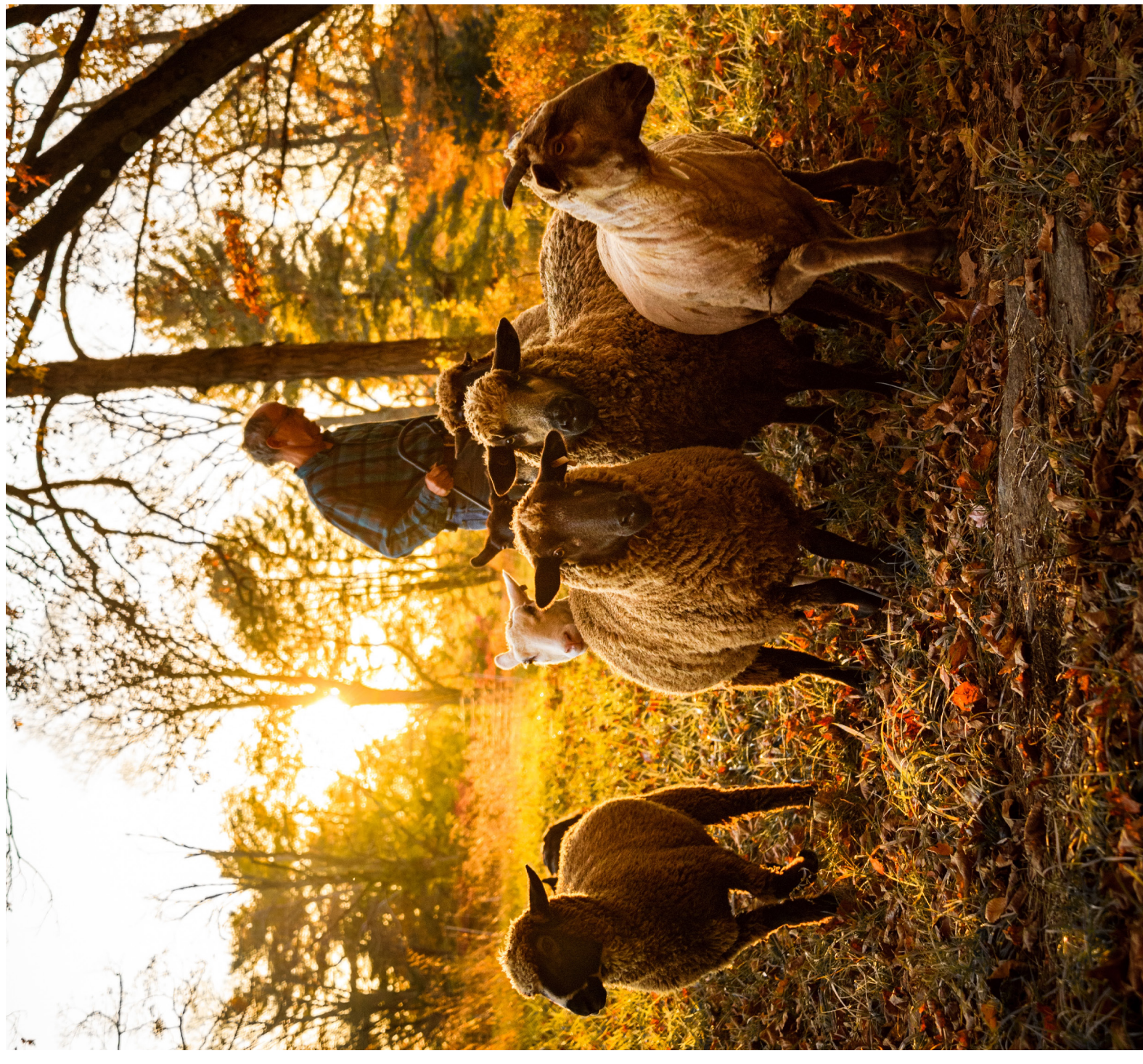


November 2019

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Looking Up:

Conversations...Dangling...and a Cosmic Neighborhood

Article and photo by Bob Grindle

We have walked the trails and pathways of this hillside more times than either of us would care to count and still there are corners and steep outcroppings we have not explored, places where towering hickories, crazily twisted sassafras, and pungent witch hazel are free to compete for space in the damp, dimly shaded glacial rockeries while we stand on the ridge above enjoying a peaceful sense of the present composing the future. The year is winding down. Frost has come and leaves are falling more rapidly now. The wandering mosaic-patterned trails are nearly as lovely as the mottled clusters of red and orange and copper and bright yellow leaves, mixed with some green and some brown, waving gently over our heads.

We talk constantly on these walks, our conversation, mixing with the breathing rhythms of the leaves and pine boughs and the staccato chatter of the blue jay and pileated and crow and squirrel, forms a sort of social media banter distillate that intoxicates the senses but sharpens them as well. Breathing in deeply of the forest smells that you can almost taste, we stop at the lean-to after a bit of a climb and flop back on its organic floorboards to peer through the partially empty treetops across the valley toward the Airline Trail and Parish Hill beyond. It never gets old.

On a recent walk, we reflected on the fact that many of the surrounding homes—neighbors, really—were being sold...a new opportunity; moving out of state; death; financial woes, and so on; there are a host of reasons for moving on. And it was an easy segue to recall old memories and faces and to try and remember the number of times in the 46 years we have been here that the neighborhood has change, and why. Of course, many things make up a



neighborhood: architecture and landscape and weather and geography and so on. But it is the people, with all the many variations of being human, that give the most texture and vividness to one's memories of place. It would be easy, kicking through the leaves on this path through the woods, to find a metaphor for sorting through memories looking for just the right one to hold up for a moment's close-up. It has been said that "the present is the past rolled up for action, and the past is the present unrolled for understanding". These walks are never long enough, and the conversations are sometimes left dangling, waiting for the right moment to pick up again.

Throughout the month of November our neighbors in this cosmic neighborhood of the Milky Way, known to us as the Solar system, will be prominent both before sunrise and after sunset. Probably the most newsworthy event of the month will be the transit of tiny Mercury across the face of the Sun. From our vantage here on Earth, only Venus and Mercury can pass between us and the Sun, and that creates a great opportunity for getting all kinds of

data that increase our understanding of what's going on in the neighborhood, not completely unlike shadows on the curtain as you walk down the street.

If you're not inclined to try and see Mercury's crossing of the Sun on November 11th—with filters and eye protection only, of course—then it will be much easier to simply look up an hour or so after sunset on November 1st or 2nd and see Saturn to the left of the waxing crescent Moon on the 1st and the right of the Moon on the 2nd. A week later, and as we head to the full Beaver Moon on the 12th, the reddish orange Mars will show up very near Spica in the mornings just before sunrise. If you're outside on the evenings of mid-November, 15-16-17 or so, the waning gibbous Moon is rising up through Gemini and the two stars Castor above and Pollux below are to the left of the Moon. As star tales go, few get better than the myth of these half-brothers. Both born to Leda, queen of Sparta, Castor was a son of Leda and the king, but Pollux was a son of Zeus and Leda's affair a bit later, and as a result was heir to immortality. Out of a sense of loyalty and brotherly love, Pollux offered to give up his immortality in order to never be separated from his brother and Zeus, at his ironic best, hurled them both into the heavens to be immortalized as the twins of the night sky. I've said it before, these guys were glorious story tellers.

It gets better as the month draws to an end, with Mercury, fresh from its glamour shots in front of the Sun, actually being naked-eye-visible (that would be very sharp-visioned naked eyes!) on the 18th-19th pre-dawn hours and just below Mars in the low southeast sky. Grab your binoculars if you have them...it's just easier to spot Mercury that way. The last week of November is easily the most fun with sunset now ridiculously early, before 4:30pm. You can now be out looking at the after-sunset sky by about 5 o'clock. It will be worth it., at least in the southwest sky. Jupiter will be just above Venus on the 22nd and they'll reverse roles by the 28th. Add in the wafer thin waxing crescent Moon and the nearby Saturn above and to the left and you've got an aerial ballet of bright neighborhood players that will make knowing your neighbors worth it.

Happy viewing...and while you're at it, happy traipsing through the woods, or across the dams, or along the rivers, or up the mountainsides and maybe just across the street to say "Hi".

Bob Grindle is a Windham Hospital Retiree and 2017 ECSU graduate who concentrated in Astronomy.

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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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Effective Lobbying Tips

By Loretta Wrobel



Recently I attended a lobby day training at our LOB (Legislative Office Building) in Hartford sponsored by NASW (National Association of Social Workers.)

The Gallo and Robinson Firm presented an instructional morning workshop about the inner workings of our State government. This is some of the stuff that we are taught in school (hopefully) and forgot after the test or the paper was completed. Even though I feel fairly educated about our legislative process, I decided to register, to fortify my proficiency and ferret out any new tips about how to make my concerns known to our elected representatives.

I was elated to discover that my knowledge was still current. I was truly impressed with the presenters who took a rather complicated process, how a bill becomes a law, and explained the steps in an easy to ingest format. This training was specifically designed for students in social work programs in various schools and colleges in Connecticut.

I was struck by one question that someone asked, "How can you contact your legislators?" I wondered if there were people in our Quiet Corner who did not know how to do this or how to speak with our representatives and senators.

I want to share a few tips with you so when you get fumed up about various issues, you can contact your lawmakers and express your opinions.

There are 151 Representatives and 36 Senators in our Connecticut General Assembly (CGA) and the Democrats currently control the House 91-60 and Senate 22-14. The CGA meets five months during odd-numbered years (i.e., 2019) and three months during even-numbered years. In 2020 they will meet from February 5th to May 6th.

Elected officials do not receive a large amount of phone calls, emails, or snail mail on most issues. They do pay attention if they receive ten or more communications regarding a particular issue or bill. When a constituent calls, that commands a higher priority. This is particularly important because your voice can make a significant impact. Since your action can make a difference, never hesitate to contact your elected official when you are moved by a proposed law or issue.

Legislators want to hear from their constituents. They are representing the folks in their district. Emails, letters, and phone calls all work, as they are public servants and need to hear from their district in order know how to vote and what issues to support. The best communication is clear, short, and states where you stand and why. If you are asked for information you can't answer, just say you don't know but will get back to the official. And do get back to

them! Let them know how the proposed legislation will or has impacted you or those you are advocating for. No worries about the form, as any letter is better than no letter at all.

If you are calling, again be polite, clear and short. You can call the legislator at home or at the Capitol. The contact numbers can be found at <cga.ct.gov>. If you don't have a computer, you can get the name of your legislators at your town hall. Ask the senator or representative to support or vote against the bill you are concerned about. Always be respectful and thank the person, whether it's the representative or legislative aide.

The most effective way to influence your legislator is to meet with them in person. When scheduling a meeting, let them know why you want to talk with them. Be informed about the issue and leave information for them to look at.

It is helpful to follow up after your visit and send any further information about the issue or your organization.

At the workshop some students volunteered to role play calling a lawmaker and meeting with an elected official. This was so fascinating, because several representatives came to our session to participate. Four representatives, Rep. Cristin McCarthy Vahey from Fairfield, Rep. Jillian Gilchrist from West Hartford, Rep. Rick Lopes from New Britain, and our very own Rep. Pat Wilson Pheanious from Ashford attended. They were eager to assist as they were all social workers in past careers and felt strongly about teaching students how to be effective lobbyists. I applaud each of these busy people who took time out of their schedule to provide teaching for the group. Earlier Senator Gary Winfield from New Haven and West Haven stopped by to offer his tips to be more effective. He stressed the power of story, which makes an impact and gives legislators information to use when speaking to others.

I was quite pleased at the end of the morning, delighted to have updated info under my belt and excited to see students eager to learn how to be effective lobbyists. I was floored when I discovered that seven legislators are also social workers, including our Rep. Pat Wilson Pheanious.

During these challenging times when we are dealing with complex and hard to solve issues, I feel that all of us should be well-schooled in how to make our voices heard. Our elected officials need to hear from their constituents. I hope I have passed on some of the most effective keys for navigating the system. With the hot issues on the table in CT as well as all of our states, we can only make better laws with educated and knowledgeable lawmakers. It is up to us to inform our senators and representatives. Now that you know the ropes, jump in and send those letters and emails, make calls, and visit our leaders. The CGA needs to hear your voice. Also remember to vote November 5th.

On our cover-

Bob McGarry and his flock at Cold Goats Farm in East Hampton. I asked the photographer, Winter Caplanson of North Franklin to write a short 'autobio.'

A familiar face to chefs and farmers, I'm as comfortable during dinner service in a hot kitchen as I am ankle-deep in mud in a pasture. After leading the legendary Coventry Regional Farmers Market from start-up to stardom as a founder, its executive



John Morgan photo.

director, and head of marketing, I turned my focus to farm, food, and handcraft photography. The thru line is creating content that tells the stories of the local food movement to people who support it. My business, Connecticut Food and Farm, celebrates the work of my subjects with iconic photos that attract customers so that these small businesses can grow and prosper.

Thank you Winter for your beautiful and important work. T. King

New Artspace in Stafford



Submitted by Dot Drobney

Are you looking for a new and exciting shopping space for gifts for family, friends, or just yourself?! You must come out and visit Artisans at Middle River - the culmination of years dreaming of, and planning, a welcoming and creative showplace for local artisans. We are thrilled to be hosting over two dozen of some of the most talented people in their fields, and we offer art and gifts in a wide range of products and price points. Make a trip to historic Main Street in Stafford

Springs to visit our space, and the other great shops, with several places to grab a bite to eat or a coffee/tea/cider as well! Follow us on Facebook at 'Artisans at Middle River' for info on new artisans, events, and classes! We're open Wednesday through Saturday, from 11-5, and from 6-8 pm on second Fridays for Arts on Main, and stay tuned for expanded hours on a few Sundays in December. You'll find us at 60 Main Street, Stafford Springs."

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Willimantic, Now and Then:

As Major Parties Fail Us, I Look to the Greens

By Mark Svetz



Recently I broke with an important personal and family tradition of at least three generations. After decades of having my heart broken by Democrats, on the federal, state and local level, I decided to register as a Green Party member. I first registered as a Democrat almost 50 years ago, in time to work and vote for George McGovern, who was the last of the Democrats on the national stage who didn't break my heart.

I have been dismayed by the extent to which our government at every level is being pushed by the two major parties to ignore the expressed desires of so many people. On the national level, Congress has refused to consider meaningful gun control, an affordable national health insurance plan or ending perpetual wars. In our own community, our local Democrats want to give the town away to anyone with money. Everywhere I look, democracy is on the ropes.

Enter the Green Party of Windham. Local Greens surprised a lot of people in the last local election when they saw four of their members voted into office, including one each on the Board of Finance and the Town Council. Douglas Lary, a Green Party member who is on the Windham Board of Finance, has often been the lone voice in favor of reducing the town budgets, in response to their regular defeat at referendum year after year.

The Green Party candidates speak passionately of transparency in Government, fiscal responsibility and taking steps to protect our environment. These are important issues in Windham right now. Good leadership tries to inform communities about the larger issues. Promising to bring in more state money is bad leadership. When we spend money on ill-conceived projects, we all lose. It is, after all, our money, no matter which piggy bank we break.

