899. They were each issued a warranty deed witnessed and signed by the town notary public and/or justice of the peace. The practice of issuing deeds seems to have stopped by the 20th century and any receipts that may have been given thereafter have long disappeared.

Edinburgh cemeteries grew in number to 13 -10 community burial sites plus 3 on private land by 1920. Those 10 cemeteries were Anderson, Batchellerville Union Rural, Beecher Hollow, Clarkville, Cold Brook, Edinburg Hill(formerly Hewitt), Gordon, Partridge(formerly Abbott), Stark and Westgate. The 3 private ones were Armstrong, Jones and Sumner.

To the best of anyone's ability surveys of these cemeteries have been taken at various times since the 1800's. The results of these surveys are on file at the Edinburg Town Hall as well as at the NYS Dept. of Cemeteries in Albany. In researching these files I

Continued Next Page 🔵 🚍

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1

joannaolsoncmk@gmail.com



529 Sinclair Rd, Northampton MLS 201510658 \$769,000

Incredible contemporary house w/123'HRBRRD on GSL! Two lots included!



113 Ryder Rd, Northampton MLS 201510208 \$152,900

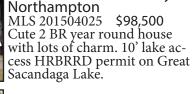
Cute as a button camp w/10' lake access permit! Comes mainly furnished!



449 Seven Hills Rd, Northville MLS 201422335 \$199,900 4 BR Colonial with privacy & a 10' HRBRRD lake access permit on Great Sacandaga Lake!

108 Collins Gifford Valley Rd,





1118 Kathan Rd, Day

MLS 201511572 \$425,000

Incredible waterfront property! 150' HRBRRD Permit on Great Sacandaga Lake!





385 S. Third St, Northville MLS 201410787 **\$499,000** Spectacular house on Great Sacandaga Lake. Remodeled w/ in last 8 yrs. 115' direct lakeside permit w/3 dock slips.

8 McKinley Ave, Amsterdam MLS 201505803 \$109,900 Nice 2 family with each unit having 2 BR, LR, K and full bath. Downstairs apt has formal DR. New upgrades upstairs.

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401 S MAIN ST, NORTHVILLE \$355,000 Stately w/10' GSL access!





LACE UP THOSE SNEAKERS - THE SECOND ANNUAL CM5K RUN/WALK IS COMING UP SEPTEMBER 5TH, 2015!

fter an incredibly successful first annual CM5k event last year, CMK is excited to bring even more energy and excitement to the second annual event, taking place September 5th, 2015 at the Waterfront Park in Northville. This year's race will feature prizes for first, second and third place winners in different age groups. This 5K walk/run will start at the Waterfront Park at 9:30am (8:30am registration).

Drergister at cm5krace.com - all who **L** do so before August 17th will receive a free CM5k tech shirt! Pre-registration is \$20, or day of registration is \$25, and all proceeds will go entirely to support the nonprofit organization, Sacandaga Helping Hands.

 $\mathbf{M}\mathbf{K}$ is thankful to all the area businesses and individuals who have



come together to sponsor and support this event! In true CMK and Associates fashion, the agents and staff are excited to take this year's race to the next level. "Last year, we had a great time putting on the

event and had an even better turnout than expected for a first-time event. With one successful CM5k under our belt, we've had a great time coming up with more ideas as we prepare for another awesome event! We'll see you there!!

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From Previous Page

identified the earliest known burial in each cemetery although each cemetery has graves only identified by field stones. We can only guess who these people were and when they died. The field stones were used when families could not afford a regular cemetery marker or if there were no family members left to mark the site.

The earliest recorded death was a Samuel Gorton, age 27 who died Aug. 24, 1797 and is buried in Clarkville Cemetery on Tennantville Road. The next one was in Edinburg Hill Cemetery on Military Road. Little Alfred Perry-2 or 3 years old, early recorder not sure, son of James Perry was buried there in 1802.



2718 South Shore Road - Custom built 3 bedroom, 2 full bath, year round home with contemporary flair on +/- 1.47 acre treed lot with 75' of waterfront on Sacandaga Lake. This home has many special features, quality craftsmanship and attention to detail throughout that the most distinguished buyer(s) will appreciate and enjoy, including a new architectural roof. Call for your appointment today!

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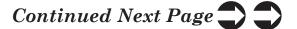
Aug. 6, 1804 saw the death of John Sumner, age 67, buried in Cold Brook Cemetery which was located app. 2 miles north from the present Edinburg Marina between the River road and the Sacandaga River. Now all underwater. Another death in 1804 on Dec. 30 was that of Eliza Ranney, 3yr 10m 16d daughter of Hezekiah and Mary. Laid to rest in the Partridge Cemetery on Sinclaire Road.

The first death in Beecher Hollow Cemetery was Jan. 12, 1811, the 5hr. infant son of Ely and Diadama Beecher. This cemetery-now underwaterwas just east of the Edinburg Marina. Eliachim Garfield, age 83 was the first recorded burial at the Batchellerville Union Rural Cemetery in Dec. 1813. The Union Rural was located between the river and the road just a short distance south of Batchellervillenow underwater. David Anderson, age 19yr 11mo 29da died Dec. 26, 1815 and buried in Anderson Cemetery located just south of the present "I Go Inn" restaurant. The Gordon Cemetery, roughly 2 miles north of Batchellerville had 6 graves but only one stone on the grave of Rebecca Walker, age 28, wife of John. She died July 6, 1819. Now underwater.

The earliest death in Westgate Cemetery was Abigail, age 31yr 3 mo 20da, wife of Benjamin B, died Mar. 7, 1828. The earliest death in Stark Cemetery was Feb. 28, 1835 for Elisha Cornell, age 79. The Westgate and Stark Cemeteries were located just south of Anderson on the Geelan farm. Both now underwater.

The Armstrong Cemetery located on private property on Johnson Road holds 2 graves. Martha Armstrong, age 70yr 11mo died Nov. 25,1843 and her husband Jacob, age 74yr 4mo 4da died Feb. 17, 1845. The home in which they lived is still standing, located across the road from their burial sites. The Jones Cemetery –also on private land-is located on once was the farm of D.W.T. Jones, known to many as the Ena Vadakin place on Horse Hill Road. This cemetery contains sisters Mayme and Minnie Jones, some babies and the amputated arm of Samuel Newell Anderson Jr. The rest of his body was buried in Anderson Cemetery when he passed away years later. The 3rd private cemetery located on the lower end of Sinclaire Road contains the remains of Revolutionary War veteran Benjamin Sumner and his wife. They're buried in the "back 40" behind their home. Thus we have the earliest recorded death in each cemetery.

Edinburg's first cemetery census was taken in 1878 by two men by the names of Crane and Durkee. Another was taken-probably in 1920's-prior to the construction of the Sacandaga Reservoir. Various organizations such as the NSDAR have done surveys since-one survey was a WPA project in the 1930's.



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From Previous Page

In 1985 genealogical researchers Grace Filkins and Helen Fyvie from Northville did a complete census of Clarkville Cemetery.

In 1989 the town had all of our cemeteries surveyed and mapped by land surveyor John W. Ferguson. These results are on file at the town hall. Starting in the 1990's the late Dave Bixby of Broadalbin started videotaping cemetery stones in Fulton and Saratoga Counties using what records were already available to him. His extensive work was made available to historians and historical

societies throughout the area.





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Direct lakeside w/91.6' waterfront! 4BR, 3BA home, including buildable lake parcel!



103 Seven Hills Rd, Northville MLS 201402575 \$99,000

Would you like to open a new business? This Building has great potential! Subject to approval.

