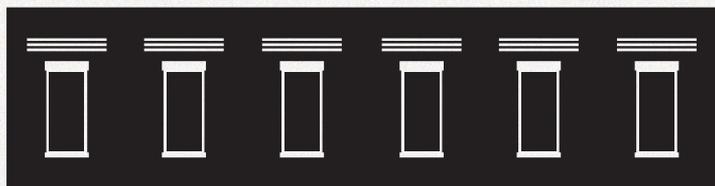




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Neighbors

May - June

2016

In this issue

- 4 Guerilla Girls Take Over Benton by Loretta Wrobel
 - 5 Letters and Emails
 - 6 CSA's in My Neighborhood by Dennis Pierce
 - 8 Farewell My Appendix by David Corsini
 - 9 Calling All Gardeners by Pamela Wheeler
 - 10 A Story of David and Goliath? by Roger Burten
 - 11 The Environmental Corner submitted by Rita Kornblum
 - 12 Dead But Not Gone: Life as a Relay by Delia Berlin
 - 14 From Passover to Revolutionary Truth for All by Phoebe C. Godfrey
 - 16 Beloved Putnam nun celebrates 100th birthday by John D. Ryan
 - 18 The Flashbacks: A Reminiscence by David Light
 - 20 Eastern Students Commit to Community Engagement by Abigail Tirone
 - 22 Light and Heavy by Tom Woron
 - 24 Practical Permaculture by William Hooper
 - 26 You Keep a House, but You Make a Home by Bob Grindle
 - 28 The Packing House News submitted by Friends of the Mill Works
 - 30 The Breakfast Debate by June Hyjek
 - 31 Hour Exchange Events by Eva Csejtey
 - 32 Rituals by Jim McGaughey
 - 34 Ask Dr. Mac by Steve Woron
 - 36 The Birth of the Wild Grannys Riding Club submitted by Amy C. Benkowski
 - 37 In Real Estate No News is Not Good News by Noah King
 - 38 How to Start A Bakery – Part 5 by Andrew Gibson
 - 40 Why I Gave Up My Car Keys at 79 by Jane Blanshard
 - 41 Summertime...and the Music is EZ by Ruth O'Neil
 - 42 Clarifying Gandhi #11 by P.K. Willey
 - 44 Your Local Community Media and Arts by John Murphy
 - 48 50th Anniversary Celebration of Joshua's Trust submitted by Angelika Hansen
 - 49 Groups collect cash and food for local needy by John D. Ryan
 - 50 Our Community Calendar compiled by Dagmar Noll
 - 53 A poem by Raymond Chaput
- ...and much more!



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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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Guerilla Girls Take Over Benton

By Loretta Wrobel

Don't believe for a moment that feminism is dead. The Guerilla Girls came to UCONN and conquered us all with their talk of patriarchy and discrimination against women in the arts. They should know as they have been around for three decades! Yes, this collective of anonymous women artists has been pestering and making noise about unequal participation of women in the art field since 1985.



The Guerilla Girls are a collective and have had fifty-five members in their long herstory. They began by protesting against women artists being underrepresented in museums and galleries in NYC and having little or no media coverage.

Their performance at the UCONN Benton Museum was the same day and time as the rally for the returning UCONN Women's basketball championship team that had just won its fourth national championship in a row. I groaned about this all day, fearing that I would be sitting in a room with a few feminist diehards and a bunch of empty seats. Surprisingly, this was not the case. As I arrived, I felt a buzz and saw a decent crowd. Utterly flabbergasted, I stared open-eyed as people kept streaming in, and then the full house became overflowing with mostly students and a few oldies like myself. I was ecstatic. I could barely take this in. I was grateful that I managed to get there early so I had a seat near the front.

The Guerilla Girls perform with gorilla masks, as they want the focus to be on their message and not on them as individuals. They have created posters and billboards, and conducted street demonstrations to shout about the unfairness and injustice toward women artists. Even though museums do have works of art by female artists, they are rarely displayed, and are housed in the basements and not hanging in the galleries.

Our Benton Museum invited these rascals to speak and to exhibit their posters, sobering flyers, and signs, elaborating the difficulties and oppression females face in the art world.

The art world is controlled by rich white men. What else is new? The art community reflects the tastes of these males and the high price tag on art makes art only for the rich and powerful. So what is a girl to do?

Put on a gorilla mask and roam the streets handing out flyers and posters trumpeting the truth. These hip chicks have been shaking up the art world for decades. Impressive! They have appeared around the world and magically have been invited to museums where they criticize and satirize the museum. A tricky and clever feat.

I was totally captivated by their creativity, humor, expertise, and fortitude to stand up to dishonesty and corruption. They use humor and creative complaining to point out gender and ethnic bias and the unscrupulous practices in

our world.

What tickled me the most was that the show was enticing enough to grab those college students and haul them into the Benton to hear about feminism, racism, and the need to rise up against oppression. We need to jump frequently these days in our world of insanity, horror and elite rule. I am confident we can change this, because we have the enthusiasm and drive of these young people.

Our jungle women displayed a poster, asking "Do women have to be naked to get into the Met. Museum?" proclaiming that women are less than 5% of the artists in the Modern Art Sections of the Met, but 85% of the nudes. The poster is of a well-known nude by French painter Ingres with a gorilla mask on her head. The poster makes a strong statement about eroticism and the sexualizing of women. A powerful image that immediately lassos your attention.

Sit down while I share some facts with you. Women in America earn only 2/3 of what men do. Women artists earn only 1/3 of what men artists do. Does that boil you? It should. Many museums have names carved on their facades, and, you guessed it, none are women. In 1985 only one of four major NYC museums had a one-woman show, and in 2015 only the Modern had two-woman shows and the other three had one. Progress, grrrr! The guerilla girls are talented artists and crazy right-on feminists who make their argument with facts, hilarity and visuals. They do their research and then parade the findings in a manner and style that makes you laugh, cry and scream all at the same time.

Check out their web site <guerillgirls.com> or go to the Benton before May 22 to get a dose of feminist spirit writ large. The Guerilla Girls byline is: Reinventing the "F" word -Feminism! What they do is revolutionary. They encourage everyone to make loud statements about what is unfair and oppressive. They got us all fired up. For me, I remembered being in NYC in 1970's and how women speaking up and out transformed my world. I am so grateful to the Benton Museum for taking the leap and inviting these wise social critics and truth tellers. We all need to tell our truths.

How about the use of the word Girl? This tactic arouses people and gets folks talking, resulting in taking back words that insult and disempower. Added benefit, girls go so well with gorilla and guerilla.

If you ever dreamed of being a radical activist, check out the Guerilla Girls who will enlighten and entertain you, sort of street/museum theatre with tongue in cheek humor that gently slaps you awake. Their brand of confronting sexism, racism, corruption and unfairness is top banana!

See Neighbors
in beautiful COLOR
at neighborspaper.com

Letters and Emails

Dear Editor:

A travesty is about to be imposed on eastern Connecticut. A company, Global Holdings, plans to build an infusion station in Andover. Compressed natural gas would be transported from the fracking wells in Pennsylvania to where the Algonquin Pipeline crosses Rte. 6 in Andover. The company says that there would be 5 to 8 trucks per hour coming into their infusion station, 24 hours a day, 7 days a week. The natural gas would be put into the Algonquin Pipeline to provide more gas for the pipeline.

Another company, Pentagon Energy, tried a few months ago to get permission to build an infusion station for the Algonquin Pipeline in Rocky Hill. The company wanted to lease public land for the station. When the town council found out all the details of the operation, they turned the request down.

In Andover, it is private land that will be used so the Board of Selectmen has no voice in the decision. However, the Inland/Wetlands Commission does as well as Planning and Zoning. Global Holdings has provided few details about how the operation would be handled.

For Rocky Hill, Pentagon Energy would have used trailers that were 45 feet long with a container that was 7 feet by 7 feet in cross section. The gas would be compressed to 4500 psi; for comparison, normal air pressure in a tire is 30 psi. The gas in the container would occupy 620,000 cubic feet of natural gas at normal air pressure. That amount of gas would fill a building that had a footprint of 85 feet by 85 feet and was 8 stories high.

Global Holdings will use trailers with containers of similar size containing gas at a similar pressure. The natural gas contains radioactive radon. Radon decays rapidly and is essentially gone in a month. Global Holdings will undoubtedly say the amount of radioactivity in the gas is insignificant. This is probably correct.

The problem is that radon decays into lead 210 that is radioactive and doesn't disappear for 200 years. Since lead is a solid, it will precipitate and build up on the bottom of the container. The containers will be used over and over, so the radioactive lead will build up.

For 5 trucks per hour, there will be 120 trucks per day coming into Andover on Rte. 6 from eastern Pennsylvania and 120 trucks returning. If one of the full trucks has an accident, the resulting explosion would be disastrous with an intense fire and radioactive material spread over a wide area.

Who will pay for the extra maintenance required on Rte. 6? Who will pay for the training of first responders in Andover and adjoining towns in how to handle a compressed gas explosion and the radioactive contamination? How many people want to contend with the increased traffic on Rte. 6?

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From the Ground Up - Buying Local in Connecticut

CSA's in My Neighborhood

By Dennis Pierce

Yes, it is finally spring. Neighbors are reviving their yards, large trucks carrying black mulch keep passing by and the ground smells of spring. While the nights still may need a couple of logs on the fire, the noon day sun is warm enough to drive away the nasty no-see-ums whose only purpose in life is to get in your eyes, ears and mouth.

My yard has a few crocuses that made it through the last snow. But amid the beauty of these struggling survivors is evidence of fresh mounds of churned soil caused by my new tenant, Mr. Mole. Mr. Mole, an insectivore is doing his part to remove grubs and other bugs from my lawn. Unfortunately this mini "rotovator" has no interest in making my lawn looking like a Scott Seed package. I have never seen this tiny phantom in the flesh but I know he's there watching me while I cut the lawn.

It's that time of year again when I give my pitch for CSA's. CSA's (Community Supported Agriculture) is an alternative, locally based economic model of local agriculture and food distribution. A CSA is a network of individuals who have pledged to support one or more local farms with growers and consumers sharing the risks and benefits of food production. CSA members, pay at the onset of the growing season for a share of the anticipated harvest; once harvesting begins, they periodically receive shares of produce. CSA's are growing in popularity in Mansfield Connecticut. Where once there was one there are now several to choose from. You might say they grew like weeds. Here is their contact information but if you are interested move fast because shares go quickly. Too late? At least drop by to say hello and check them out for next year.

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A typical share of produce one receives as a member of a
CSA. Dennis Pierce photo.

Gurleyville Native Produce

Nancy and Ken Rawn, 17 Codfish Falls Road, Storrs, CT 06268
gurlyvillenativeproduce@charter.net 860.487.4876
www.gurlyvillenativeproduce.com
Note this is not a CSA but they are selling vegetables and flowers through a farm stand.

Shundahai Farm

Raluca Mocanu and Ed Wazer, 253 Maple Road, Storrs, CT 06268
www.shundahaifarm.com 860.429.0695
mail@shundahaifarm.com
A wide range of vegetables and berries. The farm focuses on soil health and do not use pesticides in the growing process.

So here is my spring gift to you. We have two dogs in our house and needless to say they do significant damage as they urinate on the grass causing random burnt spots. To remedy this rake up as much of the dead grass as possible then sprinkle limestone over the area. This will neutralize the soil creating balance from too much nitrogen in the soil that came from your pup's urine. Water the area and leave it alone for a week. Next spread topsoil that is formulated to grow new grass. Water frequently. A week later reseed and top lightly with peat moss to keep the area moist. Water frequently but not too much.

So by the time this article is printed you might see some early spinach being offered for sale. If you venture to a

local farmers market or the Co-op you will find a variety of baby greens. Stop yearning for the summer and satisfy your spring desire with the following recipe:

Spinach Salad with Pear, Curried Cashews and Bacon
(Serves 2 to 4)

Ingredients:

For the Curried Cashews -

- 2 tbs. unsalted butter
- 1 tsp. chopped rosemary
- 1 tsp. curry powder
- ¼ tsp. cayenne pepper
- 1 tbs. dark brown sugar
- ½ tsp. kosher salt
- ¾ cup raw cashews or unsalted cashews

For the Dressing -

- 2 tbs. Dijon mustard
- 1 clove of garlic, chopped
- 1 tbs. honey
- ¼ cup white wine vinegar
- 1 tbs. toasted sesame seeds (optional)
- Kosher salt and fresh ground pepper to taste
- ¼ cup to one cup of olive oil

For the Salad-

- 4 oz. slab bacon cut into thin strips
- Leaves of 1 head of frisee, cut into bite – size pieces
- ½ head of radicchio, sliced into strips
- 1 cup of fresh spinach leaves
- ¼ red onion, sliced thin
- 1 ripe Bosc pear, cut into wedges
- A few seedless red grapes

Directions:

Pre heat oven to 350 degrees.

In a small sauté pan that can be put in the oven, melt butter on medium heat and add rosemary, curry powder, cayenne pepper, brown sugar and salt. When it melts together add cashews and toss in mixture. Cook for a minute and then place the pan in the oven. Roast, stirring occasionally, until the cashews are a deep toasted color, about 10 minutes. Remove the cashews to a plate to cool.

In a bowl, whisk together the mustard, garlic, honey, vinegar, sesame seeds and a pinch of salt and pepper. Slowly add the oil as you continue to whisk until it forms an emulsified dressing. Taste.

Place the bacon strips in a cold, dry skillet, heat on medium and cook until the fat is rendered about seven minutes. Drain the bacon on paper towels.

In a separate bowl combine the frisee, radicchio, spinach and red onion. Add dressing to coat. Put the salad mixture on chilled plates and garnish with pears, grapes, bacon and curried cashews. Allow your guests to add more dressing as needed.

Serve and smile

If you have a suggestion or a farm or local grower you would like featured in this column drop me a line at Codfish53@Yahoo.com. Peas be with you.

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Farewell My Appendix

By David Corsini

My colonoscopy in 2008 had found no polyps but the doctor described the viewing conditions as “murky”. That comment had stuck in my mind so in 2015 I requested another colonoscopy. I expected that no polyps would be found and, since I was 75, that no future procedures would be needed. Well, it didn’t turn out as planned.