Voter turnout is shockingly low in most of our communities. I always take this as a sign that residents have little faith in their leaders. It is after all, an act of faith for a resident to enter the polling place and cast a vote for who will run the town for us. When we don't believe we are being listened to, it is easy to think "you can't fight City Hall." That is the worst thing for democracy.

Our Town Manager says the only way to cut the budget is to further reduce the lowly Library budget. He said we can't cut "essential services." I understand the previous Library Director, who was well liked, left the post after a very short tenure because of the budget restraints. A public library is as important and essential to our town as the schools, police department and fire department.

While the library budget is proposed to be further reduced, local democrats respond to residents' fears about rising budgets and tax bills with what I consider to be irresponsible schemes for parking garages, community centers and ridiculously overpriced school renovation plans. To be clear, these projects undoubtedly have merit, and I think many of us would support them. Right now, however, we can't get a budget approved. Is this the time to keep piling on more expensive projects?

I understand our "leaders" want to build a parking garage to sweeten the pot for developers. When all is said and done, however, these developers will likely walk away from Windham with pockets full of our money. Do we really need to sweeten the pot for them?

The community center plans arose out of a cry from some seniors for an improved senior center. Town manager Jim Rivers says there is state bonding money for a community center, however, so the plans were expanded to include a community center with a pool and gym. Will we get state money for staffing and maintenance? I have not heard that issue addressed. Have we sought information from our neighbors in Mansfield where a 15-year-old community center similar to the one we seem to be planning has had fiscal problems?

Likewise, I think few would argue with the need to renovate Windham High School, but the timing and scope seem to have divided our community. State officials reviewed the plans and requirements and came up with a maximum allowable cost in order to qualify for state funding. This maximum amount was determined to be just a little under \$80 million. By the way, I understand this is almost twice the amount it cost less than 10 years ago to acquire land and build the acclaimed Charles H. Barrows STEM Academy. In the meantime, our leaders have come up with plans projected to cost \$140 million. Fortunately for us, the state has refused to budge on its figures. But honestly, how can they even suggest such an extravagant plan? Are they listening?

The median per capita income in Windham is just a little above \$20,000, while the median household income is less than \$45,000. I believe Windham residents are driven by worries about economic survival – keeping up with mortgage and student loan payments with rising taxes – not a desire to begrudge necessary funding for town services. I have observed over the years that the people who step up to lead our town are in a higher income bracket than most of us. It's not surprising they are interested in building monuments to their "leadership" without much regard for what the rest of us want.

We all want good schools, well-maintained streets, parks and public buildings, as well as employment and recreational opportunities. Many of us, however, realize these things come from people, not buildings. So lets work together to hire good people, not greedy ones who are looking to feather their own nests. I am thinking now of our Schools Superintendent and Town Manager, who were both hired at much higher salaries than their predecessors, and who both seem more interest in getting raises than they are in earning them.

Under this leadership, we are delaying the third vote on revised budgets until well after the next election in November. In fact, despite the dire predictions of what happens when a town has no budget, our leaders delayed the second vote on the budget until September, about three months after the first vote. If we were interested in democracy, we would have scheduled the next budget vote to coincide with the regular election, when most expect a higher turnout. My experience in politics tells me our leaders hope that budget supporters will carry the day if there is a low enough turnout. That is no way to run a democracy!

In fact, I think the opposition to the current budgets is really because Windham residents believe their needs and desires are not being listened to by the town leaders. A "No" vote on the budget is the only thing to which our officials must listen. The trick is to listen to more than the no vote; officials must reach out and listen with their hearts and minds open to everyone, not just their political allies.

This is a wonderful community. My old friends Denise Dixson and Reiney Brown always called it a "do it yourself town: If you want something to happen, do it yourself," they always said. We have always been at our best when we remember this. Willimantic can solve these problems. We just have to work together, as we do so well. I sense the Greens know this.

The major parties are more interested in getting around us with procedural maneuvers than they are in listening to what we have to say. So I will vote for the Green Party in November, because these candidates seem to care what we want. I hope they will be listening when the budgets are defeated again in December.

Mark Svetz has been a journalist, activist, teacher and self-appointed knight errant in Willimantic for the last 45 years... and counting! You can read more of Mark's writing at www.WillimanticToday.wordpress.com



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October 16th

By Russ Darling

I wrote this while sitting on a bench outside Hartford Hospital on Wed. Oct. 16, 2019. While awaiting my sister's cancer surgery, the state was gearing up for a storm, the wind was blowing, the country is continually battling in D.C. The wars of the world continue. And I was weighing all of this with my sister's immediate situation and contemplating my own health fears and needs of the future. Thinking about my other sister, Rose, who passed away this past March after battling lung cancer. Like a storm, it all swirled in my mind, propelled by the winds of change. And the storm blending into the words you see here. The storm passed, my sister lost a kidney, its politics as usual and unfortunately the wars continue. One battle won, readying for the next storm and there is always the wind.

Winds achanging, clouds on the move, so many people moving, rushing, going here and going there, some going nowhere, some never to come back. The rich, the poor, those who don't know the difference and those who don't care, all rushing off to somewhere...can't be late for the date, the doctor, the lawyer or fate. As patients we must have patience. But then there's the money, or lack thereof...so our care is decided by how much we have or don't have, not so much this day. So that takes care of all those potential tomorrows. Ah the future, not so many will be there, then maybe they'll be more for those who will be.

Winds still blowing, sky a little darker. You can smell the rain sure to fall, the winds stronger still, tree limbs still will fall. The power will fail I'm sure. But the powers that be have been failing anyhow...think maybe the winds of change have been blowing on them pretty steady for quite some time. Maybe they'll get the idea that all is not so well with the world. The one they believe they command. I wonder who is in charge or who will take responsibility? And the real question is, how will we fix this mess? The balance is just a bit off. I hope someone is paying attention and not just paying.

Cause at some point in time someone must realize that just enough is not enough. And there really is a point and when too much really is too much. Too many taking, not enough understanding...the well is going dry, then where will they drink their pleasure? But the crops that feed the masses have failed and dried up. And now is blowing away with that wind that is constantly blowing.

Now that will certainly bring change, wanted or not, ready or not. But we need to change anyhow. Storm clouds everywhere even clouding our minds, all those people who can't see, and then there is you and me, do we see? Stormy weather soon to be, soon to be the norm and then we will see change. The oceans rising, as is the "need" or is that the "needs"? The tide has changed. What of the world has washed up on the shores of humanity this day? Will we see tomorrow if there will be other tomorrows after the storm has passed, after the rain stops falling, after the clouds lift, when the wind stops, after the pain has passed and the sky returns to blue with the warmth of the sun so do the routines of life. Without the stormy weather, the gales subsided, the damage assessed when all is calm...then maybe clear thinking will prevail, normalcy may have to be redefined...ahh those changes, some coming long after the passing of the storm. There will still be a wind, there will always be changes, some welcome, some will be addressed as they appear. We don't know what they will be, but they will be what they are. We will attempt to remain calm, happy for another breath of life, considering that as a gift. Maybe not so wealthy, but a degree of health and the storm rages on and to deal with the ravages of the wind we will.

Tomorrow the wealthy will tally up their earnings balanced on the shoulders of the working poor who are just happy to be. As they clean up the storm debris, working with the wind and changes it brought. Aah, again the winds achanging, those pesky winds of change, always on the move.

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

Letters and Emails

Support for New Mansfield School

Mansfield residents who support the town's plan to build a new consolidated elementary school have formed a grassroots committee to advocate for the project and to get out the vote for the Nov. 5 referendum.

"Voter turnout is critical to the success of this proposal," said Steve Bacon, head of the One New School: Yes! political action committee. "Not only must the 'yes' votes exceed those opposed, we need about 2,500 'yes' votes to meet the town charter's required minimum for passage. That can be a difficult hurdle in a municipal election year."

Earlier this year the Mansfield Town Council authorized a public referendum on whether to spend \$50.5 million in state and local funds on a new consolidated elementary school on land behind Southeast Elementary on Route 89. The project would cost local taxpayers an estimated \$23 million matched by \$27.3 million from the state. The estimated annual tax impact on a home assessed at \$245,000 would be \$187.

Faced with declining enrollment and three 1950's-era buildings, school officials want to consolidate all the town's elementary school pupils into one modern, efficient and cost-effective building that will meet the educational, safety and security standards of the 21st Century. "The new building will support educational practices that emphasize individualized instruction, physical activity, critical thinking, creativity and collaboration in ways our current buildings simply cannot," Bacon said.

Plans call for the building to be Connecticut's first publicly funded net-zero-energy school – meaning it will use passive design, solar and geothermal systems to produce as much energy as it uses, greatly reducing annual operating costs and local carbon emissions. Those energy savings are estimated at about \$174,000 annually, an 85% reduction from current energy costs.

After considering many factors and input from the community – including from public information sessions, focus groups and replies to mailings -- school officials concluded that the consolidation was the best option. That decision was affirmed when the state said it would not pay to renovate any of the existing schools which do not meet modern educational standards and which have been deemed by the state to "have outlived their life span." Simply repairing those buildings – all of which the state says are too large for their respective populations – would cost local taxpayers an estimated \$20 million over the next ten years.

"That's almost as much as an entirely new school built with state help," Bacon said. "Considering the state's willingness to pay more than half the cost, the new school will be a sound investment in Mansfield's future and will help preserve the town's reputation for educational excellence."

The proposal has not been without some controversy, since, pending the outcome of the referendum, the Town Council has made no plans for what to do with the Vinton and Goodwin elementary school buildings other than to "mothball" them while seeking public input on their futures. Southeast School would be razed when the new elementary school opened in the fall of 2022.

But even though some parents might prefer it in theory, maintaining, staffing, and operating three aging schools is "financially unsustainable," school officials have said, especially since state aid will be reduced as student population continues to fall. The expensive practice of keeping two or three schools functioning would likely cut into funds for educational programs and salaries.

Additionally, if the town elected to shoulder the heavy financial burden of renovating any of the schools without state assistance (and to use local funds to pay for the costly asbestos abatement associated with that), the process would require relocation of students and teachers from one school to another over a period of several years.

Parents who live in the Goodwin and Vinton School neighborhoods have also expressed concerns about the loss of their "neighborhood" schools. Aware of that, school officials will be designing a building that groups students into smaller clusters that create a greater sense of community. They are also examining the possibility of creating additional "express" bus routes that will bring students from the northwest side of town to Southeast School in about the same amount of time as they now spend riding.

The One New School: Yes! PAC has information available on its website and its Facebook page. "We encourage our fellow townspeople to consider all the facts we have provided," Bacon said. "The first goal of our committee has always been to educate the voters of Mansfield, because we feel the facts supporting this endeavor are persuasive."

Paul Stern, Mansfield

Putnam's Ash Landfill

Regarding Putnam's proposed ash landfill expansion (totaling over 120 acres), here are a few facts about some incinerated toxic trash: (Thanks to Michael Ewall, Esq., Energy Justice Network) Toxic trash material, such as toxic metals in ink or electronics for instance, when incinerated, are immediately freed and more available to enter drinking supplies and the air we breathe. This ash is microscopic and very difficult to detect. In other words, burning our trash may sound like reducing it, but actually compounds its available toxicity. I urge the people of Putnam and the surrounding towns to educate yourselves about this public health hazard.

Please note that Putnam town elections are fast approaching on November 5th.

Christine LaBrash, Putnam

New Fall Exhibitions at The Benton

Submitted by Maripaz N. Shaw

The Benton Museum at UCONN Storrs has two new exhibitions: "DEMOKRACJA GRAFIKA: The Democracy of Print" and "When You Give Millennials a Gallery..." The exhibitions run from October 24 to December 15, 2019.

"DEMOKRACJA GRAFIKA: The Democracy of Print"

This exhibition celebrates UConn Professor Emeritus of Printmaking Gus Mazzocca's gift to the Benton of more than 150 prints by Polish artists. The prints came to Mazzocca through the exchange program that he established in 1984 with the Academy of Fine Arts in Krakow, Poland. Produced largely during the 1970s and 1980s, the prints provide an opportunity to sample artistic production in Krakow during the Cold War, when Poland became a satellite state of the Soviet Union. The exhibition's title, presented in both Polish and English, suggests how printmaking helped artists involved in the exchange transcend cultural and political barriers to find common ground. The exhibition is a collaboration with the Department of Art and Art History; UConn Global Affairs; and Archives and Special Collections, UConn Library.

"When You Give Millennials a Gallery..."

Curated by Françoise Dussart, Professor of Anthropology, University of Connecticut and the students enrolled in Anthropological Perspectives on Art in Spring 2019. Coined in 2002, "selfies" have evolved from simple documentations of events to polished curations of self-expression. They have become a conspicuous tool for communication. So, why do we take selfies in a museum? Students enrolled in Anthropological Perspectives on Art taught by Professor Françoise Dussart explore this question in an exhibition titled When You Give Millennials a Gallery.... In this exhibition, they analyze how museum-selfies create relationships amongst Millennial selfie-takers, artworks, and visitors. Originally, the students engaged with their assignment—"taking selfies in a museum"—with suspicion. Was this another narcissistic exercise? Instead, with their museum-selfies they articulate their identities, reveal their emotions, challenge museum displays, and question conventional timelines of artists. The exhibition is a collaboration with the Department of Anthropology.

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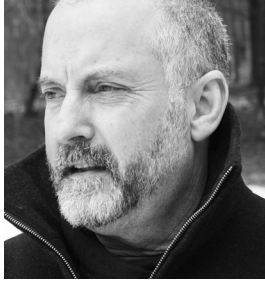
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Cori Amber Antignani's Cambera Farm

By C. Dennis Pierce



Fall is on the fence. Can you not see it balanced there?

Teetering backward to hold on to late summer, as it struggles for balance, only to lean forward as it prepares to embrace the colder months. As it tries to make up its mind, we experience weather which is unseasonably warm one day, and damp and cold the next. Teetering back and forth begrudgingly trying to hold onto something it cannot. As we look ahead, the Old Farmer's Almanac is calling for a cold and snowy winter for much of the United States. It is warning that this winter, throughout the United States, there'll be no escape from shivers, snowflakes, and slush: "Snowy, icy, and icky" conditions, "wet and wild" periods, and "a parade of snowstorms". In the Northeast, according to the almanac, winter will be milder than normal, on average, with above-normal precipitation and near- or below-normal snowfall. The coldest periods will be in early to mid-January, late January, and early February. The snowiest periods will be in mid-November, mid- to late December, and early and late January.

Preparing for winter, I am reminded daily of the approaching season by the geese that fly over my house as they are en-route to the waters surrounding the Mansfield Dam. The endless honking provides a serenade while I am stacking my winter's wood and it reminds me of the natural instinct Mother Nature has provided these creatures which enable them to endure their journey south. I recently found a passage that was written by Harry Clarke, where the author describes the ritual that we take for granted as we view the V formations flying overhead. Next time you gaze up into the fall sky you might consider what science has discovered as to why they fly that way. "... as each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in V formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own. People who share a common direction and sense of community can get where they are going more quickly and easily because they are traveling on the thrust of one another. When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation to take advantage of the lifting power of the bird in front. If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are. When the Head Goose gets tired, it rotates back in the wing and another goose flies' point. It is sensible to take turns doing demanding jobs with people or with geese flying south. Geese honk from behind to encourage those up front to keep up their speed. What do we say when we honk from behind? Finally, and this is important, when a goose gets sick, or is wounded by gunshots and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly, or until it dies. Only then do they launch out on their own, or with another formation to catch up with their group." A very thoughtful passage.