688 South Shore Rd, Edinburg MLS 201510725 \$259,000

3BR, 2BA home w/148' of lakefront! Amazing sunsets!!



314 Co. Hwy 143, Northampton MLS 201512138 \$169,000

Immaculate 3BR home, finished basement, plus 2 car garage on +/- 11 acres!!





Amazing property, just outside the Village of Northville, +/-26 acres, log cabin with privacy!!

21 Rosebloom Rd, Hadley MLS 201415497 \$109,000

Get on the lake! Two 10' permits come with this cottage!

422 Division St, Northville MLS 201405146 \$139,900

Two family, easily converted back to one family, separate utilities, only 2 blocks from the lake!!



199 Sinclair Rd, Edinburg MLS 201512727 \$369,000

3BR, 1.5BA, 192' Direct waterfront on Great Sacandaga Lake!



131 Sinclair Rd, Edinburg MLS 201508910 \$239,000

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60 Military Rd, Edinburg MLS 201326752 **\$27,900** Cleared bilding parcel in Edinburg, LOW taxes!

Ridge Rd, Northville MLS 201403500 \$19,500 6.5 acre buildable parcel in the Adirondacks!

Cameron Rd, Day MLS 201222438 \$20,000 Surveyed parcel, public lake access and boat docking nearby. Great price!



422 Hope Falls Rd, Northville MLS 201413132 \$139,900

3BR, 2BA country home on 4.6 acres! This home has it all!



Fishouse Breakfast

Fish House Community Center (FHCC): An all you can eat Sunday breakfast will be held on 19 July, at the FHCC. Blueberries pancakes will be cooked on the griddle, bacon, sausage, french toast, fresh eggs, hash brown potatoes, multiple juices and coffee will be served as well. Fish House Community Center located at 1624 County Highway 110, Broadalbin, from 8 to 11 a.m. Prices for the all you can eat breakfast are adults \$9, seniors \$8, and children ages 5 to 12 are \$5. http://www.porthamptonpybistory.com/

http://www.northamptonnyhistory.com/ or http://fhcc.weebly.com/

Edinburg Methodist Church Music Nights

Thursday Night Live Music At the Edinburg Methodist Church 3 North Shore Road Edinburg, NY 12134

July 16th Tequila Mockingbirds July 23rd Running the River



July 30th Galaxy Band August 6th Washington County Line August 13th Lonesome Moon August 20th Don Golden

Performances begin at 7:30 PM Rain or shine Free admittance (Good will offerings gladly accepted)



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Lake Luzerne Laundromat Has ALL NEW DRYERS

Lake Luzerne Laundromat at 63 Lake Ave, in Lake Luzerne has replaced and added new 35

and 50 Lb Electrolux dryers with reversing drums that will unwrap the biggest blankets. They also feature large door openings and are designed to dry faster without overheating your clothes.

Lake Luzerne Laundromat is hosting a open house on Friday July 10th from 10am to 2pm, Food and prizes are sponsored by Connie's All American Diner. See you there!

Lake Luzerne Laundromat 63 Lake Ave (Rt 9N), Lake Luzerne, NY 12846 518-696-5424 http://luzernelaundromat.findalaundry.org/

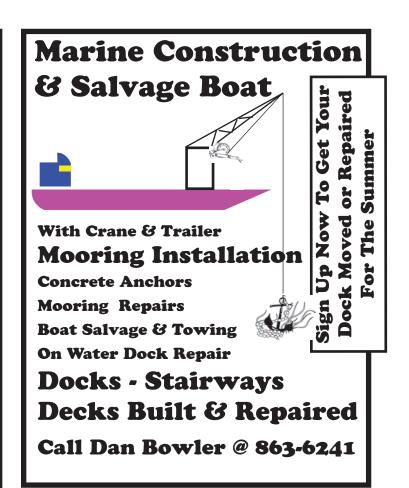
July Schedule for THE REVIVAL- 1441 Main Street, Wells, NY.

Sunday, July 5, 7:30pm, Montreal Indi-Folk duo "Bride & Groom"make a return stop to THE REVIVAL as part of their North American "Born To Run" album release tour. Guitar player, song writer Jesse Daniel Smith and cellist Kaitlyn Raitz, are a delightful blend of vocal and musical harmony. Quirky and funny too. Inspired by the greats of folk and Americana, Bride & Groom perform driving, contemporary songs that continue the folk tradition.

\$10.00. Last show was a sell-out. Reservations suggested. 924-2041.

CLUB FRIDAY@ The Revival- July 10, 7:30-Irish Music Jam- Bring your instruments, or a song to share or just come to listen. Free-

CLUB FRIDAY @ The Revival-July 24- 7:30-Pickin', Singin' and Gatherin'- Open Jam- Free. The Revival is located at the former Wells Baptist Church, a beautiful Greek Revival Church, built in 1845 and on the National Historical Register.





Fish House Rummage Sale

FISH HOUSE COMMUNITY CENTER (FHCC) ANNUAL RUMMAGE SALE, 1624 County Highway, Broadalbin, The Fish House Community Center (FHCC) Annual Rummage Sale will be held Friday, July 10 and Saturday, July 11 at the Fish House Community Center, 1624 County Highway 110, Broadalbin. On Friday the sale will be in progress from 8 a.m. to 4 p.m. and on Saturday from 9 a.m. to 2 p.m. A vast array of items from household goods to tools, clothes, toys, and books. Go to http://fhcc.weebly.com/ orhttp:// www.northamptonnyhistory.com/ for further details, news, and upcoming events at the FHCC.

Mayfield Historical Society's Summer Concert

Thursday, July 9 - Mayfield Historical Society's

Summer Concert & Ice Cream Social. 6 - 8 pm. Rice Homestead. 328 Riceville Road, Mayfield. \$3 Adults/\$2 8 & under. The Saints Jazz Quintet Plus One will perform. Saturday and Sunday, December 5 & 6 - Mayfield Historical Society's Christmas Open House at the Rice Homestead, 328 Riceville Road, Mayfield. Free admission, music, tours, refreshments, homemade pies for sale. Noon - 2 pm.



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



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Edinburg Historical Society

PO Box 801, Northville, NY 12134

www.EdinburgHistoricalSociety.org

RECIPES NEEDED FOR COOKBOOK

Some of my best childhood memories were of my grandmother making meatballs. My grandparents would take the bus from their apartment to our house. "Gram" would always bring me a bag of Wise potato chips and a pack of Juicy Fruit gum, contraband in my house. She would quickly change into her green and white polka dotted housecoat and black slippers and get to work on those meatballs.

From a very early age she always included me. She would gather all the ingredients on the counter and slide up a chair for me. She was the first woman, on her side of the family, to be born in America. She spoke Neapolitan dialect and English. My grandfather tried to teach her more proper Italian during their over fifty years of marriage without complete success. Language in our family was always a mixture of Italian and English depending on the content and so was the food. I would always play in her housecoat, or on the floor at her heels, until she said, "Marioocha, come up!" I climbed on the chair so I could reach the counter. She would help me mix the meatballs

with my tiny hands and form the meatballs.

Gram would hold up the amount of meat that she wanted me to use and showed how to roll the mixture in my hands to roll a perfect meatball. Her recipe called for a quick dusting of breadcrumbs on the outside so that there would be a nice crust after they were fried. I always loved seeing the trays of perfectly formed lines of raw meatballs ready for frying. Sometimes Mom would fry them for Gram and would sneak me a wonderfully warm fried meatball on a fork turned up like a lollypop. Best treat in the world!

My Gram passed on over



thirteen years ago and I will always miss her. Anytime I want to feel her close all I have to do is make meatballs, any kind of meatball, and she's with me. I tell my children about Gram often, and teach them how to make meatballs, so that they can feel her close as well.