My colonoscopy in November 2015 found a polyp, and to make matters worse, the polyp was inside my appendix and could not be removed during the procedure. I was told that an operation would be necessary to remove the appendix, polyp and, depending on the biopsy of tissue at the time of the operation, perhaps additional sections of the intestines. The surgeon had prepared me for a possible 5 day stay in the hospital. Fortunately, the biopsy of tissue during the operation indicated no cancerous changes and only the appendix and cecum were removed. I stayed in the hospital overnight. My surgeon later told me that, because the hospital is a dangerous place, the short stay was good.

After the removal of my appendix, I reflected on my earlier thoughts about this appendage. When I was a child, I had several friends who had their appendix removed and I had heard stories about the serious consequences of a ruptured appendix. I had been told that the appendix was a useless evolutionary hold over. So as a child I thought appendicitis was something to be feared or at least had the potential to screw up a trip to Fenway Park, a vacation to Great Diamond Island in Maine, a dance party with my girlfriend or any number of anticipated events. So every time I had a pain in the lower abdomen, I checked to determine whether the pain was on the side opposite to where my heart was located. When it was, I worried.

When I experienced a lower right-side abdominal pain in my early teens, I would seek intervention from my “guardian angel.” In my childhood and early adolescence I had exposure to religious thought. For example, I participated in Sunday school at my Congregational/Unitarian church and my mother even enrolled my sister and me in summer Bible day camp conducted by the local Baptist church. In this camp we did not play baseball and I found the Bible stories tedious. Then, at some point during my early adolescent period, one of my friends took me to the home of a woman who laid a heavy “Jesus is your savior” message on us. She urged me to accept Jesus into my heart so that I would be “saved” and go to heaven when I died. I remember doing as instructed later that day.

So during my early adolescence I was somewhat religious. I remember a period when I would read passages from the Bible every morning before going to school. I also remember that what I was reading didn’t make much sense to



me. There were way too many “begets”. Maybe I was stuck in the wrong section of the Bible. But I did pray and I had worked out my own system.

I remember thinking that God and Jesus would be way too busy to listen and intercede on behalf of millions and millions of people who would be praying for something or other. I reasoned that praying to them didn’t make sense. So I figured the “system” must work though a large contingent of guardian angels. I reasoned that I had a guardian angel that was assigned to look out for me and I could pray to him. I believe I thought of my guardian angel as a “he” but I don’t remember giving him a name.

Thus, when I had a right lower abdominal pain and there was some upcoming event (and there was always an upcoming event), I would pray to my guardian angel to intercede; i.e. make the pain go away and/or make the pain not be appendicitis. My guardian angel was apparently quite skilled for, as a child, I never had a problem with my appendix.

Although I do not remember ever being disillusioned by a failure on the part of my guardian angel, somewhere along the way I seem to have dismissed him. He had done a good job for me as a child and I sure would give him a good reference. But at some point I was on my own. At least as far as I could tell.

It was not until several years ago that I learned of a different perspective on the appendix. It is now thought by some medical professionals that the appendix does have a protective function. It is postulated that the healthy appendix contains a reservoir of beneficial intestinal flora. If it should happen, for example by food poisoning or disease, that the beneficial flora in the intestines become killed or significantly depleted, then the flora inside the appendix can repopulate the intestines and help it resume its normal functions.

Scientific analysis of healthy appendices that have been removed during operational procedures, have documented the presence of beneficial flora. Other research has shown that people without their appendix are more likely to have a reoccurrence of an infection involving bad bacteria (C-Diff) than people with an intact appendix. Once I learned about the possible beneficial functions of the appendix, I developed a respect for the appendix and was rather happy that I still had one. And now it is gone.

I have also discovered from reading about the appendix that many mammals have a similar structure. The animals with documented appendix- like structures include: great apes, opossums, wombats, naked mole-rats and rabbits. Analysis of the digestive systems of other mammals, while not finding an appendix- like sac, do find areas of the intestines with high concentrations of beneficial flora- an appendix-like area. So, the appendix appears to have had survival value during evolution.

A more thorough evaluation of my polyp after the operation revealed tissue with high-grade dysplasia. I

am grateful to the doctor who found the polyp during the colonoscopy and to the surgeon who removed it. It is likely that the polyp, if left in place, would have turned into colon cancer. Perhaps my guardian angel is still on duty.

I have tried to convince myself that loss of my appendix is no big deal. After all modern medicine, by application of antibiotics and other medicines, is able to bring harmful intestinal disturbances under control. And if the beneficial flora in the gut are destroyed, and harmful bacteria such as C Diff take over, there is always, heaven forbid, a fecal transplant to restore beneficial flora. So, although it is with regret that I say farewell to my appendix, I am thankful it stood guard over my large intestines for 75 years. Well done!

Calling all Gardeners- Plant a Row of Veggies For a Neighbor in Need

By Pamela Wheeler

For the third year, GROW Windham is sponsoring the Plant-a-Row Program, which makes it easy to grow food for a neighbor in need.

GROW Windham is a collaboration of community partners working to promote access to healthy food in the Windham region. Plant-a-Row supports local gardeners to grow food to donate to the community. Gardeners are asked to dedicate produce from a "row" in their garden to donate to the Covenant Soup Kitchen and other local food pantries. GROW Windham can help you get started by providing vegetable seeds and seedlings to plant on behalf of the community, as well as assisting with the distribution of donated produce.

As a family gardener myself, I know how hard it is to know how much any planted crop will actually produce. It may be feast or famine! Many of us are already in the habit of planting enough for more people than are still at home as the years go by. It is a relief to know that now there is a way we can share the bounty and help provide for others.

Plant-a-Row is a collaborative project between GROW Windham, the Covenant Soup Kitchen, and the EO Smith High School Agricultural Education Department. GROW Windham started it as a way to find homes for the many plants that were donated to the community, as well as to generate more fresh food for those in need.

You can learn more, or sign up to participate in Plant-a-Row, by contacting GROW Windham at info@growwindham.org or call 860-423-4534 ext.312, or by visiting the EO Smith Plant Sales on May 21st or June 4th. Seedlings can be picked up from the EO Smith High School Greenhouse June 6th-10th, from 7:30-3:00. (Enter from the rear of the school, by the greenhouses; you can ring the doorbell and someone will let you in.)

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A Story of David and Goliath?

By Roger Burten

Hampton, Connecticut, tucked away in the northeastern corner of the state, has always been known for its bucolic setting. It is the kind of place you could miss if you blinked twice driving through the center of town where a small post office, town offices in a timeworn elementary school, a two-truck fire house, a general store under renovation, and a public library have served the town since 1919. If you want gas for your car or paint for a fence, you will have to travel ten minutes toward Brooklyn or Willimantic, because you won't find those types of businesses in Hampton.

What you do find are small farms, horse stables, historic houses, family residences tucked into wooded neighborhoods, and state parks and protected trust lands, like the James L. Goodwin State Forest and Joshua's Land Trust. Looking at Hampton from a Google Earth satellite map, you see that 98% of the area within the town limits is green (especially in summer) with woods, meadows, streams and wetlands, all of which is the main reason people have chosen to move to and live in Hampton.

Curiously, then, why is there a question mark in the title above? It is there because at a quickly-called Hampton town meeting on the evening of April 6th, 2015, attended by a standing-room audience of 300, the Connecticut Department of Administrative Services (DAS) announced that Hampton was on the official list for a proposed Connecticut State Police (CSP) Training Facility and Weapons Firing Range. The town was given a firm deadline of May 1st to respond and communicate to DAS. Shocked, many Hamptonites instantly realized that the town would never again be as it has been since 1786, quiet and peaceful, if this proposal came to pass.

Instantaneously, an anti-State gun range group, which quickly became an officially-registered Political Action Committee, was formed to discuss the crisis and plan strategies to prevent this detrimental initiative by the State. Advice was solicited from a Willington, CT group, www.unWillington.com, which had been opposed to a similar DAS announcement for over a year.

Signs and banners were designed and painted free hand or professionally printed and posted along Hampton town roads. An Internet website was created (www.nogunrangehamptonct.com), and a comment-sharing Facebook

page was launched ("No Gun Range Hampton"). Heart-felt and informative letters and emails were sent almost daily to the state officials, the Governor included. Radio and newspaper interviews were given and petitions in opposition to the gun range and separate petitions for possible legal and expert testimony funds from the town treasury were circulated and signed by the citizens of Hampton, with over 25% of the registered voters signing them in one week. These petitions were submitted to the "powers that be" in Hartford to illustrate the fact that a large number of residents did not want an estimated one million rounds of training ammunition fired each year in the town.



According to the CSP and the DAS, the current Simsbury gun range site was no longer acceptable and there wasn't a state-owned property anywhere in the state that could satisfy the state police training requirements. Therefore, private land owners could offer their respective properties for sale. Sites in Griswold, Sprague, Canterbury, and Voluntown were also being considered.

The property offered in Hampton was over 460 acres, and was very attractive to the CSP. Bolstering the Hampton group's spirits and enthusiasm, state legislators from both sides of the aisle, like State Senator Tony Guglielmo (R) and U.S. Representative Joe Courtney (D), have been advocating for the remodeling and enhancing of existing State-owned gun-training sites to meet the CSP requirements, rather than spending considerably more state funds to buy private property and build a new facility.

All members of the No Gun Range Hampton opposition group acknowledged and agreed that proper police training is essential. It just did not make sense to put a gun training facility in the center of what has always been referred to by the local Chambers of Commerce and the State Department of Tourism as "The Last Green Valley in Connecticut," "The Quiet Corner".

Stop the Press!!! Last second update!!!

The Welcomed Result of All the Pro-Actions: As of Friday April 29th, it was announced by Connecticut Department of Administrative Services (DAS) that the Hampton home owner had removed the proposed property from the "available for DAS purchase" list. The Hamptonites slept well that night.

Roger Burten is a resident of Hampton.

The Environmental Corner

Submitted by Rita Kornblum, member of the Mansfield Solid Waste Advisory Committee

If you have lived or travelled to parts of the world that are not as "blessed" with the abundance that Americans enjoy, you may have noticed a greater effort to fix things that broke or to repurpose items that have lost their original reason to exist. Unfortunately, this is not common in the USA but people who are concerned with the amount of waste that we as a society produce and how this waste impacts our environment, started to look into ways in which we can reverse this trend. One idea that has been tried in our area is the Repair Café.

The Repair Cafe is a quarterly event in which handy volunteers repair appliances/devices, sew/mend clothes, sharpen dull knives, fix hard cover books that are in disrepair, repair bicycles and wooden furniture in an effort to reduce waste, to maintain repairing knowledge and to strengthen community bonds.

The next Repair Café will be held on Saturday June 18 from 10 AM to 2 PM at the First Congregational Church located at 199 Valley St., Willimantic. We hope to see you there.

Two other events sponsored by the Mansfield Recycling Programs worth noting are:

Backyard Composting on Saturday May 7, 2016 from 10 to 11 AM and Rain Gardens/Rain Harvesting on Saturday May 14, 2016 from 10 to 11 AM. Both programs will be held at the Town (of Mansfield) Hall Council Chambers at 4 South Eagleville Rd, Mansfield.

For more information or to register please contact 860-429-3333 or waltonvd@mansfieldct.org

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Dead But Not Gone: Life as a Relay

By Delia Berlin

My paternal grandmother died young and so did my father. I had been close to both of them, and frequently thought they were the most “like-minded” people I knew. By that I mean that I felt a rapport and a sense of recognition that I rarely experienced with others. My grandmother, in particular, exuded a wonderful playful joy around me. Since she died when I was only five or six years old, I don’t recall many specific details, but I do remember the laughter and play, the shared enjoyment we had together.

I didn’t reflect too much upon the uniqueness of these connections until I myself became a grandmother. Oddly, the same feelings of recognition and connectedness that I had with my own grandmother returned with my grandchild, but in reverse. It really felt like a long lost relationship had been restored.

I once read that human babies have evolved a keen capacity to gauge the commitment of their caretakers. In spite of their lack of experience, apparently they are quite skilled from birth at selecting those who “would throw themselves in front of the train” for them, and at reinforcing the bonds with such persons through eye contact, cooing and social smiles. This makes sense in evolutionary terms, since such ability undoubtedly would improve their chances of survival, given that human infants are totally dependent on others.

Probably anyone who ever bonded with an infant would agree that an almost magical and overwhelming pull quickly develops when a baby responds positively to a caretaker. I certainly bonded easily and strongly with my daughter, and her upbringing was a happy journey that still continues now that she is a mother, a wife and a surgeon. But parenting and grand-parenting are very different roles. As a parent I felt an overwhelming sense of responsibility for my child. Irrationally, I felt as if all of my child’s outcomes depended on my performance as a mother. This kind of pressure gets in the way of the open-minded and relaxed observation that is possible with a grandchild.

There has never been any question about my commitment and closeness to my daughter, but the



The author’s father (left) and granddaughter.

grandmother’s feelings I am trying to describe here go beyond the strength of that bond. I did recognize that I quickly “fell in love” with my granddaughter, in the same way that I fell in love with my daughter, and also probably as most grandparents do, and as my grandmother must have loved me. But in addition, it seemed to me that my granddaughter and I had a special mutual awareness of shared similarities in our outlook.

This really intrigued me, and as my granddaughter grew she confirmed that the feeling was, at least in part, mutual. Once, as we were reading a picture book about twin sisters when she was just two years old, she said to me that we were twins. I knew what she meant. I wondered if our brains may have some genetically determined common features, perhaps also shared by my paternal grandmother and my father.

Then, by the time my granddaughter was between three and four, a picture of her starkly reminded me of another one in my family albums. I searched for it and found it. There was my father, at the same age as my granddaughter, looking eerily like her. Another long-lost return!

As I mulled these things over with my friends, I commented that becoming a grandmother made me feel, at the same time, eager to live and accepting of death. The strong desire to live is tied to helping ensure the survival and success children and grandchildren. And the acceptance of death comes from the realization that death

may not be as final as it appears. At least it became clearer to me that my genes will continue to pop up here and there, to express themselves in my descendants and other relatives long after I die.

In fact, life may be more about our genes than about us. If you think in those terms, our own individual lives are only part of a journey that neither begins nor ends with us. Of course, we share most of our genes with all humans and even other living organisms, but here I’m talking only about those genes that make us socially distinct, those that we can recognize in our family gestures and pictures.