Last Thursday the geese flew over the fields at Heartstone Farm and Winery in Columbia as they hosted their first farmer's market, Molly's Market, held on the winery's grounds. Molly's Market consisted of six vendors with an array of local Connecticut offerings. I was there to meet Cori Amber Antignani, from Cambera Farm in Columbia. I first became aware of Cambera Farm while I was attending the Willimantic Farmer's Market where I purchased Cori's fresh pumpkin bread. I knew that I had to follow up with her at a later date to hear more about her life's story. When finally meeting her at the market it was no surprise that Cori has an extensive background and an array of experiences. As a child, her mother brought her to visit friends for a week in Whiting, Vermont, a small New England burg consisting of 420 inhabitants. The friends, Karen and Charles had a large garden, chickens, and other

farm animals. After her stay Cori was hooked and a later visit turned into a whole summer at the farm in Vermont. There, Cori learned how to make bread, jam and jelly from Karen. Later, she continued to pursue her dream by attending college at the University of Vermont which later led Cori to Australia, upper State New York and Maryland where Cori primarily worked on horse farms.

Cori's experiences now has brought her to owning a small herd of goats which produce milk that is later made into soap. Based on her earlier trips to Vermont, Cori is also a top-notch baker and has a large variety that she offers. Some of Cori's bread are: pumpkin, jalapeno cheddar, sourdough, white, whole wheat, multigrain, cranberry orange, cinnamon raisin, rosemary, garlic olive, cheddar dill, blueberry & white chocolate, onion and cranberry walnut. Cori's bread and soap can be found at the following markets during the season: Willimantic, Colchester, Hebron and Andover. In the winter time, Cori is at the Coventry Winter Market at the Coventry High School. This market opens on November 17th this year (<https://www.coven->



Cori Amber Antignani of Cambera Farm and a customer at Molly's Market at the Heartstone Farm and Winery in Columbia. Dennis Pierce photo.

trywinterfarmersmarket.com). She is also at the Ledyard winter market. If you do not frequent the local markets you can also find Cambera Farm's bread at the Willimantic Co-op. Cori makes deliveries to the Co-op on Monday's and Thursday's. You can also stay up to date with Cambera Farm on their Facebook page (<https://www.facebook.com/camberafarm/>) or you can contact them at 860.942.1355 or castigna@gmail.com.

As we move towards the holidays with potential guests and family arriving, I thought you might show them your culinary expertise by introducing a new option to any sandwich that you might offer such as on the Friday, "the day after Thanksgiving luncheon spread", where you put all of the leftover dishes to good use. When seeing Cori's expansive lineup of homemade breads, I started thinking of great combinations for a variety of sandwiches. With that in mind I would suggest that you prepare the following ahead of time and place it in the frig to add a twist and take the mundane to the memorable. The nice part of the following recipe is that you can use store bought mayonnaise to save to time or if you are feeling really adventurous you can go online and make a batch from scratch. It is quite easy. Once tasting it, I am sure you will say, "Why haven't I made this before?"

Roasted Garlic Mayonnaise

Ingredients:

1 head of garlic (full head with many cloves)
1 teaspoon of olive oil
1 tablespoon of minced, fresh chives
1 cup of mayonnaise
Freshly ground black pepper

Directions:

Preheat oven to 350 degrees
Remove the outer papery skin from the garlic being careful not to separate the cloves
Place the whole bulb on a large sheet of aluminum foil
Drizzle the olive oil over it
Wrap the bulb tightly in the foil and bake until the garlic has softened, roughly 1 hour.

Remove from oven, unwrap and let cool for 15 minutes.
When cooled separate the cloves and squeeze the roasted garlic from its skin onto a cutting board.

Finely chop any large bits with a knife.

Add the roasted garlic, "pulp" and the chives to the mayonnaise and stir thoroughly.

Season to taste with ground pepper

Cover tightly and refrigerate. It will be fine for a week or two.

Some other ideas for your new "snappy" mayo, is spread on a roast beef sandwich or a B.L.T. You can also serve it on grilled fish or as a dressing in your chicken, pasta or potato salad. Who knows you may keep a jar in your frig from now on!

I am a big fan of Robert Frost. Being from New Hampshire, I find his poems bring me back to the granite state where I grew up. Here is the poet's take on November.

My November Guest
Robert Frost - 1874 - 1963

My sorrow, when she's here with me,
Thinks these dark days of autumn rain-
Are beautiful as days can be;
She loves the bare, the withered tree;
She walks the sodden pasture lane.

Her pleasure will not let me stay.
She talks and I am fain to list:
She's glad the birds are gone away,
She's glad her simple worsted grey
Is silver now with clinging mist.

The desolate, deserted trees,
The faded earth, the heavy sky,
The beauties she so truly sees,
She thinks I have no eye for these,
And vexes me for reason why.

Not yesterday I learned to know
The love of bare November days
Before the coming of the snow,
But it were vain to tell her so,
And they are better for her praise

And that concludes my column for this month. There are busy days ahead with putting the yard and the house to bed for the winter. Lists for the holidays, menus to plan and gifts to purchase. Perhaps amidst all the rushing around preparing for the holidays we might take a moment and maybe try to adapt the "sense" of a goose, where we will stand by each other as one community despite our opinions and differences. As always, 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 your suggestions in a future column. Drop me a line at Codfish53@Yahoo.com. Peas be with you...

To all our contributors-
Thank You!

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

The Tyranny of Things

By Delia Berlin



Over the last few months, my sister and I helped our 88-year-old mother move closer to us, in Willimantic. It was a laborious process that got me thinking about our individual orientations and attitudes towards objects. It's clear that we all differ in terms of how much we accumulate, what kinds of things we tend to keep, and how we organize them. It was disturbing to realize how far from my mother I fall, along the spectrum of these tendencies.

For context, I should outline the magnitude of the task we had at hand. My mother was preparing to move from a raised ranch in Meriden, where she lived for decades, to a single room at the Card Home in Willimantic. The Card Home is a non-profit independent residence for people over 65. Unable to stay alone in the Meriden house after her husband needed nursing home placement, our mother decided she wanted to move near us. She could move in with one of her children, rent an apartment, or try to get into the Card Home, which at the time was full. She would bring and use her car, in any alternative.

After visits, tours and some thought, my mother chose the Card Home. She is very social and doesn't like cooking, so the idea of living in a place with housekeeping, a meal plan and optional recreation and activities appealed to her. In her words, she wanted "what was most like a hotel" so as soon as a room opened, we would start setting it up. But in the meantime, we had a lot to prepare. The need to cull her possessions was extreme and complicated. Many of the objects had sentimental value or were souvenirs from trips. Others were considered family heirlooms and my mother expected that children, grandchildren or great-grandchildren would keep them. But it was clear that there was much more than even a large family could keep.

While our brothers were helping in other ways, my sister and I took main responsibility for the actual process of downsizing and moving our mother into her new room. We got into a rhythm of going to Meriden regularly and working swiftly for a few hours with our mother. We had to select things that she would keep, since the rooms at the Card Home can be furnished with personal belongings. Beyond that small percentage of possessions, we sorted things to give to family and friends, others to donate and some to discard.

Family and friends had first dibs and took lots of things, ranging from furniture and rugs to silverware and souvenirs. But that hardly made a dent. On each trip to Meriden we filled an average of six large trash bags to throw away, six additional bags of clothing and shoes to donate, and four large boxes of miscellaneous objects to give to a second-hand store, willing to take almost anything for nothing – what a deal! We would return with my Honda Fit filled to capacity and make several stops along the way to dispose of everything accordingly.

Things to discard included stuff that virtually nobody could ever want or use. For example, there were checkbooks from our father, dead for 41 years; faded artificial flowers; plants that were either dead or in the final stages of life support; shattered items that had been saved for impossible repairs that never came, etc. We didn't discard anything even remotely useful.

We encouraged our mother to offer anything to neighbors and friends in Meriden. Many were happy to take some things, but that fell short from making an impact. We came up with the idea of organizing small objects that could later serve as gifts for future new friends. There were lots appropriate presents for Card Home residents, such as pins, notebooks, little vases and handkerchiefs. We organized them in plastic food containers and boxed them together.

Eventually, a room became available and we set it up with care. When moving day came, we went to pick up our mother. My husband took me to Meriden, so I could drive my mother's car back. He was shocked to find her house still quite full. True, there was much we hadn't touched, even after all that culling.

Whenever I talked with people about this, almost everyone mentions a similar experience in their family. Will we also find ourselves overwhelmed by our things? How many of these characteristics are inherited and how many are learned? What are the experiences that shape our needs for possessions and our tendencies to organize them, or not to? I can't answer these questions, but our individual traits in these respects say a lot about our values and the workings of our minds.

When I was in my teens, my father related a

moment that shaped his attitude about possessions. He was standing by a dazzling store window in the company of his father, admiring the variety and attractiveness of the objects displayed, when my grandfather made an unexpected and memorable comment. He said something like: "How many things that I don't need!"

My father remembered that moment for two reasons. First, for what it said about consumerism and the ever-growing inventory of new things that for many of us become "needs" without much thought. Second, for what it said about my grandfather. He was a man satisfied with the basics who disliked excess and waste. My father either inherited or adopted those inclinations as well. Our paternal and maternal cultures often clashed along these lines.

This is not to say that the paternal side of my family rejected all novelty or technological advances. Often, they were early adopters of new technologies, if they appeared useful. For example, when dishwashers first became available in Buenos Aires, where I grew up, we became the first family I knew to get one installed. In fact, we may have been a tad too early, since soon we discovered that literally nobody sold dishwasher detergent yet. Once we consumed the samples that had come with the machine, we were left empty handed.

Since all problems deserve a good shot, my father decided that we would use regular dish detergent in the machine. After all, how different could it be? They probably marketed "dishwasher" detergent just to be able to charge more. But we soon discovered that there was at least another reason. Unfortunately, by then it was too late. We had to live for days with mountains of detergent foam coming out from every drain in the house. Whether this problem also affected our neighbors, I don't know because we made no inquiries.

My grandfather was immune to social pressure, but he could easily fall for quality materials and excellent craftsmanship, particularly when useful objects were involved. I still have and use the nail scissors he bought me in Rio de Janeiro in the 70s, when Mundial stainless steel was the best worldwide. In addition to stainless steel, he also liked beautiful hardwoods, stones, and other materials associated with durability and strength, but not with luxury or monetary value.

Since I find myself similarly inclined, it's natural to wonder how much of that is genetic and how much I acquired through experiences. Over the last few months, I confirmed that I do not crave the same things as my mother and I definitely do not want as many. I don't organize my things in the same way either, but organization deserves separate consideration.

In our society, organizational skills are considered a strength. I have benefited from that bias, because I am an organized person. But for me, organization is a coping mechanism. I feel lost and unable to function when faced with piles of stuff arranged in random fashion. In fact, that overwhelms me so much that I even fail to see what may be in plain sight.

There are also different types of organization that may not be readily recognizable to different people. For example, my husband organizes things in ways that, to me, appear disorganized. But he rarely loses anything of importance and he finds things very easily. He just uses different organizational systems and categories than I do, and that to me may not be apparent.

Durability is also a factor – so much of what we use lasts forever! We accumulate when we acquire more than we use up. Some people are heavy consumers, but also discard a lot. Others are frugal, but never throw anything away. I fall somewhere in the middle. For instance, I still have an embroidered vest that a boyfriend gave me 50 years ago and I wear it, occasionally. I'm easy on things and haven't changed sizes, so I do "shop in the closet" before getting anything new. But I also add items to my wardrobe every now and then. When I do, I donate about as many things. I don't tolerate overstuffed shelves and drawers, so that's my limit.

Replacing things requires both acquiring and letting go. Society promotes and facilitates acquiring, but many of us have serious problems letting go. Paradoxically, when we accumulate too much, we may be less likely to appreciate the limited comfort that things can bring.

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My LBJ

By David Corsini

One joy from living in the Hill section of Willimantic is that I can walk to Eastern Connecticut State University to swim. My path is on the sidewalk between the clock tower and the flagpoles and then across the street, on the sidewalk east of the planetarium building. As I walk, I keep my eyes peeled for birds. I am often rewarded.

In the 2017-18 fall/winter period I saw a mystery bird. In the area across from the flagpoles, there are several islands that host a group of dwarf junipers. Occasionally on my way to or from the pool, I caught sight of a small brown bird as it scurried under the bushes. It didn't fly, but moved more like a mouse. In birding circles, little brown birds that are difficult to identify are called LBJs. LBJ stands for Little Brown Job. Beginning birders see many LBJs, but even experienced birders are not immune.

During the winter, I did not see this bird often, but frequently enough that I thought of it as wintering in the area. I would see the bird pecking in the dirt not far from the junipers. I never got a good look, but as it scurried away I caught a glimpse of an uplifted tail. Thinking back

over birds I knew, the bird that best fit that description was a winter wren. However, the rather open environment with lots of foot and car traffic with considerable noise did not fit with where I would expect to find a winter wren. But it was my first guess. And then spring arrived and I no longer saw the bird.

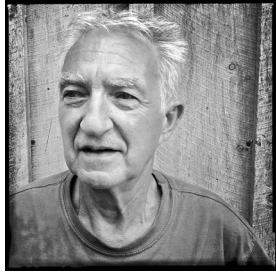
In the 2018-19 fall/winter period, I again had occasional sightings of an LBJ both in the islands of dwarf junipers and in the mixed vegetation around the flagpoles. What was amazing to me was that sometimes during the winter these bushes were completely covered by snow. I didn't see the LBJ during these periods. But as soon as areas around the junipers became open, the bird would appear. This LBJ was using this area as its winter home.

Then one day I spotted the bird and stopped walking before I scared it. I could see that it was not a wren, but a small sparrow with a finely streaked breast and a buffy appearance to the upper breast. I then knew my LBJ was a Lincoln Sparrow. It was not a bird I expected to be around here during the winter.

Lincoln Sparrows spend the summer in mountainous regions out West and in Alaska and Canada, where they breed. Around this area of Connecticut, this species can sometimes be seen with other sparrows during migration. They pass through Connecticut on their way to southwestern states, where they winter. I had seen this species several times during the fall at W-Lot at UCONN and the Mansfield Community Gardens. My sightings had not been very satisfactory. Typically, a more experienced birder than me would say, "There's a Lincoln Sparrow". But by the time I got my binoculars focused on the bird in question, all I saw was the butt end of an LBJ disappearing into the brush. In bird books Lincoln Sparrows are described as skulkers who tend to sneak around. I would add that they are bashful and frustrating to observe. I had never heard of sightings of Lincoln Sparrows during the winter in our area.

One way to further check-out whether Lincoln Sparrows had been seen around here in winter, was to determine if this species had ever been recorded during the Christmas Bird Count (CBC). I checked with Steve Morytko, who is in charge of the local CBC. He told me there were no records of Lincoln Sparrows in the CBC count, which takes place in mid December. I told him I was pretty sure I had a Lincoln Sparrow during the winter at Eastern. He asked me to take a photo. Not only am I not a good photographer, capturing this skulker would be very difficult.

