

May 2019

A little paper big on community

FREE

Neighbors



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AN EVENING OF MUSIC & INTIMATE CONVERSATION WITH:

STEVE KATZ

GUITARIST & FOUNDING MEMBER OF
BLOOD, SWEAT & TEARS

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Looking Up:

Sounds of the Night

By Bob Grindle

Laying very still, staring up at the night sky... It's one of the few comfortable nights of this year's spring so far and the leafless trees allow for a much bigger view. I hear a soft rustling in the air overhead, probably over toward the garden. A moment later, there is the call of an owl, rather rapid-fire and more bark-like than the more full-throated, long and drawn out call that many people think of when they think of owls. This is a Barred Owl. Another owl hoots into the dark, somewhere down by the well. They're probably staking territorial claims as well as hunting; their families are no doubt growing by now, and feeding their brood is a full night's job. I recall a few years back when my wife and I would listen to the call of a Great Horned Owl in the late winter--that's the softer, more full-bodied call I mentioned. One evening, while listening to the eerie, almost magical, hoots, a shot rang out somewhere downwoods. It wasn't till early spring, after the winter's deep snows had melted, that we found the carcass, by then just a bunch of feathers, on a walk along the property boundaries. One person's treasure can be another person's target.

I'm easily distracted. I came out to look up into the endless canopy of night sky and now I'm filled only with the exotic smells of Spring. Common forsythia doesn't really have a smell, but white forsythia does. Some daffodils and tulips a bit. Not so much the crocus. But ah-hhh, the smell of rain and dirt and intoxicating soft aroma of things decaying back into the soil. There's also a whiff of the chicken pen mixed with the much more pleasant grittiness of wood smoke. Add the cool chill of night air on the skin and you can almost taste the night. Laying here looking up, it occurs to me that every sense is engaged and

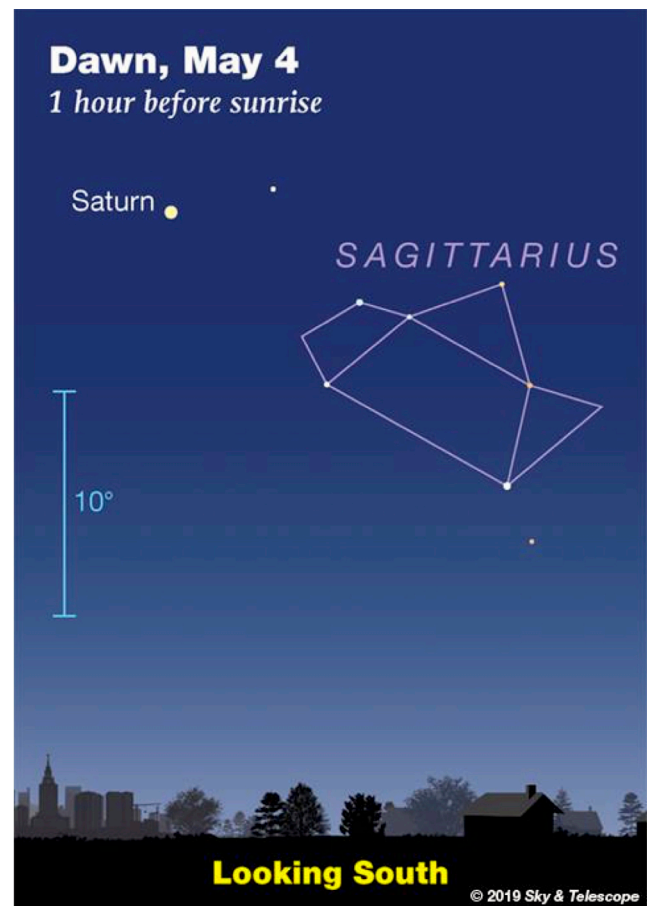
the very fact of being part of our world is to be distracted. My mind pulls back to the brightness of a not-quite-full pink Moon. The apple blossoms are not quite there yet, but the peach trees are going crazy with blossoms and smells.

Back to the sky!

Just before dawn on the 2nd of May—that should be about 5 o'clock—you'll be treated to a sorta bright Venus just above the very thinnest sliver of Moon, a gem in a fragile dish in the very, very low eastern sky. A few days later, as the first full week of May begins, an hour or so after sunset about 9pm in the western sky, the rising crescent Moon will be just above Aldebaran, the red eye of Taurus on Monday the 6th and just a bit to the left of Mars on Tuesday the 7th. Mars will be in the evening sky all month, and by the 19th again looking west after sunset, our red, neighboring planet will be in Gemini, just below the twins Pollux and Castor. If you've ever seen the movie "Mad Love," there's a charming scene in the beginning when the two lead characters are looking up into the night sky near Seattle and reflect on the magic of the legends of how the constellations got their names.

By the eighteenth of May, the full Flower Moon washes out a lot of the stars and Jupiter and Saturn dominate the late night/early morning sky. In the southern sky, Jupiter will be to the left of a nearly full Moon in the early-early morning of the 20th, and Saturn will be in that spot on the 22nd, at the same early hour of the morning (or should that be late hour of the night? It probably depends on the generation in which you were born.)

There are times when I believe, like Henry David Thoreau, that it's not what you look at that matters, it's what you see. So don't simply look up. The stars and planets and Cosmos will be there long after the age of mankind--the Anthropocene if you will--has passed. In looking up,



allow yourself to be amazed, not only by the stars of the show, but also by the set of the stage and the backdrop and the audience of one and the atmosphere in the theater, and try to understand that astronomy, geology, geography, biology, ethnology, psychology, morality, religion, economics, politics, and war all have much to say about what we see when we look up... or out! Be well and enjoy the season.

Bob Grindle is a Windham Hospital Retiree who recently graduated from ECSU, concentrating in Astronomy.



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MAY 4, 2019
(JAZZ)
JUNE BISANTZ & ALEX NAKHIMOVSKY
"LOVE'S TANGO"
A CD RELEASE EVENT
SATURDAY, 7:30PM

MAY 18, 2019
(SPECIAL PROGRAM)
AN EVENING OF MUSIC AND INTIMATE CONVERSATION
STEVE KATZ
FOUNDING MEMBER OF BLOOD, SWEAT, & TEARS
SATURDAY, 7:30PM

MAY 19, 2019
(BLUEGRASS)
GRASS ROUTES
"BUFFALO NICKEL, LIBERTY DIME"
A CD RELEASE CONCERT
SUNDAY AFTERNOON, 4:00PM

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- 06/07: AN EVENING WITH SPIRITUAL MEDIUM, MAURA GEIST
- 06/08: "INTUITIVE YOU" WORKSHOP WITH MAURA GEIST

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May 7th | 6:30pm

"BLUEGRASS PROJECT"

Every 1st Wednesday!
May 1st | 7:00pm

"TALENT SHOWCASE"

Every 2nd Wednesday!
May 8th | 7:00pm

"SOCIAL DANCE" w/KELLY MADENJIAN

Every 2nd Thursday!
May 9th | 7:00pm

EC-CHAP FILM SERIES

"Basquiat" (R). 1996.

Friday, May 17th | 7:30pm

"EC-CHAP INFORMATION EXCHANGE MEETING"

Tuesday, May 14th | 7:00pm



Eastern Connecticut Center for History, Art, and Performance, Inc.

Cover photo: 4.27.19. My morning routine includes brushing teeth over kitchen sink while watching all kinds of birds, red and grey squirrels, chipmunks and a rabbit seek their breakfasts. All was quiet on this recent Saturday morning as a beautiful bobcat searched for prey from atop a crumbling stone wall. I watched him for 15 minutes before he turned away and toward the woods. Tom King photo.

This is our time on earth.
What are we doing with it?

Neighbors
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- The Purpose of Neighbors:
- To encourage reading
 - To provide a place where ideas, writing, artwork and photographs of area residents can be shared
 - To encourage people to get involved in their communities
 - To begin to solve national and global problems on a local basis
 - To provide useful information
 - To serve the inhabitants and environment of our region

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Springtime is for Love

By Loretta Wrobel

It happens every year and it still catches me by surprise. No matter how many years it happens, the thrill is always there. This year it happened, unbelievably, while trash picking.



What started as a huge overwhelming task with lots of grunt work ended in an astonishing turnaround which left me awed and filled with happiness.

In late March and early April our town organized trash-cleanup days to encourage our residents to assist us in keeping Ashford free of litter. We have several well-traveled roads in Ashford, and as the snow melts, all the detritus appears like a cancerous growth. Naturally, since we live in Connecticut, the first weekend we selected, it snowed! We managed to squeeze in a few good pick-up days between rain/snow showers, and gathered up people who were appalled when they began walking the roads of Ashford.

Our troops filled at least 125 bags of trash. Several other Ashfordites were walking their roads to declutter the roadways of bottles, plastic wrappers, car parts, cigarette butts and packs, alcohol containers—especially those ubiquitous nips, and newspapers in their blue plastic bags. So much plastic—everywhere! Unfortunately, the litter-free environment quickly becomes spoiled as cleanup is a year-round activity.

As I climbed up on the banks and tromped into the valleys along the roads, I felt some dissatisfaction and disgust at all the junk that collects along our roads. Just as I was moving into a rage at humanity in general, a pickup truck stopped, a good Samaritan grabbed a few of our filled trash bags and threw them in the back of his truck! He ended up chatting with me, picking up the bags we had already filled, and turning around to drive back to the transfer station.

My whole mood shifted. I was able to see the beauty of our town and understand that there are concerned and eager-to-help folks. It just depends on where I look. After my encounter, I remembered that as I sauntered along the road, several drivers shouted, "Thank you!" to me. Before, I was focusing on the stuff that was polluting our environment and not focusing on what a wonderful environment I reside in.

The last day of our trash weekends, I was again treated to an outpouring of goodwill and generosity. As I finished up work for the day, another pickup truck pulled up next to me. The young neighbor informed me that they,

John and Cameron, would be picking up our trash bags. They did just that. I thanked them exuberantly, and they replied, "No, thank you for doing all the work!" I was so proud of my town and the good people who live in the town, that I was singing when I returned home. It was then I realized I had fallen in love. Again. I heard the birds singing and saw the beautiful crocuses opening.

I drove to the other site we had worked on, and guess what! Those trash bags had been removed, and the road was sparkling. This story could have been titled, "The Case of the Missing Trash Bags!" However, there is more to tell so I will continue.

Every year around March or April, it hits me when I least expect it. One year it was a baby barn owl wobbling on a tree branch outside my house that got me. Another year it was a deer looking me in the eye. Recently, it was a wild dinner dance celebrating the flourishing arts in our town. I fall in love every year in the springtime.

It never fails and I never feel it coming. It gives me a bounce in my step, a flutter (healthy not the dangerous kind) in my heart, and puts a big grin on my face. Everything seems lighter and doable. I guess it is my New Englander soul waking up from the cold and dark of winter.

Spring is such a thrill. Not only mother nature, but everyone gets busy, sadly including the teeny black flies. All systems are a go, and we bustle around, buy manure, put in seeds and seedlings, and feel those muscles we haven't used in a while. Maybe it is that we all have been holding our breath until we know the snow is over and the frost is gone.

The farmers markets will soon be opening. Ashford Farmers Market is starting up on May 12th. The Arts Council has a dinner dance, the Hungarian Club is rocking, and the Ashford Dairy Bar opens. We are filled with gratitude for surviving the challenges of winter storms, power outages, and raging winds. Yes, life is good as I approach my 75th birthday.

I especially want to thank all the volunteers who helped pick up the mountain of litter from our roads. Pamm Summers deserves special applause for her enthusiasm, passion and hard work. I also want to thank the Last Green Valley for helping fund our project this year, as well as The Ashford Business Association (ABA.) I offer my deep appreciation for the wonderful souls that went out of their way to run around and pick up our trash bags, and triggered my "falling in love" syndrome for this spring of 2019. I bow in deep gratitude.

I am elated to be living in this special town, and absolutely delighted to have fallen in love again. I can only wish the same for you, and may spring keep you dancing.

Young Mansfield Activist To Host 'Plastics' Workshop

By Carol Davidge

On May 3 in Eastford, you can learn how to save the oceans with the leadership of 15-year-old Sena Wazer of Mansfield who's been an activist for clean oceans since age five. According to the Natural Resources Defense Fund, Sena "gives us hope for the future." Sena will bring "A Plastic Ocean" workshop to Eastford on May 3 at 6:30pm in the Eastford Town Office Building's lower level, accessible from the Eastford Elementary School Parking Lot, 12 Westford Road, Eastford, CT 06242. The event is free and open to the public. For information contact: 860-341-2077 or www.townofeastford.org.

Sena's activism began when she was five years old and her father, Edward Wazer, gave her a copy of "Ibis: A True Whale Story." Ibis was a young whale that escaped from one of the massive ocean fish nets.

Then Sena learned that most whales and other marine mammals caught in those nets die there.

"I cried for three days. Finally my dad said, 'Well, if you don't like something, then do something about it,'" recalls Sena. She learned about

the Cetacean Society International, an all-volunteer organization based in West Hartford, CT. With guidance from CSI, Sena began teaching other young nature lovers about the plight of



Sena Wazer of Mansfield. Photo by Edward Wazer

whales and other sea animals that die after consuming plastic bags. Sena's latest project is "A Plastic Ocean," an interactive program to help people learn how to reduce plastic consumption in the hope of reducing plastics in our oceans.

Over the past 10 years, with the help of her father and mother Raluca Mocanu, Sena has traveled to the U.S. Capitol to meet elected officials, became President of CSI's Youth Group, and Co-director of Communications for the Sunrise CT hub, which is part of the larger Sunrise Movement that works to make climate change an urgent priority across America. She interacts with politicians, researchers and NGO's (non-governmental organizations), organizes public outreach events, makes public service announcements, does fundraising, and has worked as an educator on a whale watching boat in her efforts on behalf of cetaceans and the environment. In 2019 in her home town of Mansfield, CT she helped pass a plastic bag ban. She is finishing her last semester at Manchester Community College, after which she will transfer to UCONN.

For additional information about Sena and the work of CSI, go to www.nrdc.org/stories/13-year-old-gives-us-hope-future

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Willimantic, Now and Then

“Have Fun!” Voices Still Ring Out for Community

By Mark Svez

“Have fun!” We often say this when friends are heading off to vacation or a party. These are occasions when we all expect and want people to have fun. This is still true, even in these Calvinistic, or should I say Capitalistic, early years of the 21st Century. But these words were a mantra for my old friend Tony Clark. During the years we ran around together, I heard ‘em dozens of times every day. And surprisingly, we did manage to have fun most of the time.

Imagine my surprise when another old friend sent me a photograph of one of the bricks in Willimantic’s Memorial Park, which had written on it: “Tony and Kathy Clark – Have Fun.”

When I got that photograph from Randy McMahon, I was tickled. When he confirmed it was in Memorial Park, I was surprised I hadn’t seen it. I have casually read some of the bricks while at the playground with Miriam, our granddaughter. It was disappointing to me that Tony and Kathy’s names hadn’t jumped out at me like the long lost friends they are. In my world, where magic dances in the corners, I would have expected something different.

After thinking a little about this, I decided there might have been some of that old Willimantic Magic involved here after all. I have been thinking a lot about Tony these last few weeks. The 10th anniversary of his death is this summer. I have been seeing his face and hearing his voice everywhere. A couple weeks ago I played a CD (made for me by yet another old friend!) of Tony and Kathleen singing some of the old songs they loved so much. I have their voices in my head, as I once had them in my life, and I am enjoying it.

So, I wonder. Did my old friends work together to send me a little brightness and some advice that is as good now as it ever was? I have lived and loved and had fun in Willimantic for long enough to believe my friends are looking out for me.



I believe magic happens in Willimantic because we live in the powerful turbulence of people caring for one another. Randy was part of a magic circle. He knows I loved Tony, and he cares about my happiness. That is the secret ingredient, the “eye of newt” in the cauldron of community magic. We care about each other.

And then there’s the fun. That is the other secret ingredient. I still hear Tony’s advice: “Are you having fun?” he would ask. “If you are, keep doin’ it. If you’re not, stop.” We certainly had a lot of fun. Along with hearing Tony’s voice, I can still hear laughter rippling along the streets and backyards, and through the pubs, of course. People still laugh when they hear stories of the craziness we got up to in those days.

We were jesters at times. We might



Tony and Kathy Clark.

Contributed photo.

have been our community’s conscience or even its prodigal children, but this community was always at the center. It has been my family, always making a place for me at the table, even when I misbehaved.

Someone in Tony and Kathleen’s circle cared enough at some point to support this playground, buying a brick to memorialize them. Randy came along almost 10 years after Tony died and took a picture, sending it to me. I have been thinking about Tony and Kathleen, reveling in the memories. All in a day’s work. Right? I call it community, and I think it’s magical.

Mark Svez, now (mostly) retired, has been a journalist, activist, teacher and self-appointed knight errant in Willimantic for the last 45 years. You can read more of Mark’s writing at www.WillimanticToday.wordpress.com

Moose Alert!

By Angela Hawkins Fichter

I learned that a neighbor, this spring, had a moose in his yard on North Bigelow Road, Hampton, CT. That’s right, not too far from you. I had already heard that a moose was seen in Goodwin forest near the pond on Route 6. I thought, oh well, moose like to browse in shallow water, so what. But seen near my yard, miles from Goodwin? So I asked the neighbor about it. He said the moose was in his yard and went down to the Little River, dragging this neighbor’s horse fencing with it and leaving behind some enormous footprints. He had to rebuild his horse fencing.

I looked up moose on Google. It’s the largest member of the deer family and weighs 1800 pounds. I got worried when I saw it was in the deer family, because I have a flower garden which deer love to pester and eat. So I asked Google if moose would eat a flower garden or a vegetable garden. The answer was, “What do think dummy, it’s a giant deer and will eat whatever a deer eats.” Boy did that send a thrill of fear through me. Deer usually eat your garden at dawn or dusk, when there is less chance of being seen.

A year ago at noon I looked out my window and saw a small herd of deer eating my phlox. I ran outside yelling at them and waving my arms and saying I would hit them if they didn’t get out of my garden. They merely looked at me mildly, as if to say, what is this, and kept eating until I got within 10 feet of them. Then they trotted away. Well, I asked a girlfriend who once lived in Maine if I could pull the same scare away tactic on a moose or two. She said, not if you want to live. They will charge you and trample you. I pondered and then asked her, what if I stand on the landing at the top of my outside stairs that go down to my patio, which patio is near my garden, and yell at them. She said they would charge me, and if I closed the door in time to escape them, they would throw themselves against the door. These are obviously not pacifist members of the deer family, but rather, radical terrorists.

Not long after the neighbor’s moose incident, *The Chronicle* had an article about moose. It said that a moose/car collision is 30 times more likely to result in a human death than a deer/car collision. That’s probably because the other deer are less violent than the moose.