Even those who don’t produce offspring are bound to have gene-sharing relationships with others. In fact, a study of nearly 2,000 adults from the National Academy of Sciences found that a person’s friends are as genetically similar as their fourth cousins. We actually share more genes with our friends than with strangers. This may explain why some friends feel to us as close as members of our family, if not closer. So, it appears that by helping our friends we also facilitate the



Contributed photos.

survival or our genes.

As my granddaughter is about to turn five, I continue to enjoy her tremendously and delight in grand-motherhood. But in addition, I relish the unexpected gift to get some of my own grandmother and father back, many decades after having lost them, and to feel that their lives were not so much cut short as they were interrupted and transformed.

Not long ago, I wrote this poem about the nostalgic serenity associated with the image of “passing the torch” of one’s genes:

If you live long and well
you may wake up one morning,
a little late.

Perhaps it will be snowing,
or maybe a red sky will foretell
a warm spring day.

By then,
you knowingly and gratefully
would enjoy either.

You may look at your hands,
knobby and creased
from work and time.

You may feel at once sad and serene:
sad because you are no longer needed,
serene because you are no longer needed.

But definitely more serene than sad,
if you live long and well.

I certainly hope to live long and well. I know I can still be of use, but also that I’ve raised strong females whose resilience will endure and will be passed on. Already, that gives me a feeling of serenity, perhaps because I understand that when my day comes, part of me will stick around, for better or worse, forever.

*(From Mutual Funs: Selected Essays by an Older Couple
by Delia Berlin and David Corsini, 2016)*



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From Passover to Revolutionary Truth for All

By Phoebe C. Godfrey

“Prayer is meaningless unless it is subversive, unless it seeks to overthrow and to ruin the pyramids of callousness, hatred, opportunism, falsehoods. The liturgical movement must become a revolutionary movement, seeking to overthrow the forces that continue to destroy the promise, the hope, the vision.”

—Rabbi Abraham Joshua Heschel, 1970

“If we are to get on the right side of the world revolution, we as a nation must undergo a radical revolution of values. We must rapidly begin the shift from a ‘thing-oriented’ society to a ‘person-oriented’ society. When machines and computers, profit motives and property rights are considered more important than people, the giant triplets of racism, materialism, and militarism are incapable of being conquered. Our only hope today lies in our ability to recapture the revolutionary spirit and go out into a sometimes hostile world declaring eternal hostility to poverty, racism, and militarism...” —Dr. Martin Luther King, April 4, 1967

“Before entering the Hajj [Pilgrimage to Mecca] which is the beginning of a great change and revolution, you must declare your intention. It is the intention of a ‘transferral’ from your house to the house of the people, from life to love, from the self to Allah, from slavery to freedom, from racial discrimination to equality, sincerity and truth, from being clothed to being naked, from a daily life to an eternal life and from selfishness and aimlessness to devotion and responsibility.” —Ali Shariati, Hajj

“These trees and branches are part of us as we have each become part of this land. The water we have brought is our drinking water, the water that grows our gardens. We literally eat and drink the land. We pray that our homes and lives can be preserved as we struggle to learn, once again, how to integrate fire with this land, how to restore the balance that has been so lost.” —Starhawk, *The Earth Path*

A few days ago, I attended a Passover Seder with my Jewish and non-Jewish neighbors and friends. In fact the non-Jews outnumbered the Jews, and mixed in among all were non-whites, non-heterosexuals, non-Americans. We sat for hours and passed around the Haggadic text that combined Hebrew with English, solo voices and collective voices, while interweaving the words with the salt dipped bitter herbs, matzo (some gluten free bought for me), sips of wine and other tasty kosher foods. For me, although a non-Jew and non-believer,



it nevertheless inspired admiration for a culture committed to the maintenance of its own reenacted memory and to the comforting sense of identity one must have were one to in fact accept the words as true. Yet more than this cultural identity admiration, what stood out for me this year was the stark chasm between the declaration of freedom from Pharaoh, both the one of lore and the ones of our assembled lives (as declared by our host), and the continual violent oppression and ever shrinking lands of the Palestinians, right within the heart of so called ‘promise land’.

In googling about Passover Seders, I found a provocative article from 2009 titled “Freedom From Passover



Seders” by Jay Michaelson in which he talks about the irony of a ceremony celebrating freedom that itself “seems as long as the slavery in Egypt”. To combat this he reflects on the fact that it was “never meant to be a rote recitation” and that “the point was for each of us to tell the story anew, embellishing as fantastically and freely as did our rabbinic forbears”. He then goes on to list many kinds of Haggadah, including a ‘Haggadah for the Earth’ by the Shalom Center from which I got the four quotes above. What drew me to these four quotes, three from the Abrahamic religions and one from Paganism, is that each recognizes that words themselves are meaningless without revolutionary action that brings justice and freedom for all, without integrating fire and balance back to our relationships with each other and the lands that sustain us.

For me the four quotes above symbolically replace the four questions that midway through the Haggadah ask about the meaning of what is done on that night of Passover with the answers telling of the flight from Egypt resulting in

the Jews no longer being slaves, hence being free. The four questions are seen as an educational tool (the youngest at a given Seder is the one to ask the questions) in order to arouse curiosity in the questioner. Likewise, these four quotes should arouse curiosity in the reader, the curiosity of how we can still pretend that there are irreconcilable differences between religions, between races, between nations, between genders, between sexualities, between species. And yet in all humans and in all beings whether or not they walk, swim, fly, crawl, or spawn upon this Earth one desire reigns supreme and that is the energetic desire to have the freedom to live and to co-exist in mutually reciprocal ways. Putting up walls, militarizing borders, annexing lands, denying access to water, land, food, meaningful work and the space to express innate living characteristics both human and non-human, violate for me the very essence of the Haggadah and can therefore not bring the promised blessings, even though, again as our Jewish host said, "We Jews have a blessing for everything". However, there is no blessing that can sanctify the ongoing suffering of others and in this case the suffering of the Palestinians whose continual illegal loss of land (see image) isn't openly recognized, so insidious is the collective denial, particularly in the USA. Much like our denial of climate change in that all the evidence and facts are available, including the rapidly receding ice and permafrost (see image), in both cases the truth requires a courageous willingness to take responsibility for our actions leading to a reconfiguration of culture stories. And even though, as Michaelson says, the point of the Haggadah was "to tell the story anew" so that we may address the new Pharaohs, tragically most seminal spiritual teachings, societies / religions tend to ossify themselves into hardened and brittle self-serving narratives making critical reflection akin to sacrilege. As a result, many societies / religions adopt mantras where they alone are chosen, they alone have been given a promise land, a manifest destiny for their one race, one religion, one nation and though on the way to claiming their coveted prize their suffering has been and will be great, most still can't let go of and / or change the recitations, hence actions, even as this was no doubt the original instructions.

Yet change, both positive and negative, is inevitable and I was encouraged to find out that I wasn't the only one going from Passover to Palestine in my heart. In fact, once we had all eaten our fill and were sharing that which we were thankful for, our host's twenty-something daughter announced that she, along with her graduate student union, had voted to support the Boycott Divest Sanction (BDS) of Israel campaign. Likewise, some world leaders are attempting to address climate change and so we can also go begin to from Passover to Paris and beyond in our hearts. And so instead of saying "Next year in Jerusalem", my prayer was that we collectively say "Next year we move from denial to hearing the truths from those who speak in the language of social, political and economic revolutions –revolutions to bring life and freedom to all living beings". L'chaim!

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16 Neighbors

A teacher's legacy

Beloved Putnam nun and teacher celebrates 100th birthday

By John D. Ryan

In April of 1916, Woodrow Wilson was president. World War I was in its second year, with the Battle of Verdun raging on the Western Front. The Chicago Cubs played their first game at Weeghman Park, now known as Wrigley Field. In Dublin, the Easter Rising occurred, which led to the independence of the Irish Republic a few years later.

Meanwhile, on the third of the month, in Chicopee, Mass., Catholic couple Edouard and Amanda Page welcomed a little girl into the world.

A century later, she's still here.

That little girl from western Massachusetts grew up to become Sister Marie Ruth Page, better known today as Sr. Mary Ruth, who's been a member of the Daughters of the Holy Spirit (DHS) since 1937. She was then called Sister Edouard de la Croix.

Founded in France in 1706, the DHS is well known as a religious order for teachers. That's why the 21-year-old from Chicopee made her final vows with the DHS on September 2, 1937, at the order's motherhouse in St. Briec, France. Shortly afterwards, Sister Mary Ruth started working as a teacher, with a three-year stint at the former St. Mary's School in Jewett City.

"I always wanted to be a teacher from the time I was a little girl, so the Daughters were where I wanted to go," she said. "I started out teaching everything."

Even this many decades later, her passion for her former students shows through. "I always wanted to be with the children," Sister Mary Ruth said, her piercing blue eyes flashing. "I always wanted to be a teacher."

Retired from teaching since 1990, she spent over five decades at Catholic grade schools in Connecticut and Massachusetts. Sr. Mary Ruth moved to the DHS's U. S. A. Provincial House in Putnam a dozen years ago.

On Sunday, April 3rd, her DHS sisters, former students, family and friends celebrated her 100th birthday, with a mass and luncheon at the provincial house. "I spent 31 years teaching English," she said, remembering her time at the former St. Cecilia's School in Leominster, Mass., from 1940 to 1971.

In 1970, one of her eighth graders at St. Cecilia's was Paul Gamache, who grew up to become a teacher and school administrator himself. After serving at several schools in northeastern Connecticut, Gamache is today the principal of Woodstock Middle School.

"I wouldn't be a school principal without Sister Mary Ruth," he said. "She was my favorite teacher. I still ask her for advice today about how to do my job. She gives great advice. She taught me to never discipline students in public. Most importantly, though, Sister inspired me to reach for my dreams."

Gamache attended Sunday's celebrations, where the guest of honor was beaming.

"I don't feel like I'm 100," Sister Mary Ruth said, smiling, "I feel so happy."



Jamie Piantek, 21, (right) of Chicopee, Mass., is Sister Mary Ruth Page's great-great niece.

John D. Ryan photo

In a quieter moment, she reflected wistfully on her decades in the classroom.

"They were all peak moments. I wish I could go back and do it all again," she said. "I miss the children. The students let me know about their troubles and I tried to help them. And the parents were supportive of the teachers. They were for us."

Sister Mary Ruth said she faced many challenges as time went on.

"(Starting in the 1960s) Drugs were something we had to deal with," she said. "Computers were a big change. About the children, it was always important to get the students to understand that they would soon be out on their own in the world. I tried to teach them to choose their friends carefully and to talk to their parents. I wanted them to keep their minds on the future."

Sister Mary Ruth is particularly pleased that several of her former students became priests. Two of them joined DHS Chaplain Rev. Richard L. Archambault to celebrate Sunday's mass in the provincial house's chapel.

Rev. Robert E. Garipey, 85, traveled to Putnam from his home in Shrewsbury, Mass., for the celebration. The retired priest was one of Sister Mary Ruth's fifth grade students in his home town of Leominster, during her first year at St. Cecilia's, in 1940.

"She was kind and compassionate," Garipey said. "This was in the days before special education, but Sister was always kind to the students with mental handicaps. I remember one boy she would always take up to the blackboard and help him with an easy question and we (other students) would all applaud for him. She was always kind like that."

The third priest attending on Sunday was Leominster native Rev. Donald G. Lozier, OMI, 81, who splits his time between the Immaculata Retreat House in Willimantic and being the pastor of Holy Family Parish in Lowell, Mass. Sister

Mary Ruth was his sixth-grade teacher at St. Cecilia's in the 1940s. He remembers her fondly.

"Sister was always very kind and easygoing, but she was very efficient and I never saw her flustered," he said. "I remember she always liked to sing."

After mass, the luncheon in the provincial house's dining room was well attended by Sister Mary Ruth's DHS sisters, several former students and many family members – of all ages.

Chicopee resident Jamie Piantek, 21, is Sister Mary Ruth's great-great niece.

"What hasn't she done for me?" The young woman asked rhetorically. "She's so kind-hearted to everybody. I'm happy that she's still here."

DHS Sister and Bridgeport resident Patricia Rickis, now 73 and retired from a 46-year teaching career of her own, spent her first teaching assignment at St. Cecilia's, with Sister Mary Ruth, from 1965 to 1969.

"I was 22 and brand new when I went there," she said. "Sister Mary Ruth was a guardian angel for me. She encouraged me and we always ended up together."

Sister Patricia remembers her friend and former colleague as a remarkable teacher.

"She had a good rapport with the kids," Sister Patricia said. "Her students all loved her. She never had a discipline problem. Sister (Mary Ruth) just had that certain something. She could relate to eighth graders, even the big boys. She was wonderful."

One of the highlights of the day was the presentation of a blessing from Pope Francis for Sister Mary Ruth on her 100th birthday. The parchment from the Vatican was obtained for her by Most Rev. Michael R. Cote, the Bishop of Norwich.

In addition to her many years in Leominster and Jewett City, Sister Mary Ruth also taught for four years in the 1970s at St. Brendan School, which merged with the former St. Aedan School and is now called St. Aedan-St. Brendan School, in New Haven. She served her final 13 years as a teacher, from 1977 to 1990, at the former Our Lady of the Assumption School in her home town of Chicopee.

With a worldwide history stretching back over 300 years, today the DHS has almost 900 members, with missions in nine states and a dozen foreign countries, including Cameroon, Nigeria, Burkina Faso, Chile, Peru, Australia, Belgium, Holland, Ireland, England, Wales and France. First coming to the U. S. at the invitation of the then-Bishop of Hartford in 1902, the sisters bought and moved into the former Morse Mansion on Church Street in Putnam in 1917. It now serves as the sisters' American headquarters.

As the celebrations were finishing up on that Sunday, Sister Mary Ruth smiled one last time.

"I've been so lucky," she said.