I looked up Lincoln Sparrow on my iPhone and found a YouTube that played a Lincoln Sparrow song. In March of 2019 I went over to the flagpole area at Eastern on a Sunday morning, when there was little traffic. Shortly



after I played the call, my LBJ flew up to the top of a five foot shrub and started singing to beat the band. Now there was no doubt about the species.

The bird had wintered in this area twice. Would it come again? For the 2019/20 CBC count this coming December, I have decided to relinquish my usual territory in Coventry and instead survey the birds around my property and into Eastern. I hope to be able to add Lincoln Sparrow to the Storrs area CBC count. Many birders have a competitive streak and adding a new bird to the census would be a modest coup. Several years ago I added a new species to the Storrs CBC. It was an American Bittern I observed in Coventry.

I hoped the Lincoln Sparrow would return for a third winter and I could see it during the CBC period. But during the summer I was dismayed to discover that the entire area under the flagpoles at Eastern had been completely destroyed. Every plant had been ripped out. I didn't inquire

about the reasons. I feared that even if my LBJ, AKA Lincoln Sparrow, had survived spring migration, breeding and fall migration back, it would not be able to winter where it had before.

The pool at Eastern opened in early September and I took my usual path. The area of my path behind the planetarium is bordered by six flowering crabs and 120 feet of dwarf juniper. I was hoping against hope that the sparrow would find this alternative area accept-



Lincoln sparrow

Contributed photo.

able. In mid September, it was with considerable joy that I began to catch glimpses of a bird behaving like a Lincoln Sparrow. On October 3rd I had an extended period of observation of the bird as it pecked in the dirt less than ten feet away. My plan for the CDC in December was resurrected.

So, you can imagine my alarm when on Oct 4th I encountered a grounds crew with power trimmers cleaning the area under the flowering crabs and around the junipers. There was lots of noise. The vines, grasses, seedlings and random vegetation were removed. They were reducing the vegetation tangle that Lincoln Sparrows relish. I returned the next day to assess the damage and was pleased that at least the row of junipers was still intact. I thought that there might be enough cover for the sparrow, but I feared the sparrow might have been scared away for good. On Oct 7 I observed some sparrow activity in the area. Two birds flew up into the crab apple trees. A robust Song Sparrow came to a nearby branch and ask: "What do YOU want?" I replied that I was looking for the Lincoln. To which the sparrow said: "Good luck with that, mister! Next time bring seed."

Several days on the way to the pool, I spread some white millet seeds under the junipers. On Oct 12 I visited the row of juniper and played the Lincoln YouTube. I was fairly certain a Lincoln Sparrow jumped up in a bush, but then disappeared. But there were many song sparrows (probably attracted to my seed) in this area, so I wasn't confident about the Lincoln. Since then, I have twice had brief sightings of the little skulker. I hope I can observe it during this year's CBC.

As far as I know, Lincoln Sparrows are not endangered. Although I still have not heard of Lincoln Sparrows wintering in our area, I am fairly confident that I have observed a Lincoln Sparrow during the winter for three years in a row. While I cannot be sure, I suspect it is the same bird. When Delia and I lived in Windham Center, we were positive that our "pet" catbird called Cry-Baby returned to our yard for six years. We were positive because each year the bird came to our hands for blueberries and mealworms. This little story illustrates how difficult life for migratory birds can be. This bird probably expected to winter under the flagpoles and it was lucky to find another place nearby. But then there was another shock. It is sad to realize that many migratory birds arrive to former wintering places to find them completely altered.

This story also shows how unaware we can be to the unintended consequences of some changes we make in the environment, even when we think those changes are improvements. Some things love a tangle. Let's not "prettify" everything.

Common Sense Car Care

By Rick Ostien

The summer months have come and gone and fall has arrived. The autumn months of October and November are the time to prepare your car or truck for the harsh cold weather that will be upon us before we know it. It's important to remember that an ounce of prevention is worth a pound of cure when it comes to winter driving and maintenance.

The car or truck that you own should have some kind of preventative maintenance this month. The tires, antifreeze, wiper blades, heating system, and battery are very important in the winter months to come. The vehicles of today are totally different than years past. The fall and spring engine tune-ups are no longer necessary. This is because of how efficient the electronics have made the vehicle's engine. The need for engine maintenance is still a necessity though. The electronics in your vehicle needs to have the charging system and battery working correctly year round. These two things should be checked at every oil change. Most repair facilities include this at no charge when your vehicle is serviced

The tires on your car or truck should have at least 60% of their wear left. The 1 to 3 inches of snow or slush that often covers roadways can cause more accidents than a major snow storm. Worn tires that do not have enough tread left are often a huge contributor to these accidents. The worst driving nightmare is ice of any kind. My wife calls it the great equalizer. It doesn't matter what you are driving or often times what you do once ice has you. Be sure to have your tires checked for wear and for the correct air pressure. It can make a difference.

The winter survival kit (extra clothes, blanket, flashlight, electronic flares, and non-perishable foods) should be a necessity in all vehicles. Make sure your electronic device is always fully charged. The routes you travel should be known by someone else in case the unfortunate happens.

The last thing that should be of concern is the wiper blades and the windshield washer system. These seem to be two items that are always overlooked until you need them. Be sure to check the wiper blades and replace them with new ones if they show wear or have been on the vehicle for a while. Be sure to check the windshield wiper fluid in both the front and rear if your vehicle is so equipped. Remember that water freezes at 32 degrees and that there are special windshield washer fluids that are made not to freeze and to provide optimum cleaning as well, so be sure to use those products.

Last and most important be sure to drive defensively in the winter months to come. When road conditions look questionable, reduce your speed and keep both hands on the wheel. Be proactive and be ready for anything that comes your way.

Until next month...Happy Motoring!!!!

Kristallnacht Observance: The Night of Broken Glass

Submitted by Sheila Amdur

Oral Histories—Creating a Human Library—Nov. 3 at 3 p.m., Temple Bnai Israel, 383 Jackson St., Willimantic.

On Nov. 9, 1938, Nazi Germany and Austria instigated attacks against Jewish synagogues, businesses and homes. Known as the "Night of Broken Glass," almost 200 synagogues were destroyed, over 8,000 Jewish shops were sacked and looted, and tens of thousands of Jews were removed to concentration camps. It was the beginning of one of the most brutal and destructive chapters in the history of the Jewish people.

On Sunday, November 3 at 3 p.m., five members of the community will share their personal stories of family members who were victims and survivors of the Holocaust. The program draws upon personal experiences that allows reflection on the hardships endured by so many, and helps all of us take responsibility for building a world free from anti-Semitism, bigotry, intolerance and hate. Anthony Solano will video record these stories so that we have a record going forward from which we can learn and grow. Everyone from the broader community is invited to attend. Light refreshments will be served.

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A Story of Headlines Vs. Fundamentals

By James Zahansky, AWMA®

People often worry about how news headlines or government action and policy will affect the financial markets. While there is some truth to that, we must also consider that the market may fluctuate but it's always a good idea to stay level-headed and unemotional when that happens. At Weiss, Hale & Zahansky Strategic Wealth advisors, our Investment Committee meets on a daily basis to assess global economic and market performance so that we have the best insight when advising our clients and managing their portfolios.



At the end of last year, the big question was, "Will 2019 bring the end of the recovery?" All of the data seemed to point to an answer of "Not yet." And so far, that answer still holds. The big picture suggests growth is likely to continue for the rest of the year, which should, in turn, support the financial markets. But there's more to the story

Headlines Vs. Fundamentals

To date, it has been an eventful year. Markets moved up, pulled back sharply, and then bounced again. The economy was slow to start, picked up during the first quarter, and now may be slowing again. Meanwhile, the political story has included the Mueller report, a China trade deal and then a trade war, a postponement of Brexit, and looming tensions with Iran.

Reacting to all of these headlines would have been a bad strategy. Because while the markets have been more volatile this year, the fundamentals—the underpinnings of our economy—have remained solid.

Take job growth, for example. Although there has been volatility in the monthly job gains, the overall growth rate has remained steady at more than 2 million jobs per year. Over the past 40 years, when job growth has been at this level, a recession has been at least a year away. Yes, we have seen some weakening recently, but the year-on-year trend remains strong.

Similarly, consumer confidence levels remain high, at levels last seen in 2001, and the year-on-year change is positive. We have never had a recession without a decline in confidence of at least 20 points over the previous year. This should buy us another secure 12 months or more.

Business confidence is weaker than both job growth and consumer confidence, currently sitting at close to its lowest levels of the past several years. Despite that, it is still solidly expansionary, suggesting continued—though slower—growth.

Even the yield curve spread shows risk is not likely immediate. Although the yield curve is on the verge on inverting, an inversion would only start the recession clock ticking. Historically, the initial inversion has preceded a recession by a year or more, which once again leaves us in the green for the balance of 2019.

Looking at these fundamentals, it's clear that conditions are better than the headlines suggest. We have never had a recession with job growth as strong as it is, with confidence where it is, and with the yield curve where it is. Some slowing is likely, but slowing is still growing, with calendar-year expectations for economic growth sitting between 1.5 percent and 2 percent.

The Fed and Monetary Policy

Given the healthy data mentioned above, we could have reasonably expected inflation to rise—and it did, but not by much. More, the most recent data suggests that, with slowing growth, inflation has started to pull back again. Although the Fed decided in 2018 that the risks of not raising rates were greater than those of raising them, in 2019 it has put that policy on hold because of this slowdown.

Expectations are for no more increases this year, plus a real possibility of cuts. Inflation is now expected to stay below 2 percent, and longer-term rates should end the year around current levels, with the yield on the 10-year Treasury between 1.75 percent and 2.25 percent.

What About the Stock Markets?

Steady growth and interest rates suggest that global stock markets are likely to continue to trade on fundamentals, such as revenue and earnings growth. Here in the U.S., revenue growth remains healthy, and while earnings growth has slowed, it is expected to remain positive. This should support the markets through the rest of the year.

With earnings growing, the real issue will be

valuations. Historically, high confidence levels have driven up valuations, and we have seen that in recent years. As confidence moderates and growth slows, however, we can expect valuations to stop rising, meaning further appreciation will depend on earnings growth.

Prospects Bright, but No Guarantees

Solid economic fundamentals should continue to support markets through the remainder of 2019, with moderate appreciation likely—if current trends hold. None of this, however, is guaranteed. Here in the U.S., we'll need to keep an eye on potential impeachment of the administration by the House; the ongoing trade war between the U.S. and China; and, most notably, the debt extension. Abroad, we have pending issues in Europe, including Brexit and Italy, as well as a rising confrontation with Iran.

Even if growth does slow, though, or we see any of the other potential issues erupt, the underlying strength of the economy is likely to limit the damage. We've seen many similar situations in the not-so-distant past—and they didn't knock the economy or markets off their paths.

When you look back at the recovery so far, this scenario is very similar to what we have seen for most of the past 10 years: slow growth threatened by multiple risks. And, just as we have seen over the past 10 years, although the concerns are real, the big picture is very much like what we have become accustomed to. Despite the worries, it's still not a bad place to be.

Staying level-headed despite headlines

Essentially, the main idea of this article is to remain calm despite what the headlines are saying. At Weiss, Hale & Zahansky Strategic wealth advisors, our investment committee meets daily so that our clients don't have to worry about the market's volatility or emotion-based trading. By leaving investments alone, even in times of volatility, assets have a chance to recover from any significant changes from day-to-day news. This allows advisors and clients to focus on aligning their unique and strategic financial plan to their long-term life goals. You can access weekly market highlights, along with additional information, on our website at www.whzwealth.com/resources.

Certain sections of this commentary contain forward-looking statements based on our reasonable expectations, estimates, projections, and assumptions. Forward-looking statements are not guarantees of future performance and involve certain risks and uncertainties, which are difficult to predict. Past performance is not indicative of future results. All indices are unmanaged and investors cannot invest directly into an index. The S&P 500 Index is a broad-based measurement of changes in stock market conditions based on the average performance of 500 widely held common stocks.

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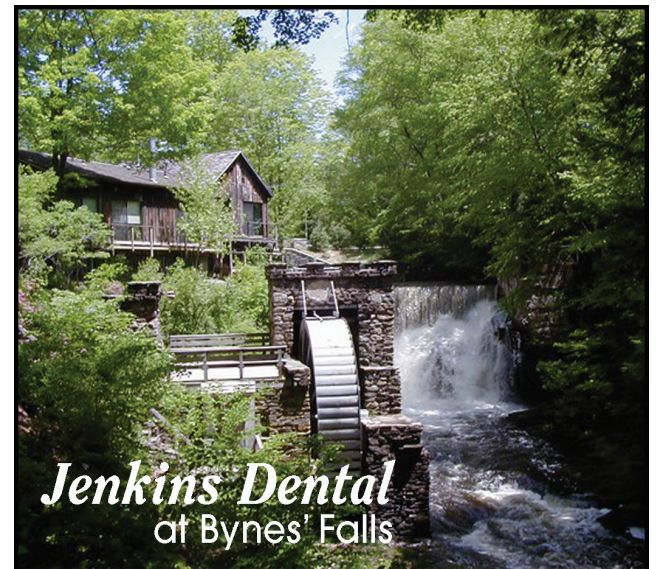
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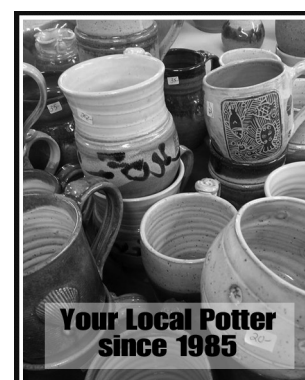
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A Canvas of History and Social Change

By EC-CHAP

“A Canvas of Social Change” represents a public art project developed and executed by the Eastern Connecticut Center for History, Art, and Performance (EC-CHAP). EC-CHAP is a 501.c.3 cultural organization serving eastern Connecticut and beyond.

The purpose of this project is to raise awareness of local history, culture, and sustained innovation that has endured time and social change through mural art. The resulting mural has been created on a 200-foot retaining wall located on the east side of River Road (State Route-32) at The Mill Works, 156 River Road, Willington, CT. Completion of the final mural is scheduled for early November 2019, with a public dedication and celebration scheduled for late November 2019. The mural artist responsible for presenting and finalizing concept designs and completing the final mural is Christopher Gunderson. Mr. Gunderson is a full-time graphic designer and visual artist. Details to be published on the EC-CHAP website at: www.ec-chap.org.

This project was partially funded by a REGI grant administered by the Department of Economic and Community Development, Connecticut Office of the Arts.

The remaining funds required to complete this project were acquired through a major fundraising activity.



The Process:

After the notification of grant award, the process for this project entailed multiple elements including: planning, research, design, repair, material selection, scheduling, and execution over a period exceeding 12-months. A number of challenges surfaced over this period and continue to

be present. These include retaining wall characteristics, harsh environmental conditions of the site, material selection, artist schedule, and weather. The general process elements are briefly described below.

- Application for REGI Grant Submission to CT Office of the Arts (COA) June 20, 2018
- Notification of REGI Grant Award by COA October 3, 2018
- Retaining Wall Repair: Concrete contractor scheduled for October-November 2018.
- Schedule delays. Repairs planned for spring 2019.
- Research and initial concept development finalized May 2019
- A Community Engagement Team (CET) comprised of volunteers formed to review initial mural concept and provide input and feedback associated with content, historical significance, accuracy, and design.