So I asked Google again, what will keep deer out of my garden? Turns out there is on the market a certain kind of blood meal that moose hate. Lasts for 6 months. Want to know the name? Contact me and volunteer to help me in my garden for one half hour, and I will give you the name. In the meantime, when you see a moose, do not honk at it, yell at it, or swear at it, or we may have to attend your funeral.

The Dye & Bleach House Community Gallery

By Rebecca Zablocki, Director

With the inaugural show up and running, EC-CHAP’s new community gallery space is bringing an exciting new opportunity to the area for both artists and art lovers alike. The Dye & Bleach House Community Gallery is a platform for artists of all levels, ages and media. Set in the main common area of our historic mill building, this display space is in the company of art studios, small businesses and the Gardiner Hall Jr History Museum. The community gallery space is open on Saturdays from 10am-2pm for the duration of each exhibition.

The Dye & Bleach House Community Gallery Grand Opening Exhibition will be on display until May 25, 2019. This show consists of work by four talented local artists, all of whom have drastically different styles that complement one another tremendously.

The soft rendering in the observational pastel drawings by Martha Ennis, (above right) create small black and white



snapshots of architecture within our very mill.

Brush strokes and strong contrast in the acrylic paintings of Lisa Zelonka, (right) create a window into a natural and mystical world, emphasizing strong symbols like the human body and other aspects of nature.

Emerging from the walls, wooden burls carved and



paired with found objects by John Starinovich (right) seem to take on a life of their own.

The metal sculptures and chimes by Scott Opperman (lower right) have a heavy sense of purpose all while feeling mysterious and otherworldly.

Each artist on view has travelled a different path, honing in on their talents in different ways and throughout different times in their lives. We hope that artists and art lovers will be

inspired by this new collaborative space and the art work within it. Young and old, just starting out, reentering the world of art, or experienced artists – we invite artists of all levels. We hope that everyone that steps foot in the Community Gallery will gain inspiration or appreciation for the arts, and perhaps decide to submit some work of their own, to be on display!

Each show in the D&BH Community Gallery will be on view



for the duration of 8-weeks. Artists are chosen by EC-CHAP and curated to pair with the work of other artists or groups of artists whose work complements one another.

We welcome submissions by students or community groups and encourage everyone to visit the gallery.

Each Saturday volunteers, includ-

ing the artists whose work is on view in the gallery space are part of the efforts to provide open hours for the public. We are also considering expanding open hours to a weekday morning. If you have an idea for a group show or would like to be included in a future show, please contact us via e-mail communitygallery@ec-chap.org



Financial Literacy, From Start to Finish

By James Zahansky,
AWMA®



Each month, we have discussed financial planning topics integral to any well-developed financial plan. So far, we have discussed the importance of beginning with the end in mind, tax considerations for your financial plan, and unique challenges women may face when saving. Last month throughout April, as a part of Financial Literacy Month, we talked about the basic principles you should understand in order to attain financial freedom and be able to achieve your “Live Well” financial life goals. Go to www.whzwealth.com/air to hear last month’s podcasts with advice for both novice, and experienced investors.

Our Plan Well, Invest Well, Live Well™ process is a unique and strategic plan to help guide you toward your financial life goals from the beginning to the end. Let’s map out the major considerations and other important strategies for any individual’s financial plan.

Plan Well

In the first phase, it is important to begin with the end in mind. If you don’t know where you want to go, then how can you get there? It is important to understand first, what it is you want to achieve so you can develop a plan with specific steps to achieve them. Breaking down your goals will make it clear on what things you may need to change or the trade-offs you will need to make to accomplish those goals.

At this stage, it is critical to understand the emotional considerations as you develop a strategic financial plan. For example, will you be able to sleep at night with a riskier strategy in order to achieve your goals sooner? If not, then you may need to be comfortable with waiting longer to achieve your goal and investing more moderately.

The young investor is in the best position to save and invest. Their greatest asset is how much time they have over the long-term. The power of compound interest will yield a much greater benefit to the investor who starts early. To illustrate, a \$5,000-dollar investment at a 7% interest rate will grow to over \$85,000 in 42 years. If they waited 10 years to make that investment, it may only be worth \$40,000 (assuming a 7% growth rate). This investor loses over half of their potential earnings just because they missed the first 10 years.

The lesson here is - carefully consider your priorities and life financial goals. The earlier you begin this process, the more likely you will be able to take advantage of the power of time and compound interest.

Invest Well

After you have developed a strategic plan, now comes the execution of the strategy. In this stage, you should consider how certain investments assist you in accomplishing your goals in different ways. For the pre-retiree, this stage is important to clearly understand the goals and overall financial picture. This investor usually will be at their peak earning years in their career, but they also have other factors to consider. For example, they may have children thinking about or enrolled in college.

During this time, we talk about how your resources are being distributed and protecting your income, staying on track with your goals, and watching your investments closely. Strategic wealth management is not a static process. Life evolves and you

need to be able to make adjustments to react to changes in the environment or your own life.

A well-developed portfolio should also be diversified. Diversifying is a way of managing risk, it can offset your losses and balance each other out so if you can be more comfortable when one investment is not performing. A helpful tip to coach yourself is to think long-term, the earlier the better as demonstrated by the young investor. Historically, market data generally shows us that growth is achieved over the long-term. Although there might be downfalls, over time there is a better chance that they are able to recover.

It may also be helpful at this point to seek council from a trusted partner. Looking for help from a financial advisor can make a huge difference in your level of comfort and confidence in your strategy. Hiring a professional whose job it is to watch trends in the markets may provide a better perspective simply because they are able to spend more time watching and responding to it.

Live Well

By this point, we are no longer looking at what your dream life looks like or how to get there. Hopefully, it has become a reality. After working so hard to lay out a plan and being a disciplined investor, it is time to enjoy the fruits of your labor.

The last stage is a new beginning to living the life you always pictured. This means that you are booking flights to distant places you have always wanted to see, or you are sending grandchildren to college, whatever that dream looked like, it is finally here to enjoy.

However, as mentioned before, strategic wealth management is not a static process. Even in your Live Well phase of life, it is important to revisit your Invest Well strategy to ensure it is aligned to your goals that were carefully considered in the Plan Well phase. Make sure to regularly revisit your goals and plan to ensure there is alignment with your investments and analyze how economic conditions and policies may have affected aspects of your strategy.

We guide our clients through this process as a trusted partner to help them achieve their goals with our unique and strategic Plan Well, Invest Well, Live Well process. We listen to each individual and their unique needs to develop a plan that fits their level of comfort. Our knowledgeable team will help carry out the investment plan and continue to provide you with resources along the way for education and other timely market happenings.

Putting it All Together

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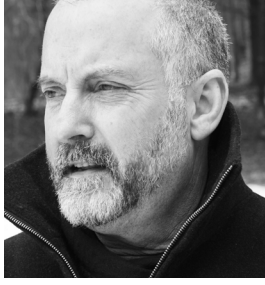
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The Dangers of Yard Work

By C. Dennis Pierce

Ok, enough rain. Now that it is spring, if are like me, you look for the opportunity to finally clean up your yard or garden. Both of mine are a mess. One of the first steps that I did last Monday, was to do some trimming. During a misty drizzle, I took out my loppers and worked on some vines and an old dwarf apple tree that was badly infected. Cutting a one-inch diameter branch, it snapped back and struck me in the right eye. Yes, I know that you should take precautions and wear eye protection, however this was a quick task and it was raining out.



The whack of the branch hurt and I thought that some dirt got lodged in my eye so I stopped my yard work and went inside to see the damage. At this point my sight became a little blurry and looking in the mirror I could see why. My eye had swelled up and the inner lining known as the conjunctiva had swollen to almost cover my iris. Now that is scary. This was probably a great look for Halloween but not for April. Not being able to see well, I contacted my son who arrived shortly afterwards and off we went to the UConn Walk-in Clinic only to be told that injury was a pretty severe conjunctival hemorrhage and that we should find care at Hartford Hospital or Yale Medical. We chose Hartford's ER.

After arriving, the medical staff on duty confirmed that I had a minor scratch on my lens as well as a severe conjunctival hemorrhage. Recovery? At least two weeks with constant doses of antibacterial eye drops and wearing sunglasses to dim the light. I wanted to share this experience with you so that when you are performing yard work this spring you might stop and put on a pair of safety glasses for those tasks that might result in an injury. We only have two eyes and we take them for granted. According to the Doctor at the ER I was fortunate. Another angle or heavier impact I would have done severe damage.

There are several things that I look for in the Spring as they relate to truly, "locally grown". These delicacies arrive early and disappear in a few weeks. These are ramps, which are wild spring onions, nettles and fiddle heads. One item that I have not cooked with that I recently tried is local, wild dandelion greens. Most of us think of them as weeds that take over out lawns but those that pop up in the early spring should not be passed by.

"Dandelion" is an English corruption of the French name, "dent de lion" meaning "lion's tooth", a reference to the tooth-like serrations on the plant's leaves. It was known as lion's tooth in other Latin-based languages in Europe too. Its scientific name is *Taraxacum officinale*. The Genus name "Taraxacum" is thought to have been derived from a Persian word for the plant: "tarashaquq". It was recognized and used by Persian pharmacists around 900 A.D. (Thanks, Wikipedia.) The species name "officinale" derives from the Latin "officina", an office, store-room or pharmacy. Dandelion is recognized for a number of medicinal properties.

Digestive Bitter: Aids in the secretion of digestive juices, and stimulates the parasympathetic nervous system, putting the body into a relaxed state which is helpful with digestion.

Alterative: Improves body's health and function by increasing elimination of metabolic waste from skin, liver, kidneys, lymph, and bowels.

Diuretic (Leaf): Promotes production of urine as well as water excretion.

Cholagogue: Stimulates the gallbladder, aiding in the production of bile.

Hepatic: Supports the liver.

Anti-lithic: Prevent the formation of calculi or gravel (stones) in the urinary system.

Please note eating a dandelion can cause allergic reactions when taken by mouth or applied to the skin of sensitive people. People who are allergic to ragweed and related plants (daisies, chrysanthemums, marigolds) are likely to be allergic to dandelion. If you have allergies, be sure to check with your healthcare provider before applying or consuming dandelion. Dandelions in the kitchen can be made into wine, tea, jellies and jams or the flowers added to baking. There are numerous recipes on the internet that can be sourced.

So be adventurous and walk out to your yard and harvest some spring dandelions. Make sure that area that you are picking your leaves has not been treated with

fertilizer or chemicals. Wash well and follow the following recipe for a refreshing healthy treat. I find it very humorous that we can find dandelion greens in most of our grocery stores and local Co-op but we have them right outside and we have never harvested them. In preparation, keep in mind, dandelion greens are known for their bitter taste and vary in their degree of bitterness, especially wild versions. I find that adding a little hot vinegar or apple cider vinegar right at the end of this dish helps take away some of the bitterness.



Wilted Dandelion Greens Salad

Ingredients:

Large bunch dandelion greens, rinsed of dirt and rough chopped with stems
2 tablespoons olive oil
5 garlic cloves, sliced thin
1 teaspoon crushed red pepper
1/2 cup vegetable broth or chicken broth
2 tablespoons pine nuts or substitute another nut that you might have on hand.
Juice from 1/2 lemon
Salt and pepper to taste
Splash of cider vinegar and hot sauce

DIRECTIONS:

Heat olive oil over medium heat until shimmering in a saucepan. Add the garlic and crushed red pepper. Cook, stirring frequently just until the garlic starts to brown. Add the chopped dandelion greens in and toss well to coat. Pour in the broth and simmer, stirring occasionally over medium heat until the broth is almost completely absorbed. Toss in pine nuts, lemon juice, then add the vinegar and mix to incorporate. Serve hot or warm as a side dish — or make it a meal by serving with a couple of fried, poached eggs or hard-boiled eggs.

Enjoy

Over the years I have come to appreciate that most people eat to live. I have realized that I live to eat! If you enjoy this column please take the opportunity to let our editor Tom know. *Neighbors* can also be found online at <http://neighborspaper.com> There, not only can you read my prior columns and source local recipes, you can find great stories, local information and much more. If you have a suggestion for a farm or a local grower or even a recipe that could feature a local ingredient, please let me know. I will do my best to share this in a future column. Drop me a line at Codfish53@Yahoo.com. Peas be with you...

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Common Sense Car Care

By Rick Ostien

This month I am going to talk about something different. I was having breakfast last week and started thinking about how long I've been repairing vehicles. My thoughts took me on a journey through time and I especially thought about how our trade has changed in the past 50 years that I've been a part of it. The industry or should I say the business world has changed too. We used to be called mechanics and now we are auto technicians.

Years ago the mechanic was the person that actually repaired or rebuilt parts for the car you drove. The generator or alternator, the starter, the carburetor, brake master cylinders, wheel cylinders, and brake calipers are just a few of the parts that the mechanic rebuilt. Today the biggest problem is that it is less expensive to buy a replacement part than it is to rebuild the part. The other problem is that some components cannot be serviced and they have to be replaced. This makes it sound like we have turned into people who replace parts, well not necessarily. The problem with the vehicles of today is that they have become more complex and their repairs have too. The mechanic or technician needs to understand the theory or workings of the area that he or she is trying to repair. This can be quite an undertaking, particularly if the vehicle has lasted longer than industry expectations. There are often many common parts that are not available because of the age of the vehicle. So a 7 year or older car or truck may not be able to be repaired with a new part. It may have to have a used or rebuilt component installed to keep the vehicle on the road.

The mechanic or technician needs to be certified in some way. The new car industry certifies its own technicians. They send their technicians to school to work on their particular brand of vehicle. Some independent repair shops are certified by A.S.E., or the Automotive Service Excellence program. A.S.E. is a nationally certified institute which was started in the 1970's. The A.S.E. certification is only good for 5 years. So this means that the technician has to retest to stay certified. Clinics and workshops are available to these technicians so that they too can remain current and continue to recertify.

The cost of my first toolbox and its basic tool set was around \$700 to \$800. That was in the late 1960's. Now a starter set will cost a technician around \$3000. The purchasing of tools and equipment really doesn't stop there either. A technician is constantly buying tools. This can be difficult at times due to the fact that a lot of new car tools aren't available to an independent repairer. When the tools do become available the cost can be staggering. Many new tools used to repair today's computerized cars and trucks begin their cost in the hundreds of dollars and it just works its way up from there.

I'd like to leave you with a little story that happened to my son last month. He was having his hair cut at a local establishment and the person next to him was complaining about the price of repairs on his truck. The stylist cutting my son's hair asked what the labor rate was at our repair shop. My son answered the question and received this comment from the person, "What do you people think you are doctors or something?" I'll leave you with this thought. The next time you use your brakes, whose hands did you put your life in?

Happy Motoring!!!

Rick Ostien is the owner of Franc Motors in Willington.

Music Scholarship Available

Submitted by Ruth I. O'Neil

Scholarship applications are now available for the 2019 Song-a-Day Music Fund Scholarship. Area graduating high school seniors who are pursuing further study in the area of music are eligible to apply. Home-schoolers are also welcome to apply. This year's award is in the amount of \$200. The application deadline is June 15, 2019. The scholarship recipient will be announced on or around July 15, 2019. An application can be obtained at songadaymusic.com, by emailing scholarship@songadaymusic.com, or by calling 860-742-6878.

The Song-a-Day Music Scholarship and Music Fund are managed by the Song-a-Day Music Center in Coventry, CT. The fund has been in operation since 2008 and since then has awarded thousands of dollars in scholarships as well as providing assistance to practicing musicians and music programs. For more information on, or to make a donation to, the Scholarship or Music Fund, contact the Song-a-Day Music Center at 860-742-6878 or songadaymusic.com

Time to Make Noise About Noise

By Delia Berlin



I just learned, from an article in the April 2019 issue of *The Atlantic*, that hearing loss is the third most concerning public health crisis of our times. After the opioid epidemic and obesity (including diabetes and other conditions associated with it) hearing loss is now affecting one quarter of Americans aged 20 to 69. Many of these individuals are not yet aware of diminishing hearing, a condition that used to be rare in people under 60, but is now common starting at 40.

Apparently, this public health crisis is almost entirely due to ambient noise conditions, and therefore entirely avoidable. The *Atlantic* article focuses mainly on leaf blowers and other garden equipment, particularly pernicious pollutants that are now banned or restricted in more than 100 American cities. But it got me thinking about other problematic noisy situations that I have experienced in the recent past.

At the top of my list is concert band volume. My husband and I like to dance and often attend live music events. I've never thought about logging a formal complaint about noise level in those situations, because one tends to accept that the very high volume is par for the course. We simply attend equipped with ear plugs, stay only for the first set, or leave earlier if the loudness becomes too painful. Occasionally, though, the volume becomes ridiculous.

For example, last year we attended the inaugural concert at the Shaboo Stage in Jillson Park in Willimantic. Peebo Bryson and Jose Feliciano were the two main attractions. Sadly, Peebo Bryson's band was so painfully loud that even getting as far from the stage as the park size allowed, we suffered. Yet, we stayed through the intermission, determined to leave immediately if Jose Feliciano's band was equally loud. Fortunately, it wasn't, and we thoroughly enjoyed the second part of the concert.

That experience seemed to prove that excessive loudness is not a necessary ingredient for concert enjoyment. On the contrary, it could very well be what turns a potentially enjoyable experience into sheer torture. What is the rationale behind that custom? Is it possible that the musicians do not notice the excessive volume because, over time, they have rendered themselves deaf? If so, someone should tell them. Just like some health authority issues permits for food served at public events, officials could watch over our collective wellness and put a limit to these decibels.

Another situation that comes to mind involves eateries. I won't name names, but there are a few places that I would patronize much more often with friends, if we could talk over their strident grinding machines. I don't know if these machines are blenders, ice chippers or coffee grinders, but what I know is that when they are turned on, conversation becomes impossible until they fully stop. These noisy episodes, in turn, can take several painful minutes and be repeated at frequent intervals.

At these establishments, I have brought the problem to the staff's attention. I don't enjoy complaining, but when local businesses are involved, I consider it a personal responsibility to help them succeed. I know that what bothers me, will also bother others. Perhaps it's presumptuous of me to think of my gentle complaint as "a favor" that may help a business keep its customers, but that's the spirit in which I offer it. However, reception is not always positive.

With respect to these establishments, I realize that such machines must be essential and that their use during serving hours must be unavoidable. So, my advice has included creative solutions, such as: "could you possibly build a partial sound-proof enclosure for these machines?" or "could these machines be moved to a more distant area of the kitchen?" But from the answers I have received and the actions that followed, I came to realize, regretfully, that my best option was to increase my own distance to such kitchens. It was almost like my advice was actually falling on deaf ears.