Sister Mary Ruth, at age 20, just before she entered the novitiate. Cont. photo

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The Flashbacks: A Reminiscence - Part One

Humble Beginnings

By David Light

May 12, 2015

Bob Peelstrom. My friend. My mentor. My inspiration. You taught me the importance of friendship, the importance of teaching kids and not the subject. You taught me how to sing (almost). I will forever cherish in my heart our nights and mornings playing in The Flashbacks, and driving the Flashmobile, and eating at Subway in Willimantic at 2:30 in the morning after a gig. And who can forget the night the zipper broke on my tight, gold pants and you used pliers to zip me up! The Flashbacks were GREAT - and you were behind that greatness. Say hello to Elvis and Bo Diddley for me. Until we meet again, my friend. Rock On!

Johnny Crystal (David Light)

My friend, Bob Peelstrom, passed away on May 12, 2015. From 1970-1978 we taught English at Lyman Memorial Jr. - Sr. High School in Lebanon. Back in 1972-73 we started up an oldies band called The Flashbacks, which would later become The Flashbacks and Their Rock 'N' Roll Revival. The band was initially made up of Lyman teachers and a few talented high school students. Bob was a talented lead guitarist who played a mean Chuck Berry Johnny B. Goode, and an even meaner Bo Diddley shuffle (Bob's rock hero).

From 1970 to 1978 our friendship was the most intense, professionally and musically; a bond had been made for life. Over the next several issues of *Neighbors* I will share stories and photos of our time together in The Flashbacks. What I share with you is all from memory and from the artifacts I have saved from that time. We had no historian; no official photographer (the photos you will see were taken by Bob's wife, Debbie). Some dates are tenuous; but that is secondary to the "story" of a group of teachers that decided one day to become a rock and roll band. For many of you out there who were loyal followers at the time, the stories hopefully will bring a smile to your lips and put a glow in your hearts as you recall those "magic moments." I hope you will share your memories of that time at a special FACEBOOK Group: The Flashbacks and Their Rock 'N' Roll Revival. I would love to hear from you.

The original bandmembers were myself (rhythm guitar), Bob Peelstrom (lead guitar), Mike Giblin (front man and lead vocals), Bill Tyler (piano), Lyman HS student Tom Prescott (drums) followed soon by Bill Very (drums) and John "Buster" Horton (bass guitar), a RHAM HS student. One day in school Bob, myself, Bill Tyler and Mike Giblin got to talking about music and discovered several of us had musical backgrounds. Well, it was inevitable that we would begin "jam-



Mike Giblin, Dave Light and Bob Peelstrom (l-r) of the The Flashbacks performing at what is now ECSU. Photo by Debbie Peelstrom

ming" to see if we had something. So in late 1972 / early 1973 we began to rehearse in the school's music room two evenings a week. What music should we perform? Sha Na Na was hot at that time; maybe we could capitalize on the popularity of the Oldies. Plus the chord progressions for the songs were basic and not complicated. We decided to focus on the music of the Fifties and early Sixties. After several weeks of rehearsal we discovered we may have something. It was time to take that something out into public and see if it would fly. What could we lose? It was all about having fun and camaraderie.

All bands, successful or not, have humble beginnings. The Beatles called The Cavern Club home for a long time. Aerosmith played its first gig at a MA high school. The Rolling Stones started its career at The Marquee Club in London. One of Bob Peelstrom's many band-oriented talents was getting gigs. One of our first gigs was at the Student Union of Willimantic Teachers' College (now Eastern Connecticut State University). As you can see in the photo, this gig was a "raw" moment. You can see Mike Giblin "greasing" back his hair drenched in Vaseline; Dave Light (what real "greaser" wore a beard?) singing a song while reading the lyrics on a music stand; and Bob Peelstrom "getting into the moment" with his guitar. Yes, this was definitely a "raw" moment for The Flashbacks. Crowd response? We were tolerated. The energy was not present. It was basically a rehearsal before a live audience. It was tough to impress college students. They weren't into the Oldies, and our hearts were not in it. Remember, we had day jobs as teachers. We weren't rock stars - yet.

We decided to avoid the college scene and looked into performing at local lounges. It wasn't long before we landed re-occurring gigs (Thursday-Friday-Saturday) at Spiro's in



Eagleville and at the Dean's Office and Caesar's in Willimantic. It was at these venues we would establish our following and reputation. At Spiro's, for instance, we played five 45-minute sets on a stage the size of a postage stamp. There were no theatrics (just occasional crude period jokes and phrases to involve the audience). We still sang songs from sheet music on music stands. We got \$150 a night to split between six people. This went on week after week (my father, mother and grandfather actually came to see us one night). Each night was a rehearsal for which we got paid. Our singing got better; our interaction with the crowds improved (as did our '50s crudeness); our stage presence was emerging; our songs and instrumentation got tighter; and we were acquiring an energy and a zest to be more and more creative. One night at Spiro's, Mike Giblin stirred the packed lounge into such a frenzy that he, in his enthusiasm and gyrations, lost his balance and fell off the stage into a garbage can (one of our props). The rest of us kept playing; Mike got up and kept singing; and the crowd kept clapping and dancing and screaming as if nothing happened. We felt the energy grow and grow each night we played. It was electric.

We loved playing at the local lounges, but the "stages" we played on were small. It was time to perform on other stages. Humble beginnings coupled with hard work would eventually pay off on a grander scale. More on that in the next issue of *Neighbors*. Be sure to visit the FACEBOOK Group: The Flashbacks and Their Rock 'N' Roll Revival.

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Eastern Students Commit to Community Engagement Volunteers Making an Impact in the Windham Community

By Abigail Tirone

Underage drinking, illegal use of drugs, and disturbances of the peace are just a few of the behaviors college students are known for in news media today. Whether it's UCONN's 'mac n' cheese' incident or a local college student getting a DUI, Institutions of Higher Educational, more often than not, find their reputation linked with their students' more...undesirable activities. However, Eastern Connecticut State University seems to have broken the trend through the integration of their Center for Community Engagement, located just off campus.

Founded in 2009, the Center for Community Engagement (well known as the CCE) was part of a strategic plan to make Eastern distinctive from other colleges and universities. The intention was to create a hub where students could become involved within the community of Willimantic in an organized and profitable manner, and, over the last seven years, the center has gone above and beyond that mission.

"Our purpose at the CCE is to offer an opportunity for students to build relationships within the community and to apply the skills they are learning in their classes," said Kim Silcox, the director of the Center. "As students attending Eastern, it is important for them to recognize what an impact they make on the community and how the kind of influence they make can be positive or negative."

Currently within the center, there are 35 programs offered that involve weekly volunteering as well as a number of special events hosted throughout the academic year. The CCE's most popular programs include the Greater Windham No-Freeze Hospitality Center, Journey House at Natchaug Hospital, Windham Middle School Puentes al Futuro/Bridges to the Future After School Program, Windham Middle School In School Tutorial and all 5 Windham Elementary After School Programs. These programs educate the students about important social issues such as homelessness, mental health, cultural identity and the achievement gap experienced by low income children.

"As a student leader for the Natchaug Elementary After School Program for three years, I loved how all the kids I worked with would run up to me, try to hug me and get me to sit next to them," said Dillon Melady, a senior from Hartford majoring in Environmental Earth Science at Eastern. "It's nice

to see how excited the kids are for the volunteers to arrive, and how happy the volunteers are to be involved."

One of CCE's biggest impacts on the community has been through a national program called Jumpstart which works within different low income communities/under resourced schools to help develop the language and literacy skills of children (as well as their social and emotional growth). Launched in the fall of 2014, the Eastern chapter of the program works primarily within the town of Willimantic and is presently focused within two preschools and six classrooms.

"The idea behind the program is like most of the AmeriCorps programs — education," says Alyson Iannicelli, the current program manager of Eastern's chapter. "We believe that a certain zip code shouldn't determine a child's trajectory for success and our mission is to 'close that achievement gap.'" Currently serving 90 children, each classroom is supplied with a team of six college students running a research based-curriculum for two hours, two sessions a week that is focused on preparing the children for kindergarten. However, the program is rapidly growing with the number of volunteers doubling from 19 volunteers to 36 volunteers over the last year.

"While the minimum of hours weekly a volunteer can do within the program is six hours," said Alyson, "most of my students are doing from 10-12 hours a week, which is a lot in addition to a full time workload. I've even had students dedicate as much as 20-23 hours a week within a semester."

The program is open to a wide range of majors and years within the volunteer pool, although typically the program appeals mostly to freshmen because they have the most time in their schedule. Interestingly, while there are many education majors, there are also a large number of pre-nursing, biology, social work and sociology majors because it appeals to those students who want an experience working with children.

"I think I can say for all my volunteers that working with the children is, without a doubt, their favorite aspect of volunteering," said Alyson. "Being a part of this program is what puts a smile on their face, picks up their day and also gets them out into the community. Getting them out of the bubble of Eastern is I think what's most valuable because they get to learn and appreciate Willimantic as a community."

In addition, this program also allows for students who volunteer over 300 hours to receive a Segal AmeriCorps





Education Award of \$1,195 following a year of academic service. Currently, there are 12,000 AmeriCorps Alumni within the nation, and, while still small, Eastern dedicated to making their work a part of a national mission.

Along with Jumpstart, the CCE has also hosted an AmeriCorps VISTA member for the past 18 years. VISTA members work in their communities to address issues of poverty.

“Eastern’s Center for Community Engagement was key to discovering my passion about community service,” said Emily Cameron, an Eastern graduate (‘15) from Terryville, Conn., and the CCE VISTA member provided by CT Campus Compact for the Fall 2015-Spring 2016 academic year. “Doing a year of VISTA that incorporated working in higher education and service was the perfect fit for me after graduation.” More than 1,100 Eastern students volunteer more than 16,000 hours through the Center each year. The volunteers come from a wide range of backgrounds and interests, but all have one thing in common, they love to volunteer in Windham.

“I like being involved with volunteering in Windham because I lived here before going to Eastern,” said Samone Jones-McCarthy, (‘16), from Windham, Conn. “I believe that giving back to the community that shaped me into who I am today demonstrates how much I have learned about myself as an individual.”

Volunteers from Eastern can be found at schools and non-profit organizations throughout the community every day of the week.

Even the Center for Community Engagement’s staff are very involved, whether in local boards, committees, or just a central part of the center’s every day activities. They work with groups including the United Way Regional Advisory Board, CLiCK, Eastern Area Health Education Center, Path Academy Windham, Windham After School Task Force, and many more. This active participation in community efforts is how the CCE staff are able to connect faculty and students to community partners and new initiatives.

Check out more information about each of the programs at <http://www1.easternct.edu/cce/> or contact CCE with any questions at (860) 465-0090 / cce@easternct.edu. The center is open from 8am-6pm (Monday-Friday) and is located at 333 Prospect Street, Willimantic, CT 06226

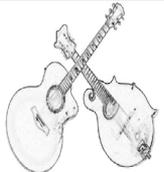
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Light and Heavy

By Tom Woron

I put the cassette tape into the tape player and hit “play.”

“Listen to this,” I instructed my friend.

It was 1988 and we were working on a weekend at our place of employment. We were the only ones there so it was okay for us to listen to music while on the job. My friend got close to the tape player and listened intensely for a bit.

“This sucks,” my friend said after listening for about a minute and a half.

Not amused by this comment I told him to give it a chance, as it’s a seventeen-minute song. He would not heed my recommendation to keep listening and turned off the tape player.

“C’mon, what’s wrong with you?” I asked.

Just a month or two earlier my friend had no idea who was who in pop or rock music. Then suddenly, I guess wanting to be cool and “fit in,” he became a big metal head virtually overnight. What I mean by “metal head” is someone who listens mostly to hard rock music, music that is often referred to as heavy metal.

In the late 1980s there were many rock bands around that were considered heavy metal bands, as their style of music was hard rock. Hard Rock music is mainly famous for extra loud

vocals, thundering loud drums, loud electric guitars and often extended guitar solos during a song. In simple words, loudness in many ways is what distinguishes hard rock bands from other bands. One trademark of heavy metal bands was that their musicians usually had extremely long hair. These bands were often referred to as “hair bands” and it seemed that many of them were sprouting like weeds all over the place.

Kiss, Aerosmith, Motley Crue, Dokken, Def Leppard, Warrant, Cinderella, Poison, Metallica, Whitesnake and Guns N Roses among several others were heard on radio stations that played rock music. Furthermore just about all of them had



music videos that were played on MTV at a time when MTV was about playing music.

To our parents and grandparents at the time, hard rock music was loathsome. They just could not stomach it. Nothing like it was ever seen or heard in their younger days. We twenty somethings had to defend it as a thing of our time. But just where did heavy metal music come from and when did it begin?

Most analysts credit the bands Led Zeppelin and Black Sabbath as the pioneers of heavy metal music in the late 1960s. When the band Led Zeppelin was formed with its new style of loud lyrics and instrumentals, it was suggested that the idea would go down “like a lead balloon.” In other words, the new concept would never fly. However, staying with the idea of combining something heavy with something light, the word “balloon” was replaced with the word “zeppelin.” For want

of a heavy concept with the word “lead,” the ‘a’ in “lead” was dropped so as not to mislead people into pronouncing it as “leed,” but rather continue with the idea of “lead” as in the heavy grayish metal. The rest is history. Some music historians consider Led Zeppelin’s first album, released in January 1969, as a significant event in the development of heavy metal music. Led Zeppelin went on to become a tremendous success.

There were other bands in the late 1960s, such as Black Sabbath and Deep Purple, that are also credited with being pioneers of hard rock music. While Led Zeppelin, Deep Purple and

Black Sabbath had many hit songs, there was one more late 1960s band that is also considered a pioneer in forming the music we later knew as heavy metal.

Twenty years before telling my friend to listen to a 17-minute song, another band combined the concept of something heavy with something light. The four-member band released one big hit song in 1968, which propelled them into music immortality. That band was Iron Butterfly.

Iron Butterfly is an American rock band formed in San Diego, California in 1966. The band has been active ever since although with intermittent break ups and constant changes in



the line-up of its members over the years. Although there still is an Iron Butterfly today, the band has released no new music since 1975.

With the original vocalist Doug Ingle, bassist Lee Dorman, guitarist Erik Brann, and drummer Ron Bushy, Iron Butterfly is best known for their 17 minute 1968 hit "In-A-Gadda-Da-Vida." which, with its unique sound, helped pave the way for the formation of later hard rock or heavy metal music. It was the song I wanted my friend to hear in 1988.