Members of the CET included: Mark Annuli, Arlene Avery, June Bisantz, Tom Buccino, Julie Engelke, Martha Ennis, Penny Guerin, Chris Gunderson, Tyler Hall, Paul Johnson, Ken Laster, Claire Laster, Arthur Rovozzo, Richard Symonds, and Karen Warner.

The CET met on May 30, 2019 and June 6, 2019, with follow-up email exchanges and suggested revisions and iterations.

- Repairs to retaining wall completed June 2019
- Site visits by paint material suppliers July and August 2019
- Concept design finalized August 2019
- Material selection finalized August 2019
- Clean & power wash wall; prime & seal wall; and top coat wall completed September 2019. All work was performed by a Volunteer Team (VT). The VT included: Bill Briggs, Tom Buccino, Russ Darling, Julie Engelke, Jim Gagne, Larry Grasso,

Chris Gunderson, Cindy Moeckel, and Dave Noble

- Sketch image on wall complete by artist September 2019
- Colorize final image by artist – In process



The Mural:

The mural represents an historic journey illustrating the creativity and innovation that has transpired and evolved at the original Hall Thread Company facility, now The Mill Works, though time and change.

The Gardiner Hall Jr Company, first spooled thread manufacturing concern in the United States, produced fine threads from 1860 to 1954. The Town of Willington adopted the spool thread design as their corporate seal in 1919 (Town Meeting Records, III, December 22, 1919, p.371). This action was taken as a result of the significant impact the company and Hall family had in the early development of Willington, CT.

An assortment of brilliant colored spools begins the mural to the left. Select

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work, invention, and innovation by the Andover Machine Company continued through their operating years from 1962 to 1980.

The viewer is now standing on the 3rd floor of the original Hall Thread Company Packing & Shipping Building, now "The Packing House". Here they see Tom Buccino at a lathe turning a metal component and Bill Sloan on a milling machine preparing another component part – both to be brought together and assembled into a die set for high volume punching on the floor below. To the left is a B&S automatic screw machine, which was to be located on the first floor of the Dye & Bleach House. To the lower right, is a box of assorted products including a Waring Blender, IONA hand mixer, and Hasbro "Digger Dog" children's toy. Each of these finished products contains component parts produced on site by the Andover Machine & Etching Company.

From 1980 to 2010, a variety of manufacturing, commercial, retail, and creative individuals and concerns occupied the facility. It was in 1988 that the facility



name "The Mill Works" was born, and The Mill Works LLC formally established in 2000. Though prior to what we consider an "incubator" model today, this period essentially represented just that – a group of small businesses, entrepreneurs, start-ups,

and fine artists creating and innovating under one roof.

From 2010 to present day, The Mill Works has been reinvented once again. Listed on the Connecticut Register of Historic Places in 2014, and subsequent National listing in 2017, its historical roots are embraced and preserved.

The image now transitions further from traditional manufacturing to the high-tech digital world, represented by One Medical Passport (OMP), an innovative onsite leader in web-based medical software development and distribution. The viewer can peek into the office of a Senior Developer on the 3rd floor of the Dye & Bleach House collaborating with a colleague at a digital workstation.

The presence of arts and culture initiated by the Friends of The Mill Works during this period, has grown into the Eastern Connecticut Center for History, Art, and Performance (EC-CHAP), a 501.c.3 nonprofit cultural organization incorporated in 2016. The viewer is immersed in a final segment of the project, where the visual arts, dance, film, and musical performance collide.

The "Dye & Bleach House Community Gallery" located on the 1st floor of the Dye & Bleach House is depicted by art created and hung by local and regional artists. An immediate shift to The Packing House occurs where EC-CHAP's monthly Social Dance led by Kelly Madenjian is be-



ing photographed; and the ceiling mounted projector is screening a monthly film.

The stage presents a culmination of key historic musical performers from left to right: Belle of the Fall, acoustic duo and first musical performance in The Packing House (2015); the Greg Abate Quartet, jazz quartet, and first national/international jazz artist to appear (2016); and Tom Rush, nationally renowned folk icon, (appearing with multi-instrumentalist Matt Nakoa), generously providing two sold-out performances which funded the remaining requirements for this project (2019). The legacy of invention, creativity and innovation has endured through social change for 160-years.

What will the future bring? The final image in the viewer's eye is an open door...

We encourage you to visit www.ecchap.org where we will be posting detailed information, graphic concepts, and photographs of this project over the next few weeks.

Photographs courtesy of Julie Engelke, Paul Johnson, Mary Buccino and Tom Buccino.

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November Has Eight Letters and Tenor Sax

By EC-CHAP

November has eight letters – coincidentally the same number of EC-CHAP events scheduled in the eleventh month of the year! And for the sax part... read on.

First we would like to thank all those who attended our fall Benefit Concerts last month with “The Steve Davis Correlations Band” and “An Evening with Kate Taylor”! A special thank you to Arthur Rovozzo, Larry Grasso, Cindy Moeckel, and Bruce Burkhart, for their generous contributions and support of these events! Without your continued support, we would be unable to offer such performances.

We would like to remind you of our recurring monthly events: “Talent Showcase” (2nd Wednesday) – November 13th; “EC-CHAP Social Dance with Kelly Madenjian” (2nd Thursday) – November 14th; Monthly “Information Exchange Meeting” – Tuesday, November 19th. And rescheduled from last month, our film, “Pink Floyd: The Wall”, written by Roger Waters, will be screened on Friday, November 15th.

Details for November’s events are included below and we encourage you to visit our website frequently for additions and updates, artist bios, soundbites, videos, and additions: www.thepackinghouse.us/upcoming. Ask at the door about our “Frequent Flyer Program” for additional savings!

We have invited colleagues to share their creative journeys and stories as a part of our monthly Performing Arts column. Arthur Rovozzo, DJ and founder of Saturday afternoon jazz program, “Musical Myriad”, WECS 90.1FM, will add to his multi-part series this month with a look at trumpeter Art Farmer.

Happy Fall!
EC-CHAP Board

EC-CHAP JAZZ SERIES

“The Matt DeChamplain Drummerless Trio”. Saturday, November 2nd, 7:30pm.



Matt DeChamplain’s Drummerless Trio was formed in honor of the great drummerless trios led by Nat “King” Cole, Art Tatum, Oscar Peterson, Phineas Newborn, Ray Brown, Ahmad Jamal and Tal Farlow. The concert will feature arrangements of popular standards, rare jazz standards and original compositions by Matt DeChamplain.

“Matt DeChamplain plays with amazing dexterity and superb taste while covering the history of jazz piano from ragtime and stride to modern.” –Hartford Jazz Society

“His original, fluent, open-ended style can move about freely in all eras, seamlessly mixing the past with the present. ...he never loses sight of the central importance of the groove and playing with feeling.” –Owen McNally, NPR

The format of “Piano/Bass/Guitar” is very unique! The trio works hard to create the energy of a large ensemble with an intimate, acoustic group. The music is highly arranged reminiscent of the Oscar Peterson Trio and Nat “King” Cole Trio. Matt DeChamplain (piano), Chris Morrison (guitar) and Matt Dwonszyk (bass) each add to the compelling musical fluidity and live energy of the group in a unique way. The group is known for their dexterous facility and creative improvisation and also the humility and

humor they bring to the bandstand as they share the music they love. Tickets \$15.00 Advance / \$20.00 Door.

“The Joe Davidian Trio”. Saturday, November 9th, 7:30pm.



The Joe Davidian Trio specializes in performing their original compositions written in the style of jazz standards. Most recently they’ve developed a collection of songs entitled “The Lost Melody” to embody their overarching values of the trio structure with a heavy emphasis on interaction and melodicism. “With loving care they take the haunting melody and build a priceless masterpiece.” says, Paul J. Youngman of jazzreview.com.

The trio has presented concerts throughout the New York and New England area as well as an annual residency at the “Jazz Cave” at the Nashville Jazz Workshop (resulting in two live albums) and regular appearances in South Florida where the trio first met.

Internationally they have performed in Ireland, Germany and Italy with a forthcoming tour of Japan in 2020. Most recently, pianist Joe Davidian was selected as winner (and “crowd favorite”) of the 2019 Jacksonville Jazz Festival piano competition.

Joe Davidian (piano), Jamie Ousley (bass), and Austin McMahon (drums). Tickets \$15.00 Advance / \$20.00 Door.

EC-CHAP SPECIAL PROGRAMS

“An Evening with Spiritual Medium Maura Geist”. Friday, November 1st, 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.

Based on experience and general audience attendance, approximately ten readings are typically able to be completed during an evening session. There will be a brief intermission ending with a Q & A.

“Life is a beautiful thing, it is our journey of learning, but it is even more interesting through the Eyes of a Medium. This is my journey and all the things I have learned about God, our Souls, and the Afterlife.” - Maura Geist. Tickets \$20.00 Advance / \$25.00 Door.

“Dye & Bleach House Community Gallery Opening”. Saturday, November 9th, 10:00am – 2:00pm

Please join us for the beginning of our 4th Exhibit featuring the works of Jack Broderick, Carol Mackiewicz, and Tyler Hall. This exhibit will be on display through December 21st, with public viewing hours from 10:00am – 2:00pm, November 9, 16, 23 and December 7, 14, and 21, 2019. The Dye & Bleach House Community Gallery is located at The Mill Works, 156 River Road, Willington, CT. Admission is Free.

EC-CHAP Film Series:

“Pink Floyd: The Wall” (R). 1982. Friday, October 11th, 7:00pm



“Pink Floyd: The Wall” was directed by Alan Parker and written by Roger Waters, stars Bob Geldof, Christine Hargreaves, James Laurenson.

In short, this film is about a confined but troubled rock star who descends into madness in the midst of his physical and social isolation.

“The movie tells the story of rock singer “Pink” who is sitting in his hotel room in Los Angeles, burnt out from the music business and only able to perform on stage with the help of drugs. Based on the 1979 double album “The Wall” by Pink Floyd, the film begins in Pink’s youth where he is crushed by the love of his mother. Several years later, he is punished by the teachers in school because he is starting to write poems. He slowly begins to build a wall around himself to be protected from the world outside. The film shows all this in massive and epic pictures until the very end where he tears down the wall and breaks free.” Written by Harald Mayr <marvin@bike.augusta.de> - IMDb

This film is a part of the EC-CHAP Film Series hosted by the Eastern Connecticut Center for History, Art, and Performance (EC-CHAP), a 501.3.c non-profit membership-based cultural organization. To learn more and how you can become a member, visit www.ec-chap.org. Suggested donation \$5.00.

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).

The Tenor Pace-Setters of Autumn

By Arthur Rovozzo, EC-CHAP Contributing Writer

People might imagine that there would be a correlation between the warmest months of the year and the recording of intensely heated jazz performances. Well, as the song title said long ago ‘It Ain’t Necessarily So’. Every month and season has had its equal share of extraordinary jazz recordings. To my inquisitive mind, however, there has been some special quality to jazz recordings made through the late-year months.

After scanning over scores of jazz record dates it seems to me that there is also a particularly strong tie (cosmic in ways we perhaps aren’t equipped to understand as yet) between the tenor saxophone and the Autumn. Several of the most wonderful, entertaining, genre-stretching, game-changing recordings which were centered on a jazz tenor saxophonist were put on tape in either October or November. That’s right! Somehow, Autumn appears to be



especially conducive to the making of very powerful live performance transcriptions in the case of tenor saxists. Ben Webster's "At The Renaissance" is one of these children of Autumn that numerous music obsessives have discovered, enjoyed and branded a cult classic.

Webster was one of the world's greater tenor men, no question. But the two winners hands down, in terms of creating autumnal live recordings which have become milestones of tenor sax artistry in jazz are Sonny Rollins and Joe Henderson. These genius tenor men both recorded sets at The Village Vanguard in New York, 28 years apart, and their achievements have never been remotely equaled by any other musicians.

Sonny Rollins with "A Night at the Village Vanguard" made a daring, throw-all-caution-to-the-wind bid for musical immortality in a bare-bones trio setting. With no piano to keep the songs on the rails, Sonny indulged in the highest level of improvisational jazz poetry that seemed possible with tenor, bass and drums as the only instruments. Rollins attacked standard tunes, modern jazz favorites and a few original songs with the same relentless, swinging energy and endless resources of lightning creativity, melodic invention and emotion. His distinctive sense of humor - sometimes cutting and satirical, other times darker, more mercurial, edgy and devastating - was very much in evidence throughout the the breakneck playing. Critics have been enthralled by the Rollins' trio music ever since, grasping for words like 'magical, impassioned, unpredictable, incendiary' to try describing it.


Effervescent tunes such as "Old Devil Moon" and "A Night in Tunisia" were tossed-off by Rollins with such casual brilliance that his musical barrages whirl over you like a zephyr wind on the first few listens. Other tenor men had to strive for the olympian and herculean to come anywhere close to Rollins' attainments.

Decades later, Joe Henderson recorded his twin "The State Of The Tenor" albums for Blue Note over three November evenings, utilizing the trio format. Henderson was able to, in many respects, equal Rollins in melodic, improvisational expansiveness and acuity. Yet he did so, hitting all the right buttons, by just being totally himself, bringing forth his best qualities, not trying to out-gun a legend. This, even though Henderson had Rollins-esque qualities apparent in his early work and through the evolution of his personal tenor style. Never an imitator, Joe created an individual tenor sound with its own character, temper and tonal particularities. Playing songs by Thelonious Monk, Horace Silver, Sam Rivers and his own tunes, Henderson achieved a grandeur of dry wit, melodic manipulation and song-structural insight. Where many other tenor players would have settled for bombast or macho posturing, Hen-

derson adroitly avoided these potholes. "Ask Me Now" and "Beatrice" are classics.

For a player who was so clearly a modernist and who did more than flirt with avant-garde experimentation at points in his career, Henderson's Village Vanguard recordings display his knacks for subtlety, non-show-offy cleverness, resourcefulness and sensitivity more often than his options for volume-swelling shocks. Joe wasn't flaunting the easiest tricks of his technical arsenal. Instead, as a true master, he indicated his authority and instrumental command with taste and complete assurance, only turning to the making of big statements at higher decibels on a few occasions. Now that vinyl is returning to prominence as an audio format, Joe's beautiful trio performances are being reissued on Lp.

There is something about these live recordings by Rollins and Henderson in November that inspires a lot of imagery; scenes that play out in one's mind's eye as the music unfolds. We can get pulled into the autumnal reverie and envision the leaves carried by winds across Central Park, the glistening, rain-dampened streets of the city glowing with neon reflections, the subdued electronic embers cold but ablaze, shimmering a wave goodbye at the green months as an uncertain winter approaches. If you haven't ever indulged in hearing these Tenors of November, now is your chance to be astounded and transported.



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I'm A Hurtful Person And So Are You

By Grace Preli

"If you don't heal what hurt you, you'll bleed on people who didn't cut you."



Dear readers, I'm back after a small hiatus with some shadow self musings. Maybe it's the growing darkness, the rainy weather and the coming winter giving me more time and space to turn inward or maybe it's just the perfect time in my process to dig a little deeper. Whatever the reason, I've been turning over some big rocks in my inner garden and getting to know what's been hiding from the light. Like worms or grubs that squirm a little when their den is revealed, I've noticed a lot of my own inner worms squirming a little bit too on first sight. What I am realizing is that even though it is uncomfortable or challenging sometimes or even a little bit scary to pull back the layers and dig a little deeper, it is going to be worth the effort. There is so much richness to be found in the darkness, so much to learn, so much to bring light to and reveal. I'm learning how to do this. Some days it is easy and others it is very hard. Some days I really struggle and on others everything seems clear.