Conversely, some local restaurants have taken steps to reduce ambient noise. Several popular eateries have added soft baffles in walls and ceilings to reduce echoes and reverberations. Look up at the ceiling above the Main Street Café main dining room and you will see many green "lily pads" made of soft green fabric for that very purpose. CaféMantic and Oriental Café also have replaced some hard wall hangings with padded ones, with similar goals in mind. Kudos to these places – they listen to customers while they still can.

And with the arrival of spring, I would be remiss if I don't mention motorcycles, scooters and cars with

blasting speakers... We do have a noise ordinance in town, but is it enforced or even enforceable? Occasionally, I have thought about reporting these offenders, but I've never followed through. It always seemed silly to report something moving so fast that by the time the call was answered, it would be too far away to pinpoint.

We get used to noise and it becomes part of our landscape. At night, in darkness, our minds continue to monitor ambient noise, allowing us to sleep soundly through familiar background and arousing us when something is out of the ordinary. Even birds produce soft noises or "contact calls" during sleep to communicate to nearby flock members that all is well. Having grown up in a big city, I remember clearly that for a few weeks after I moved to the country, I would wake up in a panic in the middle of each night. It took me several days to realize that what was startling me awake was the silence.

Younger generations may be at heightened risk of hearing loss by their constant, unrestrained use of ear pods. According to the National Institute of Health (NIH), it is estimated that as many as 17 percent of teens have some noise induced hearing loss in one or both ears. These teens may engage in particularly risky recreational activities, such as "listening to MP3 players at high volume through earbuds or headphones" in addition to background exposure.

The NIH states that repeated exposure to sounds at or above 85 decibels can cause hearing loss. The average decibel ratings of some familiar sounds are, for example: normal conversation, 60 decibels; heavy city traffic, 85 decibels; an MP3 player at maximum volume, 105 decibels; sirens, 120 decibels. We may get used to excessive background noise, but like contaminated water or polluted air, it is harmful. Its effects are cumulative and permanent.

Some of the potential problems associated with uncorrected hearing loss include headaches, stress and high blood pressure. Studies also have linked untreated hearing loss to depression, fatigue, social withdrawal and memory problems. Poor hearing also affects our safety, since we may not hear warning sounds to fully inform our behavior. Undoubtedly, good hearing is a precious gift, even if just because there are birds and frogs to be heard, rain and wind to breeze through our ears. It's time we pay attention to excessive noise exposure to prevent ever more precocious and calamitous hearing loss. Please speak up about it – but of course, not too loudly.

Joshua's Trust Events

Saturday, May 4 at 10:00 am in Lebanon - join Deb Russell in identifying beautiful spring wildflowers while hiking the trails of the Pigeon Swamp Preserve. Trails meander through upland forests and skirt a swamp, marsh and pristine pond. Hikers will also enjoy seeing the foundation of an 18th -19th century Grist Mill and home. Sign up at activities@joshuastrust.org

Sunday, May 5 at 2:00 pm in Mansfield, the Atwood Farm will host a May Pole Celebration. Enjoy listening to the Mansfield Middle School Fiddlers while you dance around the May Pole. Sign up at activities@joshuastrust.org

Saturday, May 11 at 8:00 am in Ashford, join a bird walk stepping off at the Church Farm Preserve on Rt.89. The walkers will be looking for "Mama Bird". Sign up at activities@joshuastrust.org



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Trees: Remove and Replant

Submitted by Faith Kenton

The Quiet Corner of Connecticut shows up on Google Earth as tree-covered, with small cleared areas of town centers or playing fields, some commercial and academic complexes, and rivers coursing their way through the landscape as they always have. If you zoom in, you see dots of houses and churches, farms with barns, and old mills beside their waterfalls. Zooming out, closer to Hartford or Worcester or Providence, shows bigger highway interchanges, spiraling housing developments, large asphalt-covered shopping centers and commercial sprawl, with rooftops everywhere.

We are an “off the road” area, away from the major traffic of Interstates 91 and 84, with their big box explosions at every exit. Our roads are generally two-way, curvy, somewhat narrow, and many are posted as “scenic.” They can be a challenge to people used to driving at high speeds on divided highways, passing at will on a near straightaway of freedom. Our roads can be difficult to follow on a misty, rainy night where the edges blend with the darkness because there are no street lights. A driver’s best bet is to look for the white guide line along the right hand side, and to slow down to avoid the skunks, squirrels, deer, turkeys, and even turtles trying to cross the road. It’s a SCENIC road – so enjoy it.

What else makes these byways scenic, aside from the curves and the farmhouses and the frequent ponds and brooks, is the tree cover, the canopy. Broken up by a driveway leading to an old family home or a side route, the road is lined with a New England variety of old growth tree cover. Each season shows off its stars. After a winter that highlights the evergreens, often with snowy decoration, the deciduous trees are now budding and pushing out their leaves to fill in the roadsides with stretching branches to complete the forest face. The snow is gone; the roadsides now show flowering shrubs, native weeds, or young scion trees growing under older tree stock.

However, this idyllic picture of our roads is changing. Old roadside trees are falling or being removed as dangerous to drivers. Some roads are being straightened or widened. Others are now sites for home developments with mandated sidewalks and crosswalks, and perhaps turning lanes. Rural sites are sought after as being cheaper locations for gas stations or personal businesses. And in all these processes, lots are cleared and trees come down. As Kurt Vonnegut used to say “So it goes.”

Can we replace these trees? Generally speaking, no. But let’s think REPLANT WILLIMANTIC. What we can do is take a hard look at our town centers and what has happened to the trees on our Main St., Maple St., Oak St., and those called Linden, Beech, Birch, Pine, Quercus, Ash, Elm, Chestnut, and Walnut – these streets all named a century ago in Willimantic. Most of these streets no longer have their eponymous trees. The factors driving their absence are the old age of the trees, damage due to drought or pests, or destruction from heavy storms in the winter or summer. One new factor is fear that trees are “dangerous,” that they will fall on a house or car, that they will destroy water pipes, or that a child will climb up, fall, and have parents who will sue the owner into bankruptcy. There is a fear that trees harbor insects that will bite, that noisy birds will get into the chimney or attic, that perhaps they will even host bees’ or wasps’ nests. There is also the new house syndrome, wherein a couple buys a house, and immediately, for some unclear reason, cuts down the trees standing on their new property.

Another factor is Americans’ increasing compulsion for neatness and cleanliness. We have been told by marketers that we have to have perfect lawns. These spacious greenways require fertilizing, weed killer, grub control, mole/vole extinction, aerating, dethatching, irrigating, and the all-important mowing and trimming. Amid all this, trees can be messy, and no doubt mar the image of a perfectly manicured lawn. Seeds, leaves, twigs, branches – who can deal with all that? And all this mess has to be cleaned up, which means working outside in the hot sun or the cold fall wind, leaving the comfort of a recliner and TV. So why should we have trees at all?

There’s a simple reason. Where else does such a small investment pay off in so many ways for so long? For not much money, we get a major return. For starters, our property increases in value, according to real estate dealers, if it has well-placed, healthy trees on site. On the right day for a showing, with trees blooming or in leaf, the curb appeal of the house rises dramatically. It brings to mind

that in colonial days, when family and friends helped a newlywed couple build their house, the last thing the work party did was plant two (or sometimes four) wedding trees across the front of the house. This action signified that this house and the family in it would be healthy, long-lasting, and appreciative of the natural world. As you drive some of the back roads of Windham County, slow down as you pass some of the older homes and look for these very old trees, or more likely now, their stumps.

Another way to assess trees’ economic value is to measure their effectiveness in lowering temperatures during the heat waves every summer and early fall, therefore lowering air conditioning costs. Find a spot bare of trees on a 90 degree day, and see how you feel. Then on the same day, find a spot under a tree canopy. Stand there in that cooling shade and see how much better you feel. Depending on how widespread the canopy is and the presence of any breeze, the temperature can vary by 20 degrees.



Tree planters Yves Kraus and volunteer Patrick. Contributed photo.

On some of the very old farm sites, you can look out onto the field and see one tree, very old and very tall with a spreading crown. In colonial days, the farmer left one such tree in the field for his herd to shelter under from lightning and rain or from a too-hot sun, thereby protecting the value as well as providing for the comfort of his animals. The shade of this tree also made a fine place for farm workers to cool down from building their stone walls or bringing in the hay.

This increased value benefit extends to more urban settings as well.

In areas with trees or varied landscaping, incidents of vandalism or graffiti occur far less than in areas that have been stripped of plantings, leaving only asphalt and brick. Statistics from New Haven show a lower percentage of property damage and violent crimes occurring in high vegetation areas.

Tree cover’s other benefits reach into the health world by cleaning the air. Not only do trees lower the air temperature, their leaves catch particulates in the air that otherwise aggravate people’s breathing. The highest rates of asthma occur in treeless areas. In their aspiration cycles, trees are excellent at storing carbon monoxide, making the air healthier for everyone, and releasing carbon dioxide. Anyone who lives near a river or drinks from a water treatment plant should also be grateful to trees. Their roots suck up runoff rainwater from parking lots, fields, and driveways and clean out the polluting chemicals before they flow into public waterways. Trees can help lessen flooding near rivers by tempering the force of the flood water as it hits the shore. Their roots hold the earthen banks in place, preventing erosion and wider spread of the waters.



Tree planter Scott Clairmont. Contributed photo.

Many towns have had a long relationship with a variety of trees – most have many streets named for trees that aren’t there anymore. This is true of Willimantic which is in its third year of the 325 Trees/Shrubs Project. The project was initiated to celebrate the 325th anniversary of the founding of Windham. Its aim was to plant 325 native trees and shrubs in Willimantic proper, in order to restore part of the former scenery of tree-lined streets, tree-shaded parks, and tree-habitat for native wildlife. Now in its third year, the project has planted more than 325 trees/shrubs, and has included the efforts of other similar groups such as GROW Windham, Willimantic Wildlife Habitat, and local residents and businesses who contributed funding. In September 2017, our effort focused on Memorial Park with 25 sizeable trees planted, plus a dozen others in other town locations. We also marketed 50 American hybrid chestnut trees for private individuals to plant on their own property. In October 2018, we put in a long roadside bed of trees and shrubs in the area of High St. and Lynwood, as a welcome

to town from the highway. In addition that month, we established 4 smaller beds of shrubs at Heritage Park on Main St. by Windham Mills and will add 5 large trees this spring. These projects have been funded by successful grant writing and local fundraising.

Now for Year Three. Downtown Willimantic is readying itself for some changes with many issues being discussed: What is the future of the high school? Do we need a parking garage? Is a Senior Center/Community Center coming soon? What’s happening with Windham Tech? What is the Willimantic Coop planning? What will Jillson Square look like when “it” is all finished? Will there ever be a dog park? Will we ever again see the gazebo? Yes, soon to be in residence at Rec Park.

The 325’s goal this third year is to proceed calmly, to write grants, etc. and work with Public Works to choose good public spots for trees. And to REPLANT WILLIMANTIC. Because we are an old town of limited means, there is scant funding for extras. Trees are truly a bargain - \$100 will get us 50-100 years of all the benefits trees offer, including improved health, comfort, and visual delight. And \$100 isn’t really so much compared to a \$60,000 pickup truck or a \$10,000 trip to Disney World with the grandkids; it just sounds like a lot.

Our first successful grant for Year Three was for \$1,500 from the Connecticut Foresters Association. They give out only 3 to 5 grants a year, but very much liked our approach of restoring some of the urban canopy that has largely disappeared from our old town. With this money, we have bought 5 large shade trees of a variety of native species and re-forest a corner of Jillson Square. In March, the town Public Works Department removed two very old, moribund trees from the Square. Removal is sometimes necessary, and ideally, as in this case, is followed by restoration – REMOVE and REPLANT. Now, with the trees purchased (two red oak, two tupelo, one sweet gum), the Public Works crew under new Director Scott Clairmont, will have these five shade trees in the ground by mid-May.

A second pleasant surprise was that our tree-planting efforts are being recognized. We were told that the Institute of Sustainable Energy has awarded our project a tree of our choice (we chose American Sycamore)

to be planted in town at Jillson Square in conjunction with Willimantic having been certified as a Sustainable CT community: “A tree is a fitting symbol of a sustainable community, contributing clean air, clean water, shade, and natural beauty,” said Lynn Stoddard, Executive Director of the Institute.

We already have plans for much more to do in this third year. We would like to work out an arrangement with a spectrum of professional tree cutters to think REPLANT as well as REMOVE. Considering the age of some of our trees and the effects of recent droughts and pests, the tree cutters will have plenty to do. Perhaps when they have finished removing an old, ailing, and perhaps dangerous tree, they might persuade the homeowner to replace the now-gone tree with a young healthy one – REMOVE and REPLANT. We cannot divert the some say excessive efforts of tree-cutting along roads for power lines setbacks, or DOT sight lines, or clear-cutting large areas around a new building just to have an expanse of grass. We CAN try to persuade property owners and paving companies to leave a healthy green apron around the edges of the parking lot and plant dwarf shrubs, or use permeable material when practical.

Eric’s Tree Service has signed on to this initiative. He understands the value of trees, will trim or cable together ancient branches to extend the canopy life, but will also remove when necessary. He counsels homeowners as to making the right choice of tree, advises as to location. For instance, it’s not a good idea to plant a tree near a sidewalk or under wires that go to a home. His service is announcing in conjunction with the 325 Trees/Shrubs project an initiative in Willimantic to REPLACE-REPLANT a tree that Eric has REMOVED at no additional cost to the homeowner. For more information if you are planning to have a tree removed and wish to plant a replacement, call Eric’s Tree Service in Columbia.

But what about a fourth year? A fifth year? Why not? As we continue to lose trees, the only sensible action is to replace them. The forests, given some time and good luck, will replenish themselves. Town trees will not; they need our help. But with proper thought, evaluation, and choice, there is almost no spot that cannot support a tree.

Please see box on next page.

(My thanks to George Hladky, writer, Hartford Courant for his article published April 14, 2019)



Willington Farm Tour and CT Trails Weekend

By Jackie Kulig

On June 2, from 2-6PM, local Willington farms and the Willington Conservation Commission will host their 3rd annual "Willington Farm Tour" event, encouraging residents to visit local farms and incorporate Willington-grown products into their households. This year's event will also coincide with CT Trails Weekend, an opportunity for residents to enjoy their local parks and trails. The Willington and Ashford Conservation Commissions have teamed up to offer a hike, which will begin at 10AM at the Fenton-Ruby Park on Burma Road in Willington and pass through the abutting Langhammer property in Ashford. Our goal is to make it easy for families to enjoy an entire day outdoors, close by, and hopefully learn a thing or two about our town's abundant natural resources.

One of several town-owned Willington properties open to the public, the Fenton-Ruby Park and Wildlife Preserve is a great place to recreate year-round. The town encourages hiking, picnicking, fishing, boating, bird watching, cross country skiing, and snow shoeing. The park is located at the intersection of Moose Meadow and Burma Roads, about 1.8 miles north of Route 74. To get to the park from the Town Green, go north on Jared Sparks Road for 2.5 miles. Then turn right onto Moose Meadow Road and, after .4 miles, turn left onto Burma Road, the park entrance.

The June 2nd hike at Fenton-Ruby Park will be led by Rick Peck and is scheduled from 10AM-1PM. After the hike, you should have time to grab some lunch, or better yet, bring a picnic to eat by Taylor Pond. The farms will be ready for your arrival at 2PM.

The 2019 Willington Farm Tour is hosted by 5 working family farms, offering their goods through farm stands, CSAs, farmers' markets, pre-orders, online sales, and in-field pick-ups. There are so many options these days to bring the farm to you, or bring your family straight to the farm! The Willington Farm Tour is a great chance to figure out which option works best for you and your family. Whether your priority is a healthful diet, sourcing ecologically-responsible products, incredible flavor, culinary creativity, or supporting your hard-working friends and neighbors, Willington's got you covered.

Willington farms produce a variety of vegetables, herbs, meats, eggs, hay, straw, mushrooms, syrups, jams, jellies, etc. -- similar products to what would have been grown by subsistence farmers during early colonialization. Many farmers and residents in town also make maple syrup, collect wild plants, such as nuts, berries, and greens, and hunt wild game. These practices kept native people fed for thousands of years and are a great way to eat a healthy, seasonal diet, while expanding your culinary adventures.

Sourcing local products can be difficult at times, but your farmers are using 21st century technology and methodology to make it more straightforward for the consumer. Community Supported Agriculture (CSA, farm share) is perfect for customers who want to get their products straight from the farm and make a connection with where their food comes from. This option often lets you choose between several seasonal products each week, while maintaining a commitment to a particular farm/farmer. Weekly pick-ups make eating local a routine, rather than a chore.

Farm stands are a convenient, quick stop for customers who are looking to add some local food to their diet, or to supplement their garden/CSA. In Willington, a farm stand is always closer than a grocery store! Farmers markets give a greater variety of regional products and often provide a fun atmosphere for meeting family and friends. Some farms also offer online ordering and/or delivery. These are great subjects to ask about on June 2!

Your first stop on the farm tour could be Cowlick Farms, located at the junction of Seckar Road and Rt. 74. Ray and Victoria Lee of Cowlick Farms raise chickens on pasture for both meat and egg production. Their self-serve farm stand contains the freshest meat in town, and the most convenient! They have whole chickens, a variety of cuts, chicken sausage, pot pie, soup, broth... and the list keeps growing. Ray and Victoria's freezers also contain:

Fenton River Farm beef! Scott and Heidi Morey run Fenton River Farm with help from several community members and 4-H Willing Workers. Their cows come back with ribbons from many local fairs each year. Scott and Heidi also run Fenton River Veterinary Hospital in Tolland, with a new location opening soon in Stafford. Their farm is located on Moose Meadow Road, about a ¼ mile from Rt. 74. You'll see their bucolic pastures just past their neighbor's farm stand...

Their neighbors being Willow Valley Farm (my farm). Willow Valley Farm is a third-generation family farm, growing a variety of vegetables for farmers markets, our farm stand, and our Community Supported Agriculture

(CSA) program. Julia Cartabiano, her son Spencer, and I practice sustainable growing methods, which include NO GMOs, Pesticides, or Synthetic Fertilizers. Our ½ acre blueberry patch and much of our farm machinery dates back to the 1950s when Julia's parents purchased the farm.

Ghost Fawn Homestead, run by Ken and Cari Donaldson, is located at 142 Tolland Turnpike (Rt. 74). The farm was established in 2015 and provides a variety of vegetables for their CSA program using "beyond organic" growing methods. The farmers and their children also raise a variety of livestock. Ask these farmers what you might expect in a 2019 CSA share, or what it's like to grow up on a farm in Willington!

