

## FRIDAYS - SPRING 2026

### F20 Hike at Partridge Run

*Jen Mosher & Bob Montione*

Raindate 4/28 Min 2

***Fri., Apr. 24; 12:30 - 3:30 pm***

Albany County- near Berne, NY

We will plan to hike about 1.5 to 2 miles on varied terrain through the woods to find spring wildflowers in bloom. This part of Partridge Run is rich in a variety of wildflower species, including spring beauties, and possibly hepatica, Dutchmen's breeches, squirrel corn, red trilliums, and maybe some trout lilies. The trail goes along the top of a ravine and past a wetland with birches, hemlocks, and even a view. There is a hill and some uneven, rocky ground near the beginning, then an easier trail with gentle ups and downs.

The primary purposes of Partridge Run Wildlife Management Area (WMA) are for wildlife management, wildlife habitat management, and wildlife-dependent recreation. This WMA consists of about 4,500 acres of upland and wetland habitat in Albany County. There are numerous trails in the area, including some trails which are also part of the Long Path.

Most of Partridge Run WMA is forested with natural stands of northern hardwoods composed of maple, ash, and yellow birch, as well as hemlock. Several hundred acres of spruce and pine plantations were planted during the 1930s and 1940s. There are several hundred acres of fields maintained throughout the WMA. In addition, there are numerous ponds, wetlands, and beaver impoundments located on the WMA. In 2004, Partridge Run WMA was designated as part of the Helderberg Bird Conservation Area. A variety of habitats on the escarpment provide an important area for both resident and migrant birds.

Participants should wear sturdy hiking shoes/boots (ankle support is a good idea) and bring water, bug spray, cell phone, and snacks.

Bio(s): Bob Montione is an environmental scientist who has spent most of his career planning and implementing the cleanup of hazardous waste in the environment in places such as Onondaga Lake and various wetlands and other bodies of water, such as the Hudson River, doing wetland restoration, monitoring fish and water supplies, and more. Jennie Mosher is the Program Director at the Schoharie Library. Bob and Jennie have been hiking and observing/identifying the plants and animals along the way for most of their lives. They live in Schoharie.

Directions: Possibly meet at the Berne Town Park at noon and caravanning to the start point. More specific instructions will be sent to registrants closer to the actual date.

### F61 Bridge - Learn and Play

*Sandy MacKay*

Min 4

***Fridays ongoing 10-noon beginning Feb. 6***

Community Library- Pgm room

Join our group to learn, relearn, or just to play Bridge. Bridge is FUN, and . . .  
Bridge is to all other card games as Chess is to Checkers – engage your brain!

Participants should bring: Your brain and your social skills

Directions: 110 Union Street, Cobleskill, NY

## **F62 Reading to Children for Fun and Learning**

*Gail Wentworth*

Max 25

***Fri., Mar. 13; 11 am - 12:30 pm***

SUNY-Cobleskill: Holmes Hall 228

Reading to children is a time to bond, have fun, instill a love of literature, and teach in an informal way. Participants will learn what the science says about learning to read, from infancy through childhood and how to use those principles while reading to their favorite young audiences. A wide selection of picture books will be available to review, critique, and practice reading aloud for pleasure and for teaching/learning.

Bio: Gail is a former preschool and elementary school teacher (USA and Europe) and has been teaching Early Childhood studies in higher education for over 25 years. One of her areas of expertise is early literacy development based on current research into the "science of reading".

## **F63 Tips and Tricks for the Home Gardener**

*Elizabeth Brown*

***Fri., March 13; 1 - 2:30 pm***

Cornell Cooperative Extension- Cobleskill

Join the Schoharie County Master Gardener Volunteers for a fun hands-on workshop. Topics may include different methods for seed starting; proper watering techniques, how to plan your garden, and a "show and tell" of our favorite tools. Bring your gardening questions!

No fee, but please register early so they can have enough materials on hand.

Bio: Master Gardener Volunteers have completed training through the Cornell Cooperative Extension program on research-based best practices in various aspects of home gardening.

Directions: Cornell Cooperative Extension Office on South Grand Street in Cobleskill

## **F64 The Brain as a Toaster**

*Susan Emerson MD*

***Fri., Mar. 20 at 2 - 4:30 pm***

Zoom

The brain is one of two organs whose product (behavior) is observable by those around us (the other is skin). We'll discuss the brain's inputs and outputs in health and disease, including the vocabulary you need to discuss them with others, ways to decide whether your brain is working the way you want, and how you can adjust its function if it displeases you. (And we'll spend a few moments on what to do if you see that someone else's 'toast' is burning...) This is a repeat of her Oct 2017 talk, with some updates.

Participants should bring the ability to use Zoom, and a computer with a screen large enough to see slides.