Contrast is how we learn and grow. Nothing can exist in the light without casting a shadow, and a shadow can not be formed without light. They need each other to exist. There's so many examples of the dualistic, symbiotic relationship between our light and dark sides; yin and yang, masculine and feminine, positive and negative, night and day, the sun and moon and the saint and the sinner. We humans need light and dark sides of ourselves too in order to provide contrast and to grow. We need to focus on and give attention to both of our parts, all of our parts, not just the ones we think are good or light or positive. I think often times we do tend to focus on only those parts of us that we like or judge or deem to be good.

For a long time my shadow work has looked a lot like playing in dappled shade. A little light, a little darkness, blending together on the grass beneath the tree. Both sun and shade felt comforting and safe. It wasn't too hot, nor too cold. When the breeze would ruffle the leaves a little bit, the shadow below would shift and dance upon the ground but settle out quickly again leaving me as comfortable as before. However, the brighter the light, the darker the shadow and as I move my way out into that lightness, I find a lot of shadows that don't move quite so easily, a lot of shadows that are much darker, much deeper.

I and you, we must attend to our shadow selves for they make us whole. I am often nice and kind and generous and gentle. Loving and giving and joyful. And I am also unkind and hurtful sometimes. I can be quick with my words and judgmental of myself and others. Shall I choose to only focus on my good side? Or shall I become aware of and focus attention on my shadow self as well?

You don't know until you know and becoming aware, having that knowing is the first step to making a change. This is our first point of choice. Often we are unaware and when we become aware of what lies underneath our rocks, when we become aware of our hurtful behavior, our pain, our insecurities, our shit — we have the choice — to accept that awareness and move forward in a new way or to ignore it, thinking we're saintly with nothing to improve upon. This first point is where I struggle. Am struggling. Have struggled. Will continue to struggle until I don't anymore. Why? Because my defense mechanisms, my protective mechanisms are hardened and well developed. Rose tinted glasses? I've got them on. The idea that everything is fine and dandy even when it's not? Yup, got that too. A lifetime of not taking responsibility for fear of rejection and abandonment? Check. A well developed habit of telling half truths and not being fully honest with myself and therefore those around me? Yup. A strong resistance to change? (I'm a Taurus need I say more?) All of these and more keep me from even seeing what is in front of me in that darkness. These protective mechanisms, lying, fronting, getting defensive, getting aggressive, saying no to things, being unwilling to change, to try, being afraid, anxious, worried, trying to control, communicating passively, non verbally, sulking, pouting, feeling victimized, thinking I'm the best and that I have nothing to learn.... all of these deeply inhibit my ability to begin to make any changes. You have to know to know. You have to be open to knowing, willing to know, willing to see... so that when the awareness comes, when the layer is peeled back and the habit revealed, you are ready to make a change for the better.

I think making the change is a process of trying, fucking up and trying again until you get it. It's learning,

it's making mistakes, it's a process... and it takes time. I'm not sure there's any secret here. I used to think that there was, but it really is just trying and trying and trying some more.

It's also important to not beat ourselves up for where we are in our process or for having shadow selves. Sometimes maybe we can feel like we're a little late to the party, like we need to be on a different timeline, that we shoulda, coulda, woulda done something different. We can't get down on ourselves for not knowing... how could you have known? You didn't. Now you do. Having shadow selves doesn't make us bad people. I'm trying to remember that having shit to work on, insecurities, yucky parts, bad habits, unhelpful behaviors doesn't make us unworthy or undeserving of goodness in life, of love and calm and support and friendship.

And I admit, I struggle terribly with this. I am harsh and critical and judgmental of myself for feeling like I should have known or it should be easier or I should be making more progress or my change should look like x, y and z. I equate not having known with a failure instead of looking at the new knowingness with ease and grace and kindness and saying, hey, now I know and I can make a change. I can get caught in the loop of beating myself up thinking I am a failure and a fuck up and a burden and worthless. I can get lost there for a little bit. If you get caught in this loop, as I and a lot of my friends sometimes do, know first that you are not alone and that we all get down on ourselves sometimes. Know too that you are loved and cared for, you are okay, that you are learning and growing and you have so many things that are going right. I'll be the first one to admit that this feels so hard sometimes and I still beat myself up on a nearly daily basis. But I am TRYING, and making some progress towards observing myself in a much more compassionate and kind way.

Focusing on the darker parts of ourselves, the insecurities, the pain, the parts of us that hurt and hurt others is necessary. There is much richness to be found in soil that doesn't see the sun. We have to use those worms and grubs under the rocks to turn our shit into soil, to alchemize our lives, to bring light to our darkness. When the beautiful flower blooms or the squash plant yields its autumn bounty we have the darkness of that soil and the work of the worms under those rocks to thank for our vibrant harvest. Be okay with getting to know all the parts of yourself and remember, in both our lightness and our darkness we find ourselves completely. We cannot step into the light without casting a shadow and it's so important that as human beings on a mission, we play in both the sun and the shade. Big love, xx Grace.

Storrs Farmers Market Moves Indoors

Submitted by Diane Dorfer

Fall is fully upon us, but the Storrs Farmers Market still has a lot to offer.

Cool temperatures and shorter days may bring the feeling of the end of harvest season, but your local vegetable farmers are still harvesting an abundance of cool season crops from their fields. Carrots, beets, turnips, radishes, leeks, cabbages, spinach, and loads of other greens are all at their best right now. Unlike warm season crops such as tomatoes and melons, these plants produce more sugars as the temperatures fall, so this a great time of year to find the sweetest root crops and greens at market.

Roasting and stewing are obvious choices, but fall salads are quite lovely, too. Arugula or tender lettuce with beets, walnuts and blue cheese. Grated apple and carrot salad with ginger, raisins and red chili. A spicy Asian-style slaw with daikon radish. So many possibilities!

Add in the fantastic meats, breads and other prepared foods you'll find at market, and you're sure to set yourself up well for a week's worth of delicious fall cooking.

For the colder months the Storrs Farmers Market is at the Mansfield Public Library from 3-5 pm on the following dates: Nov. 2, 9, 16, 23; Dec. 7 & 21; Jan. 4 & 18; Feb. 1 & 15; March 7 & 21; April 4 & 18.

Diane owns Cobblestone Farm CSA in Mansfield Center

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Unsung Heroes of Soul: James Carr

By Dean Farrell

As host of The Soul Express on WECS, 90.1-FM, I play the biggest names in 1960s and '70s-era soul music. I also mix in the many great soul artists who did not make it big but were no less talented. This month's column is about one such act: James Carr, whose haunting baritone suggested a demon-driven man perpetually at the end of his rope—which he was.

Carr was born in Coahoma County, Mississippi on June 13, 1942. His parents brought the family to Memphis when he was very young. Carr's musical background was in the church. He listened to the Jubilee Hummingbirds, the Pilgrim Travelers, Sam Cooke & The Soul Stirrers, and the Sensational Nightingales featuring Julius Cheeks (among many others).

In 1962, he met Roosevelt Jamison, who became his manager. By then Carr was married, had a day job as a laborer, and sang lead with a gospel group called the Harmony Echoes. In late 1964, Jamison got Carr (who by now had switched to singing R&B) signed to the Memphis-based Goldwax label. His first record, "You Don't Want Me," sounded a lot like B.B. King. Carr's first R&B hit, in 1966, was "You've Got My Mind Messed Up," followed by the Otis Redding-like "Love Attack" and the colorfully titled "Pouring Water on a Drowning Man."



James Carr

Contributed photo.

In 1967, Carr waxed his magnum opus, "The Dark End of the Street." Not only is it the greatest cheating ballad ever written (by Dan Penn and Chips Moman), but its downbeat ending—which promises no hope the adulterers will ever be free to love in the open—was the perfect complement to Carr's sound. "The Dark End of the Street" was soul so deep, it had no bottom for its protagonist to hit.

Unfortunately, James Carr was never as big as his talent justified; he suffered from crippling manic depression. At one session, it took six hours to get just one vocal performance out of Carr. He did, however, belt the song out in one perfect take, after which he clammed right up again.

Goldwax folded in 1969. Carr ended up on Atlantic, which released one single on him in 1971. Six years later, Roosevelt Jamison released a James Carr single on his own label. In 1979, Carr toured Japan but went into a trance onstage after he took too many anti-depressants. The tour had to be canceled.

In 1987, the Blue Side label released a compilation of Carr's songs. In 1991, he recorded a new album for the born-again Goldwax Records. In 1995, the Razor & Tie reissue label released a 20-song anthology, The Essential James Carr. In 2000, the UK reissue label Ace/Kent put out the 20-track James Carr: The Complete Goldwax Singles. The same year, he released 24 Karat Soul, an album of new material.

James Carr, 58, died of lung cancer on January 7, 2001.

Charted singles:

"You've Got My Mind Messed Up" (1966) R&B #7, Pop #63

"Love Attack" (1966) R&B #21, Pop #99

"Pouring Water on a Drowning Man" (1966) R&B #23, Pop #85

"The Dark End of the Street" (1967) R&B #10, Pop #77

"Let It Happen" (1967) R&B #30

"I'm a Fool for You" (1967) R&B #42, Pop #97

"A Man Needs a Woman" (1968) R&B #16, Pop #63

"Freedom Train" (1969) R&B #39

"To Love Somebody" (1969) R&B #44

Dean Farrell hosts The Soul Express on WECS, 90.1-FM, from 9:00 p.m. - midnight on Fridays. He plays vintage soul music of the 1960s and '70s, everything from #1 hits to long-lost obscurities. Dean archives his shows at <https://www.mixcloud.com/dean-farrell/>. His e-mail address is soul-express@gmail.com.



The Dye & Bleach House Thanksgiving — still my favorite holiday

By Rebecca Zablocki

The Dye & Bleach House Community Gallery is located on the first floor of The Mill Works building at 156 River Road in Willington, CT. This space has evolved out of the Eastern Connecticut Center for History, Art and Performance's desire to showcase and support more local and regional artists. Championed by our availability of space, the wide corridors and blank walls on the first floor of our building, occasionally adorned with the artwork of some of The Mill Works tenants, we had the perfect spot to create a place to highlight our community. The Community Gallery is now open on Saturdays from 10am to 2pm, during 8-week exhibitions.



In less than a year, we have had the pleasure of displaying three group shows with work by many talented and diverse artists. These shows have consisted of artworks by artists living in Connecticut and Massachusetts with a variety of backgrounds, from different countries and at many different ages. To close out 2019, we will be hosting our fourth exhibition, coming full circle and bringing back the art of some of The Mill Works family, ECCHAP members and building-mates! You will have less time to visit with their pieces, to accommodate for Holiday celebrations and travels, but you don't want to miss out. Visit the works of Jack Broderick, Carol Mackiewicz and Tyler Hall, on November 9, 16, 23 and December 7, 14, and 21, 2019.



Jack Broderick, a nationally known and respected plein-air and studio painter, has traveled extensively and



has created and shown his work internationally. We are extremely lucky that he calls eastern CT his home. More specifically that Jack has maintained a studio at The Mill Works since 2011 where he creates, and offers a series of workshops and individual instruction.

Carol Mackiewicz has had her painting studio here, since 2014. This practicing Massachusetts Art Therapist, really practices what she preaches, using her paintings and pastel works to convey and express emotion using color, line and shape.



Tyler Hall, a direct descendant of Gardiner Hall Jr., the original owner and operator of our beautiful refurbished mill-home, is most recent to join EC-CHAP as a part of The Mill Works family. Tyler was appointed as Curator of the Gardiner Hall Jr. History Museum which sits behind the large double-doors that you can find opposite the main entrance of the Dye & Bleach House Community Gallery. Currently, Tyler is studying to receive a degree in history at Eastern Connecticut State University and paints and photographs industrial scenes in his free time.



The current exhibit hits very close to home, but we consider anyone in New England or nearby, to be a part of our community - whether you are a hobbyist, a student, or a professional artist who would like to observe the art, display, or volunteer - all are welcome to join in. If you or someone you know is interested in being a part of the Dye & Bleach House Community Gallery, please contact COMMUNITYGALLERY@EC-CHAP.ORG

By Doug Paul

One Thanksgiving morning when I was about 4 years old my seven year old brother told me that the man conducting our church service was the President of the United States. To my surprise about ten minutes into the service the man said "and I, Harry S. Truman, President of the United States of America do hereby proclaim Thursday the 22nd of November a day of national Thanksgiving." Wow, I thought! "How cool is that." (or some similar phrase more common to 1950). It was a bit of a let-down when my parents later explained that the man wasn't Harry Truman but was the Reader in our church reading the President's proclamation, just as every Reader has done in all the ensuing years.

Thanksgiving Day has been memorable to me for other reasons as well. Although there were five in our family there were always another five or more around the table with us - members of our church family, cherished for their joy, laughter, and gratitude, regardless of life's current challenges. My mother loved to cook and bake in those years, and everyone took home leftover turkey and dressing, and pie. There was always apple pie, chocolate pie in a crushed chocolate cookie crust, and a cream cheese pie made with lemon and lime jello, crushed pineapple, and sweetened condensed milk (Milnot brand) and nick-named milnot pie.

There were also innocent party games, probably to please us kids, but I never would have guessed it if adults weren't having just as much fun.

But back to the Thanksgiving Day church service. Much like our weekly church services, there were readings from the Bible and Science and Health with Key to the Scriptures by Mary Baker Eddy, in some way related to the theme of giving God thanks for bountiful blessings. Hymn singing seemed particularly joyful. And then there was a period of about twenty minutes when people could stand spontaneously and express their gratitude. Some were regulars: the woman with a thick German accent who thanked the Almighty for her family's safe journey to this country; and Mildred, who unfailingly told of her introduction to Christian Science at a Thanksgiving Day service and the profound change it brought about in her life. There were also expressions of gratitude for healings of disease that had occurred that year and were brought about either by their own prayers or those of a Christian Science practitioner. And there were joyful acknowledgments of increasing good in individual lives and in the world at large. Over the years, I couldn't help but catch the spirit of love and gratitude that permeated those meetings and carried over to our Thanksgiving dinner table. Though our family was of modest means, my parents were rich in the spirit of giving and celebrating good, from God, and through friends.

To this day Thanksgiving remains my favorite holiday, and without fail includes our church service and dinner shared with family and extended family. The memories of Thanksgivings past enrich each new Thanksgiving Day. I'm eager already to hear the expressions of gratitude that will be shared at our church service on November 28 of this year, and the love and joy expressed at the dinner table. (Guests will again take with them turkey and dressing, perhaps pie too.) I also wonder what special gratitude will well up in my heart to share with others. God will inspire.

All are welcome to join in our special Thanksgiving Day service at 10 am in our Church meeting room at 870 Main Street in Willimantic. We are often blessed with visitors. There's no offering at this service. For sure there will be joyful singing, inspiring readings, and heartfelt gratitude shared.

Doug lives in Canterbury.

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Still Smokin' on the Stage



Deep Purple bass guitarist Roger Glover, lead vocalist Ian Gillan, guitarist Steve Morse (l-r) performing at Hellfest, France in 2017. Not in photo: keyboardist Don Airey and drummer Ian Paice. Contributed photo.