Last, but not least, is Bluebird Farm. In fact, I think they may have the most variety of farm products available! Carmen and Joe Hall's farm is located at 211 Jared Sparks Road, on 40 acres of field and forest land. They make a diverse selection of jams, preserves, syrups, mustards, marmalades, etc. under their name "New England Spreads". They also raise cows, sheep, turkeys, geese, rabbits, and chickens/ducks for eggs. You may also see some pigs, goats, alpacas... maybe more!

We hope you will give Willington farms a try this season. Even if you've visited us before, you're sure to see something new -- farmers are always coming up with hare-brained schemes to improve for "next year". This is what makes local agriculture so exciting -- the innovation, the determination, the fresh start each spring... and of course the fruits of our labor.

Please feel free to contact me with any questions about the hike or Farm tour: wvfcsa@gmail.com, 860-617-7022

Willington Lettuce Wraps

- 1 lb. ground beef and/or chicken *FRF, CF
 - 3 cloves garlic, garlic scapes, or ramps *GFH, WVF, or wild harvested
 - 1 bunch kale, spinach, mustard greens, etc. *GFH, WVF
 - 1 bunch radishes *GFH, WVF
 - 3 scallions *GFH, WVF
 - 1 butterhead lettuce *GFH, WVF
 - 2 tbsp soy sauce
 - 2 tbsp rice wine vinegar
 - Hot sauce, chili paste, or spread to taste *BF
 - 1 tsp sesame oil
 - 1/4 cup finely chopped peanuts
 - black pepper to taste
 - 2 eggs *BF, CF, GFH
- Optional garnish: cilantro or basil *GFH, WVF

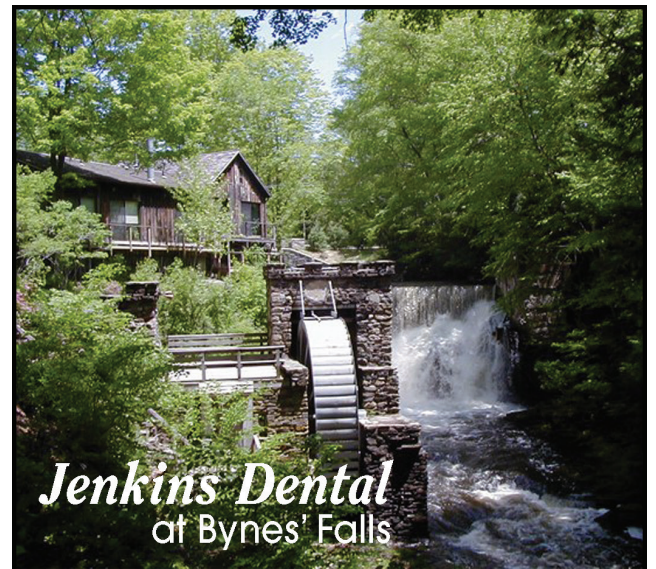
Cook the ground meat, garlic, and kale (or other green) stems on medium in a skillet, breaking the meat into small pieces as it cooks. Add soy sauce, hot sauce/chili paste/spread, peanuts, and black pepper part way through cooking. Once the meat is cooked thoroughly, add the leafy part of the kale/green (chopped) and rice wine vinegar, and stir until the greens are wilted, about another minute. Then stir in the sesame oil and turn off the heat. If you can multi-task, scramble two eggs in a separate pan at the same time. Add the eggs to the stir-fry once they're both finished cooking. Separate your head lettuce into single, large leaves. Wash each leaf, especially down near the stem. Slice radishes into thin rounds, and chop scallions. Scoop small servings of the stir-fry onto individual lettuce leaves, top with sliced radishes and scallions, and wrap it up -- a little messy to eat, but well worth it!

*BF = Bluebird Farm, CF = Cowlick Farm, FRF = Fenton River Farm, GFH = Ghost Fawn Homestead, WVF = Willow Valley Farm

325 Trees/Shrubs Project

If you are interested in furthering our efforts, you may send your tax-deductible donations to the Garden Club of Windham Box 773, Willimantic Ct. 06226. Please put "325 Trees/Shrubs" on the memo line. There are two levels of donation. Every donor's name of \$25-\$99 will be included in a Donor Register including the opportunity to name a person or pet, or a personal milestone, that you donated in honor of.

In addition to our 325 logo by Andrea Wisnews-ki, we also have a beautiful Tree of Life painting on canvas by local artist Maggie Kendis. This painting shows a donor's name painted on a leaf of the tree (\$100-\$300), a branch of the tree (\$301-\$999), or the main trunk of the tree (\$1,000 or more). The highest contributing donor will receive the Tree of Life painting to keep with our deepest gratitude.



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Highway Toll Opposition Strong at Vernon Forum; GOP Alternative Plan Discussed

By Corey Sipe

To toll or not to toll? The answer is “no tolls” from most regional residents and state lawmakers who attended a recent highway toll information forum at the Vernon Center Middle School Auditorium. About 150 people came for the April 11 forum and a few brought large “No Tolls!” signs with them. For northeastern Connecticut commuters and visitors, proposed electronic tolls would impact them personally. A large map from a November 2018 Connecticut Department of Transportation, DOT, study (ct.gov/dot/lib/dot/documents/dcommunications/press_release/ctdot_tolling_report_11142018.pdf) greeted attendees that evening showing five locations proposed for toll gantries on Interstate 84 between Hartford and the Massachusetts state border. They include East Hartford, Vernon, Tolland, Willington, and Union. The study called for 82 toll gantries to be installed every 6.6 miles on I-84, 91, 95, 291, 395, 691, and Routes 2, 8, 9, and 15. Today, Democratic Governor Ned Lamont wants 50 toll gantries to be installed on I-84, 91, 95 and Route 15. He hopes to use revenue for transportation infrastructure improvements such as roads and mass transportation.

“Could I see by a show of hands who here is in favor of tolls?” State Representative Laura Devlin (R-134) asked those at the forum. She was joined by State Senator Henri Martin (R-31). They serve as ranking members of the state Legislature’s Transportation Committee. Only a few raised their hands in favor of tolls. “Who here is not in favor of tolls?” she questioned and most raised their hands. “Who is just not sure?” Rep. Devlin asked, with less than 10 hands going up. She and Martin voted against three toll bills, Senate Bill 423 and House Bills 7202 and 7280, that passed the transportation committee down party lines in March; Democrats in favor and Republicans against. The GOP said it conducted what was one of the largest populations participating in a survey regarding Connecticut tolls in the past 12 months. Residents who followed Republican House and Senate members via e-mail and Facebook were asked “Can you, your family, and neighbors afford 82 tolls?” It received more than 11,000 responses from Republicans, Democrats, and independents. “The answer may not surprise you; 90 percent were not in favor and 10 percent were,” Rep. Devlin said. The survey occurred weeks after the DOT released its study.

Toward the end of the forum and outside the school’s auditorium; several residents were interviewed by the *Neighbors* paper on their thoughts about tolls and the forum. Coventry resident Tom Dombrowski came with his four young sons and wanted to “give them an idea of how government works.” He called tolls the “worst plan, it’s awful.” During the forum, Devlin said that if tolls were erected, those in Vernon commuting to New Haven could pay \$4.31 round trip, \$21.56 a workweek, and \$1,121.12 a year during peak hours. “Congestion pricing is Connecticut’s only tolling option,” Rep. Devlin said, which means higher rates during rush hours to discourage travelers from using highways during that time. The DOT study suggests weekday peak hours of 6 a.m. to 9 a.m. and 4 p.m. to 7 p.m. Those traveling during off-peak hours from Vernon to New Haven could pay \$3.45 round trip, \$17.25 a workweek, and \$897 a year. Those rates include a proposed 30 percent savings for Connecticut EZ-Pass holders and a 20 percent savings for frequent commuters. It is equal to 3.5-cents-a-mile during peak periods and 4.4-cents-a-mile during off-peak periods. “These are just illustrative; they are not real. No matter what discounts we talk about, no matter if we are talking about 82 gantries, 53 gantries, or less than 50 gantries, the big number is never changed, they are still after \$1 billion (annually),” Rep. Devlin explained.

Tolls are estimated to “cost \$300 to \$400 million to install and \$100 million annually in operations including new state employees, a command center, and (customer) service centers,” she said. Speaking outside the auditorium were Vernon residents Kathy and Bob Sumislaski, a retired couple living on a fixed income. “Why pay more for peak times? To me it’s greed. Maybe less people would be against it if there was a lower rate,” Kathy said. She questioned how many out-of-state vehicles travel Connecticut highways. Supporters say that tolls would capture \$400,000 annually from out-of-state drivers, 40 percent of those using the highways. The DOT study recommended out-of-state drivers be charged up to

11.8-cents-a-mile during peak periods. During the forum, Devlin said that federal law prohibits states from having tolls only at state borders or tolling only out-of-state vehicles. In a handout at the forum, Connecticut Senate Republicans reported that the state receives money from out-of-state truck drivers via per-mile costs, that federal gas

Rep. Davis, who represents East Windsor and Ellington, explained that Prioritize Progress only “bonds for essential projects” such as transportation infrastructure and school construction. It would not include funds to build soccer stadiums and splash pads or further renovations to the XL Center in Hartford. In a written statement, Rep. Ackert, whose district consists of Columbia, Coventry, Tolland, and Vernon, said “The (toll) proposals put forward would be a huge tax increase on already burdened working families and businesses. An average family commuting on I-84 and I-91 would end up paying hundreds of dollars more in taxes per year. The burden of tolls will fall hardest on Connecticut residents who will be on the hook for around 60 percent of the revenue brought in. I am disappointed that Governor Lamont’s proposed budget undoes reforms made in the bipartisan budgets passed in 2017 and 2018. His proposal to move revenues away from the special transportation fund will make it insolvent and hurt our ability to repair our highways. No one disagrees that maintaining and improving our transportation infrastructure is a priority. However, I think it is



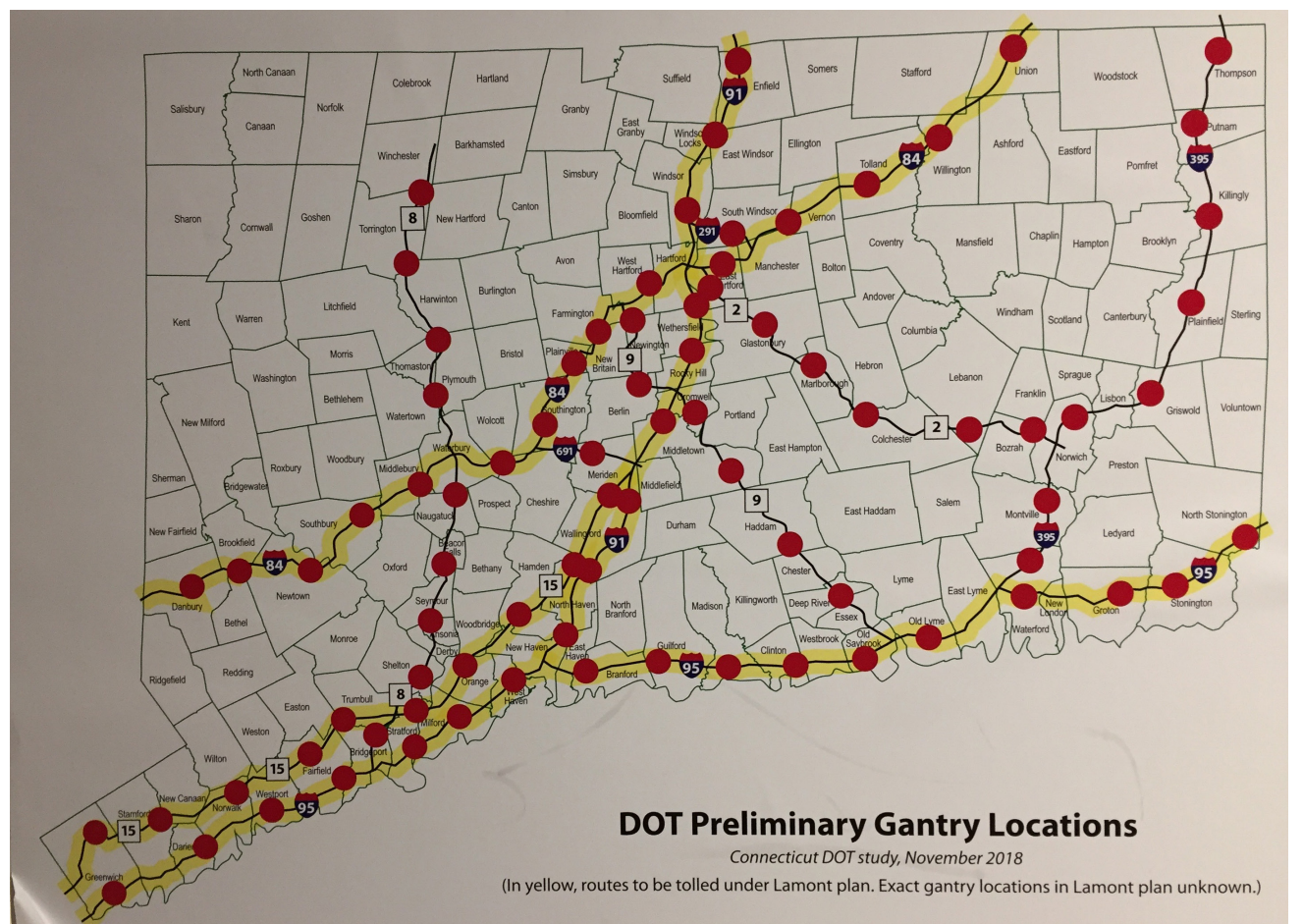
Rep. Kurt Vail (left) listens while Rep. Christopher Davis (center left) answers a constituent question. Rep Tim Ackert (center right), and Sen. Dan Champagne (right), listen to constituent feedback. Corey Sipe photo.

tax dollars benefit Connecticut more than toll states, and that out-of-state drivers may refuse to pay toll bills they receive in the mail. “To get out-of-state drivers to pay tolls we would need reciprocity with other states to bill drivers who travel through Connecticut,” the report stated. Some at the forum said that they would take alternative routes to avoid tolls. Bob said, “It would cost more time and more gas. What will you lose and how is that compared to the toll?” He said he is leaning toward favoring tolls because transportation costs would be shared with out-of-state drivers.

An alternative plan was discussed during the forum. Sen. Martin said that the Prioritize Progress (ctsenaterepublicans.com/prioritizeprogress) plan “stays within the bonding cap, it requires no tolls, and guarantees a steady, predictable flow of revenue for the DOT.” It is estimated to provide \$65 billion for transportation infrastructure over 30 years. Annually, he said that it

necessary to find efficiencies and use our current resources more effectively before we ask taxpayers for even more of their hard-earned money.”

After the forum, Scott Kozuch, of Coventry, asked “How does anyone not see this as the final torpedo to sink the ship that is Connecticut? This will disincentive businesses.” Heavy weight out-of-state trucks could pay 47.3-cents-per-mile under the DOT study. Vernon resident George Smith called the forum “very interesting. There was a lot of information presented,” adding that he is against tolls. Rodney Fournier, who serves as the chairman of the Bolton Republican Town Committee, said that he was “quite impressed” by the forum. He called tolls an “unfair tax.” Vernon resident Robert Tubbs said, “If the State of Connecticut budgeted their money appropriately, they wouldn’t need tolls.” Multiple sources confirm \$650 million slated to go into the special transportation fund between 2011 and 2017 was diverted to the general fund.



The DOT study in Nov. 2018 proposed installing gantries at each dot. Lamont has modified the proposal to only include highlighted routes which are I-95, I-91, I-84, and Route 15.

utilizes \$750 million in special tax obligation bonds, \$732 million in federal funding, and \$700 million in general obligation bonds. It relies on no tax increases. A portion of Prioritize Progress was part of the bipartisan budget passed in 2018. It will be implemented for the next two years allowing the state to have \$100 million more annually for transportation infrastructure projects.

A panel of lawmakers, who are also against tolls, representing residents in Hartford, Tolland, and Windham Counties were present at the forum to answer constituent questions. Those included State Reps. Tim Ackert (R-8), Christopher Davis (R-57), and Kurt Vail (R-52), as well as State Sen. Dan Champagne (R-35).

Lamont said that he wants to redirect funds from the state’s 8 percent motor vehicle sales tax out of the special transportation fund and into the general fund.

Vernon resident John Young said that tolls are “basically not the right way to fund everything. It’s a fishing net over the state.” Marlene Michaud, of Vernon, said, “I agree with tolls, but I disagree on the number that they plan to do,” explaining she supports less toll gantries. During Lamont’s gubernatorial campaign, he promised tolls for trucks-only but later said it would not generate enough revenue. Rhode Island installed trucks-only tolls on I-95 which is being challenged in court.

continued on next page

Our Community Calendar

Compiled By Dagmar Noll

Ed. note: The calendar begins here and winds its way through the paper.

May 1, Wednesday

Yoga: All Levels Vinyasa with Alexis, 7:00a.m. - 8:15a.m. \$12. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic.

Yoga: Yoga for Beginners, 8:30a.m. - 9:45a.m. \$12. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic.

Yoga: Advanced Yoga Practices with Blanche, 10:00a.m. - 11:30a.m. Donation. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic.

Hike: Relaxed Ramble, 11:00a.m. - 1:00p.m. Easy to moderate walk. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP. Goodwin@ct.gov

Live Music: Still Pickin' Band (Bluegrass), 6:30p.m. \$10, "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African Rhythms, all ages, all levels. Drum provided if needed. BENCH SHOP, 786 Main St, Willimantic. Info: 860-423-8331

May 3, Friday

Yoga & Meditation: Kundalini Yoga with Gajinder, 9:00a.m. - 10:15a.m. \$5-12. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic.

Environmentalism: A Plastic Ocean with Sena Wazer, 6:30p.m. Eastford Town Office Building, 12 Westford Rd, Eastford. Info: 860-341-2077 www.townofeastford.org

Yoga: Candlelight Restorative Yoga and Grounding Practices, 7:00p.m. - 8:30p.m. \$15. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic.

May 4, Saturday

Tag Sale: Annual Town-Wide Tag Sale, 7:00a.m. throughout the day. \$1 maps available at Pomfret Community School and Christ Church (521 Pomfret Street), Pomfret.

Tag Sale: Benefit for the Mill Museum, 9:00a.m. - 1:00p.m. 246 North St, Willimantic. Info: 860-456-2178

Books: Book Sale, 7:00a.m. - 12:00p.m. Pomfret Public Library Used Book Sale, Pomfret Community School Cafeteria, 20 Pomfret Street, Pomfret.

Books: Book Sale, 9:00a.m. - 4:00p.m. Mansfield Library, 54 Warrenton Rd, Mansfield.