Stories like these and others will be included in the new Edinburg Historical Society cookbook. Our new cookbook is a compilation of stories and recipes, local history, and more. If you have a fun family recipe that you would like to share please feel free to send them to Claudette Koza or Andrea Blackwood at cckoza@yahoo.com or mail them to EHS Cookbook, P.O. Box 801, Northville, NY 12134 or personally mail to Andrea at 4 Morris Rd, Edinburg, NY 12134.

Don't have a fun family story? No problem! Send all your tasty recipes to us as soon as possible, even without a story, and we will find a place for it. All proceeds from the sale of the cookbook will go toward the continued restoration and preservation of the Copeland Site and other Historical Society projects. We will be collecting recipes through the summer! The cookbook will be available during the 2016 museum season.

Don't wait! Send in your recipes as soon as possible and help us complete this amazing project.

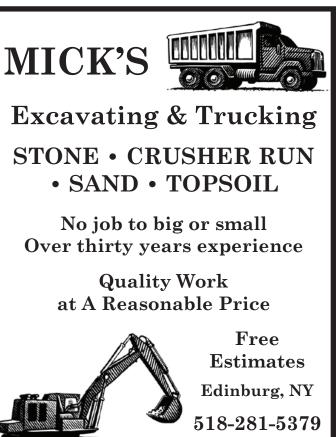


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Welcome from the Great Sacandaga Lake Association (GSLA)! Another great season is underway although the water was a little scarce at the beginning of the month. The GSLA is active in many lake community activities and proud to offer members up-to-date information on lake issues.

First Too Little and Then Too Much!

The month of June on the Great Sacandaga started with low water and is now finishing



EDINBURG VOL. FIRE CO. INVITES YOU TO OUR ANNUAL CHICKEN & RIBS BBQ

JULY 25, 2015 4-7PM EVFC FIREHOUSE (OR UNTIL SOLD OUT) \$15 FOR CHICKEN OR RIBS DINNER \$20 FOR A COMBO MEAL

MEAL COMES W/ CORN, BAKED POTATO, COLESLAW, BAKED BEANS, ROLL AND OF COURSE DESSERT TAKE OUT AVAILABLE

with higher water. The Great Sacandaga Lake Association has both sides of the issue covered!

Great Sacandaga Lake users asked a single question at the beginning of the month. Where Did All the Water Go?

The Great Sacandaga Lake Association responded to everyone's concern. Our Vice-President and Chair of the GSLA Lake Level Committee, Dave Smail, prepared a report which identified the factors which are used to determine how the Hudson River-Black River Regulating District releases water. Dave cautioned that lake users are only 'partially' correct when they believe that the District's only job is to control the lake level. He reminded his readers that "The requirements recognize historical precipitation and establish daily average minimums and maximum requirements based upon the current

water level of the lake." He emphasized two factors: "... (1) lake level on the Great Sacandaga Lake and (2) the required daily average and instantaneous water flow on the two rivers (Sacandaga River below the Stewarts Bridge Dam and on the Hudson River below the confluence) shape the Regulating District's daily water decisions." Take a look at the GSLA Reports tab on www. gsla.org for the entire report.

BUT, that wasn't the end of it. On June 17, 2015, the Water Level Committee sent GSLA members an exclusive memberonly email message explaining the potential for higher water due to continuous precipitation and the threat of Hurricane Bill which made landfall in Texas. The report cautioned lake residents that the water might be rising and that they should fasten docks and boats as well as move floatables to higher ground.

Boater Safety Updates The GSLA scheduled its

> Continued Next Page



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annual series of boater safety classes. They are all held in Mayfield. The sessions have been a favorite for families who want to have the whole family receive the same message on how to be safe on the water! The good part is that a GSLA family membership (\$25 annually) entitles the member's extended family to FREE attendance at the Boater Safety classes!

Anyone who missed the opportunity for FREE GSLA classes can still schedule into another session around the lake. New York State Parks and Recreation can provide all the details for the offerings. Be a safe boater!

GSLA Contributions to the Lake Community The association was actively at work this season. The GSLA has expanded the already popular Citizenship Award Program to add Corinth to Hadley Luzerne, Northville, Mayfield, and Broadalbin-Perth Schools. The award now recognizes outstanding students at 5 lake community high schools. The GSLA supports the leaders of tomorrow!

In the spring, the GSLA forwarded member contributions of more than \$1,000 to the fish stocking efforts on the Great Sacandaga, as well as contributions to the post-prom activities at Mayfield High School which offers a safe alternative location for partying on this important night. The GSLA has also combined funds with the Great Sacandaga Lake Advisory Council (GSLAC) to support the popular steward program which provides information to boaters on how to eliminate the introduction of invasive species to the Great Sacandaga.

The GSLA has sponsored water quality studies on the lake since the early 1990's. The Association conducts the water quality studies through an agreement with the Darrin Fresh Water Institute of Lake George. Copies of the previous reports are posted for everyone on www.gsla.org under GSLA Reports.

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Mark Important Dates on the Lake

The Great Sacandaga is a busy place during the summer. The Mayfield Yacht Club and Rondack Roots Marina will be sponsoring the Great Sacandaga Lake Charity Cup Regatta for Hospice on July 18, 2015 which benefits Mountain Valley Hospice (information on: www. mountainvalleyhospice.com). You might also want to transfer a few of these additional dates to your calendar. (1) July 4, 2015 – The Super Popular Dusk Fireworks Display – Lanzi's on the Lake Restaurant and Marina; (2) July 12, 2015 – Great Sacandaga Protection Association 4th Annual Summer Fundraiser – Lanzi's on the Lake Restaurant and Marina. (www.lovethesacandaga.com)

GSLA Membership

The GSLA is a not-for-profit organization which keeps its members in mind and supports the lake community. Anyone who enjoys the Great Sacandaga should join the organization at an individual or family level. Enjoy the weather and friendship on the lake and if you are not a GSLA member, visit our website and send us a membership request!

Catch you next month!

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HealthLink Littauer's WELLNESS WORDS

Submitted by Carol Tomlinson R.N. B.S., Community Health Educator

SUMMER HEALTH & SAFETY

We all have memories of fun-filled summer days when school was out and we could swim, ride our bikes, camp out and enjoy the beautiful Adirondack weather. Summer in Fulton County is still a beautiful time of year most of us look forward to, but we also need to be prepared for the unique health and safety issues of our warmer months.

Every summer, many people end up in the Emergency Department for treatment of any one of a number of summer ailments...burns, cuts, food poisoning, heat exhaustion and of course pesky mosquito and tick ailments, to name a few. Here are some suggestions to make your summer safer and more enjoyable!

1. Drink plenty of cool, not ice-cold (nonalcoholic) fluids, especially on hot days. Many medications can contribute to dehydration. Check with your doctor on the amounts of fluid you should be drinking if you are on medication.

2. Protect yourself from the sun and be sure to wear a hat. Avoid the midday sun, apply sunscreen frequently on all exposed skin and wear sunglasses to protect your eyes. Check with your doctor or pharmacist to see if any of the medications you use should restrict your time in the sun.

3. Be careful of the foods you eat, how they are prepared and how they have been stored... BEWARE of undercooked meats and foods left outside or not refrigerated.

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We specialize in designing, engineering & installing any size septic system to State Certified Specifications 40 Years Experience 7 Days a Week 696-3000~863-4454 ~ North Shore Rd 4. Restrict your activity on very hot and humid days. As we age our bodies do not adjust as well to extremes in temperature and/or humidity, and some medications can impair the body's ability to regulate its temperature.