"In-A-Gadda-Da-Vida" was written by vocalist Doug Ingle and basically translates to "In the Garden of Eden." The song is very simple with lyrics sung only in the beginning and at the end. In all the minutes in between sung lyrics only instruments are heard with just about a full three minute period of a thundering drum solo by Ron Bushy with no other instruments played. "In-A-Gadda-Da-Vida" sounds nothing like Kiss, Motley Crue, Warrant, Poison, Cinderella, etc. but it definitely played a part in the development of these later bands.

Since I lived a large part of my life without the Internet, I am at times still amazed at just what I can find on the Internet. Looking to read up on Iron Butterfly and its history, I came across a video of the band performing "In-A-Gadda-Da-Vida" in a studio in 1968. Amazing! It's really something to hear and see. My friend obviously had no appreciation for part of the origin of the hard rock he liked to listen to in the late 1980s but I myself have always enjoyed hearing "In-A-Gadda-Da-Vida." Admittedly, I am not familiar with any other Iron Butterfly song. That's something I will have to change.

Radio stations usually do not play "In-A-Gadda-Da-Vida" simply because of its length unless it's a special program. In their view they could play five or six other songs in the 17 minutes.

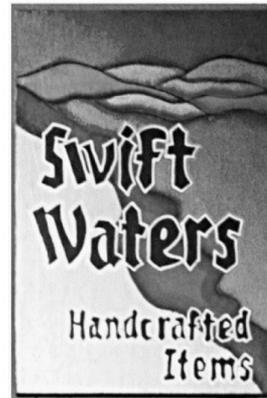
Your assignment if you've never heard "In-A-Gadda-Da-Vida: Google "Iron Butterfly" or "In-A-Gadda-Da-Vida" and you should see a YouTube link for the 1968 video. Click on it. Watch it. Listen to it! Be willing to sit through the 17 minutes. You just might like it. If you do not like it at first, then try listening to and viewing it again at another time. Unlike my friend GIVE IT A CHANCE! It is very different.

Tom lives in East Hartford: e-mail: tjfworon@sbcglobal.net

Dear Reader-

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

T. King, Publisher



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Practical Permaculture

As the Earth provides for us, so we provide for one another: the gift economy

By William Hooper

Your friend still needs baby stuff, right? There's boxes of it, for free, at my aunt's house, about four hours from you. It's yours if you can go get it, and I could use a favor while you're there. Turns out there's also boxes of stuff for me, so if you could bring both back to your place, your friend gets the baby stuff, and I can pick up my stuff when I come into town to lead those free classes you asked me to teach.

I moved to the Northeast in my late twenties, after growing up in the South. It took several years post-move to recognize the source of a chronic nagging in the back of my mind, an ongoing feeling of ill-preparedness. It was not until I started making friends and becoming integrated into local communities that I realized I missed my network of favors. After decades down South, I'd built up an extensive web of folks I could call on when I needed expert advice, or niche skills, or perspectives I didn't have, or large groups of laborers. For instance, when we packed up our home, I was readily able to get not only a dozen people on moving day, but multiple helpers in the preceding weeks assisting with the various tasks of shutting down and selling a house. Where I grew up, I had friends who worked at local hospitals, universities, government agencies, and so forth, and I knew the kind of assistance I could ask for, as well as knowing the kinds of help I might be asked to provide.

Depending on one's inclinations, this may sound either like a fancy way to say 'I had friends, and then I moved, and didn't immediately have friends again', or it may sound like I'm hinting at some network of folks breaking rules for each other, but neither understanding is spot-on. Instead, I'm talking about the notion of a gift-based economy, and years of building a strong position within it.

A common picture of ancient economics is that, prior to the invention of currency, economies ran on barter. Groups of humans would exchange items directly – I have grain, but no firewood, you have firewood, but no grain; so we agree to exchange goods. This notion of primal tit-for-tat is appealingly straightforward, obvious, and makes for an easy explanation of how currency evolved. Like many elegantly simple explanations, however, it's also wrong. Barter as we conceive of it develops in cultures that had money (and therefore, a concept of formalized exchange) at one point and then lost it. For instance, after the fragmentation and "fall" of the Roman empire, barter economies emerged in Europe once reliable Roman currency was no longer common and reliable enough to regulate exchange. However, anthropological data shows that



pre-currency cultures, when they use barter, only use it with outside groups. Barter – item for item exchange – is a trade mechanism for people you don't know well enough to trust, or won't meet with enough to maintain any kind of connection with.

For people internal to your group, there are several exchange models found throughout the world, but a common one is the gift economy. Rather than some semi-formalized process, by which we directly trade desired objects based on commodity value, we instead "simply" help each other out. We don't keep score, formally speaking, we just gift each other items, or work, or time, and in turn have a reasonable expectation of aid when we ourselves are in need. Unlike barter, which requires us to both have needs and goods to trade at the same time and in the same place, and which requires a fairly strong notion of specific value amounts attached to the things exchanged, a gift economy is generally more fluid. We may gift our time and assistance for years without asking anything in return, if we ever do, and we don't usually gift solely because we're looking to indebt folks to us. On the other hand, sometimes we ask for big favors out of the gate, and we often then look for opportunities to repeatedly give back to those who helped us, so we don't take advantage of others' generosity.

Having been in Connecticut for a while now, I'm rebuilding my personal gift economy. I have friends I can call on for skills I don't have. People have begun seeking me out for specialized knowledge in turn, so I can contribute now both in information as well as labor. I have people I've done lots of nice things for, without any expectation of specific return, and many folks have been kind and extremely generous to me. All of this contributes to a network of interpersonal trust, knowing I can ask for help, and knowing that others trust me to help them, too. It's nice, and much safer feeling, to be re-emeshed in a network like that.

This kind of web of mutual aid and accepted mutual responsibility helps permaculture move from a solo quixotic quest into a culture-transforming shared experience. A gift economy of this kind, even if it exists in the shadow of an aggressively number-driven currency economy, empowers its participants in the same way that a food garden, even in the shadow of an industrial-agricultural culture, empowers its cultivators. Unlike a currency or barter economy, where you need to already have something to sell or trade to 'play' at all, a gift economy can be entered with literally nothing more than a need – sometimes you start with receiving. A gift

economy allows you to receive, and give, things for which no price tag can be attached; you cannot buy trust, or love, or a donor organ, but you can give and receive any of them. Permaculture thrives on local-scale solutions, hierarchy-flattening approaches, resilient communities, and mutual help. Gift economies not only embody, but cultivate, all of those goals.

This spring saw massive expansion of my own planting. The food forest is underway, new fencing is going in, and hundreds of seeds are doing their work. All of this is being done by hand, and it would take me years of springs to do it all myself. Instead, a rotating crew of people at various points have helped me dig holes, plant trees, sink fenceposts, water berry canes, nurture seedlings, prep beds, care for my son while planting was happening, and so on. None of them contracted for any specific thing in return, nor do I have a ledger somewhere to tally debts and credits. Instead, they work with me, and some of them want to learn about permaculture, and some of them have work around their own homes they need help with, and some are happy to help in light of previous assistance I've given, and some help me to free up my time to teach them other things. No one keeps hard and fast score, and remarkable positive change is enacted on my little plot of land in a short time, and we all work shoulder to shoulder as equals, and the sun shines and the rain falls and the plants grow, world without end, hallelujah, and amen.

Permaculture (from "permanent" and "culture") is a conscious approach to design and implementation of systems, agricultural and otherwise, whose goal is sustainable production over an indefinitely long timeline, without assuming constant new synthetic energy inputs or betting on future technologies to correct current mistakes.

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Looking Up:

You Keep a House, but You Make a Home

By Bob Grindle

Harold and Nancy were a recently married couple that I met shortly after being stationed at McChord Air Force Base in Tacoma, Washington. An odd couple if ever there was one... Harold was the perfect example of a husky, bearded, overall-wearing, gruff-looking North woods logger and Nancy, in almost jolting counterpoint, was super petite, red-headed, very pale skinned and fashionably, almost delicately, feminine. I met them while I was bicycling around Hood Canal on my way to a star gazing, camping trip in the Olympic National Park. They had stopped to picnic at a spot that had a glorious view of the Canal and when they saw me biking up the slope that seemed to have gone on for miles they waved me over to join them. I was happy to do so.

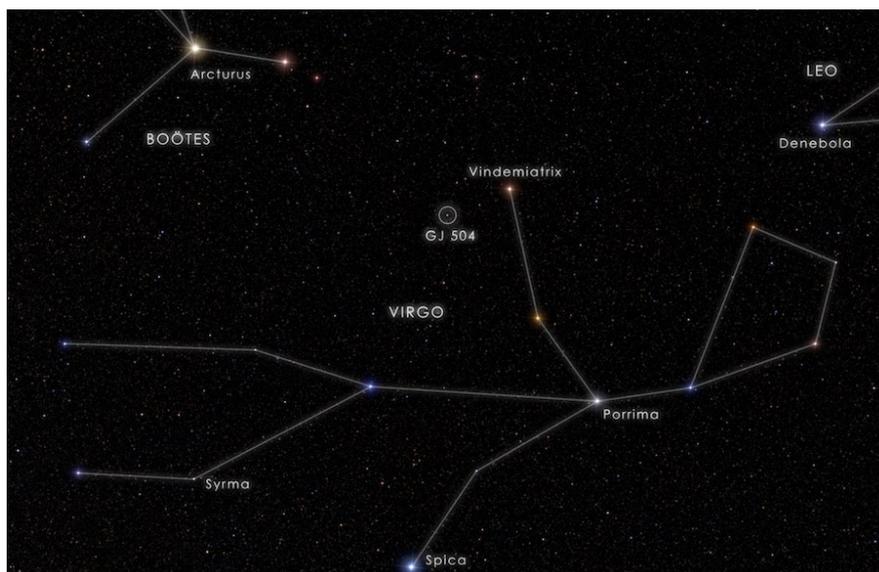
It turned out that they were on their way to spend a weekend camping in the Olympic mountain range as well, and after a pleasant half hour break of sharing stories and getting to know one another, I was ready to resume my journey. Both Harold and Nancy had spent their lives in western Washington and were wonderfully familiar with the rain forests, glaciers, mountain lakes and wildlife of the park, but had very little familiarity with the stars and constellations other than an appreciation of the stunning beauty of what seemed like a completely different sky over their heads when they got away from the population centers of Puget Sound. As I left, they suggested that I join them at their campsite—I had my own tent and supplies—and they gave me directions to find them if I decided to. I could help them navigate the spectacular night skies of this remote northwest corner of the United States and they could help me navigate one of the few temperate rain forests on our planet Earth. I continued bicycling on my way.

The utterly new sights and sounds and especially the enchanting smells of the Olympic forest—I had grown up in northern Indiana—were so entirely captivating that I didn't get around to visiting Harold and Nancy at their campsite. The park is, after all, larger than Rhode Island. It was about this time of year, mid-May I think, and despite all that was

brand new, the stars above were comfortably familiar...I got lost in them. I was more than a thousand miles from my childhood comfort zone, yet the star map over my head was dreamily readable, no need to pull into a cosmic gas station for directions. There was the constellation Virgo, stretched across the ecliptic, that imaginary line in the sky that marks the path that the Sun and Moon and all the planets appear to travel, heralding the advent of the northern hemisphere's growing season in the same way that she has since long before our species took notice of her helpful cycle. Shining brightly in Virgo's left hand is Spica, a blue giant type star, more than ten times the size of the Sun and more than 12,000 times as bright

On May 17th of this year, looking due south and mid-way up in the sky about 10 o'clock at night you'll see a full "Flower" Moon very, very near Spica—you won't be able to see the full constellation Virgo all that well...the fainter stars get washed out in the bright moonlight, but about an extended

fist's width above Spica you'll be able to see Arcturus, a red giant star, more than 180 times the size of the Sun. Spica and Arcturus, together with Regulus in the constellation Leo form the Spring Triangle. Arcturus is estimated to be almost twice the age of our Sun. At 8.7 billion years old and having finished burning the hydrogen in its core, this star is likely nearing the end of its life...only a



billion or so years left. In ancient days, Polynesian navigators knew Arcturus as "the star of joy." Sailing north and east from Tahiti, they traveled until Arcturus was directly overhead, the zenith of the celestial dome over their heads; they knew that from there the trade winds would carry their double-hulled canoes to the island chain we know as Hawaii. To this day, Arcturus—known as Hōkūle'a in original Polynesian—is the zenith star of the Hawaiian Islands. On the same Tuesday night of May 17th, again looking south, Jupiter to the west and Mars to the east will make for an exciting bit of celestial orienteering. And as the month grows later, Mars climbs higher and actually outshines Jupiter for a time. By May 22nd Mars rests right on the head of Scorpius, slightly to the right of the Moon. Directly below Mars is Antares, heart of the scorpion; and to the left of Antares is Saturn, dimmer than its neighbors,

but still nice to recognize. Holy starscapes, Batfriends, what a lot to look at. Keep some Absorbine Jr. handy to rub onto those neck muscles.

Not long after I returned from my bike trip to the Olympic forest of western Washington I managed to reconnect with Harold and Nancy. I bicycled to their home in Bangor, Washington near the Bangor Naval Base and began a friendship that lasted for years. Their love for one another, the world around them and the people they called friends made their very modest, and off-the-grid home a sort of incubator for birthing new ways of looking at the world. The lack of pretentiousness in Harold and Nancy's character and in their home made it easy to step out from under the mantel of trying to impress with what they had or what they knew. It was easy to get lost in the comfort of their presence, and this genuinely invigorating feeling seemed to rub off on almost everyone around them.

Whether traveling up the western coast of British Columbia in Harold's old 1950 Ford just so we could get a great view of the northern lights or simply working at the more mundane tasks of day to day living, time spent with these two friends was often about crafting a space that rewarded curiosity about the world around us—looking up at the sky, under a rock, into a rose; feeling our lungs fill with fresh outdoor air, hearing the rush of a stream or smelling the richness of basil leaves or countless simple pleasures of our humanity doesn't require so much as a dime of investment. Nancy used to insist that "you keep a house, but make a home." I've heard the phrase since, so I doubt it was original with her, but I always remember Harold and Nancy's welcoming home and welcoming nature whenever I feel that comfortable sense of you-are-welcome-here.