Hiking: Identify Spring Wildflowers & Hike, 10:00a.m. Pigeon Swamp Preserve, Lebanon. Register: activities@joshuastrust.org

Healing: Sacred Sound Awakening, 1:00p.m. - 3:00p.m. \$35. Bhakti

Center, 750 Rear Main Street (Riverside Drive), Willimantic. Register: www.schedulebliss.com/index.php/bhakticenterct

Community Food: Artisan's Day at Storrs Farmer's Market, 3:00p.m. - 6:00p.m. Spring harvest and local artists and craftspeople. 4 S Eagleville Red, Storrs. Info: http://www.storrsfarmersmarket.org

Live Music: June Bizantz & Alex Nakhimovsky (Jazz), 7:00p.m. \$25. Show and "Love's Tango" CD release party. "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/

May 5, Sunday

Yoga & Meditation: Sunday Sadhana with Genessa, 9:00a.m. - 10:15a.m. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic.

Books: Book Sale, 9:00a.m. - 3:00p.m. Mansfield Library, 54 Warrenton Rd, Mansfield.

Nature: Phenological Walk with Carrie Crompton, 1:00p.m. - 3:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP. Goodwin@ct.gov

Environment: WAIM Spiritual Earth Day Celebration and Interfaith Worship, 1:00p.m. - 2:00p.m. Windham Mills State Heritage Park, 322 Main St, Willimantic. Info: www.facebook.com/WindhamInterFaithCommunity sheilabamdur@gmail.com

During the forum, Rep. Devlin said that several revenue streams go into the special transportation fund. They include the 25-cent gas tax (30%), sales and use tax (21%), petroleum gross excise tax passed onto consumers (19%), motor vehicles receipts tax (15%) licenses, permits and fees (8%), and a DMV tax (5%). The remainder 2% comes from interest income and federal grants. The purpose of the state's special transportation fund is to pay debt service on bonds for large-scale transportation projects, she explained, but only 40 percent goes toward it. "We don't pay for transportation projects literally from the special transportation fund," Rep. Devlin said. 43 percent goes to the DOT. "About \$400 million of that are the bus and rails subsidies out of DOT and the rest is operating expenses," she explained. 12 percent goes toward pensions and benefits for DOT and Department of Motor Vehicles (DMV) employees with the remainder going toward DMV, Department of Energy and Environmental Protection (DEEP) workers compensation and other administrative costs. For more information, watch the forum at youtu.be/2JQwDQiuYY.

The Vernon toll forum was one of 20 information sessions held throughout the state so far this year. Others in Eastern Connecticut have included East Hampton, Groton, Killingly, Norwich, and Old Lyme. The toll proposal would also be impactful for southeastern Connecticut. A DOT study map shows five gantries are proposed for I-95 between the Connecticut River and the Rhode Island state border, in Old Lyme, Waterford, Groton, Stonington, and North Stonington.

Sen. Heather Somers (R-18), who hosted the Groton forum on April 8, said it was attended by over 200 area residents. "It's very clear that people are upset. The people feel their voices are not heard," she said. "They consider it a tax and are not confident that the state will put money in a lockbox. They don't want tolls on highways. I represent a district where people have to travel a distance to find employment," Sen. Somers said. Her district includes Griswold, Groton, North Stonington, Plainfield, Preston, Sterling, Stonington and Voluntown.

Lamont said that those with Connecticut EZ-Pass and utilizing a frequent commuter discount could be charged \$1.22 for a round trip between Old Lyme and New London during peak hours, \$6.10 a workweek, and \$317.20 a year. For off-peak hours, they could be charged \$0.98 for a round trip, \$4.90 a workweek and \$254.80 a year. Northcentral Connecticut would be impacted with three proposed toll gantries on I-91 between Hartford and the Massachusetts state border, including Windsor, East Windsor, and Enfield. State Rep. Tami Zawistowski (R-61), hosted toll information forums in Enfield and Windsor in April. Her district includes East Granby, Suffield, and Windsor. Rep. Zawistowski said that "even at 50 gantries, we're going to be the highest tolled state in the entire country. We are also the only state that has applied to the federal government to add tolls to existing highways. Others have been grandfathered in or were built as toll roads."

Rep. Devlin sees tolls as more than a partisan issue. She said by phone that those against tolls are "in every demographic you could think of," adding that most

who have attended the toll forums are against tolls. "A lot of people don't understand the scenarios, those who are in favor the most will financially benefit," Rep. Devlin said. She pointed to a Mar. 15, 2019 Hartford Courant article "Confidential Proposal by Political Consulting and Lobbying Firms Would Try to Sell Lamont's Toll Plan to Legislators, Citizens," (courant.com/politics/government-watch/hc-pol-lender-lobbyists-toll-game-plan-20190315-plarsq5lkbznzav5d3jgc33y7e-story.html) and an Apr. 8, 2019 Yankee Institute for Public Policy article "Tolling Study Consultant is a Member of an International Tolling Advocacy Group" (yankeeinstitute.org/2019/04/08/the-fitch-files-tolling-study-consultant-is-a-member-of-an-international-tolling-advocacy-group). Devlin said that Democratic legislators are under enormous pressure from their leadership to vote in favor of tolls. However, she believes there are not enough votes for a tolls bill to pass.

The three toll bills are likely to be condensed into one. It is slated to go for a vote in the House and Senate before the end of this year's legislative session on June 5. If both houses do approve a bill and Lamont signs off on it, it would need final approvals by the Federal Highway Administration (FHWA), Connecticut DOT, and the state Legislature's Transportation Committee. Devlin said the state would need to prove to FHWA that the plan would include toll rates high enough to force traffic off highways during peak periods to reduce congestion. She fears rates could be much higher than estimated by Lamont and could include all state highways. It could take four to five years to implement tolls and seven years to achieve expected revenues. The public is welcome to attend the next scheduled toll forum by Devlin and Martin on May 6, 7 p.m. to 8:30 p.m., at the New Britain Senior Center, 55 Pearl St., New Britain. Regarding tolls, they encourage residents to call their state representatives and senators, write letters to the editors of their local newspapers, sign up for "Toll Alert" e-mails by visiting cthousegop.com/tolls, and join grassroots efforts like the nonpartisan group No Tolls CT. Patrick Sasser, founder of No Tolls CT, said by phone that his group has "taken the time and effort to educate people on toll issues. We are quite pleased with the momentum we have been building."

At press time, almost 100,000 Connecticut taxpayers have signed a petition against tolls and 18 town governments have passed non-binding resolutions against tolls. The group has had over 40 protests and rallies throughout the state, each averaging between 50 to 100 attendees. No Tolls CT will have five more protests in May including two in the Neighbors Paper coverage region. One will take place in East Windsor, across the street from the I-91 exit 44 ramps, May 4, 11 a.m. to 1 p.m. Participants are asked to park at Walmart. Another will be in Norwich, at the junction of West Main Street (Route 82) and New London Turnpike, May 11, 12 p.m. to 1:30 p.m. Parking will be available at several locations including the East Great Plains Fire Department, across the street in an empty parking lot, and various shopping area parking lots. They will also host a large Save Our State (S.O.S.) Connecticut Rally at Connecticut State Capital Park, 210 Capital Ave., Hartford, May 18, 12 p.m. to 3 p.m. A schedule of events will be posted on notollset.org.

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HISTORIC VENUE FOR PERFORMANCE & EVENTS

May Performances & Upcoming Special Events!

By EC-CHAP

Does anyone have a “Slow-Down-The-Time-Machine”? We’ve been escorting in Spring, and all of a sudden we’re now approaching June and the end of our 2018-2019 Performance Season...

We would like to thank all of those who have joined us for our programs! Your support has allowed us to continue to provide high quality performances to our region.

We have an impressive mix of Talent joining us this month beginning on May 4th with the CD Release Event of “Love’s Tango” featuring jazz artists June Bisantz and Alex Nakhimovsky. This original Project brings together an incredible mix of musicians, instrumentation, and intersection of rhythms - all wrapped around the silky smooth vocals of June Bisantz.

May 18th brings a unique evening of music and intimate conversation with Blood, Sweat, and Tears founder Steve Katz. This represents a rare opportunity to get close and personal with a gentleman that has influenced blues and rock music of the 60’s, 70’s, and beyond. Listen to his music, ask questions, and hear the intriguing behind the scenes life stories Steve will share of an era that has made musical history. This is an event not to miss!

Sunday afternoon, May 19th brings the return of local Bluegrass sensation, Grass Routes with their new CD Release, “Buffalo Nickel, Liberty Dime”! This project is the culmination of timeless composition featuring original works by mandolin player, Tim St Jean, and his wife Vicki Baker.

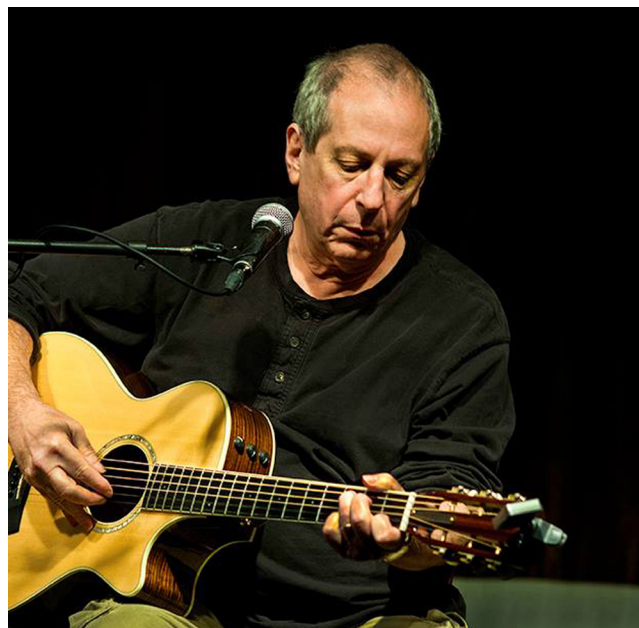
If you haven’t participated in our recurring monthly programs, please visit us this month for: “Readings at The Mill Works with Brian Sneed” (1st Tuesday) – May 7th Featured Readers Christine Kalafus and Michael Pontacolon; “Bluegrass Project” (1st Wednesday) – May 1st Featured Artist “Still Pickin’ Band”; “Talent Showcase” (2nd Wednesday) – May 8th; “Social Dance with Kelly Madenjian” (2nd Thursday) – May 9th; and our Monthly Information Exchange Meeting -Tuesday, April 14th.

We’ve included more details about May’s events below and encourage you to visit our website for additional info, artist bios, soundbites, videos, and additions: www.thepackinghouse.us/upcoming!

Peace,
EC-CHAP Board

EC-CHAP SPECIAL EVENT

An Evening of Music and Intimate Conversation with Steve Katz. Saturday, May 18th, 7:30pm.



STEVE KATZ has played on an enviable string of recordings during the 1960s and ‘70s in acoustic folk, jazz, blues, R&B, hard rock, and almost every other popular genre that’s come along in America since the start of the 1960s. Katz was born in Brooklyn, NY in 1945 and grew up in the upstate city of Schenectady. Already a gifted musician in his early teens, he was good enough to get hired for a local television program called Teenage Barn, doing his versions of pop hits of the late ‘50s.

As he got older, Steve was drawn to folk music and blues. He studied traditional American guitar styles with Dave Van Ronk and the Rev. Gary Davis. Eventually, he became part of a circle of similarly minded folk and blues enthusiasts who formed the Even Dozen Jug Band, which also included John Sebastian, Maria Muldaur, David Grisman, and Stefan Grossman.

After moving to Greenwich Village, Steve Katz became an established part of the Village music scene, eventually joining The Blues Project, New York City’s first major home-grown contribution to bluesrock. The Blues Project had an impact on music that far exceeded their relatively modest record sales. Katz was part of the Blues Project lineup that played the Monterey Pop Festival.

Later that same year, with Blues Project bandmate, Al Kooper, Katz founded the original Blood Sweat & Tears. He recorded five albums with the band. Throughout the end of the 1960s and early 70s, Katz performed at countless historic venues including the Fillmore East, and several major rock festivals including Woodstock.

Among a host of other awards, the band won three Grammys, including one for Album of the Year. Steve’s influence on BS&T resulted in several chart topping hits and millions of record sales worldwide.

Steve left BS&T to pursue the craft of record production. One of his first productions was the Lou Reed classic, Rock’nRoll Animal. He went on to work with Reed on two more albums before returning to his musician roots in the countryrock band, American Flyer, whose first album was produced by the Beatles’ George Martin.

Steve was offered an opportunity to get closer to the business of music in 1977 with his appointment as East Coast Director of A&R and later as Vice President of Mercury Records. The highlight of the three years that Steve spent at Mercury was his being able to produce the great Irish group Horslips. Rather than sit in his office listening to 12-minute conga solos on disco demo tapes, Steve opted to spend a good deal of time in Ireland during this period and produced three albums for the group. As a New York A&R executive in Dublin, Steve had also passed on a young group by the name of U2, a decision that Steve would regret for the rest of his life.

Steve Katz has been performing and doing book talks all across the country to rave reviews and rapt audiences. He will take you back to a time we all remember and to the music we all grew up with. Spend a memorable evening with Steve Katz - one you will never forget. Tickets \$30.00 Advance / \$35.00 Door.

EC-CHAP JAZZ SERIES

June Bisantz and Alex Nakhimovsky, “Love’s Tango” ~ A CD Release Event. Saturday, May 4, 7:30pm.

JUNE BISANTZ & ALEX NAKHIMOVSKY have recorded, performed and toured together since 2005. This is their third recording project together and first writing collaboration. They share a background in classical music, a love of Latin rhythms and jazz harmonies, and a serious playfulness that has distinguished and energized their partnership.

Their new release LOVE’S TANGO, a collection of original latin/jazz songs features bossa novas, sambas, a Rachmaninoff-inspired string quartet prelude and one unique tango, from which the project gets its name. Also featured along with the many accomplished musicians on this recording, are renowned trombonist Steve Davis and smooth jazz guitarist Norman Johnson.

LOVE’S TANGO celebrates the many ways we experience love - romantically, exuberantly and philosophically - with the Latin rhythms, classical ideas and jazz improvisations that characterize all things Tango. In the first month of its release, Love’s Tango has reached #6 on the NACC Latin Jazz Charts and #13 on the RMR Jazz Charts.

“Most captivating of all is Bisantz, a gifted singer with a warm, bright voice and marvelous off-



hand timing. She navigates fast, complicated melodies with sensuous, feline ease. Her voice is a revelation - caressing and velvety, but electrically alive.” ~ Eric Levin, People magazine

“This recording revels in the joys of life...” - Susan Frances, Jazz 2 Love

“Nakhimovsky’s arranging and writing skills, coupled with Bisantz well-crafted lyrics is inspired” ~ J. Pepper, All About Vocals

“Love’s Tango” brings to mind warm climes, dancing and sophisticated people...” ~Dodie Miller-Gould, Lemon Wire

Join us for an evening of original arrangements with a Latin flavor by these incredible jazz artists! Tickets \$20.00 Advance / \$25.00 Door.

EC-CHAP ACOUSTIC ARTIST SERIES

Grass Routes “Buffalo Nickel, Liberty Dime” ~ A CD Release Concert (Bluegrass). Sunday Afternoon, May 19th, 4:00pm.



GRASS ROUTES is a Connecticut five-piece bluegrass band. It is a well established group that has been delighting audiences for many years with a repertoire ranging from traditional bluegrass standards to folk and original and contemporary songs all performed in their own unique bluegrass style.

Members of the band include Joe Lemeris, banjo and dobro; Bill Reveley, mandolin and fiddle; Marilyn Toback-Reveley, rhythm guitar; Tim St. Jean, song writer, mandolin, fiddle, concertina, lead guitar; Joe DeLillo, upright bass.

Skillful instrumental work and strong vocals give Grass Routes their own characteristic sound. Showcasing especially tight harmonies, vocals include duets to four part harmonies. What makes Grass Routes unique is that each member sings lead. With five lead vocalists, Grass Routes presents a different style and material with each vocal arrangement.

Grass Routes has appeared on radio and television and performed at major concerts and bluegrass festivals throughout the Northeast. Grass Routes currently has five recording projects. Their musical style appeals to audiences of all ages. Tickets \$15.00 Advance / \$20.00 Door.

EC-CHAP FILM SERIES

“Basquiat”. 1996. (R). Friday, May 17th, 7:30pm

Basquiat (1996) was directed by Julian Schnabel starring Jeffrey Wright, Michael Wincott, Benicio Del Toro, David Bowie, Dennis Hopper, Christopher Walken, William Dafoe and Gary Oldman. Jeffrey Wright is superb in this biopic as Jean-Michel Basquiat, the artist who rose from homelessness to fame and fortune, only to die of a drug overdose at age 27. Writer-director Julian Schnabel, who is also an artist, vividly re-creates the 1980s New York art scene from firsthand experience. - Rotten Tomatoes

Basquiat, born in New York to middle-class parents, was an important artist in the generation that continued on next page

exhibited in Manhattan's SoHo district around 1980. His anonymous work was known earlier: He was a graffiti artist whose neatly printed legends, signed "SAMO," were found all over New York. On April 29, 1979, at a party opening the Canal Zone (a New York art space), Basquiat identified himself as SAMO, and within a short time his paintings were finding collectors.

His work seemed to accumulate on the surfaces he found around him. He painted on boards, walls, canvases, on the dress of his girlfriend, and even on her paintings. His work assembles areas of bold color with more detailed areas of text, figures, designs and scribbles--blueprints for a world in his mind. He fell into success with astonishing ease. His first sales came after he approached Andy Warhol and a famous collector (played by Dennis Hopper) at a restaurant table, and they bought his decorated postcards. He died Aug. 12, 1988. - Roger Ebert

Join us for another unique art-based film! Suggested donation \$5.00.

UPCOMING SPECIAL EVENTS

EC-CHAP Comedy Series: Carla Ulbrich "Professional Smart Aleck". Saturday, June 1st, 7:30pm.

CARLA ULBRICH is a comical singer-songwriter from Clemson, South Carolina, currently living in New Jersey. Her songs address topics such as wedgies, Waffle House, Klingleons, and how rich she would be if she had the copyright on the 'F' Word. She cites her biggest musical influences as Sesame Street, camp songs, and cat food commercials.



Frequently heard on Dr. Demento, Pandora and SiriusXM's Laugh USA Channel, Carla has played all over the US: The Kerrville, Florida, and Falcon Ridge Festivals, Avalon Nude Folk Festival, Club Med, Eddie's Attic, Bluebird Café, MENSA, NY Funny Songs Festival. Most impressively, she has opened for Twiggy the Water Skiing Squirrel and was an extra in the movie "Sharknado 2." "Totally Average Woman" is Carla's 6th CD.

"An Evening with Spiritual Medium Maura Geist". Friday, June 7th, 7:30pm.

Back by popular demand, Maura continues to provide healing and inspiration to others. She will discuss when and how this unique ability began, what a Medium is and her understanding of the Afterlife. She will also give an overview of how a reading is done, methods used in the process and what she will need from the audience. Maura will then make connections for the audience members and bring loving and healing messages from loved ones that have crossed over.