Bio: MD since 1994, board certified in Family Medicine

## **F65 Hydroponics - An Introduction**

*Chris Cash & Melissa Brechner*

Max 20

***Fri., Mar. 20; 10:30 am - noon***

SUNY-Cobleskill: CANR Room 040

This course will feature an introduction to hydroponic growing systems, and the hydroponic vegetable production industry in New York. We will have a tour of the hydroponically grown tomatoes in the SUNY Cobleskill greenhouses as well as a tour of our Conservatory plant collection.

Bio(s): Dr, Emeritus Professor & SUNY Assistant Professor in Plant Science. Instructor for Hydroponics 300 level college course.

Directions: SUNY-Cobleskill, CANR Bldg, Rockland Lane, Cobleskill, NY

## **F66 Freshwater Mussel Conservation at SUNY Cobleskill**

*Andrew Gascho Landis*

Min 5 / Max 20

***Fri., Apr. 10; 1 - 2 pm***

SUNY-Cobleskill: CANR 114

Freshwater mussels are nature's water purifiers. Come hear about all the benefits they provide to stream and river ecosystems and their wacky reproductive techniques. Unfortunately, the majority of freshwater mussel species are increasingly uncommon because of the negative way that humans have treated our waterbodies. Learn about ways that researchers at SUNY Cobleskill are working to help understand and restore local freshwater mussel populations. This course will include a tour of the freshwater mussel propagation lab and the trout hatchery in the Center for Agriculture and Natural Resources.

Bio: Andrew Gascho Landis is a SUNY Cobleskill Associate Professor of Environmental Science and Brian Hefferon is Instructional Support for Fisheries at SUNY Cobleskill.

Directions: SUNY-Cobleskill, CANR Bldg, Rockland Lane, Cobleskill, NY

## **F67 Redefining Rich - Shannon Hayes of Sap Bush Hollow Farm**

*Shannon Hayes PhD*

Max 10

***Fri. Apr. 17; 1 - 3 pm***

CUMC- Golding Lounge

Shannon Hayes is a prominent local author and advocate for sustainable living, known for her works on agrarianism and community development. Against the odds, the Hayes family built a business that lets them live abundantly, spend time with family, and enjoy the gifts of nature. In her book 'Redefining Rich', Hayes reveals the best lessons she's learned for taking an alternate path, whether it lies in rural America, in the 'burbs, or the heart of the city. Join her in person for a provocative and interactive question and answer discussion based on her views of the fundamentals of sustainable wealth, omelet economics, quality of life statements, and the gift of time (Yes to No).

Website: [www.sapbushfarmstore.com](http://www.sapbushfarmstore.com).

Suggested prerequisite: Obtain and read a copy of the book *Redefining Rich* (published 2021); available in bookstores and on-line.

Bring your questions, including how you might apply some of her ideas to your life or with others

Bio: CEO, Chef, Author, Radical Homemaker...Shannon holds a PhD in sustainable agriculture and community development from Cornell University and a bachelors in creative writing from Binghamton University. She is the author of seven books, including *The Grassfed Gourmet*, *Radical Homemakers* and *Redefining Rich*. Shannon's latest book, *Redefining Rich: Achieving True Wealth with Small Business, Side Hustles & Smart Living*, released from BenBella Books in August 2021, was the winner of a Nautilus medal.

Directions: 107 Chapel Street, Cobleskill, NY

## **F68 VV- In Search of Ancient Greece**

*Kathy Livingston & Kathy Slater*

***Fri., May 1, 2 - 4 pm***

Cornell Cooperative Extension- Cobleskill

Join the Kathy's as they share an overview of one their adventures this past summer as they explored the 'highlights of Ancient Greece'. They experienced the rugged ruins and monuments to the various gods and goddesses worshiped by the ancient Greek peoples and learned about the history and cultures of the ancient Greek world. Highlights include ascending the Acropolis and visiting the Parthenon above the city of Athens, hiking up to various temples to Zeus, Apollo, Athena, Poseidon, the Oracle at Delphi, the ruins of the original Olympic site at Olympia, the Ancient Theater of Epidaurus, and others. The foods, wines, more recent history, and even a cooking lesson and a 'beach day' were part of the Greek experience.

Directions: CCE, 173 South Grand Street, Cobleskill, NY

## **F69 Learning to Interpret our Dreams**

*Yolanda Koumidou LCSW*

Min 4

***Fri., May 8: 10 - noon***

CUMC- Social Hall

You will learn to work with your dreams. Through dreams, the unconscious offers accurate messages about where you are in your life and where you need to go. Learning to decode your dreams will help you understand yourself better and the course of your life.

Participants should bring: notebook and pen

Bio: 30 plus years as a psychotherapist, international presenter and retreat leader. Author of two books and six poetry collections.