I am often amazed how easily we forget the extraordinary resources we all have at our sensory fingertips for the simple effort of opening our minds to the world we live in. May you all enjoy the coming season, with its many pleasures and surprises.

Bob Grindle is a Windham Hospital retiree and a student in the Astronomy Minor program at Eastern Connecticut State University.

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What are we doing with it?

Quiet Corner Fiddlers, eastern CT



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Fiddlers of all skill levels welcome at our sessions

The Think and Do Club Wants You!

Submitted by Edmund Smith

What is the Think and Do Club? We are a group of folks who get together every week to talk philosophy. From these talks, some pretty cool thoughts happen. These, as thoughts often do, may turn into some pretty interesting, different behavior, from person life style choices to decisions to go forth and change the world.

What kind of things do we talk about?

To date, we have discussed such wide-ranging topics as global warming, evolution, the nature of consciousness, the political economy of banking, the origins of the universe, and racism. We have also begun to explore the formal branches of philosophy, such as metaphysics and epistemology. But we are not limited to any one discipline



or topic, because life itself... philosophical! So join us! We meet on Mondays 6:30-9:30pm. at the Song-a-Day Music Store, 2809 Boston Turnpike, Coventry, CT 06238

Like us at <https://www.facebook.com/CTThinkAndDo/?fref=ts>

Contact us at mediamonds2006@gmail.com/860-895-7413



Submitted by the Friends of The Mill Works

The Friends of The Mill Works are pleased to provide local artists with a platform to perform in our “Talent Showcase”; offer selected film showings and conversations with relevant film makers; and host live concerts as a part of our Acoustic Artist Series. As a newly established performance venue, we strive to make The Packing House a unique environment to experience high quality performance. We are extremely grateful for all the folks that have come out to support us. It is only through your support that we may continue to offer programming to members of our local and regional communities.

We feel privileged to have hosted performances featuring outstanding talent over the past few months. Jeff Przech, engaging storyteller and Americana/alternative country singer songwriter from Unionville, CT; Lexi Weege, unique indie blues/jazz singer songwriter from western MA, currently on a national tour; international jazz artist Greg Abate and his Quartet, seasoned jazz professionals based in Providence, RI and CT; Belle of the Fall, indie/folk singer songwriters just back from SXSW and releasing their new CD “Earthbound” from northwestern CT; and most recently, The Gather Rounders, exceptional bluegrass/folk artists and singer songwriters on tour from Portland, ME.

Our “Talent Showcase” has continued to draw new musicians, poets, and comedians. Typically the 2nd Friday of the month, the Talent Showcase for May will be the 1st Friday (May 6th) and June’s Showcase is scheduled on the 3rd Friday (June 17th). We recommend that those interested in performing call to register in advance (518-791-9474). Performers may also sign in at the door before the show (time permitting). Doors open at 6:30pm with the show beginning at 7:00pm. Admission is free and open to all ages.

Please visit our website at www.thepackinghouse.us to learn more about The Packing House and new additions to our upcoming shows, films and events.

Here’s a look at the line-up for our Acoustic Artist Series in May and June:

Bill Benson: Concert – May 7th, 7:30pm

Connecticut based singer-songwriter Bill Benson performs music as a messenger of love, hope and passion. He conveys his messages through inspiring lyrics and heart-felt vocals in the styles of folk, country and soft rock. Bill leverages the deep, brassy timbre of his vocals to convey emotion and draw listeners into his songs, evoking a mood that



pulls you into the moment and offers retreat from life’s day to day chaos.

Bill’s recently released debut studio album, *This Old House*, tells the story of Bill’s life and musical evolution, capturing current writings as well as his first song written at age 16. The ballad “Beautiful Heart” eloquently captures the gratitude felt when someone changes your life in a profound and beautiful way.

Bill has gained mounting recognitions for his music and his voice. Notably, he was named 2013 Northwest Idol at Warner Theatre in Torrington, CT.

Bill Benson will be performing at The Packing House on Saturday, May 7th, at 7:30pm. Tickets are \$10.00.

Patti Rothberg: Concert – May 14th, 8:00pm

A multi-instrumentalist, Rothberg played all the guitar and bass parts on her 1996 debut album, *Between the 1 and the 9*, the title referencing the subway platform where she used to busk. It went on to sell over 250,000 copies in the US and another 200,000 in Europe and Japan. The first single, “Inside”, reached number 25 on Billboard’s Alternative Chart.

Patti made appearances on high profile TV shows like *Late Night With David Letterman*, *The Tonight Show with Jay Leno*, and *The Oprah Winfrey Show*. A cover of “Kung Fu Fighting” was featured in the 1997 release of *Beverly Hills Ninja*, and her song “Forgive Me” was featured in the 1998 film *The Misadventures of Margaret*. Patti followed her success with dynamic indie albums, *Candelabra Cadabra* (2000) and *Double Standards* (2008) with long time NYC producer, Freddie Katz. *Overnite Sensation* (2011) is a celebration of the reunion of Patti with Dave Greenberg, Producer of *Between the 1 & the 9*, resulting in a winning combination of Dave’s melodic dance pop sensibility and Patti’s lyrical gritty rock and roll.

Rothberg’s 2013 release, her fifth studio album, *Black Widow*, explores moody and melodic, piano based acoustic pop, and signature guitar rock, marking a first time collaboration with producer, Lyle Puente, generating this unique, seamless brand of music.

From the basement studio called “Off White Trash” Records, comes Patti Rothberg’s January 2016 release, *Ulterior Motives*, her 6th full length album. Patti mixes styles and metaphor, fast paced rock and pathos to bring both guitar driven hard rock and melodic piano.

Patti Rothberg will be performing at The Packing



House on Saturday, May 14th, at 8:00pm. Tickets are \$15.00.

Consort Cambiata: Concert – May 20th, 7:30pm

Consort Cambiata performs vocal and instrumental European music, circa 1400-1700. Its programs are drawn from the immense repertoire of popular songs, sacred music, and instrumental works preserved in manuscripts and printed books of the fifteenth through seventeenth centuries.

The ensemble strives to sing and play in accordance with what is known of historical practice and to give performances similar to those the composers may have heard. While the primary motivation of the ensemble is the satisfaction of recreating centuries-old music, a secondary goal is to increase familiarity with great Renaissance composers, regrettably lesser-known to the public than their celebrated counterparts in literature, architecture, and the visual arts.

The instruments employed are meticulous copies of the best surviving originals, which reside in museums or private collections. Consort Cambiata's audiences experience a musical aesthetic quite unlike that of more familiar music, one in which all parts are equally important and in which improvisation, symbolism, word-painting, and rhetoric play prominent roles.

Consort Cambiata will be performing at The Packing House on Friday, May 20th, at 7:30pm. Tickets are \$10.00.

Ramblin' Dan Stevens: Concert – May 21st, 7:30pm

At the age of sixteen, Dan Stevens' romantic streak was ignited by his first guitar teacher in small town central Pennsylvania who told him stories about the lives of traveling blues musicians like Mississippi John Hurt and Fred McDowell. After being inspired by Woody Guthrie's book, "Bound for Glory", the magnetic lure of the road captured his imagination and with a driving passion he hitchhiked and hopped freight trains guitar in hand across the United States five times, eventually covering over 100,000 miles.

Musically, Dan continued to hone his guitar skills taking lessons from renowned acoustic guitarist and W.C. Handy Award winner Paul Rishell, who taught him how to play slide. Later, he was blessed to study with Greenwich Village based folk/blues icon Dave Van Ronk during the last years of Van Ronk's storied life.

As a full time professional musician since 1991, Dan continues to tour incessantly along the East Coast, U.S. Virgin



Islands, U.K., Canada and Germany. He has appeared with such artists as James Cotton, Charlie Musselwhite, Arlo Guthrie, Richie Havens, Charlie Daniels, Livingston Taylor, Ronnie Earl, and others.

Art Tiplaldi, Senior Writer for the "Blues Revue" magazine, in his review of Dan's most recent CD, Broke Down and Hungry, offered, "His stylish fingerpicking and warm vocals shade these tunes with fresh, penetrating nuances." In live shows, Dan often pauses between songs, offering historical trivia or relating incidents from his personal experience.

Dan Stevens will be performing at The Packing House on Saturday, March 21st, at 7:30pm. Tickets are \$12.00.

Libby Johnson: Concert – June 25th, 8:00pm

Artist, Libby Johnson, a familiar name as founding member of indie folk outfit "22 Brides", is a singer songwriter whose folk/Americana roots are showcased in impeccable tunefulness, gorgeous melodies and a moving live presentation.

To quote "No Depression" magazine, "The hooks are unassailable, the singing and playing are felt, the arrangements an autumnal cross between Lucinda-bred Americana and kudzu-style indie rock."

Johnson's solo discography include Annabella (2006) and Perfect View (2010). Mike Joyce, "Washington Post" writes, "On Annabella Johnson quickly reveals her chief strengths: a hazy soprano that takes on a soulful edge when it counts, as evidenced by the album's title track; an engaging way with words".

After a preview of Annabella, writer-director Bart Freundlich decided to use four of her songs in his film Trust the Man, starring David Duchovny, Billy Crudup, Julianne Moore and Maggie Gyllenhaal. He said that he re-edited scenes around her songs. Johnson also wrote a new song, "Indelible Mark", which plays over the film's end credits. Johnson's film credits also include work with The Discovery Channel, MTV, Oxygen, Smallville, The Riches, and many more.

Libby Johnson will be performing at The Packing House on Saturday, June 25th, at 8:00pm. Tickets are \$12.00 in advance or \$15.00 at the door.

Tickets, Reservations, and Contact

Tickets for all shows can be purchased online at www.thepackinghouse.us/upcoming, or cash at the door. Table reservations and cabaret seating available. Unless specified otherwise, all events will feature "BYOB" - wine & beer ONLY (I.D.s Required). Snacks and soft drinks will also be available. Doors open 30-minutes prior to show time.

The Packing House is located at The Mill Works, 156 River Road, Willington, CT 06279. Parking is located onsite and across the street. For questions, specific program or rental information and table reservations, please call 518-791-9474.



The Great Breakfast Debate

By June Hyjek

The news reports, doctors, and your mother have all told you that breakfast is “the most important meal of the day,” particularly when it comes to weight loss. But the jury is still out. Some recent studies have shown that people who skip breakfast have actually lost weight. Other studies say breakfast revs up the metabolism. I believe having breakfast or not is probably more of a lifestyle decision. But, the bottom line is if you are going to have breakfast, make it rich in protein. This suppresses ghrelin, your hunger hormone, while a high-carb breakfast, like cereal, does not. We know that protein is critical for the health of our bones, muscles, cartilage, skin and blood. A high-protein breakfast will keep you full and satisfied longer, while reducing

sugar cravings. We also know that the body depletes proteins more quickly when under stress or when healing, which means you need more.

Here’s the other part of the question – plant or animal-based protein? Unless you have ethical reasons for eliminating animal protein from your diet, there’s no need to do so from a wellness perspective. A vegetarian or vegan diet is not “healthier” than diets

that include meat, fish or poultry. Our bodies are equipped to metabolize and take nutrients from animal proteins. If you stick to high-quality lean sources, including grass-fed beef, free-range chicken and wild-caught low-mercury fish, they can help to keep you healthy. If you’re vegan or vegetarian, always opt for real food over fake meat alternatives, which are processed.

Eggs are a miracle food. Unless you have a cholesterol problem, eating two eggs a day is considered healthy and packs a great amount of protein. If cholesterol is a factor, switch those whole eggs to egg whites. Add some fresh fruit (great source of fiber) or low-fat plain Greek yogurt, and you’ve got a fantastic breakfast. Try pouring egg whites with some chopped up vegetables of your choice in a muffin pan. Bake until solid. You’ll then have healthy, individual egg muffins that are easy to pop in a microwave to heat or take with you on your way.

Stick with the lower fat versions of traditional

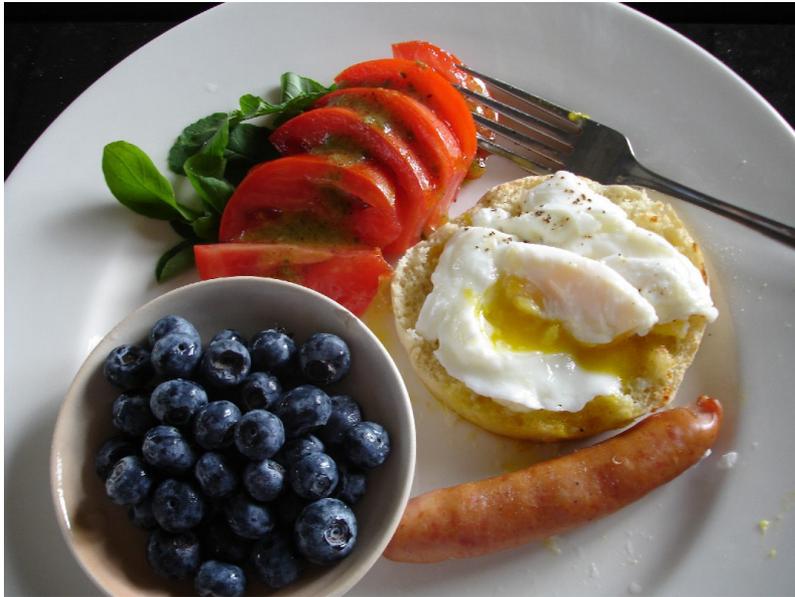


breakfast meats, like smoked salmon, turkey or Canadian bacon. If you’re short on time or don’t feel hungry in the morning, a protein shake is a good option. Watch the fruit portions for these, though! They can end up high in sugar, which will deplete the benefits from the protein.

There’s also no reason breakfast has to be breakfast foods. Use up your leftover chicken or fish for an easy protein morning boost.

Even if you’re eating a good breakfast, you may not be metabolizing it well. Eating too quickly or not chewing enough can interfere with how your breakfast is absorbed, as can drinking too much fluid with your meals. Also keep this in mind if you’re taking some sort of acid blocker, which will alter metabolism as well.