"Intuitive You" ~ Workshop. Saturday, June 8th 10:00am-12:00pm.

We are all born with Intuition and we may not always know how to use it. In this workshop Maura Geist, Certified Psychic Medium will teach you how to develop, control, and deepen your intuition and apply it to your day to day life. Maura will explain the intricacies of the Souls function and through exercises you will gain peace, awareness and understanding as you get to know the Intuitive You.

Tickets, Reservations, CANCELLATIONS, and Contact

Tickets for all shows and program registrations can be purchased online at www.thepackinghouse.us/upcoming or at the door. Unless otherwise specified, doors open 30-minutes prior to show time. Senior, student, and member discounts available.

Table reservations and cabaret seating available. Unless specified otherwise, all performances will feature Bring Your Own Beverage & Food "BYOB&F"™ - wine & beer ONLY (Not applicable to Meetings, School Programs, and First Sunday events). Snacks and soft drinks will also be available. You can also bring your paid ticket to Willington Pizza House (or WP Too) for eat-in or take-out the night of the show and receive 15% off your meal purchase. If you're feeling sassy, SPECIFICALLY ask for

"The Packing House" pizza! You won't go wrong. Visit www.thepackinghouse.us for the secret recipe.

Program cancellations will be listed on the EC-CHAP website (www.ec-chap.org), and The Packing House website (www.thepackinghouse.us). If you're unsure, just call (518-791-9474).

The Packing House is located at The Mill Works, 156 River Road, Willington, CT 06279. Parking is free and located onsite and across the street. For questions, program or rental information and table reservations, please call 518-791-9474. Email EC-CHAP (info@ec-chap.org) or The Packing House (info@thepackinghouse.us).

Spiritual Earth Day Celebration and Interfaith Worship

Submitted by Sheila Amdur

The Windham Interfaith Working Group will hold a Spiritual Earth Day Celebration and Interfaith Worship from 1 to 2 p.m. Sunday, May 5 at the Windham Mills State Heritage Park, 322 Main Street, in Willimantic. The event is in memory of the Rev. Donald Hoyle, a local retired pastor who was a tireless champion of environmental justice and a passionate advocate for interfaith harmony.

Local musician Bruce John will perform and lead the group in song.

"We will sing together and bless the Earth as we remember our dear friend, Don, who knew that climate change was a threat to all humanity and that we must all work in unity to love and protect our sacred home," said Sheila Amdur, Interfaith Working Group Chair.

In case of rain, the event will be held inside Windham Mills at 322 Main St.

The Spiritual Earth Day celebration will be followed immediately by a second event, The Four Colors Ceremony, a Mexican tradition that represents the mixing of the four colors of humanity into one human race. The ceremony symbolizes the unity of all mankind on one small planet Earth.

About the Windham Interfaith Working Group:

The Windham Area Interfaith Working Group is a volunteer organization that works to build harmony between people of all faiths and backgrounds. The group holds scriptural sharing and other events throughout the year. To learn more, visit <https://www.facebook.com/WindhamInterFaithCommunity>

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even on the cloudiest
of cloudy days
the sun
still shines
through thunderheads
and torrential rain
she shines
faith
is what you must have
trust
is what you must do
she will re-emerge
will dawn
on a new day

you might catch a glimpse
a brief ray of light
extending
from the heavens
between two
swift moving clouds
or you might notice
a darkening
of a shadow
and by contrast
a lightening
of a light
you will understand
will know
that she is there
always there

and it is up to us
our mission
should we choose to accept
to see her light
in whatever form it is
to say
"I accept the warmth of her love"
even as it filters
through layer
after layer
of cool clouds
on a brisk
April day
and it is up to us
our mission
should we choose to accept
to see her light
in whatever form it is
to say
"I accept the warmth of her love"
even though
it's been three
dark days
rain lashing the house
sky so heavy
you can't tell where the horizon is
she is there
shining
holding space for you

she is always there
always loving
always lighting
for me
for you
and it is up to us
to understand
to hold close the precious truth
the secret
that it is our choice
our mission
should we choose to accept
to see her light
her love
shining
never ceasing
always caressing
to see her light
her love
every day
no matter which outfit
she should choose to wear
no matter which way
she should choose
to present herself
in open
cloudless
endless blue sky
or from behind
dark purple clouds
hung low with the weight
of a million raindrops

it is our mission
should we choose to accept
to see her light
her love
every day
in every moment
reflected off of every surface
in every eye
of every person we see
in every new leaf budding
in every raindrop
in every puddle on the road
it is our mission
should we choose to accept
to see her light
her love
every day
within us
every day
burning bright

grace preli

Festival: May Pole Celebration, 2:00p.m. Atwood Farm, Mansfield. Register: activities@joshustrust.org
Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. Non-sectarian, Buddhist-style sitting and walking meditations, teaching and sharing. Knight House, ECSU. Info: 860-450-1464 dmangum617@gmail.com

May 6, Monday

Astronomy: Public Star Show, 5:30p.m. Free. Ages 10+. Wickware Planetarium, ECSU, High Street, Willimantic. Reserve your spot: sampsonr@easternct.edu
Nature: Predator Series: Eastern Coyote, 6:30p.m. - 8:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov

May 7, Tuesday

Literary: Literary Series, Readings, 6:00p.m. Hosted by poet Brian Sneed. "BYOB&F"™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/

May 8, Wednesday

Yoga: All Levels Vinyasa with Alexis, 7:00a.m. - 8:15a.m. (See 5/1)
Yoga: Yoga for Beginners, 8:30a.m. -

9:45a.m. (See 5/1)

Yoga: Advanced Yoga Practices with Blanche, 10:00a.m. - 11:30a.m. (See 5/1)
Painting: "Landscapes: Tropicals & Abstracts" opening reception and painting demonstration, 4:30p.m. - 6:00p.m. Fletcher Memorial Library, 257 Main Street, Hampton.
Live Music: Quiet Corner Fiddlers, 7:00p.m. Apollo Pizza & Grill, Rt 32, South Windham. Info: qcf.webs.com
Film: Plight of Grassland Birds, 7:00p.m. Also a discussion with Joanne Warren. Knowlton Hall, Ashford. Info: birdeye123@charter.net
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 5/1)

May 9, Thursday

Hiking: Long-Distance Guided Hike, 11:00a.m. - 2:00p.m. 5-6-mile hike. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Dance: EC-CHAP Social Dance Series with Kelly Madenjian (Ballroom, Swing, Latin). 6:30pm. 2nd Thursday of the month. \$10.00 at the door. Kelly Madenjian's evening out social ballroom dancing. Each month will feature a beginner ballroom dance lesson followed by a fun social dance to all your favorite ballroom hits. Viennese Waltz to West Coast Swing and everything in between. All levels welcome. Partner not required. The Packing House at The Mill Works, 156 River Road, Willington. www.

Confusion

By Kevin Pratt Jr.

I write this article as a continuation of my previous article. This is a slight correction as well. In early April I was asked to come back to work at Walmart for two weeks, so I graciously accepted to do that. So my first Saturday back was April 13, 2019. I was told that I had to work the next Saturday as well which was my anniversary date with the company, which would've been actually 23 years. But if you go by what Merrill Lynch says, which is the retirement company Walmart uses, I've been with the company 24 years. So that's why I said in my previous article 24 years. Anyway, I find now, on April 13, that I have to be at the store on April 26, 2019 in order to collect my severance package. At the time I didn't think it was a really big deal. While throughout the week it had been playing in the back of my head and as it drew closer I realized I didn't really want to do it. I wanted to leave the company on my own terms. Now I understand to a certain degree why Walmart wanted me to come back for those two weeks. I understand that aspect of it and it doesn't necessarily mean I was happy. I just sucked it up and decided that I was going to do it. Well as April 26 drew closer I couldn't sleep. I didn't really want to leave something I had been comfortable with for 23 years.

As I read this article today, April 26, 2019, I have such anxiety getting on the bus to go to work because I knew that I would never be able to relate to the people I used to work with as coworkers anymore. It really bothered me because I had built relationships with these people over a long period of time and it really killed me inside.

Fletcher Memorial Library News

Submitted by Deb Andstrom, Librarian

Top Shelf Gallery

May & June

May & June's Top Shelf Gallery will feature "Landscapes: Tropicals & Abstracts" paintings by Christopher Cunningham.

FML Book Discussion Group

Wednesday, May 1st 6:30 p.m.

We will be discussing Eleanor Olyphant is Completely Fine by Gail Honeyman. New members are always welcome!

Artist's Reception with Christopher Cunningham

May 8th, 4:30-6 p.m. Painting Demonstration at 5 p.m.

Make a Mother's Day Card, Story & Craft

Saturday, May 11th any time during library hours 9-3

Come to the library to make a Mother's Day card for mom, grandmother, or special person. Story, craft, and snack too! All ages are welcome!

Homegrown: A Celebration of Local Food Producers

May 11th, 10 a.m.-1 p.m.

Saturday May 11 from 10 a.m. to 1 p.m., Fletcher Memorial Library hosts Homegrown: A Celebration of Local Food Producers. The event at 257 Main St, Hampton features local produce, maple syrup, eggs, herbs, baked goods, plus food from the General Store and live music.

Story Time, Song & Play
Every Friday Morning 10-11 a.m.

It was almost like a part of me was dying, if that makes any sense. Yes I know what you may be thinking - 'It's just a job.' But to me it wasn't just a job because I had developed relationships and friendships with customers and associates. I had associates coming up to me all day wishing me luck and good will which I really appreciate. But I had this nasty pit in my stomach and as I write this article I still have that feeling. I know over time it will pass and I get that.

To the store manager, Philip Roger Noll, on my last day of the job out of respect for me you should have shook my hand instead of wanting to get pictures of the cake that someone had made for the people greeters that were leaving. We started in the store together back in 1995 so in that respect I wish you could have shown a little more than what you did. I have no disrespect for you, but I was always very loyal to you and loyal to the company.

To all those people that I did not get a chance to say goodbye to, I want you all to know, especially the customers that read this article, I really appreciate you taking the time to say hello or have a conversation with me. It's greatly appreciated more than you will ever know. And to all those Walmart employees that saw me today when I walked out the door, or in my case drove my electric wheelchair out the door, my heart was very heavy. Yes, we will see each other again. I know that for certain. You always have my love and respect - each and every one of you. And I thank you all for making my time at Walmart memorable and a great place to work. Most of all I would like to say thank you to Judy and Rosario the other two people greeters that left with me today. You guys will be missed.

Story Time, Song & Play for children (ages 0-5) and their caregivers. This is an interactive program using a variety of musical instruments, rhymes, songs, finger plays, puppets, as well as a story or two. Our goal is to encourage a lifelong love of reading and learning.

Knitting Group

Every Wednesday 12- 3 p.m.

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Raising Awareness of Local History: An Approach to Collaboration and Programming

By EC-CHAP

On Sunday, April 7th, as part of the Spring 2019 First Sunday at The Mill Works, the Eastern Connecticut Center for History, Art, and Performance (EC-CHAP) was pleased to have local historian, Richard Symonds, present an overview of his historical research. Mr. Symonds' talk, "Raising Historical Awareness: An Approach to Collaboration and Programming", included a brief discussion of the work conducted in Union, Willington, Ellington, Hebron, and Vernon, as well as some of the challenges he continues to face as a field practitioner. The need for improved communication, shared resources, networking, and collaboration among Historians and Historical Societies remained a central theme of this talk.

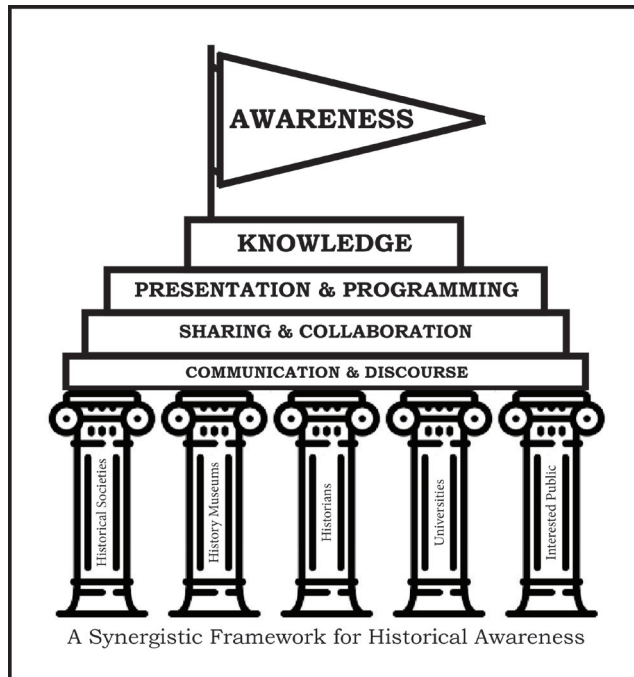
As your Regional Cultural Center, EC-CHAP is grateful to have been granted the opportunity to share monthly articles concerning opportunities and events surrounding History, Art, and Performance. Raising awareness of local history and the preservation of historical assets is a critical part of our mission. Over the past few issues of the Neighbors paper, we have introduced a conceptual framework designed to engage historical professionals, enthusiasts, and organizations in collaborative discourse. We do not propose, nor do we have an interest in serving as a "clearing house" or repository of historical records and data – but to serve as a conduit for enhanced communication and action. EC-CHAP is pleased to offer a physical location for meetings and collaborative programming; and willing to assist in the facilitation of ongoing conversation, and synergistic outcomes relevant to important historical topics.

In the March issue of *Neighbors*, we confirmed that the number of historical organizations, professionals, and individuals across the state is not insignificant. In a brief search, just the number of "Historical Societies" registered with the Connecticut Secretary of the State Office exceeded 200; and well over 25 of those alone are located within a 25-mile radius of EC-CHAP in Willington. If all the history professionals, museums, organizations, academics associated with colleges, universities and K-12 systems, and interested history buffs were counted, we believe the number would be staggering...

We believe there is a tremendous collection of knowledge and rich resources available in our region and across the state just waiting to be uncovered – dusted off, organized, and shared publically. We believe many historical entities are faced with limited resources, limited outreach, and as a result, typically operate as individual "silos" of information and collections of artifacts. Imagine if there were structured opportunities to collaborate with others to share information, oral histories, and artifacts, leading to exhibits, programming and more!



In the same March issue of *Neighbors*, EC-CHAP presented a proposed framework to serve as a platform for collaboration in an effort to increase historical awareness. It was again included in the April issue, and we will include it once again this month.



As a follow-up from the presentation on April 7th, EC-CHAP has scheduled an evening session to continue the conversation with those who may have an interest in participating. The purpose of this session is to encourage input and feedback among attendees that might help shape a workable and sustainable model of collaboration.

If you are an historian, a member of historical organization, a researcher, or an interested individual willing to share information and engage in dialog to raise awareness of local history and preserve the past, please join us:

Raising Historical Awareness: An Approach to Collaboration

WHEN: Tuesday, May 14th, 6:30pm
WHERE: The Packing House at The Mill Works, 156 River Road (RT 32), Willington, CT
Doors open at 6:00pm. Light Refreshments Available. Free to the public.

For additional information, please contact: EC-CHAP at info@ec-chap.org, or call 518-791-9474.

Remember... "The future is just history waiting to happen" - EC-CHAP

To all our contributors-
Thank You!
Without your submissions of writing, poetry, artwork and photographs, this paper would not exist. T. King, Publisher

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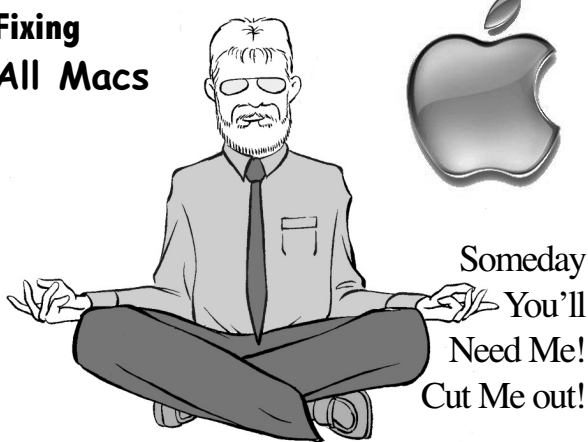
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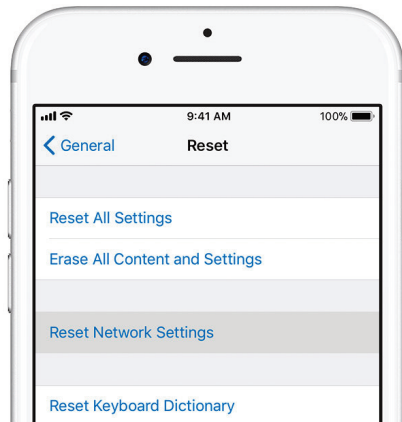
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iPhone Won't Connect to Wifi

QUESTION:

My iPhone won't connect or even find my home wifi of which nothing has changed or been replaced. No one else in the home has a problem connecting. What's going on?



Make sure that your router is on and you're within range. If you're too far from your router, you can't get a signal, so make sure that you're within range.

- Make sure that Wi-Fi is on and you can see your network. Tap Settings > Wi-Fi and make sure that Wi-Fi is on. Tap the name of your Wi-Fi network to join. A blue checkmark beside a network name means that you're connected.

If you see Auto Join Disabled under your Wi-Fi network name, tap and turn on Auto-Join.

- If asked, enter the password for your Wi-Fi network. Get help if you don't know your password.

Even if you enter the correct password, you might see an "unable to join the network" message or an "incorrect password" message. Restart all of your devices, then try to enter your password again.

- Check for issues with your Wi-Fi network

If iOS detects an issue with your Wi-Fi connection, you might see a Wi-Fi recommendation under the name of the Wi-Fi network that you're connected to. For example, you might see the alert "No Internet Connection." To get more information, tap the Wi-Fi network.

- Check your cables and connections. If you still can't connect to your network or get online, make sure that your router is connected to the modem and turned on.

- Restart. Try restarting your iOS device, router, and cable or DSL modem. To restart your router or modem, unplug it, then plug it back in.

After you restart each device, see if you fixed the issue.

- Still can't connect? Reset your Network Settings. Tap Settings > General > Reset > Reset Network Settings. This also resets Wi-Fi networks and passwords, cellular settings, and VPN and APN settings that you've used before.

Safari Tips Borrowed from Emily Dolloff

Most of us use the internet on daily basis. We might be browsing a favorite news source, googling the answer to a trivia question or perhaps reserving movie tickets to the latest blockbuster. We do all kinds of different things throughout the day, and in the course of this you might find some annoyances like pop up ads, videos suddenly playing or sudden notifications while using a site. Luckily, these annoyances can be reduced by using a handful of settings within Safari. You can customize much of your browsing experience and adjust many preferences to suit your individual needs.