5. Treat equipment with respect - lawn mowers, weed eaters, saws and ladders, etc. Wear appropriate clothing and sturdy shoes, shut off engines before refueling and clean the work area of debris.

6. Take care to use insect repellents safely. Remember to spray outdoors or in a well ventilated area.

7. Be prepared for summer storms and power outages. Flash lights with working batteries are a must and a battery operated radio will help keep you aware of emergency information. Don't forget to have a reserve supply of drinking water and food supplies to last from 1-3 days.

8. If you live alone make sure a neighbor, friend or relative knows where you are when a storm approaches. Set up a plan to alert someone if you need assistance should phones not work.

9. Ticks and mosquitoes can cause major health issues. Keep lawns mowed, litter picked up and objects that can hold rain water clean and dry. The ground area under bird feeders should be kept clean so it won't attract small animals that can carry ticks.

10. Make sure to carry a small emergency first aid kit with you.

HealthLink, your community health and wellness service of Nathan Littauer Hospital and Nursing Home, wants to wish you and your loved ones a safe and healthy summer! For more information, call us at 736-1120, e-mail us at healthlink@nlh.org, see our website at www.nlh. org, or visit our new wellness center on 2 Colonial Court in downtown Johnstown, Monday - Friday, 9 a.m. - 5 p.m.





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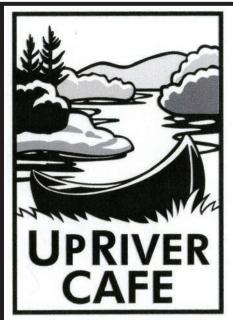




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July 2015





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making jams and jellies, Monday, July 13, 5:30-8:30 at their office in Ballston Spa. The cost is \$20. Registration deadline is Friday, July 10. Call Diane Whitten at 885-8995 to register.

The workshop will include the science of "gelling", safety factors, the recommended processing method, and handson preparation of jam. Three different jams will be made including traditionally processed low-sugar and no-sugar jam, plus freezer jam. All participants will take home a jar of jam. The jelly making process will also be demonstrated.



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HARD Vanilla Chocolate Strawberry	Warm Apple 4.2	Regular 3.50		
Chunky Chocolate Chip Coffee	Other Goodies	Large 4.25		
Mint Chocolate Chip Panda Paws	Frozen Banana 2.7	$\overline{\mathbf{b}}$		
Strawberry Cheesecake PB Cup	Fried Dough 3.2	Pint 3.75 Quart 4.75		
CC Cookie Dough Muddy Sneakers Butter Pecan Maple Walnut	Fried Dough Sundae 5.2	5		
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Triple Burger (1 lb) 6.00	Jalapeno Poppers (5) 3.7	·		
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	(



July 2015 SVAN Art Workshops

www.svanarts.org

Aromatherapy

Sheila Looman, Herbalist 678-642-3889 The Orendaga, 732 South Main St, Northville 7–8:30 pm; minimum 5, maximum 10 Aromatherapy is the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit. In this class you will learn how to use therapeutic Grade A essential oils to make products which will enhance your everyday life. Tuition: \$20, SVAN member \$18 Materials fee: \$10

July 18 or 19 (Saturday or Sunday) Silver Wrap Sea Glass Workshop Carolyn Learch 518-863-4067 120 Lisa Drive, Northville 1–4 pm; maximum 6 students

Bring your own sea glass piece or choose one from the instructor's collection. The finished piece can be worn as a pendant on your own chain or on silk cording provided in the class. Learn the beauty of silver wire cradling what Mother Nature and the ocean have provided. Enjoy good fellowship and light refreshments as you create your own artwork. July 22 (Wednesday)

Eliminate Chemicals from the Home Sheila Looman, Herbalist 678-642-3889 SVAN Arts Center, 132 South Main St, Northville 7–8:30 pm; minimum 5/maximum 10 In this class you will be creating your own natural nontoxic home cleaning products: room sprays, cleaners, floor washes. Eliminate all the cancer-causing products from your home and receive aromatherapy at the same time.

Tuition: \$20, SVAN member \$18 Materials fee: \$10

July 23 (Thursday)

Marilyn Monroe Kept a Journal-You Should Too! Patricia A. Nugent, Writer 518-863-6950 SVAN Arts Center, 132 South Main, Northville 5:30-8:30 pm; minimum 5 participants To all the world, Marilyn Monroe seemed to be simply a ditsy sex symbol. It's only through her recentlydiscovered private journals that her intelligence, selfreflection and drive are revealed. Journaling is how she stayed true to herself despite Hollywood casting and how the world learned who Norma Jean really was. Journals are beneficial to our physical and emotional health. This class will explore why journaling is so powerful for personal development and will offer tips on how to get the most out of this private literary form. Participants should bring paper and a pen. Familiarity with the instructor's book, They Live On: Saying Goodbye to Mom and Dad, is also recommended

Northville).

\$28

Tuition: \$18, SVAN members \$15

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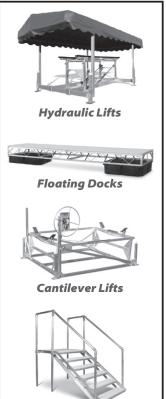
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July 31 (Friday) Herbal Baths, Splashes and Oils Sheila Looman, Herbalist 678-642-3889 SVAN Arts Center, 132 South Main St, Northville 7-8:30 pm; minimum 5/ maximum 10 Your skin is the largest organ in your body. Stop polluting it with artificial fragrances, chemicals and petroleum infused products that clog your pores and create dermatitis, rashes, and even cancer. In this class we will make delightful herbal baths, body splashes and soothing body oils from fresh dried herbs.

(available for purchase at the SVAN Arts Center in

Tuition: \$30, SVAN member

Tuition: \$20, SVAN member \$18 Materials fee: \$10







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Edinburg United Methodist Church Come Visit Us At Our Annual White Elephant Sale at the Pavilion July 18 – Edinburg Days Yard Sale Items Plus Hot Dogs w/ Toppings Homemade Chicken Soup



First United Methodist Church 301 South Main Street, P. O. Box 476, Northville, NY 12134 Phone:

476, Northville, NY 12134 Phone: 518-863-4911 It had been an especially long

It had been an especially long trip home, and the weary traveler still had many more miles to go. So

he winced at a sign warning "Rough Road Ahead — 4 miles." Rough, indeed. The lanes narrowed, and the shoulder disappeared. Traffic slowed to a crawl as drivers navigated around potholes and moving construction equipment. But sure enough, after exactly four miles, the road became smooth again. "In this world you will have trouble," Jesus said. "But take heart! I have overcome the world" (John 16:33, NIV). Notice that Jesus didn't say we "might" have trouble. Sooner or later, problems will come. The road will get rough. But Jesus has already defeated everything the world can throw our way. We just have to keep moving, fueled on by hope.

First UMC is in transition, patiently waiting for a new pastor to be assigned to us. In the meantime, lay speakers from our church and supply pastors from the Albany District and Upper New York Conference of United Methodist Churches are filling in at the pulpit on Sunday mornings. Our doors, our hearts and our minds are open to the new possibilities coming our way. We continue to move forward with our ministry programs and worship services (including fabulous music). Whether vacationing in our area or living here full time, we invite everyone to join us as we move forward, with hope and prayer and trust that God will do great things with us.

A hike into Auger Falls is planned for June 27 at 9 am. This is a short, easy hike for everyone and is especially great for families with children. The event





is free; wear appropriate clothing and sturdy footwear (no sandals). Water will be provided to keep folks hydrated. Join us and enjoy some of God's wonderful creations. For more information, call Mark at 725-6772.