So try eating mindfully. Take your time with your meals, being mindful of the process of putting food in your



mouth and of the food you’re eating. Be aware of the colors, smells, textures and tastes. Try putting your fork down between each bite. You’ll be less likely to overeat because your brain will catch up with your stomach. Don’t eat your breakfast in front of the TV or computer, or in the car on the way to work. Even breakfast can be a social, enjoyable experience. If you do this, you’ll be creating a less stressful mealtime environment and give your body the chance to relax,

which will help you metabolize all your food better and allow you to get the full nutrients from what you eat.

As a MindBody Wellness Coach, Certified Hypnotherapist, Reiki Master and award-winning Author, June Hyjek offers extensive experience in helping clients manage their pain and stress, working with them to move through life’s transitions with grace and peace. She is the author of “Unexpected Grace: A Discovery of Healing through Surrender” and a meditation CD, “Moving into Grace.” Her book and CD offer hope, comfort and insights to help us move through the difficult times we all face in life. (www.aplaceofgrace.net or www.junehyjek.com)

Editor’s note: This is June’s last column in Neighbors. Thank you June for your informative articles over the last few years. T.K.

Hour Exchange Events

By Eva Csejtey

Recently The Hour Exchange was highlighted in *Neighbors* as a time bank currency by exchanging services among community members, businesses and organizations. The Hour Exchange would like to invite the community to their first tag sale, called hOurly Treasures in conjunction with the Windham Public School's 2nd Annual Family & Community Expo on May 21st, from 11 am – 3 pm, at 1 Jillson Square in Willimantic. The Hour Exchange is encouraging community members to clean out their closets and garages and bring used or new items to sell. This provides the opportunity for community members to earn cash for their belongings that will become someone else's treasure. This event was attended by over 400 people last year and should bring many shoppers. It will save the earth by not throwing usable items in the trash.

Another event that improves the environment and related to the Hour Exchange is the Repair Café which will be displayed at the Family & Community Expo. Community members are invited to bring small items that need repair, such as torn clothing, bicycles, and small appliances. This will provide an opportunity to get those broken items working once again and teach you how to do. For the regularly scheduled Repair Café, join the fun and workshops on June 18 and October 1 at the First Congregational Church, 199 Valley Street, Willimantic.

To be involved in hOurly Treasures, please bring your own table, chair and tent, if you desire. hOurly Treasures will be held rain or shine. A space can be reserved by contacting Access Agency, at 860-450-7400, x 7458 or email volunteer@accessagency.org. The Family & Community Expo will host a variety of activities for young and old, such as, student performances, community organizations, music, food and children's activities.

Community members who would like to learn more about time banking and the Windham Area Hour Exchange are invited to learn more at www.accessagency.org and scroll down to the time bank and click on it. Applications are available on line.

The Windham Area Hour Exchange is a Community Engagement Initiative of the Access Community Action Agency. Access is a federal and state designated Community Action Agency (CAA) that serves eastern Connecticut. Access provides food, emergency shelter, energy assistance, job and life skills training, youth mentoring, affordable housing for seniors, and more. For more information about Access services, call 860-450-7400 in the Willimantic area, 860-412-1600 in the Danielson area, or visit www.accessagency.org

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Rituals

By Jim McGaughey

Today, I changed the oil in my truck. The odometer was telling me it was time, and, by noon, the sun had warmed the driveway about as much as can be expected in late winter. So, I gathered the necessary wrenches, retrieved the oil and filter I had purchased several weeks ago, laid some cardboard on the ground, slid the drain pan into place and proceeded.

I have been changing my own oil since I got my first car in 1968. I guess I could get it done at a garage, or go to one of those quickie oil change places, but I find it reassuring to do it myself. Reassuring because I know the job will be done carefully; reassuring because I use the opportunity to check for leaks or other obvious problems that might be brewing under the hood; and, most importantly, reassuring because it restores, even if only for a moment, the sense of competence and self-sufficiency that used to be such a big part of my identity.

At one time I did all my own automotive repair work - brakes, clutches, suspension and steering linkage, swapping engines, pulling cylinder heads, cleaning and adjusting carburetors, even rebuilding transmissions. I read books and asked questions, bought tools and learned by doing, lying under cars and trucks raised up on jack stands as the cold winter wind blew up my pants legs. (For some reason, my vehicles always waited for cold weather to break down.) It used to be a matter of economic necessity. Then it became a point of pride - when engines had distributors and carburetors, I could diagnose and fix just about any automotive problem. Even the first generation of cars equipped with on-board diagnostics were not beyond the reach of a shade-tree mechanic willing to acquire the manufacturer's shop manuals, invest in a good multi-meter and study a bit.

All that began to change in the mid-1990s. Since then, vehicles have been arriving with ever more sophisticated electronically controlled operating systems - powerful computers that simultaneously monitor and adjust hundreds of operating parameters. Engine compartments have become cramped and filled with miles of wires running between alien-looking sensors and actuators and control modules and who knows what else. If something goes wrong, an inexpensive code readers can help, but often only tells half the story. To solve persistent problems you really need an expensive tester, or diagnostic software and special connectors for a lap-top computer - equipment that displays real-time performance data, can selectively actuate components, run tests, link to on-line troubleshooting guides, and even download updates for the vehicle's processor - neat stuff, but very costly. Costly, too,



are the special tools needed to reach and disassemble just about everything.

The amount of information constantly being monitored and responded to by today's vehicle systems is truly amazing, and I am certainly not complaining about the improvements in performance and reliability, not to mention the cleaner air we are all now breathing. But, these changes have not been friendly to do-it-yourself mechanics. Even formerly straightforward maintenance operations, such as changing sparkplugs, now often require a deep dive into nearly inaccessible recesses. I began losing touch 25 years ago. I no longer understood the systems well enough to pinpoint problems, and, just as importantly, I no longer had time to keep up. My work responsibilities had mushroomed, my kids needed my attention, and life-in-general got a lot busier. It was easier to just let the dealers' technicians do the work - well worth the money to have someone else figure things out - someone who had been recently trained, had likely seen similar issues before, and had access to specialized tools and equipment.

But, I kept changing the oil myself. It became a comforting ritual - something I was still able to do; something that kept me in touch with my younger self, reminding me of the days when I thought there wasn't anything I couldn't do, or at least figure out how to do.

I used to think that about a lot of things, not just fixing cars. When I was in my twenties, I had a series of jobs working for home builders and contractors. I worked with people who showed me how to clear lots, excavate for foundations, frame and side and trim houses, shingle roofs, pull wire, sweat copper pipe, and how to grade and pour concrete floors, hang cabinets and install hard wood flooring. I even learned how to run a small bulldozer - well sort of. Before that, I had worked summers in the maintenance shop of a private boarding school, where old-time carpenters taught me how to hang doors, fit sash, and make general repairs. They also showed me how to use and sharpen traditional hand tools - chisels, planes and saws. We used push drills and Yankee screwdrivers and every

nail was driven by a hammer with a wooden handle. I wasn't raised to know how to do any of those things – my family called people to do that kind of stuff. But, for reasons I still don't fully understand, I loved using tools and wanted to learn how to do everything. Sometimes, in my ignorance, I skipped the learning part and just started in, deluding myself into thinking I already knew how to do something, or that I could figure it out. Which sometimes worked out fine, and sometimes not so much.

After a few years in the home building industry, I came to realize that acquiring the skills needed to produce high quality work with your hands, and the knowledge that enabled you to do so efficiently, took many years of learning. I also realized that the world of the skilled tradesman was changing. Manufactured products, cookie-cutter designs and in-and-out sub-contractors, who specialized in only one or another phase of construction, were fast displacing traditional, know-how-to-do-it-all craftsmen. The emphasis was on rapid production and cost-containment. Much of the available work was simply repetitive, and, at the end of the day, I was going home sore and not feeling very satisfied. I also got tired of standing in the unemployment line whenever the economy took a downward turn.

While I never lost interest in building and mechanics - in making and fixing things - I felt life calling me in a different direction, first to law school and then to a career in public service. Or, maybe it wasn't so much that life was calling. Maybe I was just unconsciously following a deeply embedded script – responding to expectations subtly implanted at an early age by the people who raised me. Whatever the reasons, I soon found myself deeply engaged in the struggle for civil rights, inclusion and fair treatment for people with disabilities. The work was truly meaningful, and I was privileged to have had opportunities to work on some significant cases and a hand in effecting a number of useful reforms. I also got to know many good people as colleagues, clients and friends. But, I never got used to wearing suits. And, on Saturday mornings, I still found myself drawn to tool stores, or to work on one or another project that was under construction in my basement workshop.

Now that I have retired, I have more time to use the tools I have accumulated over the years. Which is a good thing, because the house I recently purchased is very much in need of fixing up. But, tools are not all I have acquired: I have also managed to collect an array of minor but persistent orthopedic injuries – nothing so severe as to completely stop me from doing things, but annoying enough to slow me down. Being 65 is not the same as being 25. So, progress has been slower than I anticipated when I bought the house, and (heresy) I am even considering hiring a contractor to do some of the more involved structural stuff. Maybe those early years I spent digging in the dirt and bent over at the waist banging nails are catching up with me. Or, maybe, the wisdom that is supposed to come with age is finally kicking in.

But, I know one thing: I will keep changing my own oil. We all need our rituals.

Jim McGaughey lives in Mansfield.



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All your Apple Macintosh Mac, iMac and iPhone Questions



iPhone Lock

With security a major concern nowadays, how can you protect your iPhone and other iDevices?

Find My iPhone Activation Lock
Find My iPhone includes a feature called Activation Lock that is designed to prevent anyone else from using your iPhone, iPad, or iPod touch if it's ever lost or stolen. Activation Lock is enabled automatically when you turn on Find My iPhone on a device using iOS 7 or later.

With Find My iPhone Activation Lock, your Apple ID and password will be required before anyone can:
Turn off Find My iPhone on your device
Erase your device
Reactivate and use your device
This can help you keep your device secure, even if it's in the wrong

hands, and can improve your chances of recovering it. Even if you erase your device remotely, Activation Lock can continue to deter anyone from reactivating your device without your permission. All you need to do is keep Find

My iPhone turned on, and remember your Apple ID and password. And now with watchOS 2, you can use Activation Lock to protect your Apple Watch. Here are answers to frequently asked questions about Find My iPhone Activation Lock on your iPhone, iPad, and iPod touch.

How does Activation Lock work?

When you enable Find My iPhone on your iPhone, iPad, or iPod touch, your Apple ID is securely stored on Apple's activation servers and linked to your device. From that point on, your password will be required before anyone can turn off Find My iPhone on your device, erase your device, or reactivate and use

your device.

Activation Lock is enabled automatically when you use Find My iPhone on a device using iOS 7 or later. You can set up Find My iPhone from your Apple device. What steps should I take if I misplace my device?

If you ever misplace your device—whether it's just lost or you think it might have been stolen—you should put it into Lost Mode immediately with Find My iPhone.

Lost Mode locks your screen with a six-digit or four-digit passcode and lets you display a custom message with your phone number to help you get it back. You can also remotely erase your device if needed, and your custom message will continue to display even after the device

is erased. While Activation Lock works in the background to make it more difficult for someone to use or sell your

missing device, Lost Mode clearly indicates to anyone who finds your device that it still belongs to you and can't be reactivated without your password.

To put a device into Lost Mode, sign in to icloud.com/find from a Mac or PC or use the Find My iPhone iOS app.

You can learn more about what to do if your device is lost or stolen.

Do I need to turn off Find My iPhone before giving away my device?

Yes. Before you give your device to someone else, turn off Find My iPhone to ensure that the other person can activate and use the device normally. The best way to do this is to erase all content and settings from your device before

handing it over. This will completely erase your device, turn off Find My iPhone, and remove the device from your Apple ID account. On your iOS device, go to Settings > General > Reset > Erase All Content and Settings.

You can learn more about what to do before selling or giving away your device. Do I need to turn off Find My iPhone before having my device serviced?

Yes. If Find My iPhone is on, technicians might not be able to perform service on your device.

What if I forget my Apple ID password?

If you forget your password, you can reset it at your Apple ID account page or you can contact Apple Support and verify your identity.

If you forget your password and can't reset it, you'll lose access to your Apple ID and might be unable to use or reactivate your device. To help prevent this, visit your Apple ID account page periodically to review and update your account information.

What if I purchase a device that is still linked to the previous owner's account?

Contact the previous owner as soon as possible and ask them to erase the device and remove it from their account. Learn how to remove a device from a previous owner's account.

How do I check for Activation Lock before purchasing a used device?

When you buy an iPhone, iPad, iPod touch, or Apple Watch from someone other than Apple or an authorized Apple reseller, it is up to you to ensure that the device is erased and no longer linked to the previous owner's account.

You can check the current Activation Lock status of a device when you visit icloud.com/activationlock from any Mac



Check Activation Lock Status

Before transferring ownership of an iPhone, iPad, iPod touch, or Apple Watch, make sure Activation Lock has been disabled and the device is ready for the next user.

or PC.

Or you can follow the steps below to make sure that you can use the device you purchase:

Turn the device on and slide to unlock.

If the passcode lock screen or the Home screen appears, the device hasn't been erased. Ask the seller to completely erase the device by going to Settings > General > Reset > Erase All Content and Settings. Don't take ownership of any used iPhone, iPad, or iPod touch until it's been erased.

Begin the device setup process.

After choosing a language, choosing a country, and connecting to a network, the device will begin activation. If you're asked for the previous owner's Apple ID and password, the device is still linked to their account. Hand the device back to the seller and ask them to enter their password. If the previous owner isn't present, they can remove the device from their account by signing in to icloud.com/find. Don't take ownership of any used iPhone, iPad, or iPod touch until it has been removed from the previous owner's account.

You will know that a device is ready for you to use when you're asked to "Set up your iPhone," "Set up your iPad," or "Set up your iPod" the first time you turn it on.

Does Find My Mac include Activation Lock?

Activation Lock works only with iPhone, iPad, or iPod touch with iOS 7 or later and Apple Watch with watchOS2 or later.

If Your Device is Lost or Stolen

If Find My iPhone is enabled on your missing device

You can use Find My iPhone to find your device and take additional actions that can help you recover it and keep your data safe.

Sign in to icloud.com/find on a Mac or PC, or use the Find My iPhone app on another iPhone, iPad, or iPod touch.

Find your device. Open Find My iPhone, and select a device to view its location on a map. If the device is nearby, you can have it play a sound to help you or someone nearby find it.