To make the most out of Safari's site-specific settings you will want to customize your frequently visited sites. First, load a site whose settings you'd like to customize. Then, choose Safari > Preferences and click Websites in the toolbar. You will see a list of general settings in the sidebar at the left, followed by any plug-ins you've installed. For each setting or plug-in, you can set what happens when you visit the site you just loaded—or, if you have a bunch of sites open in different tabs, you can customize the behavior for any open site. Here are some of your options.

Content Blockers

One way of seeing fewer Web ads is to install a Safari content blocker. Choose Safari > Safari Extensions to open Safari's Extension Gallery, and then scroll down slightly to find the page's Search field, where you can search for a blocker. There are lots—look for one like Ad and Stuff-Blocker that supports Safari's content blocking API. Once you've installed one, select Content Blockers in the Websites preferences. By default, Safari blocks ads on all sites, so choose Off from the pop-up menus for sites whose ad content you want to see.

Auto-Play

Little is more annoying than sites that play a video when a page loads, distracting you from the text you want to read. Even worse are those sites—Macworld, we're looking at you—that auto-play videos that aren't even related to the page. Safari squelches auto-playing videos by default, but for sites like YouTube, you might want to allow videos to play. You can also choose to stop only videos that have sound.

Location

Most Web sites that ask for your location want to determine how close you are to particular stores. If that's information you're interested in sharing, let them see where you are, by all means. And if you're using a mapping service that wants your location, it's entirely reasonable to set its pop-up menu to Allow. But if a site keeps asking and it feels creepy, set it to Deny.

Steve Woron is an artist and Mac technician and lives in Vernon CT. Contact him at (860) 871-9933 leave a message, or illstudio@snet.net. He also has been doing desktop publishing for 21 years. He also scans slides and negatives professionally. See his ads to the left. See DrMacCT.blogspot.com

thepackinghouse.us

May 10, Friday

Yoga & Meditation: Kundalini Yoga with Gajinder, 9:00a.m. - 10:15a.m. (See 5/3)
Film: 2001: A Space Odyssey, 7:55p.m.
Free popcorn and movie with commentary by astronomers. Fine Arts Amphitheater (rain moves it to the Student Center Theatre). Bring a blanket or a lawn chair.

May 11, Saturday

Run: Goodwin's 30K Training Run, 8:00a.m. - 10:30a.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Hike: Bird Walk, 8:00a.m. Church Farm Preserve, Rt 89, Ashford. Register: activities@joshuastrust.org
Kids: Tie Dye, 2:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Reservations: 860-456-2178 www.millmuseum.org

May 12, Sunday

Yoga & Meditation: Sunday Sadhana with

Genessa, 9:00a.m. - 10:15a.m. (See 5/12)

Community Food: Ashford Marmers Market, 9:00a.m. - 1:00p.m. Seasonal produce, baked goods, cheese, meats, syrups. Pompey Hollow Park, Ashford.
Skill Share: Butterfly Farming, 1:00p.m. - 3:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Skill Share: Knitting Bee at the Mill Museum, 1:00p.m. - 3:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org
Skill Share: Introduction to Canning, 2:00p.m. - 4:00p.m. \$25. CLICK Willimantic, 14 Club Road, Windham. Register: clickeducationcoordinator@gmail.com
Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 5/5)

May 13, Monday

Film: "Get Out", 7:00p.m. Free. Second Monday Film Series. Storrs UU Meetinghouse, 46 Spring Hill Road,

Mansfield. Info: 860-428-4867

May 14, Tuesday

Arts: "EC-CHAP Information Exchange Meeting", 7:00p.m. Eastern CT Center for History, Art, and Performance (EC-CHAP). Interactive exchange of ideas. Discuss EC-CHAP mission, membership, program / support opportunities, solicit feedback. Refreshments provided. The Packing House at The Mill Works, 156 River Road, Willington. Information: 518-791-9474. www.ec-chap.org

May 15, Wednesday

Yoga: All Levels Vinyasa with Alexis, 7:00a.m. - 8:15a.m. (See 5/1)
Yoga: Yoga for Beginners, 8:30a.m. - 9:45a.m. (See 5/1)
Yoga: Advanced Yoga Practices with Blanche, 10:00a.m. - 11:30a.m. (See 5/1)
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 5/1)

May 16, Thursday

Hike: Relaxed Ramble, 1:00p.m. - 3:00p.m.

Easy to moderate walk. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP.Goodwin@ct.gov
Nature: White-tails in Connecticut, 7:00p.m. - 8:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

May 17, Friday

Yoga & Meditation: Kundalini Yoga with Gajinder, 9:00a.m. - 10:15a.m. (See 5/3)
Film: "Basquiat", 7:00p.m. \$5. The Packing House at The Mill Works, 156 River Road, Willington, CT 06279. Snacks and soft drinks available. "BYOB&F"™ (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/upcoming
Hiking: Full Moon Night Hike, 8:00p.m. - 10:00p.m. Followed by a campfire! Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Daybreak

Not quite dawn. I can't see the crazy robin out in back. He sings his tumble-down-then-up notes again and again, raises his robust voice like fences. If birds could holler, this one is hollering "Mine, Mine, Mine!" The male cardinal next door throws out his net of song, lofts his cascading tones over the robin's, pauses more often. Almost dawn. Now lanky oak treetops are backlit with lightening grays, thin black lines scrawl against blue becoming. I listen for his bold robin's song in the thickets edging the property, scan the thorny clusters of wild rose, blackberry, hawthorn. Then, in the slim, instant spill of light lancing from the sun, I see him skim across grass, land atop the garden gate. His head lifts, his entire body expands. For long moments he drowns cubic acres of air with exuberant song, then flies away. Abrupt silence is sliced by coarse triplet crow caws. Single woodpecker tocks pock the breeze. Woven through with lengths of thrumming, hollow grouse drumming notes, daybreak sings.

Claudia McGhee writes poetry and all sorts of prose. Claudia's poetry chapbook, *Paperlight*, was published by Finishing Line Press in August 2016.

Part 1 - The Old Testament

Is the Bible Relevant Today?

By Doug Paul

For many years the Bible has served as a common resource among a broad diversity of people for passing along ideas and values that relate to a civil society -- a society with spiritual and moral underpinnings. In a world where God is not knowable to the physical senses, the Bible has "made the case" for the existence of God and for the possibility of an active and loving relationship between God and man. While various religious groups have interpreted the teachings of the Bible differently, individuals of all backgrounds and faiths have found comfort and guidance as they engaged with the human drama portrayed in the Bible, and perceiving "the hand of God" touching human hearts and minds asked themselves what this means for them and the world they live in.

The biblical drama includes encounters with fear, deceit, prejudice, injustices, malice, revenge, corruption, greed, lust, disease, famine, ageing, death, etc..The family of man is repeatedly reminded that life in harmony with God and His laws results in safety, prosperity, longevity, and satisfaction, whereas life turned away from God is vain and self-destructive. We read of Noah's obedience and Jonah's disobedience; of Ruth's trust and Jezebel's violent anger; of Abigail's wisdom and grace and of Delilah's seduction. There are many generations of vivid characters in the millenia that span Old Testament history.

One profound theme woven throughout the Old Testament is "God with us." In these narratives we read of God communicating with Abraham, Jacob, Moses, Elijah, and others. At many points during Joseph's thirteen year ordeal from the time his brothers sold him into bondage to his rising to power as Pharaoh's Overseer over all of Egypt we read, "and the Lord was with Joseph," When we read in Psalms 46 "God is our refuge and strength, a very present help in trouble," numerous biblical lives, both before and after the book of Psalms, bear witness to the truthfulness of that statement.

In the book of Samuel we read of Hannah pouring out her soul filled with anguish and grief because she was barren, and of the subsequent birth of her son, Samuel. In the book of Numbers we read of the daughters of Zelophehad appealing to Moses to receive their father's inheritance because he had no sons, and Moses listening for God's direction and granting them the inheritance. The poignant psalms (hymns) of David, such as the well-known 23rd and 91st Psalms take on deeper meaning with the backdrop of the books of Samuel, where we read of King Saul's malicious efforts to kill David, or of David's lust for Bathsheba and his use of personal power to have her husband killed in the heat of battle. There is no question that God was very real to David. He was exalted by God, and humbled by Him; he was corrected and saved by Him. The concept of God as shepherd comes alive in the Old Testament through David's wrestlings with his enemies as well as with his own human character, and his desire to serve God.. And what greater expression of God's universal love for humanity is there in the Old Testament than in the Ten Commandments, communicated to Moses -- pointing mankind toward a code of human conduct, that if literally lived would keep all destructive forces in check and human beings of all nations and races living in brotherhood? So, the question: are the Old Testament narratives worth reading and discussing today? Are they relevant? Do they

have something uniquely beneficial to help us face complex challenges in 2019?

Each Sunday's Sermon at First Church of Christ, Scientist, in Willimantic, CT is built around the real life experiences of Bible figures, told in the words of Bible authors, with an emphasis on the universal spiritual meaning of the Scriptures and their application to contemporary times. Children and young adults in Sunday School are taught these Scriptures and discuss the practicality in 2019 of "God with us."

To hear how some of your neighbors are benefiting from regular Bible study, visit the Christian Science church in Willimantic on Sunday mornings at 10 AM; or, the Wednesday afternoon testimony meetings at 4 PM. Recently a woman shared that some years ago she had been suffering from a persistent dry cough, when someone suggested she think about a story in the book of Daniel. Although there had been great pressure for Daniel to adhere to the laws of the Medes and Persians in contradiction to the law of the Hebrew God, he resisted and prayed to the God whose goodness he could trust. This woman realized she could reject the supposed necessities of matter's health laws in favor of trusting in God as divine Love and find freedom and healing through His spiritual laws -- of good, harmony, health, and love as ever present, with her, and that nothing else had power to influence her. As a result she was free from the cough within the day.

Another participant at a meeting shared how often the concept "God with us" has brought her comfort, courage, and confidence, -- that she can trust that a favorable sense of safety, health, supply, and guidance comes into her experience to meet her needs.

If you and your family have lost touch with the Bible and its treasures, you too can feel new inspiration by the Bible's message of "God with us" and feel embraced in His love.

Bibles, in English and Spanish, and weekly Bible Lessons are available at the Christian Science Reading Room, next door to our church, at 870 Main Street, Willimantic. Hours are Tuesday - Friday, from 1-4 pm We would love to meet you in the Reading Room or at Church.

This article has focused exclusively on the Old Testament narratives. A subsequent article will highlight New Testament teachings and experiences and their relevance today..

Doug lives in Canterbury.

Dear Reader-

Please consider contributing to Neighbors- Write an article about a person you admire or a local program you believe is important. Take a photo of a friend, loved one or pet. Write a poem or a piece of flash fiction. These pages would be full of press releases without submissions from local residents who care about each other and their community.

T. King, Publisher



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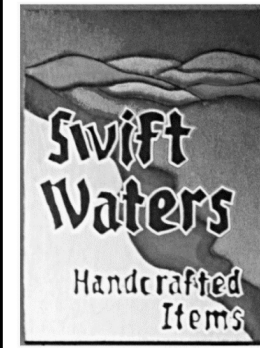


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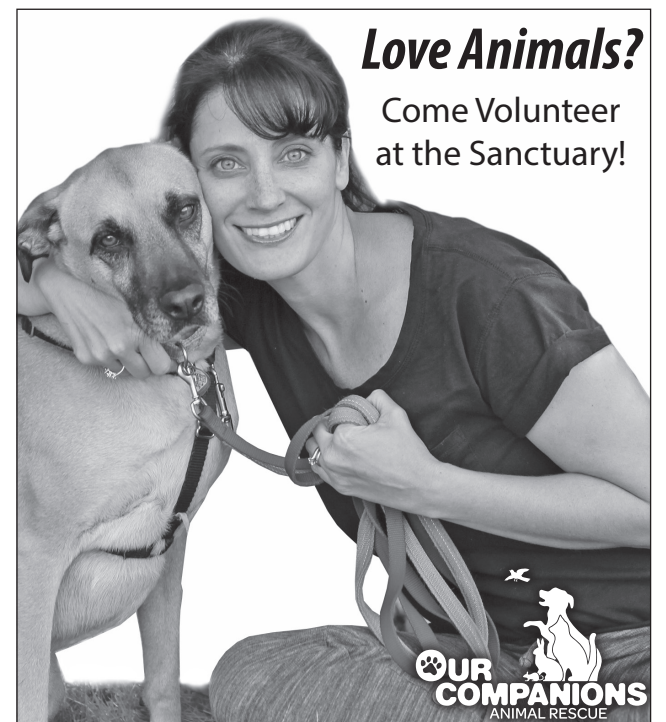
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Celebrating Britain's 20th Century Musical Exports

Submitted by Jane Vercelli

Had enough of bashing Britain for its "Brexit" mess lately? The Northeast Connecticut Community Orchestra will celebrate the Brits for a change with its 8th Annual Spring Concert on Friday, June 7 at 7 p.m. and Sunday, June 9 at 2 p.m. at Clark Chapel on the Pomfret School campus. The concerts are free and open to the public. Donations are gratefully received.

"British Invasion: Benjamin Britten to The Beatles" will feature light classical English music composed in the 20th century by Ralph Vaughan Williams, William Walton, John Rutter and Benjamin Britten as well as string orchestra arrangements of popular songs by Led Zeppelin, Elton John, The Beatles, Queen and The Rolling Stones.

The wonderful acoustics of Clark Chapel in Pomfret will enhance the wide variety of music which ranges from Vaughan Williams' serene and beautiful "Rhosymedre," heard most recently at the Royal Wedding, to the "We Will Rock You" anthem made world famous by Queen.

The Northeast Connecticut Community Orchestra was founded in 2012 by violinist Yaroslav Tereshchenko who invited Dylan Lomangino to be assistant conductor in 2014. Since Tereshchenko's move to the Omaha Conservatory in Nebraska, Lomangino has been conductor and music director.

The 20-member string orchestra has performed free Spring and Christmas concerts each year since its founding. It is a non-audition-based group. Anyone who plays violin, viola, cello or string bass is welcome to join. Rehearsals are held weekly on Friday evening in Ashford. For more information, contact NCCO president Jane Vercelli at janevercelli@gmail.com or 860-428-4633.

Homegrown: A Celebration of Local Food Producers

Submitted by Roger Burten

Homegrown: A Celebration of Local Food Producers will be held Saturday May 11 from 10 a.m. to 1 p.m. on the side lawn of Fletcher Memorial Library, 257 Main St, Hampton. Rain location is the Hampton Community Center. The event is a one time farmers market, Hampton style, that will feature area vendors selling a variety of local products: produce including fresh greens, herbs, and asparagus, a variety of maple products, eggs, honey, homemade bread, and other surprises. There will also

be vegetable starts for sale.

The library's well known bakers will supply baked treats and the Hampton General Store will be serving up lunch. There will also be gift baskets for raffle and some hand painted items from local artists just in time for Mother's Day gifting. The festivities will be accompanied by live music provided by Hampton musician Jamie Boss.

"This is an opportunity to celebrate spring and showcase our local farms, food and crafts. This is also a fundraising event for the library's proposed addition, so come on out and listen to some great music, support your library, and take home some fantastic locally produced food items," says Anne Christie, event organizer.

For more information, or to participate as a vendor, contact Anne at annes-garden@aol.com or 455-9979.

Top Shelf Gallery News

"Landscapes: Tropicals & Abstracts," the Top Shelf Gallery's May-June show at Fletcher Memorial Library, features watercolors and oil pastels by Christopher Cunningham. The area artist attended the Rhode Island School of Design and received a BFA in painting from the Portland School of Art. Winner of a grant from the Connecticut Commission on the Arts, he has shown at the Slater Museum (Norwich) and had a show at the Connecticut Commission on the Art's Hartford gallery.

Cunningham began painting in high school and says he particularly enjoys working on location when he is traveling. "I've been to Italy (Viterbo) twice in the past few years," he says. "Cool stuff to look at everywhere."

The Caribbean is another inspiring area, particularly St. Lucia. Cunningham says he has "lost count of how many times" he's visited, and declares it "may be the most beautiful island in the Caribbean."

He has been inspired by a wide range of painters, including the California landscapist Richard Diebenkorn, two abstract painters, Howard Hodgkin, known for his fabulous colors, and minimalist Agnes Martin, plus the Italian still life painter, Giorgio Morandi.

Cunningham's own work includes colorful tropical scenes as well as more minimalist, almost abstract landscapes. The show opens May 4th and there will be an artist's reception and a demonstration of his work in oil pastel and watercolor on May 8th from 4:30 - 6 p.m. Demonstration begins at five.

Fletcher Memorial Library is at 257 Main Street, Hampton. Info: 860 455 1086.

May 18, Saturday

Hike: Black Spruce Pond Plant Inventory, 10:00a.m. - 12:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP. Goodwin@ct.gov

Hike: Family Woods Walk, 11:00a.m. - 12:00p.m. Kids of all ages welcome. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP. Goodwin@ct.gov

Skill Share: Gardeners Roundtable, 1:00p.m. - 3:00p.m. Workshop for experienced gardeners to share best practices and pitfalls. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP. Goodwin@ct.gov

Skill Share: Knitting Bee at the Mill Museum, 1:00p.m. - 3:00p.m. (See 5/18)

Live Music: Lys Guillorn, Allysen Callery, Karen Zanes, Joe Russo, daniprobably, and the Sawtelles, 1:00p.m. - 6:00p.m. Willimantic Records, 75 Bridge Street, River Plaza, Willimantic. www.willimanticrecords.com

Live Music: An Evening of Music and Intimate Conversation with Steve Katz: Guitarist and Founding Member of Blood, Sweat & Tears, 7:30p.m. - 10:00p.m. \$30-35. "BYOB&F"TM (Wine & Beer Only - I.D. Required). Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/upcoming Festival: New Leaf Festival, 7:00p.m. - 9:00p.m. Music and food. Canterbury, CT

May 19, Sunday

Community Food: Ashford Marmers Market, 9:00a.m. - 1:00p.m. (See 5/12)

Yoga & Meditation: Sunday Sadhana with Genessa, 9:00a.m. -10:15a.m.