The Outreach Team is planning a Strawberry Jamboree/Festival for June 28, following the worship service at 12:30 pm. Join us on the front lawn of the church for some tasty treats.

United Methodist Women will sponsor a bake sale on July 4 at 9 am.

The Annual Bazaar (9 am -3 pm) and Chicken Barbecue (3 pm -6 pm) will be held on August 8, rain or shine. The Barbecue is take-out only and each dinner will cost \$12 (half a chicken, baked potato, baked beans, cole slaw, strawberry shortcake).

Sundays Worship, 11 am Choir Rehearsals Thursdays, 6:30pm Thrift Shop Hours Tuesdays, 3:30-6:30 pm Fridays and Saturdays, 9 am-12:30 pm June 27 – Hiking to Auger Falls with Charlotte and Mark, 9 am June 28 – Strawberry Jamboree, 12:30-3:00 pm July 4 – United Methodist Women Bake Sale, 9 am Aug 8 – Annual Bazaar and Chicken BBQ









Mountain Valley Hospice Named as Prestigious **2015 HOSPICE HONORS** Recipient

For the second year in a row Mountain Valley Hospice has been named a 2015 Hospice Honors recipient, a prestigious award recognizing hospices providing the best patient care as rated by the patient's caregiver.

Established by Deyta, this prestigious annual honor recognizes hospices that continuously provide the highest level of satisfaction through their care as measured from the caregiver's point of view. Devta used the Family Evaluation of Hospice Care (FEHC) survey results from more than 1,700 partnering hospice agencies contained in Deyta's FEHC database with an evaluation period of October 2013 through September 2014. Devta identified Hospice Honors recipients by evaluating hospices' performance on a set of eighteen

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satisfaction indicator measures.

"We are thrilled to present Hospice Honors for the third year in a row. We are honored to serve such a dedicated industry, and we look forward to recognizing top performers each year for their hard work and dedication," said Kevin Porter, Senior VP of Deyta Analytics.

Mountain Valley Hospice, Susan Frasier, President and CEO, credits the entire team at Mountain Valley Hospice for this honor. Everyone's tireless efforts to get it right on behalf of our patients and families have been nothing short of spectacular. "Our focus is always on the quality of life and care that we provide." About Mountain Valley Hospice: A community based, not-for-profit agency founded in 1988, Mountain Valley Hospice seeks to make hospice care available to all appropriate patients and families in Fulton, Hamilton, Montgomery and Saratoga Counties regardless of race, creed, gender, sexual orientation or ability to pay. In 2005, we opened the Nancy Dowd Hospice Home in Gloversville for individuals requiring all stages of care from assisted living through total care. In providing care to persons with lifelimiting illnesses, the goal of hospice is to alleviate symptoms – physical, emotional, spiritual, financial, and social – enabling patients and families to concentrate on living as comfortably and fully as possible. Patient centered care allows control to remain with the patient and those supporting them. Mountain Valley Hospice provides care that is palliative, holistic and supportive.

About Deyta, LLC: Partnering with thousands of hospice, home health, and healthcare organizations, Devta simplifies data-driven management, enabling our clients to overcome the mountains of data that



cloud good judgment. With Devta's High **Definition Success** Guidance solutions and services. healthcare leaders make proactive decisions that strengthen financial performance. improve operational efficiency, assure CMS compliance, and provide better patient care.





Northville Baptist Church by Barbara Klueg

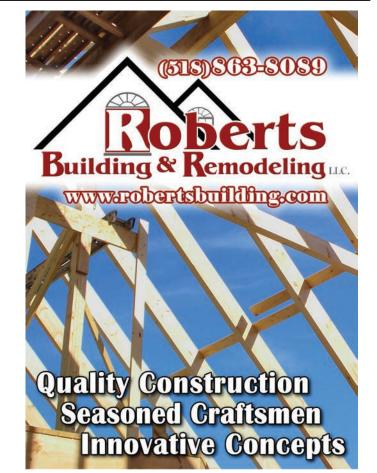
baptistchurchofnorthville.org Sr. Pastor: Rev. Richard C. Klueg · Assoc. Pastor: Rev. George Hopper

"The Doin's"

I remember well our first time experiencing The Doin's in Northville. We moved to Northville in August 1987 and I felt as though we had moved our family to Mayberry USA. We had to wait almost an entire year to witness this great event, "The Doin's" (which takes place over the July 4th holiday). When the big Doin's parade and rides hit town, I had to pinch myself to see if I was, in fact, living in Mayberry Heaven. It has certainly been a real privilege to raise our family here in Northville and to enjoy the Adirondacks, the Great Sacandaga Lake and a whole lot of "Doin's" for almost 28 years now! God is so good!

Being a Realtor I have the fun job of meeting a lot of buyers who want to purchase a home in our area. As I show these folks around I wave and honk my car horn at almost every person we pass by while driving





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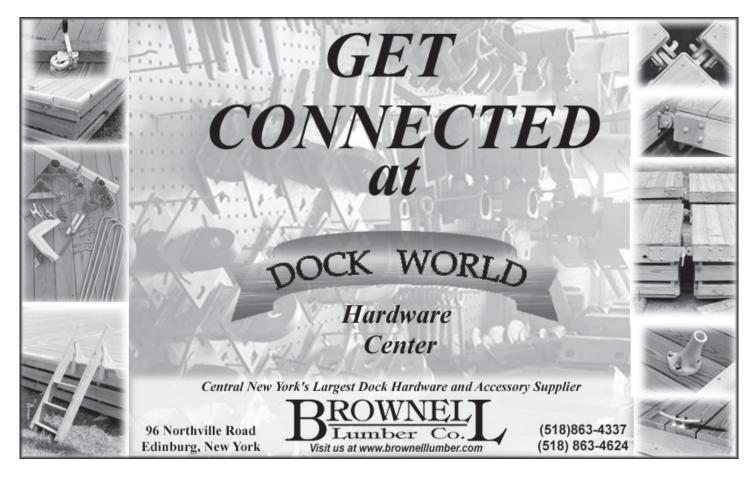
From Previous Page

through town! My buyers ask, "Do you know everyone in your town?" I laugh and answer happily, "Well, almost everyone." We certainly take for granted our great village, don't we? Not everyone enjoys a beautiful lake on a daily basis, sees their neighbors and friends while out for a stroll around town, hikes trails and mountains near their homes, or rides bikes down to a 5 & 10 Cent Store with their kids. God has blessed us so much!

This summer, besides enjoying our area with its lakes and great hiking trails, why not take the time to worship God, the one who made all this and thank Him for his great handiwork and for blessing us far beyond what we deserve. If you do not have a place of worship, we would love to have you come join us at Northville Baptist. We have a 10 AM worship service with Sunday School for all ages from 8:45 - 9:45 AM. We all need to remember to take time to thank the one made this beautiful world we enjoy, and most of all, to thank Him for forgiving us, loving us and providing the only way to Heaven!

We have an exciting summer lined up at our church! Monday July 13th at 7 PM we have the African Children's Choir singing at our church. There is no charge for this. Join us! They will be inspirational, I am sure. On Friday July 24th we have a free concert with Legacy Five again. Oh – I must say – I love this gospel quartet and consider myself a groupie along with many others in our church family. And, of course, we have our annual VBX for the kids, on July 27-31 (every night, 6:30 to 8:30). Kids entering pre-school in the fall through 12 grades are welcome to attend. It is free! On the last night of VBX we will have a big ole' family picnic held at BCON Corner, for all the kids and their families to enjoy. This year's missionary project for VBX is the Marshall Family who are going to Africa. Our penny offerings each night will be going to them. The Marshalls will be with us and will be sharing their ministry each night. If you have not signed your kids up for VBX, it's not too late. Call Molly Whittaker, our VBX director at 863.8001 to get your kids on board. They will love it!