By Tom Woron

It was April 1987 and the heavy metal rock band, Deep Purple, was to perform at what was then called the Hartford Civic Center. I told my friend that we had better go see them because they were “getting old” and I didn’t know how much longer they could perform in concert.

Deep Purple, a band from Hertford, England, had its beginnings in the late 1960s and is considered to be one of the bands, along with Black Sabbath and Led Zeppelin, that founded what became known as hard rock, music that’s often called Heavy Metal. The band had a few different lead vocalists and different other members come and go over the years. However their most successful line-up was from 1969 to 1973 and consisted of Ian Gillan (lead vocalist), Ritchie Blackmore (guitars), Jon Lord (keyboardist and backing vocals), Roger Glover (bass guitar), and Ian Paice (drums). This line-up was known for hit songs such as Highway Star, Smoke On The Water, and Space Truckin’, all on their extremely successful 1972 album, Machine Head.

The song, Smoke On The Water, begins with one of the most famous and widely recognized guitar riffs of all time. The song itself tells a true story.

In December 1971 Deep Purple were in Montreux, Switzerland to record a record album in the theatre of the Montreux Casino located on the shore of Lake Geneva. The day before Purple was to start recording, a Frank Zappa and the Mothers of Invention concert was held in the theatre. It was the theatre’s final scheduled concert of the season before it was to close for the winter. Deep Purple was to then use the theatre to record their album. During the Zappa concert someone fired a flare gun and the result was the entire casino complex going up in flames. From their nearby hotel the members of Deep Purple watched the enormous fire and huge amount of smoke from it moving out and hovering over Lake Geneva. The title for the immensely popular hit song, Smoke On The Water is credited to bass guitarist Roger Glover who said the idea came to him in a dream a few days later.

As happens with many bands, shortly after their highly successful selling Machine Head album, internal tensions along with exhaustion resulted in Ian Gillan

and Roger Glover leaving Deep Purple. Another vocalist was to take over but Deep Purple was to cease to exist in 1976. After 8 years, in April 1984, Deep Purple reunited and reformed with its most successful, early 1970s line-up of Gillan, Lord, Blackmore, Glover and Paice. They released a very successful album, Perfect Strangers, in October 1984 and a fairly well selling album, House Of Blue Light, in 1987.

It was the tour to promote the House Of Blue Light album in 1987 that I decided to go see Deep Purple. However, I was a bit concerned that they might not sound so good because the members of the band were all either in their late 30s or over 40 years of age. That was the thinking of someone who hadn’t yet lived 25 years. The 1987 Deep Purple concert that I attended with a friend was excellent. Lead vocalist Ian Gillan was 41 years old at the time and sounded just great along with the rest of the band. But I was glad I saw them, as I didn’t think they would be performing on stage much longer. After all most of the members were in their 40s!! The fans in the crowd at that 1987 concert ranged in age from about 15 to maybe 45.

Fast forward 32 years. In April 2019 I learned that Deep Purple would be performing in concert at the Mohegan Sun Arena on October 9. A different friend of mine who wanted to see them in 1987 but didn’t, wanted to be sure he got to see them this time. So he, his son, another friend and I attended the October 9th Deep Purple concert in Uncasville, CT. They sounded awesome! I never would have thought that 32 years after seeing Deep Purple in concert that I would see them again. Lead vocalist Ian Gillan is now 74 years old but it didn’t matter. At the present time Deep Purple consists of Ian Gillan (lead vocals), Roger Glover (bass guitar), Steve Morse (guitar), Don Airey (keyboards) and Ian Paice (drums).

The October 2019 Deep Purple concert was most enjoyable. The band performed excellent and sounded very clear. At rock concerts I’m used to seeing teenagers and young people in their 20s. I did however take notice that the fans in the crowd at the October 9 Deep Purple concert ranged in age from about 40 to some possibly around 85. Upon leaving, I did have to be careful of a few people walking slowly with canes. See Deep Purple in concert if you can.

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Gardens are for dreamers

By Carol Davidge

The first words in “A Garden Miscellany” are: “If gardens were musical compositions, this book would be a look at the notes.” The last words of the introduction are: “Gardens are for dreamers.” A book party on October 13 for Suzanne (Suzy) Staubach’s latest book, “A Garden Miscellany: An Illustrated Guide to the Elements of the Garden” attracted folks from all over Connecticut.

During her talk, Suzy introduced amazing truths from her research. Who knew that the seemingly “new” can date back thousands of years? That the earliest record of composting is on clay tablets from 2300 BCE, and that both Cleopatra and George Washington were composters? Or that in Woodstock, CT, a wonderful labyrinth is at the Congregational Church, and that a labyrinth (or “maze” is where

people from long ago till today can wander amid spirals and designs. Or that ancient Egyptians and Romans loved arbors as places to stand under in blazing sun?



From Allee (a path) to Tuteuer (a pillar), from community gardens to fairy gardens to kitchen gardens to swings to ha-ha’s (ditches that are barriers to keep large animals out of the garden while not interrupting the view of large landscapes), to a Stumpery created in our time by Prince Charles, “A Garden Miscellany,” is a delight, exhibiting Suzy’s own discoveries and enthusiasms and illustrated in bright color prints to help us know what the “miscellanies” look like.

Our Community Calendar

Compiled By Dagmar Noll

Ed. note: Our calendar starts here and winds its way through the paper.

November 1, Friday

Homelessness: Sock Drive for the No Freeze Shelter, 2:00p.m. - 6:30p.m. Donations welcome. Socks, boots, winter coats, toiletries, female hygiene products, laundry detergent, TP, outerwear, bath towels and cleaning products requested. No Freeze Shelter, Bridge Street, Willimantic. **Prognostication:** An Evening with Spiritual Medium Maura Geist. Doors 7:00pm / Show 7:30pm. Tickets \$20.00 online / \$25.00 door. Senior & student discounts. Snacks and soft drinks available. “BYOB&F”™ (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations

For her mentoring authors and career as book manager at the UCONN Coop, one of Suzy’s many awards is a Lifetime Achievement Award by the Connecticut Center for the Book, an affiliate of Suzy Staubach is a potter who lives in Ashford. An earlier book by Suzy was “Clay: The History and Evolution of Humankind’s Relationship with Earth’s Most Primal Element.” Asked how her potting fitted with gardens, Suzy replied: “Throughout history, potters have traditionally also farmed. They grew crops in the summer and fired their kilns. Made pots in the winter. I do not farm,



On October 13 in Tolland a crowd from all over Connecticut celebrated Suzanne (Suzy) Staubach’s latest book: “A Garden Miscellany: An Illustrated Guide to the Elements of the Garden”. Shown here are (left) Nikki Mutch of Storrs, who hosted the book launch, and Suzy. Carol Davidge photo.

but do combine potting with gardening.” Suzy’s pottery is inspired by early American and old time English and French pottery.

“A Garden Miscellany” is the result of a lifetime of collecting facts and fun about her own gardening, and includes new research. The book was an unexpected

result of a project to document sunken gardens around the U.S. that Suzy had worked on for several years. No publisher wanted that book, but Timber Publishers asked if



Suzy would be willing to do a book that the publisher tentatively called “The Anatomy of a Garden”, envisioned as an encyclopedia of gardening. “A Garden Miscellany” is the result.

“As I wrote, I wanted to add everything to my own garden. Oh, for a pond! Or a shepherd’s hut. For a week I thought nothing would do but a pavilion. Gardens are for dreamers,” wrote Suzy. The October 13 talk was in Tolland, and hosted by her friend and former UCONN Coop book-seller Nikki Mutch, with Bryan Mutch and Nikki’s family members, Bonnie and Cody. For information about Suzy’s book talks, go to: <http://www.willowtreepottery.us/books/a-garden-miscellany/>. For the latest on her pottery, <http://www.willowtreepottery.us/>

call: 518-791-9474 www.thepackinghouse.us
Halloween: Halloween Trivia, Spelling Bee, and Clue Game, 7:00p.m. Dugan Hall, Windham Textile & History Museum, 411 Main Street, Willimantic. Reservations: 860-456-2178 www.millmuseum.org

November 2, Saturday

Skill Share: Autumn Tree Identification, 10:00a.m. - 12:00p.m. Adults & kids welcome. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov
Kids: Family Woods Walk, 1:00p.m. - 2:30p.m. Slow ramble. Kids of all ages encouraged to attend. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov
Live Music: Matt DeChamplain Drummerless Trio (Jazz). Doors 7:00pm

News From Hampton's Fletcher Memorial Library

Submitted by Deb Andstrom, Librarian

Top Shelf Gallery
November & December

The November- December show at the Top Shelf Gallery will feature work from Charles McCaughy.

Artist's Reception with Charles McCaughy
Wednesday, November 13th. 4:30 – 6:00 p.m.
Art Demonstration @ 5:00



Charles McCaughy paints principally in watercolor, and promises a tour of New England, from Connecticut to Maine, via his recent landscapes. The reception will be 4:30 to 6, and the art demonstration starts at 5. Refreshments will be served.

FML Book Discussion Group
Wednesday, November 13th @ 6:30 p.m.

We will be discussing *The Haunting of Hill House* by Shirley Jackson. New members are always welcome!

Mah Jongg Class
Every Wednesday Afternoon, 1:00 – 4:30 p.m.

We are pleased to offer free classes on Mah Jongg, an ancient Asian game played with tiles, on Wednesday afternoons from 1:00 – 4:30 in our new sun room.

Yoga & Meditation Instruction
Every Thursday Mornings, 9:15 – 10:30 a.m.

Yoga & Meditation classes will be held in our new sun room on Thursday mornings from 9:15 – 10:30.

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

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.

The Knitting Group meets every Wednesday from 12-3. Drop in and have a cup of tea/coffee and work on a needlework project, or just come in to socialize. All are welcome!

Drop-In Adult Coloring

Experience the stress-reducing and meditative benefits of coloring. Unwind with creative coloring at the library. Coloring sheets and pencils will be provided, but feel free to bring your own. Free drop-in program. For more information, please call the library at 860-455-1086.

/ Show 7:30pm. Tickets \$15.00 online / \$20.00 door. Senior & student discounts. Snacks and soft drinks available. "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 www.thepackinghouse.us

November 3, Sunday

Live Music: Willimantic Orchestra Fall Concert, 3:00p.m. Fine Arts Instructional Center, ECSU, High Street, Willimantic. Info: willimanticorchestra.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

November 4, Monday

Kids: LEGO Fun, 4:30p.m. Ages 6+. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

November 5, Tuesday

Elections: Municipal Elections! Get out and VOTE!!!

Local Host Continues Paranormal Talk

By Morgan Cunningham

Near death experiences. Abandoned properties. Hypnosis. Mediums. Ghosts. Vampires.

Those paranormal topics, and more, are broken down during my LIVE talk show, *The Morgan Cunningham Show*. The show streams LIVE every Saturday night from 9 – 11 p.m. (Eastern) at MorganTalks.com.

The structure is simple.

Different guests join me every week to share their research, stance, or perspectives on a certain phenomenon.

After an hour of conversation with the guest, we take unscreened listener phone calls via (860) 952-9498.

On tap for November...

Middletown-based hypnotist Michele P. Rousseau opens our minds on November 2nd to consider hypnosis as a way to make deep and lasting changes in your mindset and in your life.

We link up on November 9th with Joanne Vigor-Mungovin in England, author of *Joseph: The Life, Times, and Places of The Elephant Man*.

On November 16th, Daniel Flynn—author of *Cult City: Jim Jones, Harvey Milk, and 10 Days that Shook San Francisco*—draws connections between the two leaders (41 years after the Peoples Temple mass suicides in Jonestown, Guyana on November 18th, 1978).

After a "best of" weekend after Thanksgiving, Vernon-based medium Rebecca Anne LoCicero rounds out the month on November 30th.

In addition to prepping those shows, I'm in the beginning stages of putting together special paranormal event in a few months...I can't say any more about that at this time, other than "stay tuned for info!"

If you can't listen to a live show, all recent programs are available on-demand at MorganTalks.com.

Connect with me on social media, @MorganCOfficial!

P.S.: I anchor local news during weekday overnights on WTIC NewsTalk 1080 in Hartford, and play classic hit music on WECS 90.1 FM every Friday night from 7-9 p.m.



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November 6, Wednesday

Kids: Preschool Learning with Jumpstart, 9:30a.m. - 11:30a.m. Ages 2-6 . Reading and hands-on play activities to gain skills needed for kindergarten. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

Walk: Relaxed Ramble, 11:00a.m. - 1:00p.m. Easy to moderate walk on forest trails. All welcome. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov

Kids: Reading Buddies, 4:30p.m. - 5:30a.m. Grades k-12 . Get reading and homework support from an ECSU student. Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org

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, 986 Main St, Willimantic. Info: 860-423-8331

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Info Bernie: b.schreiber@snet.net

Reflections of a Justice of the Peace

“Who Gives This Woman To This Man?”

By Carl Swartz

“Who gives this woman to this man?”

Their eyes filled with tears of happiness as the Bride’s parents answered, “We do.”

Twenty-four years of memories whispered to them. They remembered taking their new baby home. They watched, again, as she took her first steps. They saw her climbing onto the school bus for the first time and her soccer games and high school and boys and college.

Look at her now, a beautiful bride.

Silently, they answered again, “We do”.

“To you the Bride and to you the Groom, in presenting yourselves here today to be joined in holy union, you perform an act of faith . . .”

The couple began to realize that, finally, after all the planning and debating and chaos, it was really happening, they were getting married.

And the Groom thought, “How beautiful she is.” And the Bride thought, “He is all I’ve ever wanted, he’s my Prince Charming.”

“Now, ladies and gentlemen, a reading

And now you will feel no rain,
for each of you will be a shelter to the other.
Now you will feel no cold
for each of you will be warmth to the other.

Now there is no loneliness . . .”

The groom’s mother blotted away her tears. She remembers her little boy and how he had grown to become such a splendid young man. She wanted to blow kisses to

him but that was from a long time ago, to a little boy who would have returned her kisses.

Today, he would kiss another. She was so proud of him, still, she cried.

The officiant said to them, “Will you look into each other’s eyes and into each other’s heart, and repeat after me: ‘I commit my life to our partnership in marriage . . .’ ‘I promise to comfort you, to encourage you . . .’ ‘You are my best friend, will you let me share my life with you?’”

The Groom said, “I will”.

The Bride said, “I will”.

They held one another’s hand tightly. They spoke with their eyes.

“You are my universe.”

“I don’t want anyone but you.”

“We will now exchange the rings.” “From the earliest times, the circle has been a symbol of completeness, a symbol of committed love . . .”

The Groom repeated, “I give you this ring as a symbol of my love.” And the Bride said the same. They both began to chuckle when they discovered that their wedding bands had ‘mysteriously shrunk’ since their trip to the jewelry store.

The rings found their rightful places. The Flower Girl giggled. The Best Man heaved a sigh of relief.

“Now, the Blessing. This a moment of celebration, let it also be a moment of dedication. In the moment of silence that follows, I ask each of you here, in your own way, to

confer a silent prayer, blessing, wish or hope upon this wedded couple.”

The room became still as each member of their families and each of their friends offered a prayer.