Nature: Critters at the Pond, 1:00p.m. - 3:00p.m. All ages welcome! Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP. Goodwin@ct.gov

History: A Dramatic Reading of the World War One Diaries of Jessie Weston Fisher, 4:00p.m. Donations. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

Live Music: Jonathan Edwards 4:00p.m. \$35. Bread Box Folk Theater, St. Paul's, 220 Valley Street, Willimantic. Tickets: 860-429-4220 www.breadboxfolk.org

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 5/5)

Live Music: Buffalo Nickel, Buffalo Dime (Bluegrass), 7:00p.m. \$20, "BYOB&F"TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. See website for details. www.thepackinghouse.us/

May 22, Wednesday

Yoga: All Levels Vinyasa with Alexis, 7:00a.m. - 8:15a.m. (See 5/1)

Yoga: Yoga for Beginners, 8:30a.m. - 9:45a.m. (See 5/1)

Yoga: Advanced Yoga Practices with Blanche, 10:00a.m. - 11:30a.m. (See 5/1)

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 5/1)

Nature: Bats of Bedlam, 8:00p.m. - 9:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP. Goodwin@ct.gov

May 23, Thursday

Hiking: Women in Nature, 5:00p.m. - 6:30p.m. Free. Easy to moderate hike for folks who identify as women. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP. Goodwin@ct.gov Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

May 24, Friday

Yoga & Meditation: Kundalini Yoga with Gajinder, 9:00a.m. - 10:15a.m. (See 5/3)

May 25, Saturday

Tag Sale: Benefits the Hampton Democrat, 9:00a.m. - 2:00p.m. Hampton Hill Garage, Rt 6, Hampton.

Skill Share: Drop Spindle Spinning, 10:00a.m. - 4:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

History: Mill of the Month: Chamberlain Saw Mill in Woodstock, 11:00am. Sponsored by the Mill Museum. Info: 860-456-2178 www.millmuseum.org

Skill Share: Knitting Bee at the Mill Museum, 1:00p.m. - 3:00p.m. (See 5/18)

Kirtan: Community Kirtan with Jessica Zdanys, 6:30p.m. - 9:30p.m. Donation. Bhakti Center, 750 Rear Main Street (Riverside Drive), Willimantic.

May 26, Sunday

Community Food: Ashford Farmers Market, 9:00a.m. - 1:00p.m. (See 5/12)

Yoga & Meditation: Sunday Sadhana with Genessa, 9:00a.m. -10:15a.m.

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 5/5)

May 27, Monday

Community Food: Pancake Breakfast, 8:00a.m. - 9:30a.m. \$5-10. Hampton Congregational Church, 263 Main Street, Hampton. Info: 860-455-9677

May 29, Wednesday

Yoga: All Levels Vinyasa with Alexis, 7:00a.m. - 8:15a.m. (See 5/1)

Yoga: Advanced Yoga Practices with Blanche, 10:00a.m. - 11:30a.m. (See 5/1)

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 5/1)

Hiking: A Walk Among the Ashes, 6:00p.m. - 8:00p.m. Free. Learn about prescribed burns in the forest. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Reservations: 860-455-9534 DEEP. Goodwin@ct.gov Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

Yoga & Meditation: Kundalini Yoga with Gajinder, 9:00a.m. - 10:15a.m. (See 5/3)

Homegrown

A Celebration of Local Food Producers



Saturday May 11, 10 a.m.- 1 p.m.

Fletcher Memorial Library
257 Main St. Hampton



The Ashford Arts Council presents

A Delightful Dinner Dance
May 11, 2019 6:00-10:00 p.m.



ASHFORD
ARTS COUNCIL

On the stage:
Patti Tuite and The Allstars!

Italian Dinner
with Vegetarian/Gluten free Option

BYOB wine or beer
Silent Art Auction

Knowlton Memorial Hall/Babcock Library
25 Pompey Hollow Road, Ashford

Partnered with Windham Arts Org/CT Office of the Arts



Pancake Breakfast, Plant Sale and Diabetes Screening

Submitted by Colin Rice

The Willimantic Lions Club will hold its Spring pancake breakfast and plant sale on Sunday, May 5, 2019, from 7:30 a.m. to 11:00 a.m., at the Elks Home, 198 Pleasant Street, Willimantic. Breakfast includes all the pancakes or French toast you can eat, plus ham, sausage, eggs, orange juice, coffee and tea. The cost is \$8.00 for adults, \$7.00 for seniors and children 12 and under.

Information will be available about healthy eyes and how to recognize and treat eye diseases. People are encouraged to donate their used eyeglasses (including reading glasses and sunglasses) at this event.

A plant sale featuring colorful flowers will be held during the breakfast. Proceeds from the purchase of plants and the breakfast will be given to organizations such as the Windham Area Interfaith Ministry (WAIM), the local No Freeze Shelter and Soup Kitchen, the Connecticut Radio Information System (CRIS) Talking Newsstand for the Blind and Print-Handicapped, and Fidelco Guide Dog Program. Diabetes screenings will also be available free-of-charge at this event.

According to Claudia Sweetland and Sue Fisher, pancake breakfast co-chairs, "This event is one of our club's biggest fundraisers. We will add its proceeds to the amount that we raised from doughnut and coffee sales at the Hebron Harvest Fair and our Fall pancake breakfast toward our club's fundraising goal for 2018-2019."

Since the club's chartering in 1941, its members have worked on a variety of projects in the local community, such as the Windham Invitational Special Olympics Swim Meet and Lions Eye Health Program Vision Screenings.

Lions clubs are groups of men and women who identify needs within the community and work together to fulfill those needs. The Willimantic Lions Club has 40 members and meets on the first and third Wednesdays of the month at the Royal Buffet at 6:30 p.m. for dinner followed by a meeting at 7:00 p.m. For information about the Willimantic Lions Club, visit its website at www.willimanticlionsclub.org. Contact Membership Director Kit at 860-617-4364 for information about membership in the club.

Lions Clubs International is the world's largest service organization with 1.4 million members in approximately 45,000 clubs in 207 countries and geographical areas around the world. Since 1917, Lions clubs have aided the blind and visually impaired and made a strong commitment to community service and serving youth throughout the world. For more information about Lions Clubs International, visit its web site at www.lionsclubs.org.

WTG Auditions for Addams Family Musical

Submitted by Robin Rice

The Windham Theatre Guild will hold open auditions for their summer musical production of The Addams Family Musical on Monday and Tuesday, May 21 & 22 from 7-9 pm at Windham Middle School, Quarry Street, Willimantic.

Director: Pam Pellegrine
Music Director: Ken Clark
Choreographer: Ava Molnar

Auditions will include vocal, dance/movement and acting. Please prepare a short musical selection (between 30-40 seconds in length), for the vocal audition. Bring a copy of sheet music in your key. Piano accompaniment will be provided. Readings from the script will be provided. Dress comfortably for the acting and dance/movement activities. Rehearsals begin: Wednesday, May 28th.

Production dates: July 19-21; 26-28; August 1-3

Casting Requirements:

4 Adult Female Primary Roles Ages: 18 years and up
4 Adult Male Primary Roles: Ages: 18 years and up
1 Youth/Young Adult Role (Pugsley): Ages: 12- 20 years old
10 Ensemble Roles: Ages: 16 years and up

For detailed character descriptions, visit windhamtheatre-guild.org.

For more information: please contact Pam Pellegrine at ppellegrine@sbcglobal.net

Read issues of Neighbors from January 2015 to present in COLOR via a link on our website: neighborspaper.com You will also find advertising and circulation information.

Ashford Farmers Market



Our 13th Season!
Opening Mothers Day, May 12th, 9am-1pm
Guest Vendors
Pompey Hollow Park, Route 44, Ashford
Across from Town Hall
Enjoy fresh Connecticut grown products
Meet your local farmers

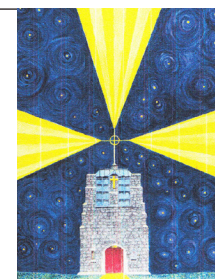
Car Cruise Nights



Last Thursday of the month
May through September, 5-8pm
Midway Restaurant on Rt. 44 in Ashford
Please bring a non-perishable food item for the Ashford Food Bank
Cruisin' Music Provided by the 'PO'M' Oldies
Presented by the Ashford Business Association

Saint Paul's Episcopal Church

220 Valley Street, Willimantic, CT
Rev. Jaclyn Sheldon,
Eucharistic Celebrant



Weekly Happenings -
Sun: 8:15am – Worship & Bible Service
9:30am – Celebration of Holy Eucharist
Fri: Street Yoga in St. Paul's Community Room 9:30am
Fri: Bible Study in the Soup Kitchen 10:45am
Fri: Spiritual Growth Group @ 1pm
Every 2nd & 4th Sunday – Community Breakfast served following 9:30 service
All are welcome. Come worship the Lord with us!
Listen to Rev. Sheldon's pre-recorded Sunday service on WILI-AM 1400 @ 9:05 Sunday morning. Also on WILI website. Soon to be on church's website and FB page.
860-423-8455 www.stpaulswillimantic.org

Where to find the Neighbors paper

Ashford
Ashford Spirit Shoppe
Wooden Spoon Restaurant
Terry's Transmissions
Ashford Post Office
Babcock Library
Hope & Wellness

Bolton
Bolton Post Office
Subway-Bolton Notch

Chaplin
Chaplin Post Office
Pine Acres Restaurant

Columbia
Saxon Library
Columbia Post Office

Coventry
Highland Park Market
Meadowbrook Spirits
Coventry Laundromat
Subway
Booth and Dimock Library
Song-A-Day Music

Eastford
Eastford Post Office
Coriander

Hampton
Hampton Post Office
Hampton Library

Lebanon
Lebanon Post Office

Mansfield/Storrs
Holiday Spirits
Bagel Zone
D & D Auto Repair
Storrs Post Office
Mansfield Senior Center
All Subway shops
Starbucks
People's Bank
Storrs Comm. Laundry
UConn Bookstore-Storrs Ctr.
Chang's Garden Rest.
Liberty Bank
Spring Hill Cafe
Nature's Health Store
Mansfield Supply

Mansfield Center
Mansfield Library
East Brook Mall
Lawrence Real Estate
Mansfield OB/GYN

Mansfield Depot
Thompson's Store
Tri-County Greenhouse

North Windham
Bagel One
Subway
No. Windham P.O.

Pomfret
Vanilla Bean Restaurant
Pomfret Post Office
Baker's Dozen
Weiss, Hale & Zahansky

Putnam
Antiques Marketplace
Putnam Library
Subway
Putnam Post Office

Scotland
Scotland Library
Scotland Post Office

South Windham
Bob's Windham IGA
Landon Tire
So. Windham Post Office

Stafford
Stafford Coffee Company
Stafford Library
Subway
Stafford Post Office
Stafford Cider
Hangs Asian Bistro

Tolland
Birch Mountain Pottery
Subway
Tolland Library
Tolland Post Office

Willington
Willington Pizza I & II
Willington Post Office
Willington Library
Key Bank
The Packing House
Franc Motors

Windham/Willimantic
Willimantic Food Co-op
Clothespin Laundromat
Schiller's
Willimantic Pharmacy
Main Street Cafe
Design Center East
That Breakfast Place
All Subways
Super Washing Well
Willimantic Public Library
Windham Senior Center
Elm Package Store
Not Only Juice
Windham Eye Group
Willimantic Records
Grounded Coffee Shop
CAD Marshall Framing
Eastern Eye Care

Windham Center
Windham Post Office

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To all our contributors-
Thank You!

Without your submissions of writing, poetry, artwork and photographs, this paper would not exist.
T. King, Publisher

Third Annual Delightful Dinner Dance

Submitted by Deb Gag

Patty Tuite, Lou Chatey, Larry Gag, Jan Jungden, and John Boiano (Patty Tuite and the Allstars) will grace the stage as Knowlton Memorial Hall in Ashford transforms once again into a ballroom with twinkling lights. A catered Italian dinner complete with vegetarian and gluten free entrees will be followed by Anna Harding's famously decorated cupcakes. Tickets are \$30 per person.

Many local artists have offered to donate their artworks to the Silent Auction table: Christine Acebo, Dorothy Drobney, Joan Johnson, Frank Krasicki, Valerie Oliver, Linda Rogers, Ruth Sangree, Helen Malchow, Anna Harding, Suzy Staubach, Charles McCaughtry, Lance Arnold, Maggie Kendis, John Rettenmeier, Pat Morris, Debra Gag and the list is growing.

In 2018 the AAC used the proceeds from this, our only fundraiser, and donated money to the Cultural Arts Program at Ashford School, also the Art Club, awarded two EOSmith Arts Scholarships and are supporting the youth drama club as well. We pay our performers like Robert Pheanious, Spoken Word Poet, who performed at our Feb 10 public meeting. The AAC is an offshoot of the grassroots local tourism group Ashford's Our Town Our Future and will be four years old in October. We do everything in gratefulness for our partnership with Windham Arts Org and CT Office of the Arts who give us our 501c3 status.

Our mission is to support all of the arts, artists and to bring the arts to our communities.

Visit our website at ashfordarts.org or Like us on Facebook!

Tickets are available at the Town Clerk Office at Ashford Town Hall or contact Deb Gag/AAC Chair 860-933-2987.

Stafford Library Events

Submitted by Deb Galotto

10 Levinthal Run, Stafford Springs 06076 - www.stafford-library.org

All events are free and open to the public but we request pre-registration by calling 860-684-2852 or emailing stafforddesk@biblio.org

Author Book Talk with Marty Podskoch-May 2nd @ 6:30PM. Author of "Connecticut 169 Club: Your Passport and Guide to Exploring Connecticut" Sponsored by the Friends of the Stafford Library

Pajama Storytime-Monday May 2 at 6:30 PM.-Enjoy a Mother's Day themed Storytime. Children are invited to wear PJ's and bring your favorite stuffed toy. Please Pre-register.

May 9 @ 5PM-CT Children's Author, Akin "Tunde" Sugunro to visit and read his book "Mama Stitches: to cover with love. The main character in the book "Mama Stitches" will come for a visit and send the children on a scavenger hunt in the library for love Mama Stitches love letters. Please Pre-register for this program.

"Stafford Students Art Show" Reception May 9th from 3:30-5:30. Come enjoy the amazing art on display during the month of May done by students of Stafford Schools.

Open Artist Studio: Sat. May 11th at 1:00 PM-Enjoy coffee and muffins while you paint a mother's day Themed painting.

Breakout Box: Sat 5/18 @ 1:00 PM and AGAIN AT 3 PM - Work together to solve a series of puzzles to break into the box before the time runs out. For teens in grades 6-12. Must Pre-Register.

Stafford Library Book Club: Wed. 4/24 @ 6:30 pm - Join us for a discussion of this month's featured selection "Exit West" by Moshin Hamid. Books are available at the library for check-out.

Wine, Bourbon, Scotch and Craft Beer Tasting

Submitted by Colin Rice

The Willimantic Lions Club will hold an event that it is calling "LET'S HAVE SOME SPIRITS" on Sunday, June 2, 2019, from 3:00 to 5:00 p.m. at the Windham Club, 184 Club Road, Windham, CT.

Attendees will have the opportunity to sample a wide variety of wines, bourbons, scotches and craft beers. Cheese, crackers and other appetizers will complement the spirits. Amazing raffle items will be on display.

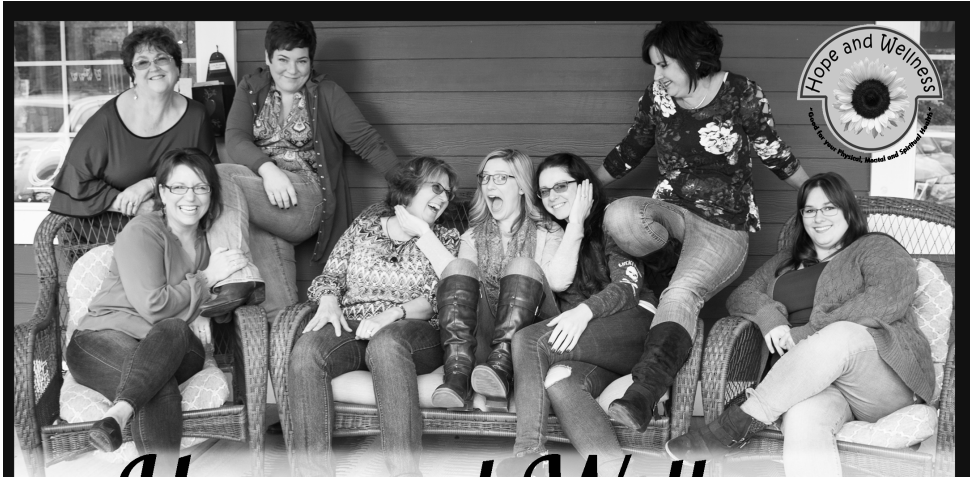
Tickets for admission cost \$50.00 per person. For information about advanced ticket sales, please contact event chair Lion Sue Fisher at 860-423-7851. According to Lion Sue, "This event is one of our club's major fundraisers. We will add its proceeds to the amount raised from doughnut and coffee sales at the Hebron Harvest Fair and our Fall and Spring pancake breakfasts toward our club's fundraising goal for 2018-2019."

Proceeds will be given to organizations such as the Windham Area Interfaith Ministry (WAIM), the local No Freeze Shelter and Soup Kitchen, the Connecticut Radio Information System (CRIS) Talking Newsstand for the Blind and Print-Handicapped, and Fidelco Guide Dog Program.

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Please thank and patronize our advertisers for making the Neighbors paper possible. Thank you. T. King, Publisher



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Acupuncture and Treating Pain

By Nicole T. Smith, L.Ac.

Last month, we discussed the trouble related to relying on analgesics for pain relief, such as side effects, rebound pain, and the fact that they don't fix the underlying cause.

Studies have shown that acupuncture lowers pain, and enables sufferers to either decrease medications, or stop them completely. (Arch Intern Med. 2012 Oct 22; 172(19): 1444-1453.) The Military Healthcare System recognizes the benefit of acupuncture for pain rather than use of drugs, which also carry risk of misuse, with a large majority of patients (76%) being treated for musculoskeletal or nerve problems. (Med Acupunct. 2018 Feb 1; 30(1): 33-38.)

Whether acute or chronic, located in the head, neck, joints, sciatic, hands, or feet, pain is one of the top reasons people seek out acupuncture.

Many wonder how it works. There are several things happening during a treatment. When the needles are inserted, a signal is sent to the brain that stimulates the release of beta-endorphins, a natural pain-re-

liever. Inflammation is tied to pain, and acupuncture has been shown to have anti-inflammatory effects by stimulation of the vagus nerve (10.1371/journal.pone.0151882).

With chronic pain come other issues, such as trouble sleeping, which often makes the pain worse, since restorative sleep is not achieved. Other symptoms can include swelling, a heavy feeling, and irritability, all which contribute to decreased happiness and lower quality of life. Acupuncture can address these issues too.

One study showed that out of 89,000 patients, 93% reported that the acupuncture was successful in the treatment of musculoskeletal pain. (Does Acupuncture Provided Within a Managed Care Setting Meet Patient Expectations and Quality Outcomes? 2016)

Acupuncture is a safe, effective form of treatment for pain relief.

Nicole T. Smith, L.Ac. is a Board-certified and licensed acupuncturist located in Scotland, CT. Visit her site at: www.ThePamperedPorcupine.com. 860-450-6512.

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