If you were able to be at our church on Children's Day, June 14th then you had the privilege of seeing our teenagers lead us in worship. It's always a great service! And yes, the kids do the entire service! Nijel Gray, one of our high school kids, did a great job and preached the sermon. And of course, the teens did the music and everything else during the service. We were certainly challenged to live for God 100%. Our thanks to Isaiah and Jamie Philo, our dedicated Youth Leaders, and their helpers who lead our kids on a regular basis through Bible Studies, Youth Group, Pink Chicken and so much more! They give so much of themselves to our kids and we love them all the more for it. And, thanks to all you teens, who led us in worship on Youth Sunday - you did a fantastic job! During Sunday School hour we also enjoyed the Sunday School classes doing skits and whatever to share what they have been learning.





Holly Donnan, our Christian Education Chairman, did a great job organizing this hour along with her staff of teachers. The Sunday School children also moved up to their next class on this day. Youth Sunday is always a popular service to attend and is a real blessing to us all. It makes us proud to say, "These kids are tomorrow's church!"

OK, I am getting rather wordy here – so I am just going to sign off by saying that I love Northville, the people here and our church family so very much. I think next month I am going to share with you how I became a Baptist and what is a Baptist, anyway? Stay tuned!

No Youth Group during the summer months. (The leaders deserve a break.) Check our church website for specials and Pink Chicken for grades 8-12.

Come join us and check us out. "We Preach Christ" has been our motto since our church's beginning in 1802 and our desire is to remain faithful to Him to the end!

Sunday (Church: Staffed Nursery Provided) 8:45 AM (Sunday School for all ages) 10:00 AM (Merring Worship)

10:00 AM (Morning Worship) 11:30 AM (Sunday School for adults only)

7:00 PM (Following format) 1st Sunday: Video 2nd Sunday: Question & Answer 3rd Sunday: Something Special 4th Sunday: Bible Institute Provided) HOFFMAN STAMPED CONCRETE Jason Hoffman - Concrete Specialist for over 22 years Patios • Pools Decks • Walkways • Driveways • Steps

5th Sunday: Potluck Dinner

10:00 AM (FREE Baked Goods at BCON Corner)

10:30 AM (3rd Thurs. only: Nursing Home Service at

7:00 PM (Prayer/Praise at Church, Staffed Nursery

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With the summer boating and fishing season here a listing of the New York State motorboats and legal boating requirements is listed for your information.

All individuals born on or after 5/1/1996 are now required to successfully complete an approved course in boater education in order to operate a motorboat. Individuals less than 10 years of age may not take this course of instruction. This course requires a minimum of 8 hours of classroom instruction. Students must pass a final exam with a score of 76% or better. Students will receive a temporary boating safety certificate upon completion of the course.

Students 18 years of age or older will be required to pay a \$10 fee to NYS for issuance of a permanent boating certificate. Permanent boating certificates do not expire.

Operators may not operate a Personal Watercraft (Jet Ski, SeaDoo, etc.) unless they are 14 years of age and hold a boater safety certificate issued by New York State Parks, the USCG Auxiliary or US Power Squadron for having completed an 8 hour classroom based course of instruction.

For more information concerning boating license is available at www.boat-ed.com/newyork Following is a listing for a vessel equipment guide for boats less than 26 feet and for rowboats, canoes and PWC. **Valid Registration** Required if mechanically propelled (commercially documented vessels are exempt)

Life Jackets One USCG approved type 1,11,111 or V for each person on board or towed behind Life Jackets Must be worn by anyone under age 12 and all persons from Nov-May on vessels less than 21 feet

Throwable Flotation Device One required for boats between 16 feet and less than 26 feet **Sound Producing Device** Required if mechanically propelled (mouth whistle acceptable for vessels less than 39 feet

Anchor & Line Not required for PWC but required on mechanically propelled boats Backfire Flame Arrestor Required for all inboard gasoline powered engines

Fire Extinguisher One B-1 for motor boats less than 26 feet. Not required for PWC.

Visual Distress Signal Not required on motor boats less than 16 feet. Required for boats greater than 16 feet (Day or Night as Appropriate). Required on PWC.

Navigation Lights Required for operation at night or limited visibility. Night operation not permitted on PWC.

Capacity Plate Required on boats less than 26 feet, row boats and canoes. Not required on PWC. **Engine Cut-Off Lanyard** Required on PWC. **Muffled Exhaust** Required of all mechanically propelled vessels

Noise Level Compliance 90 db Stationary, 75db Underway for all vessels with above water exhaust. Alterations and cutouts are illegal. **Recommended Equipment** paddles, oars, dock lines, marine radio or cell phone, tool kit, flashlight, fenders, first aid kit, spare fuel, spare fuses, GPS or chart etc..







For more information a copy of the New York State Boaters Guide can be downloaded from the nysparks.com website.

The DEC has adopted new regulations that require boaters to remove all visible plant and animal materials such as zebra mussels and spiny water flea from boats, trailers and associated equipment as well as draining boats prior to launching from DEC lands. The regulations pertain to all DEC boat launches, fishing access sites and other DEC lands where watercraft such as boats, kayak or canoes can be launched into the water. More information is available at www.dec. ny.gov/animals/48221.html.

The last GSLFF fishing contest for this year will be held on September 11 at the Sport Island Pub. More details will be available in next month's column.

The federation always welcomes new members. The next meeting will be held at 7PM on July 21 at the Fish House Fish and Game Club, 478 Fayville Road, Broadalbin, NY. Additional information can be obtained at our website www.gslff.com or by contacting: Randy Gardiner at 843-6329 or Jack Smith at 863-1062.



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Hiking and yoga

It's the summertime and a great time to go for a Hike. There are many similarities between Hiking and Yoga. Both Hiking and Yoga help connect us to the present moment. When you go for a hike you begin to feel the earth beneath you as you root your foot down with each step. Your breath reflects the exertion you use to climb over rocks or wade thru streams. You meditate in a moment of stillness, feeling the sun on your skin, softly gazing at mountains, lakes and waterfalls. Cool breath in, warm breath out, your heart beats faster, flooding your muscles with blood and fresh air. These are the same feelings you get in a Yoga class.

Going for a Hike can improve your cardiovascular health and bring greater lung capacity for deeper, fuller breaths. Hiking also challenges muscles and joints by walking on uneven terrain. A regular Yoga practice can improve strength, flexibility, and alignment. Hiking and Yoga can increase focus, body awareness, foundation and core. No wonder Yogis like to Hike and Hikers like Yoga.

What I like best about Hiking and Yoga is the way it connects us to nature through the elements: Earth, Air, Fire and Water. We start by rooting down into our foundation (earth) we deepen our





breath creating space and expansion (air) our muscles and core begin to heat up (fire) allowing us to melt and flow with the present moment (water). Hiking and Yoga together bring us closer to our natural state, connecting us to the peacefulness and beauty in us and around us.

So take a Hike, take a Yoga class, do both, but most of all go outside. Be grateful for the beauty of trees, the sound of birds, the color of flowers, the cool water of the lake. Be grateful for the air, food and water nature provides. Be grateful for every breath and every step. Appreciate every moment you spend on this planet, and remember yesterday is just a dream, tomorrow only a vision the only place we live in is now. Now get going.