The Bride’s grandmother bowed her head and pressed her hands together, as she prayed:

“Dear God, please let my granddaughter be as happy in her marriage as I have been in mine. Let her stay healthy and have wonderful children and grandchildren like I have had. Dear God, please keep them safe and well.” “Amen.”

“Thank you.”

“And now, by the power invested in me, I pronounce you to be husband and wife.” “You may now kiss your bride.”

They kissed each other with all the love and fervor and relief that only newlyweds can know.

It was finally over! They were married!

The Bride and the Groom seem to glide down the floral aisle, their parents and relatives and friends—even the catering staff—celebrated with cheering and thunderous applause. The new couple was surrounded on all sides by a barrage of hugs and kisses and good wishes.

The newlyweds were ready to start their marriage. They were eager to face the struggles and challenges in their new lives together, to begin their journey, together. Their marriage had finally happened and their life’s celebration was about to begin.

Carl Swartz is a Justice of the Peace in Connecticut and a “Snow Bride in Florida.

November 8, Friday

Hike: Mostly Full Moon Night Hike & Campfire, 6:00p.m. - 8:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP. Goodwin@ct.gov

November 9, Saturday

Gallery Opening: Dye & Bleach House Community Gallery Opening, 2:00p.m. The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474 or communitygallery@ec-chap.org

Kids: Lunar, Solar, and the Stars: Celebrating 50 years since the moon landing, 2:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Reservations: 860-456-2178 www.millmuseum.org
Live Music: Joe Davidian Trio (Jazz). Doors 7:00pm / Show 7:30pm. Tickets \$15.00 online / \$20.00 door. Senior & student discounts. Snacks and soft drinks available. “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 www.thepackinghouse.us

November 10, Sunday

Live Music: Peppino D’Augustino, 4:00p.m. \$25. Proceeds benefit the Covenant Soup Kitchen & Emergency Food Pantry. The Bread Box, 220 Valley St, Willimantic. Info: 860-429-4220 www.breadboxfolk.org
Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 11/3)

November 11, Monday

Film: “How to Let Go of the World & Love All the Things That Climate Change Can’t Change, 7:00p.m. Free. 2nd Monday Film Series. Storrs UU Meeting House, 46 Spring Hill Road, Mansfield. Info: 860-428-4867.

November 12, Tuesday

Live Music: Quiet Corner Fiddlers, 7:00p.m. Kalamatos Family Pizza and Restaurant, Lebanon. Info: qcf.webs.com

November 13, Wednesday

Kids: Preschool Learning with Jumpstart, 9:30a.m. - 11:30a.m. (See 11/6)
Running: Trail Running Club, 4:00p.m. - 5:00p.m. Relaxed run. Route and pace decided by attendees. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov
Kids: Reading Buddies, 4:30p.m. - 5:30a.m. (See 11/6)
Live Entertainment: “Talent Showcase” – Come share your talents! Doors 6:30pm / Showcase 7:00pm. Free and open to all ages. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road,

Willington. Call in advance to sign-up (recommended) or sign-in at the door (time permitting). 518-791-9474. www.thepackinghouse.us/upcoming.

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See Nov 6)

November 14, Thursday

Author: Margaret Gibson Book Reading on Creative Sustenance, 6:00p.m. UCONN Book store, Storrs Center, Storrs. Info: www.margaretgibsonpoetry.com

Dance: Social Dance Series, 6:30pm. \$10.00 door. Enjoy a lovely evening out social ballroom dancing including a beginner ballroom dance lesson. All levels welcome. Partners not required. The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474 www.thepackinghouse.us.

Kids: Tellebration, 6:00p.m. Ages 3+. Children’s Storytelling Event with Liz Gruber performing Kamishibai stories Willimantic Public Library, 905 Main St, Willimantic. Info: 860-465-3082 www.willimanticlibrary.org
Yoga: Stillness & Gratitude: A Yn Yoga and Yoga Nidra Experience, 6:00p.m. \$12. Yoga on North, 34 North Street, Willimantic.

November 15, Friday

Film: “Pink Floyd: The Wall” (R). 1982. Doors 6:30pm / Film Showing 7:00pm. \$5. Join us for this indie film directed by Alan Parker and written by Roger Waters. Stars Bob Geldof, Christine Hargreaves, James Laurensen. Snacks and soft drinks available. “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. www.thepackinghouse.us.

November 16, Saturday

Nature: Acorn Adventure: Winter Wildlife, 10:00a.m. - 12:00p.m. Explore the active winter forest indoors and out. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov
Nature: Connecticut’s Natural History: Stories of the Human-Nature Relationship, 1:00p.m. - 2:30p.m. Look at the history of human relationship with the land. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP.Goodwin@ct.gov
Live Music: Original & Acoustic Open Mike, 2:00p.m. - 5:00p.m. Original poetry, storytelling, and music encouraged. Sound system provided. Arrowhead Acres, LLC, Franklin. RSVP: balconyprojectstudio@gmail.com
History: Talk by Robert Chiles, “Revolution of 1928: New England Mill Workers and the Coming of the New Deal”, 4:00p.m. \$5. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

Live Music: Mark Mandeville & Rianne Richards, 7:30p.m. \$12. The Vanilla Bean Cafe, 450 Deerfield Rd, Pomfret.

November 17, Sunday

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 11/3)

November 20, Wednesday

Kids: Preschool Learning with Jumpstart, 9:30a.m. - 11:30a.m. (See 11/6)
Kids: Reading Buddies, 4:30p.m. - 5:30a.m. (See 11/6)
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See Nov 6)

November 23, Saturday

Hiking: Long-Distance Hike, 9:00a.m. - 12:00p.m. 5-6 mile hike. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 DEEP. Goodwin@ct.gov
Nature: Forest Bathing, 1:00p.m. - 2:30p.m. Take in the forest and celebrate with a tea ceremony. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 DEEP.Goodwin@ct.gov
Theater: Saturn Returning, 6:00p.m. \$3. Spiral Arts Studio, 32 Young St, Willimantic.

November 24, Sunday

Meditation: Willimantic Mindfulness Sangha Meditation, 6:30p.m. - 8:00p.m. (See 11/3)

November 26, Tuesday

Kids: CD Wall Art, 6:30p.m. Ages 10+. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

November 27, Wednesday

Running: Trail Running Club, 4:00p.m. - 5:00p.m. (See Nov. 27)
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See Nov 6)

November 29, Friday

Kids: Camper Game Day, 8:00a.m. - 3:00p.m. \$20. Games, food and fund for kids ages 6-12. Register by 11/25: 860-974-1122 or campdirector@4hcampct.org
Parade: 2019 Light Parade, 5:45p.m. - 7:00p.m. Santa’s parade with lights on local fire trucks that drive from Memorial Park to the tree lighting on Jillson Square. Caroling and hot chocolate follow. Main Street, Willimantic.

November 30, Saturday

Crafters: Holiday Craft Show, 10:00a.m. - 4:00p.m. 12 booths by local artisans. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

Coventry's Christmas in the Village

Submitted by Ruth O'Neil

Coventry's Christmas in the Village will be held on Sunday, Dec. 8, 2019, from 12 noon to 4 P.M. This annual town event brings community members and businesses together to welcome the holiday season. The activities will culminate with the annual town tree lighting celebration which will take place at 5 P.M. After enjoying an abundance of holiday happenings throughout the village area earlier in the day, community members and visitors can gather together to share in this long standing tradition. Students from the Coventry High School Choral and Band program will provide songs of the season and lead a community sing-a-long.

Activities during the afternoon include: horse and wagon rides, live musical performances by local artists and students from the Song-a-Day Music Center, pony rides, crafts, a holiday dance performance by students of The Can-Dance Studio. Santa pays a visit to Coventry, traveling down Main Street to Coventry Arts and Antiques where guests may visit and have photos taken with him.

More holiday activities will be held at the Booth and Dimock Library, including a Youth Art Show coordinated by the Coventry Arts Guild. A Chocolate Festival is planned at Mill Brook Place, proceeds of which are to benefit the Arts Guild.

The Coventry Lions Club, current sponsor of the event, will host its annual Christmas Tree Festival, along with a Crafter Exhibition at the Coventry Community Center. A very popular aspect of the day, drawings will be held for trees decorated and donated by local organizations, businesses and individuals.

A special feature of this year's Christmas in the Village is a tribute to Caprilands Farm and its reknown owner, Adelma Simmons. The Coventry Historical Society will exhibit many Capriland artifacts and photos, and will have collectibles from the Caprilands estate available for purchase. The Worn Yesterday Shoppe is recreating a typical room from the Caprilands farmhouse and will have many of Ms. Simmons' fashions on display.

Fun activities for children of all ages are planned, including cookie decorating, a selfie photo booth, make and

take crafts and more.

Merchants -- along the renovated historic stretch of Main Street -- will be open, offering demonstrations, holiday gift ideas, specials, free drawings, refreshments, and more. The Coventry Visitors Center will feature a Country Gift Cupboard along with an array of area tourist material. The First Congregational Church will host a Church Holiday Market. Local Boy and Girl Scout troops, 4-H clubs and other organizations will be set up along Main Street, offering hot chocolate and other holiday goodies.

Also, coinciding with Christmas in the Village is the multi-day Eastern Connecticut event, Artists' Open Studio. Two Main Street studios, Timberman Studio and Maple Brook Studio will be open to the public on the 8th. Visit aosct.org for more information on the Artists' Open Studio.

Christmas in the Village began in 2003 by the Coventry Village Improvement Society. This is the 16th year for the event.

Visit Coventry's Christmas in the Village's Facebook page for detailed schedule information. Sponsorships and volunteers to help are welcome as well as donations. Call the coordinators at 860-918-5957 or 860-617-3588 for more information.




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- Lebanon**
 Lebanon Post Office
- Mansfield/Storrs**
 D & D Auto Repair
 Holiday Spirits
 All Subway shops
 Bagel Zone
 Storrs Post Office
 Mansfield Senior Center
 Starbucks
 People's Bank
 Storrs Comm. Laundry
 UConn Bookstore-Storrs Ctr.
 Changs Garden Rest.
 Liberty Bank
 Spring Hill Cafe
 Nature's Health Store
 Mansfield Supply
- Mansfield Center**
 Lawrence Real Estate
 Mansfield OB/GYN
 Mansfield Library
 East Brook Mall
- Mansfield Depot**
 Thompson's Store
 Tri-County Greenhouse

- North Windham**
 Bagel One
 Subway
 No. Windham Post Office
- Pomfret**
 Weiss, Hale & Zahansky
 Vanilla Bean Restaurant
 Pomfret Post Office
 Baker's Dozen Coffee Shop
- 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 Ciderly
 Hangs Asian Bistro

- Tolland**
 Birch Mountain Pottery
 Subway
 Tolland Library
 Tolland Post Office
- Willington**
 The Packing House
 Franc Motors
 Willington Pizza I & II
 Willington Post Office
 Willington Library
- Windham/Willimantic**
 Willimantic Food Co-op
 Design Center East
 Schiller's
 Windham Eye Group
 Eastern Eye Care
 CAD Marshall Framing
 Clothespin Laundromat
 Willimantic Pharmacy
 Main Street Cafe
 That Breakfast Place
 All Subways
 Super Washing Well
 Willimantic Public Library
 Windham Senior Center
 Elm Package Store
 Not Only Juice
 Willimantic Records
- Windham Center**
 Windham Post Office

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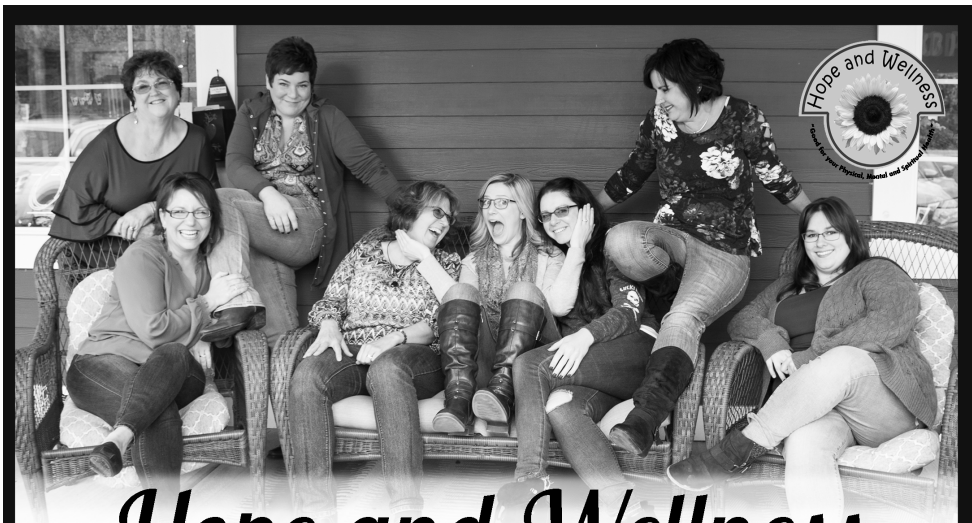


By Focus on Veterans, Inc.

Saint Paul's Episcopal Church
 220 Valley Street, Willimantic, CT
 Rev. Jaclyn Sheldon, Eucharistic Celebrant

Weekly Happenings -
 Sun: 7:15am - Reflective/Hebrew Chant service
 Sun: 8:15am - Worship & Bible Service
 9:30am - Celebration of Holy Eucharist
 Tue: Yoga in St. Paul's Community Room 10:00am
 Tue: Out to lunch bunch group - 11:30am-1:30pm
 Every 2nd & 4th Sunday - Community Breakfast served following 9:30 service
 Every 3rd Sunday of each month - birthday celebration with cake after 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.
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Super Soups!

By Nicole T. Smith, L.Ac.

Fall has arrived, and it's a great time for homemade soups. Eating with the seasons is nice for the body and the gardens, and fall produce can make some amazing soups. I'm not one to follow a recipe, and soups are easy and fast – I can just throw and bunch of things in a pot and see what happens. Below are “recipes” for some of my soups, ingredients only, since I never measure! Make sure everything is organic!

Dump Soup-

Given this name because I just “dump” the vegetables into a pot, let them cook for an hour or so, and enjoy! This soup is great after being in the fridge a couple days and reheated.

Vegetable stock, Carrots, Celery, Potatoes, Tomatoes, Bok choy

Feel free to mix it up by adding other veggies, and a variation with sweet potatoes instead of regular is nice. Sprinkle with Mary's Gone Crackers, which are nutritious, and hold up well in soups.

Kale and Lentil-

Vegetable stock, Carrots, Celery
Kale – try different varieties and add at the end to keep the kale a brighter green
Lentils – dry or canned
Thyme and other spices as desired, or a splash of soy sauce or coconut aminos can be nice too. Top with fresh avocado for some healthy fats

Chestnut-

This is something I discovered while living in France. It is so yummy and “souper” easy to make.

Bags of chestnuts, ready for cooking
A type of nut milk – I like the Elmhurst brand of walnut milk, or coconut milk

Salt and pepper as desired
Use a high-powered blender on the soup setting, and blend until smooth and hot – garnish with parsley or sage and enjoy right away

For a bit sweeter soup, add apples, cinnamon, or maple syrup, or spice it up with cumin

Enjoy these super soups for supper, lunch, or even breakfast on a cold morning! 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.

The Pampered Porcupine Acupuncture, Inc.

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