Directions: 107 Chapel Street, Cobleskill, NY

## **F70 Metal Detecting Primer**

*Chris Keefer*

Raindate= 5/15

***Fri. May 8; 2 - 3:30 pm***

Town Hall- Carlisle, NY

Chris Keefer has been metal detecting for several years in and around Schoharie County. Her presentation will include slides of special "finds," equipment, tales, and how-to, in case anyone wants to get the metal detecting bug. After the slide program, the group will head outside to try out detecting some targets.

Bio: Author, teacher, birder , retired teacher, town historian and detectorist, Chris Keefer has presented many fun classes for SCHOOL.

Directions: Carlisle Town Hall, 541 Crommie Road, Carlisle NY

## **F71 Hike the Cliff Escarpment Above Middleburgh**

*Steve Babbitt*

***Fri; May 22; 12 - 4 pm;***

Raindate= 5/29

Near Middleburgh, NY

Hike this forested section of the Long Path hiking trail, which features panoramic Schoharie Valley views and a birds-eye view of Middleburgh's village streets below. The route descends from midway up Cotton Hill, transiting along the top of The Cliff's escarpment where the views occur, then descends to the valley floor and ends on a residential street in Middleburgh. The owners of the private property parcels that the trail crosses have granted permission for hiking trail use. The path is nearly level and easy hiking for a 1-mile stretch along the top of the escarpment, but the rest of the journey is more demanding: there will be a net elevation loss of 900 ft for the 3.7 mile distance (meaning extensive mild to moderately-steep downhill hiking, mainly on wood roads with good footing).

But wait, there's more: view the pinksters (wild azaleas) in bloom! Before beginning the hike, we'll first caravan to a location on Cotton Hill Rd known to still have pinksters. Note: The plan is to shuttle cars to the ending point, leave some cars there, then car pool to the pinksters and then the starting point on Cotton Hill.

This route is described as a portion of Section 32 in the Long Path's website guidebook, but we will proceed in the downhill direction to lessen the exertion and detour briefly off the trail on a woods road to avoid the 'Lemon Squeeze' hands-and-feet scramble (unless you are daring!). The views and the Spring flora beckon.

Participants should wear sturdy hiking shoes and bring water, bug spray, cell phone, snacks.

Bio: Steve is a member of the Long Path North Hiking Club and a Trail Maintainer for a nearby portion of this long distance hiking trail.

Directions: Meet at Timothy Murphy Park in Middleburgh, to organize shuttle cars and car pools. Car pooling will be necessary due to limited parking spaces. Some shuttle vehicles will need to be parked at the ending point of the hike, the cul-de-sac of a residential Middleburgh village street. More specific directions will be sent to those who register for this hike.

## **F72 Inner Eaters - Befriending the Parts of Our Personality Who Overeat**

*Yolanda Koumidou LCSW*

Min 4

***Fri., Jun 12, 10 - noon***

CUMC- Social Hall

You will learn how to identify, befriend and control better the parts of your personality who tend to overeat. You will gain a better understanding of how these parts develop and take over, causing us to carry weight which does not belong to us.

Participants should bring: notebook and pen

Bio: 30 plus years as a psychotherapist, international presenter and retreat leader. Author of two books and six poetry collections.

Directions: 107 Chapel Street, Cobleskill, NY

## **F73 Gilboa Museum & Sunken City Cidery**

*Kristen Wyckoff*

Raindate= 6/27 10:30-1:30

Min 2

***Fri., June 26 at 1 pm***

*(Cidery opens at 3 pm)*

Gilboa, NY

Old Gilboa was once the largest town in Schoharie County, until it VANISHED!

Join us to investigate what the village looked like and what happened to the people. The construction of the Gilboa Dam and the Schoharie Reservoir is forever tied to the reshaping of this entire area. The Juried History Center is an expanded wing of the museum dedicated to the history of the region and the peoples who lived there over the centuries.

Journey even further back in time and view the museum's extensive collection of fossils from some of the oldest trees in the world, from when this area was a Devonian period forest.

The Juried Barn next door contains a growing collection of local historical and agricultural tools and implements, and the wraparound museum deck provides visitors a place to sit, enjoy the view, and eat lunch after visiting the Museum.

Afterwards, take a quick trip (1 minute) down the road to the Sunken City Cidery and sample some of their many flavors and variations of this local apple product. There also is usually light fare available, or you can bring your own snack or lunch. The Cidery often has some food trucks and live entertainment.

**Fee:** No fee, but donations are always appreciated at the museum.

Directions: Gilboa Museum is located at 122 Stryker Road, Gilboa, NY 12076. The Cidery is at 193 Stryker Road (you can see it from the museum).