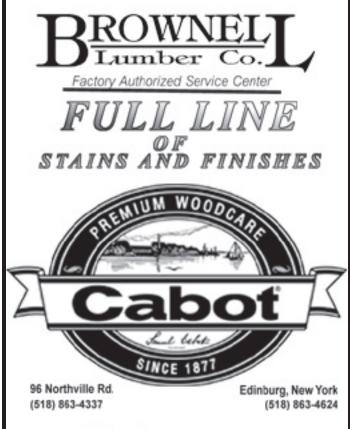
Happy Independence Day! May your summer be happy, healthy and peaceful.

"Peace is not Something you wish for, It's Something you make, Something you do, Something you are, and Something you give away" -Robert Fulghum

Shanti, Shanti, Shanti, (Peace, Peace, Peace) Ony Antonucci

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"Northville United Presbyterian Church"

Garden of Eatin'

The Northville United Presbyterian Church, located on Reed Street, is happy to announce that the planting of our community garden has been underway for several days now, and is awaiting sufficient rain and sun to fully offer God's bounty of natural vegetables to church members, as well as to the Northville community in general.

Named "The Garden of Eatin" by the church congregation in a competitive naming exercise a year or two ago, the garden has been a labor of love for our congregation. This year, we hope that the harvest will comprise a full complement of green beans, yellow beans, pole beans, tomatoes, kale, chives, butternut squash, lettuce, zucchini, bok choy, kale, summer squash, broccoli, and.... maybe even MORE?

Don't know a zucchini from a green bean? Don't worry – with new signage, we have tried to fully mark what is growing and where... complete with pictures and some descriptions of the veggies in question, plus usage tips.

Also new this year is our "Recipe Lending Library", which is disguised as a mailbox mounted in the garden, which itself is located adjacent to our church on Reed street. Inside are some recipes and recipe books lent by members of the community. Please (everyone) feel free to borrow a recipe or book, lend one of your own favorite recipes, and enjoy sharing!!!!!

The fruits and vegetables of the garden are God's gifts to the whole community. We only suggest that you take what you need, eat what you take, and waste nothing... and most importantly, ENJOY the fresh produce and give a smile of thanks to God! Please



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visit the garden, just to check it out, hopefully to say a prayer, to look at (or share) some new recipes, and (growth permitting) picking some fresh healthy foods. Free parking at our brand new parking lot, adjacent to the church, is available for the convenience of the community.

Summer Worship News

Starting on Sunday, July 5th and proceeding through Labor Day, our morning services will be held each Sunday at 9am at our Batchellerville Church building, just over the bridge on South Shore Road in Edinburg. No morning services will be held at our Northville Church on Reed Street while Batchellerville services are in session. However, Sunday evening services at Northville will be held on July 5th and July 12th, and then are planned to resume on August 9th to complement the morning services at Batchellerville. Our regular schedule of morning services will resume at Northville in September.

New Pastor

Last, but CERTAINLY not least, have you heard the exciting news? Our church will be welcoming our new permanent pastor, Rebecca Lawson Putman in August. Stay tuned to next month's newsletter for much, much, more information about Rebecca, her family, and her calling to our church and community!



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"New Shoes" Concert To Be Held in Northville, NY, Sponsored by SVAN

The bluegrass band "New Shoes" will perform on Saturday, June 27, 2015 at 6:00 pm at the Northville Waterfront Park, Main Street, Northville, NY. The event is sponsored by the Sacandaga Valley Arts Network (SVAN). This event will replace the SVAN concert that was previously scheduled for the Hope, NY pavilion. New Shoes is a different band every time you see them. The meaning behind the name comes from the saying "Old Friends, New Shoes." Don Hoffman leads the band, which is, indeed, made up of very talented friends and musical partners, including Sean Cohan, Bill Cassidy, and Bruce Blinn Knapp. Bill, Bruce & Don have played together for over 40 years in a wide assortment of styles and instrumentation. Don and Sean recently performed at the National Trails Day celebration in Northville. All multi-instrumentalists, the fun is in their diversity.

Don, a local Northville solo musician, will be playing guitar, banjo and harmonica while Sean performs on mandolin, fiddle and guitar. Don has performed in the area for years. Recently with his blues band version of "New Shoes" in 2012 at the Northville Summer Concert series and twice at the Sand Island Bash in 2011 and 2012. He performed throughout the area in the 1980's with the bluegrass band "Sweetwater" and he is known for his solo and duet shows in local Sacandaga and Saratoga area clubs.

Sean Cohan, the newest member of the New Shoes family is a versatile multi-instrumentalist from Glens Falls and has performed with all the top area acoustic acts from The McKrells to Big



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Medicine. Sean is a top class musician and is always welcomed on any stage, as well as being frequently requested.

The full band and the talents they bring to the band are:

Don Hoffman – Guitar, Banjo, Harmonica, lead vocals Sean Cohan – Mandolin, Fiddle Harmony vocals Bill Cassidy – Guitar, Harmony vocals Bruce Blinn-Knapp – Bass, Harmony Vocals Admission is free at outdoor SVAN music events with voluntary

SVAN music events, with voluntary good-will donations gladly accepted. Come join us for a great evening of music and fun!

SVAN is a non-profit organization supporting the visual and performing artists in the Sacandaga Valley region with gallery exposure, community concerts, and skill development workshops that are offered to the public. Ad & Copy Deadline is the 17th of Every Month





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Edinburg School News



Edinburg Eagles School News by Mr. R. W. 7eetz, Superintendent

Edinburg Family and Friends,

As we come to the close of another school year, our 6th grade class has graduated and will be making the transition into 7th grade. Best Wishes to the following students as they enter middle school:

> Peter Cahill Jaiden Edwards Elizabeth Finley Jaycee Frasier Tyler Malone Zackary Pike Gavin Rougier Cheyenne VanNostrand Mason Ward Kaydince Williams-LaBrake



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The sixth grade class showed their confidence and style at this year's fashion show held on June 4, 2015. This program's goals are to promote positive self-esteem as well as create a healthy life style as students begin their teenage years. Mrs. Colson and Mr. Moore's students were presented with many healthy gifts donated by the PTO. Catholic Charities, Mrs. Salvione, helped secure the monies that enabled the students to keep their newly selected outfits, which was a huge surprise to all the sixth graders. Thank you to all the people who volunteered their time.

Also, the sixth grade class participated in a student Career Day. Each student had to fill out an application and be interviewed before they were "hired" for their position. It was a great day that allowed each child an opportunity to get a sneak peek at the employment process, and what it's like to work in our school.

The Edinburg Common School PTO Yearbook was dedicated to two staff members this year as they are both retiring after many years of service, Mrs. Patricia Colson, and myself. A nice dedication ceremony was held and the PTO gave the first yearbooks out to the kindergarten class and the outgoing sixth grade class.

Congratulations to Mrs. Patty Colson, Special Education Teacher, for her 29 years of service. We would like to wish her well as she begins the next chapter of her life at the end of June. Mrs. Colson has worn many hats during her teaching career at Edinburg Common School including CSE Chairperson, Resource Room Teacher, Spelling Bee Coordinator, PTO Treasurer and the Skills teacher for the last 8 years. We wish her well and sincerely appreciate her dedication, expertise, hard





work, as well as, her being a mother to her many children that she has taught through the years. When you see Mrs. Colson around town, wish her well in her retirement.

It has been my pleasure and honor to have spent my career as teacher and Superintendent over the last 30 years with your children and Edinburg Common School. I wish you all much success and good health and happiness....Go Eagles!

Congratulations Grads

Congratulations to the following Edinburg graduating seniors on their fine academic achievements at Northville Central School as they move on to college, the military, or the workplace.

Dustin Burroughs Sarah Cotrofeld Owen Hayward Racheal LaPoint Shelby Nichols Ashley-David Olmstead Wolfgang Reinke William Wilson



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The Eagle's Eye on Resource Room by Mrs. Andrea Schedlbauer

Summer is a favorite holiday of many people. The days are long and the sun's rays are warm. It is a time for camping and hiking, swimming and boating, vacations and amusement parks. Gardens are in bloom and everything is covered in brilliant shades of color. It is also a time that children are home from school.

It is important for children to be able to relax & enjoy the summer months. However, it is equally important to continue to keep children actively engaged in the learning process. Allow your children the time to read over the summer. Let them pick books that are engaging and of interest to them. They can either read to themselves or to a family member. Allow your child to practice math skills through simple recipes to create foods they would enjoy preparing and eating. There are also plenty of opportunities for children to explore through trips to museums, parks, and more. There are many great free places for children and families to learn throughout the summer.

I hope everyone has a fun, safe, and educational summer. Enjoy the sunshine!

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TOPS 1005 Northville

Summer has arrived!! We now have our group back in full strength. We have also welcomed new and former members back, on their journey to good health!

We welcomed back our weight recorder, Cathe Bard from Florida as well as Barb Ille, Cookie and Tom Utting, Mary and Doug Hodes, Arlene and Bob McGuirk and Pat Wilcox! New members to our group are Sherri Chamberlain, Stacey Ward and Ronnie Flynn! It is wonderful seeing our friends come back as well as having new members join! We celebrated our divisional winners from 2014! Congrats go out to our 3rd place winner, Arden Detweiler , 2nd place, Joyce Callahan and first place winner Kristen Williams all in division four... Division three winners were... Barbara Sperry and Jean Auriemma.... Winners received certificates and pins!! Arden Detweiler made a wonderful fruit 'cake' for the celebration!

We then honored our Queen, Kristen Williams ... She represented our chapter at the SRD (State Recognition Days) in Lake Placid in June! She talked to our group about the supportive nature of our members and how she wouldn't have accomplished her weight loss without the support of our members and the programs provided!

Marsha Miller was recognized for 16 years as KOPS at SRD. She will also be receiving a pin for fifteen consecutive years as a KOPS (keeping off pounds sensibility) at Fall Rally.

Our KOPS Best loser for the month was Helen Harrington and she lost after her birthday!! The TOPS best loser was Bob McGuirk.

Members losing after the holiday are: Cathe Bard, Arden, Judy Frasier, Arlene McGuirk. Bev Morgan, BillieJo Vrooman, Bob McGuirk, Joyce Callahan, Ginger Driscoll, Ronnie Flynn, Stacey Ward, Leslie Casey and Helen Harrington. Other losers include the following...Marsha Miller,





Arden Detweiler, Judy Frasier, Arlene McGuirk, BillieJo Vrooman, Diane Mack,Ginger Driscoll, Hadley Jacobs,Joyce Callahan, Laurie Dimick, Leslie Casey, Ronnie Flynn, Sherri Chamberlain and Stacey Ward.

Our chapter is having a scavenger hunt that will be going on for the summer... This helps to keep motivated as well as lose weight!

Researchers at the University of Colorado tracked 75,000 people over 7 years as they followed Take Off Pounds Sensibly (TOPS), a national, lowcost weight-loss program led by peer volunteers and costing just \$32 a year. They found that that about half of the subjects had "clinically significant" weight loss (at least 5 percent of their body weight) in the first year. More important, 62 percent of those who lost the weight kept it off for seven years.

The program works for three simple reasons, researchers say: it's low-cost, so anyone can use it; it's sustainable, so subjects can keep using it even after their initial weight loss; and it's peer-led, so participants get ongoing coaching to keep them motivated and on track!

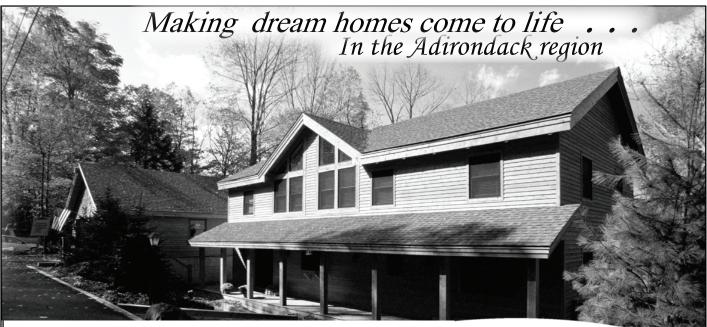
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From Hawk On Back Page

Battle of Lake George and he was healed by the spring water. It was reported that he was the first European to visit the spring and once he was healed, word caught on about the healing powers of the water. The High Rock Spring was developed and water was bottled at this site. It is my understanding that the spring was over pumped and the water supply began to wane. This spring, constructed with wooden casing, was shut down in 1917. We at Hawk Drilling are proud to be part of this restoration project. On May 18, Bill and Jeremy started drilling the new High Rock Spring. This day was extra special because there were four generations of the Hawk Family on site. My father Lindell who was the third generation owner of Hawk Drilling, Bill and I who purchased the company in 1995, Jeremy and Sandra who are lining up to take over the reins in the next few years and our grandchildren Lucas and Acadia. The Hawk family has a long history of working on the springs in Saratoga dating back to my great grandfather Monte who started drilling in the Sacandaga Valley in 1927.

What is even more exciting to me, after reading over some of the history of the American Revolution is that we were involved in a site that was a small part of our national history. I have goose bumps just thinking about it. I also think about what these people gave up so that we can have the freedoms that we do today. Our country certainly has its issues and our government is far from perfect. That being said, we continue to have many freedoms that many people in this world do not enjoy. We have become complacent in a number of ways and we need to take a moment to look back at our roots. While we are celebrating in ways that would make Thomas Jefferson proud, we need to take a moment to say thank you for those individuals that fought and those who continue to fight to ensure that we have the life we do now.

Paraphrasing the words of Thomas Jefferson let the celebrations begin! Enjoy your Fourth of July holiday.... be safe and have fun !









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Did You Know

The fourth of July is only two weeks away. It is hard to believe that our country is 239 years old. This is a holiday that is known for it's celebrations with parties, picnics, parades, barbecues, baseball games and spectacular displays of fireworks. I am fascinated by history. Bill and I have been watching the miniseries "Turn" for the last few seasons. If you have not seen it, it is about the American Revolution and portrays life during this difficult time. In preparation for this article I got on line and refamiliarized myself with the history of the holiday. It is written that the legal separation of the thirteen colonies from Great Britain occurred on July 2, 1776. On this day, the second continental congress voted to approve a resolution of independence. Once they voted for independence, it is noted that Congress worked on the Declaration of Independence. The declaration was approved on July 4.

It is not unusual to hear some people complain that some of celebrations have gotten out of hand. These individuals believe that many people do not know the history of our independence.

I certainly am not going to argue about that. When reviewing our history I found an excerpt from

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a letter reportedly written by Thomas Jefferson, to his wife. In this letter he stated that this holiday should be celebrated as a great anniversary festival. Celebrations should take on many forms including parades, shows, games, sports, guns, bells, bonfires and illuminations from his time forward to a time forever more. These timehonored traditions have continued annually on July 4 for the last 239 years. It is amazing to me that we still carry on these traditions with such verve and excitement.

This summer, the city of Saratoga Springs is turning 100 years old. In honor of this celebration the city has planned several events to take place during 2015. One such event is the restoration of the famed High Rock Spring. According to history, the Native Americans knew about this spring for 5,000 years. It was reported that the Mohawk Indians brought Sir William Johnson to the spring in 1771. He was wounded in the

Continued Inside Back Page

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