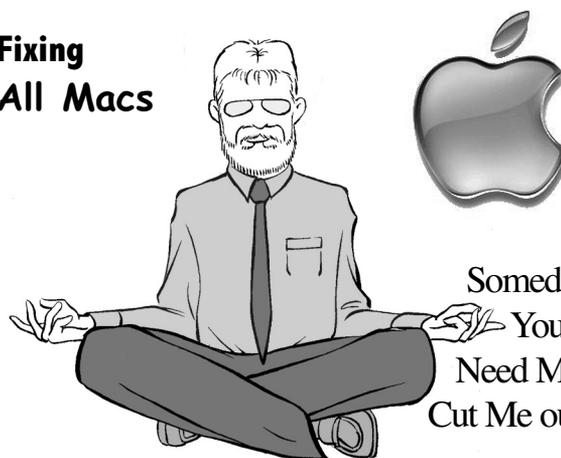
Turn on Lost Mode. Using Lost Mode, you can remotely lock your device with a four-digit passcode, display a custom message with your phone number on your missing device's Lock screen, and keep track of your device's location. If you added credit or debit cards to Apple Pay, the ability to make payments using Apple Pay on the device will be suspended when you put your device in Lost Mode.

Report your lost or stolen device to local law enforcement. Law enforcement might request the serial number of your device. Find your device serial number.

Erase your device. To prevent anyone else from accessing the data on your missing device, you can erase it remotely. When you erase your device, all of your information (including credit or debit cards for Apple Pay) will be deleted from the device, and you won't be able to find it using Find My iPhone. After you erase a device, you can't track it. If you remove the device from your account after you erase it, Activation Lock will be turned off. This allows another person to activate and use your device. online, these actions will take effect.

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The Birth of the Wild Grannys Riding Club

Submitted by Amy C. Benkowski

Wild Grannys Riding Club (WGRC) is a group of grandmother motorcycle enthusiasts located throughout Windham County that love to ride and do things for others in need. Don't expect to find these ladies sitting at home going grey. They are ladies on a mission riding their bikes and promoting women's awareness of motorcycle safety.

The club was founded by Amy Benkowski of Hampton after losing her close friend and sister rider Penny (Hebert) Woodbury of Woodstock. Penny and Amy rode their Harleys together last summer. One day while the ladies were out riding with another friend Penny's husband began calling them the Harley Harlots as a joke on social media. Penny decided they needed a nickname that was more appropriate. While they sat at a coffee house laughing at her husband's Facebook post they kept throwing out names for what they could call themselves. With a huge sudden smile Penny simply said we're the Wild Grannys. The name stuck for the next couple months as the gal pals would write back and forth it's "time for the Wild Grannys to ride again".

On September 19, 2015 Penny was on her bike on the way to visit a friend when she was struck and killed instantly by a car in Quinebaug. Immediately Amy knew she wanted to begin a Riding Club in Penny's honor. In lieu of money or flowers she wrote a card to Penny's husband and family asking them how they felt about her starting Wild Grannys Riding Club in Penny's memory. They were all for it.

Amy had never been in a motorcycle or riding club so she went online and researched "how to start a riding club". The amount of information she found was overwhelming, confusing and scary. In late October she reached out the Motorcycle community by writing to clubs she could find email addresses for. She introduced her idea and goals for WGRC and asked for any advice they might be willing to share with her. Within a few days she began to receive welcome responses and offers of assistance. By mid November she had a rough draft of Wild Grannys By-laws completed and had asked a few ladies to join her as Officers. WGRC's Patch and colors were finalized in February 2016 and WGRC was ready to let the public know about their existence by hosting it's first Meet-n-Greet at their favorite location, Baker's Dozen in Pomfret. Out of that meeting WGRC accepted it's first two

pledges.

The amount of support from the Motorcycle Community has been phenomenal. On April 16th Wild Grannys RC held it's first event, a Patch Party. In the Riding community a Patch Party is a Club's coming out party. It's the first event a Club hosts wearing their newly patched vests. WGRC has been told it was the largest show of support to a new RC the MC/RC community had seen in years. In

attendance were seventeen Motorcycle and Riding clubs as well as family and friends.

The most important goal WGRC's Founder hopes to establish is Penny's Fund. Penny's Fund will purchase motorcycle safety equipment (helmets, safety glasses, riding boots, etc.) and/or cover the cost of the CT Motorcycle Safety Course for women that are going through financial difficulties.

In the few months WGRC has been established the members have worked at and donated to four benefits, attended twelve benefits hosted by others and have raised money to put towards their Penny's Fund.

WGRC offers several levels of membership. An important one to them is for new female riders. "Newbies" often ride alone while learning to drive a bike. While WGRC does not teach riding they offer Newbies an opportunity to ride with seasoned riders while they practice their skills.

What does WGRC's Patch stand for?

It symbolizes that "We're not your typical grannas". The woman on a motorcycle with a helmet symbolizes safe riding habits. The knitting needle and broken crochet hook symbolize that we are the new generation of grandmothers that won't be sitting at home crocheting or knitting as our hair grows grey. The mittens are there as a symbol of our good nature and sense of humor for all the teasing we first had about being "Grannies" on bikes. The yarn around the hook symbolizes the ties that bind our love of family and friends. The dragonfly symbolizes our Angel Penny watching over her sister riders.

Our Colors: Amethyst=peace, guardian angel, guidance. Teal=healing, protection and devotion.

Wild Grannys Mission is to bring women with a common passion together, the love of motorcycle riding. Also, its mission is to provide women with an environment of support, nurture their interest in riding and share in a sisterhood of mutual respect and friendship. Wild Grannys RC will promote motorcycle safety and a positive image of



Amy Benkowski (left) and Penny Woodbury. Contributed photo.

In Real Estate No News is Not Good News

By Noah King

The most common complaint sellers have about their real estate agent is communication. Specifically, no communication. If absolutely nothing is happening on the sale of your property, you want your agent to confirm that and discuss a game plan, not dodge your call. Likewise, if you have a lot of activity and many showings, what is the result of those showings? Did they like it? Hate it? Did your neighbor scare them off with an ATV blasting through the backyard? Did they even show up?

I am happy to report that through the use of the technology and software available to today's agent, communication issues should be eradicated from the list of complaints people have about their agents.

Here is what my clients can expect from me in terms of communicating with them about the sale of their property: Showing feedback from every showing. It is now automated through our Show Assist program. If you have a mobile number and an email address, I can text you and/or email you to confirm showings, cancel showings, and provide feedback. As an added perk, let's say you would prefer no showings after 4 pm on Thursday for example, I can block that time on a system-wide calendar as unavailable so that you won't be bothered by showing requests that you have to decline. When I receive showing feedback I can publish to you with a click on my phone.

Listing activity reports from Trulia, Zillow, Realtor.com and Homesellingteam.com. Weekly, monthly, bi-weekly or none at all, your choice. There is no mystery about what kind of traffic you're are getting online.

Who called me about your home? Who called on your sign? Who called on the ad in the paper? No problem. Let me check the 1-800 call capture hotline that produces a log of who called on the ID# that I assigned to your property.

Market Updates from the Multiple Listing Service (MLS). If a home in your neighborhood, street or town comes up for sale, goes under deposit, or closes, you will know about it because you will be receiving updates on competing or similar properties that could impact the sales price of your home.

Communication is key in creating a successful strategy in selling or purchasing a home. Uncomfortable conversations are inevitable. Real estate is rife with unpredictability and sometimes, disappointment. I am not particularly fond of reporting "no interest" to you as your house is approaching 30+ days on the market, but I must. For you, so that we can get your home sold quickly for a fair price, and for me because I'm determined not to be that agent that sellers complain about.



the motorcycling community. We believe in giving back to the community by attending charitable runs or events hosted by other organizations. Every year WGRC will choose a different non-profit organization to focus on by raising funds for their cause and/or offer a helping hand should they need assistance for their event/benefit.

WGRC's founder, now known in the motorcycle community as Mama Granny, lets it be known to women interested in the club that "The club isn't about one person's goals or agenda. So, if a woman is in it for herself she will not fit in with us. It's about what we as a team can do to encourage and support other women riders, especially Granny riders like ourselves. If you're looking for a party club that's not us. We don't drink and ride nor do we allow drinking during Club time."

WGRC with the assistance of the Eagle Riders 334, Southbridge MA will hold Penny's Ride Saturday, August 27, 2016. The majority of proceeds will go directly to establishing Penny's Fund. A portion will be donated to Meme's Sunshine Relay for Life Fund, a fund Penny and her daughter Nicole ran together in Woodstock.

GOALS as of 20 January, 2016:

To increase Active Membership

Within two years become a 501(c)3 or 501(c)7

Within two years hold yearly charitable events for a non-profit organization of our member's choice or a local family/person in need due to extenuating circumstances such as illness, death, fire, deployment, etc.).

Within two years create Penny's Fund. A fund for Connecticut women that would like to learn to drive a motorcycle and have limited income. Penny's Fund will cover the cost of the State of CT required Motorcycle Safety Course and/or are currently licensed that may need safety equipment such as helmet, boots, riding glasses, gloves, etc.

For further information on Wild Grannys RC's upcoming rides, events or membership look us up on Social Media: www.facebook.com/wildgrannysrc
email: wildgrannysrc@gmail.com or call 860-455-7654.

Neighbors-
Black & white
And read all over!

How to Start A Bakery - Part 5 continued

By Andrew Gibson

People with Dogs: People with dogs are like people who smoke: They have a different set of boundary's than the rest of us. The health department doesn't like dogs at the market but that rule is rarely enforced. So we have canine chaos at markets as everyone wants to take a stroll with their Fifi. They are quite certain we think Fifi is the cat's pajamas. Occasionally they are right. More often not. Dogs being dogs they are forever sticking their noses up each others rump. Charming. It doesn't do much for market aesthetics.



When not giving one another the sniff test, they lung at each others throat. Then there is hollering galore: "Winston...stop that...stop that Winston...BAD DOG!!" as his human yanks the leash. Meanwhile Winston gr-r-r-s his way to another chomp on Fi-Fi.. Yelling at Winston has more to do with impressing us than changing Winston's behavior. Every time Winston hears his human holler, he thinks he is being praised, so the battle picks up, knocking over signage and bumping into tables.. So much for a peaceful Sunday. Normal Rockwell could turn this into Americana but he isn't here.

People with dogs are often too wound up in leashes while managing skirmishes. They haven't enough hands to take a sample nor the ability to carry a purchase away. But you ask if they'd like a sample anyway. And tell them what a sweet doggy they have in that snarling hound of theirs. Okay, that's a lie. But you do what you have to do. You have children to feed, too.

The halt and the lame: Leeza is a middle aged customer of mine. She is nuts about the carrot cake. She is, also, typical of customers with impairment. She developed a leg condition. A physician at some farmers market, saw her legs, made a diagnosis and told her to make an appointment because he could help. She did. And he did. By this time she was in a wheelchair and destined to stay there. His prescription halted the progression of the condition. Leeza is a regular. I'm not sure that's because she really likes farmer's markets or just needs to get out. She never misses a market She chats her way up and down the row of vendors manufacturing conversation. She's been doing this for several years so is well known. Her time at the market gobbles up her afternoon. The market that Leeza attends has both a summer and winter edition. The winter edition is poorly attended. In fact, the summer is a bummer, too, until the summer people show up. The town is a coastal town with a heavy summer people census. Once they show up, things are fine. Once they leave, the market hits the toilet.

Organizers have tried for three years to create a winter market version but it just doesn't work. The market isn't supported well enough by the locals in the summer, let alone in the winter. Winter markets are always modest anyway. Leeza will show up at the next market and find the door locked. The

winter market is canceled.

She will survive, of course, but her weekly antidote to boredom ended. You make friends and acquaintances where you can, but when the underlying motive of acquaintance is commerce, the relationship is temporary. Markets come and go. Vendors come and go. So do customers, for that matter.

The health conscious: America has been home to food faddists since the 19th century. The industrial revolution made America affluent. It enabled Americans to be fussier over what they ate. Remember the Graham Cracker? It was one of many fads.. Faddism is a function of affluence and can be elitist.. Poor folks don't have the option.

Fads appear regularly. Almost once a decade. They die out because they don't have scientific support. Their adherents at the time generally ignore the existing science in favor of some guru who is hawking enlightenment without, say, carbs, chocolate, coffee, or anything that tastes good.

It takes a while for the public to get bored of one regime and adopt another. But they do. They always will. It is anyone's guess which food will be put next in the public stocks and whipped. Whatever it is, it will taste good.

The cult of the fad is a return to Puritanism. Anything that actually tastes good is bad for you (think a nice warm piece of bread slathered with butter). Whereas, anything that tastes awful will bring salvation (think, kombucha). This is coupled with self flagellation in the form of denial. The only thing we're missing in this religion is the offering plate.

The cult of the fad does not endorse moderation. It will grudgingly tolerate self-denial. It doesn't like moderation any more than fundamentalists like sin. . It prefers eradication. It prefers that things are outlawed so no one can be accidentally (or secretly) joyous. If you are into paternalism, this will feel good. If you like dependence, you will feel comforted. The rest of us are annoyed.

According to the ethic, you need selective starvation to feel good about yourself. They flock to 'natural' which isn't bad but diphtheria is natural, too. It helps if the new wonder food comes from a tribe in South America; something difficult to verify is best. It all sounds boring but it is the scaffolding in some folk's humorless lives.

Connecticut Gourmet is different. Many things it produces are good for you. Many more are just plain good. If you need to practice moderation in order to enjoy them, do it. If you need to get to the gym more often, you should do that, too. Just don't outlaw butter.

We get some folks stopping by the store or the tent asking if we make this or that food. Generally they are requests about fringe kinds of alleged health foods. Our response is, "No, we don't. There is no market for XYZ" which happens to be the truth. Everyone once in a while we get a demand from the food police that we produce some food because it is immoral to do otherwise. There is no arguing with these folks so we don't. Don't like salt...any salt?? Okay, but did you know that salt suppresses the tongues bitterness receptors? That's the

primary reason we use salt. We at the shop are salt sensitive. Not phobic.

We are gradually creating a market that produces wonderful products with great ingredients to a growing audience of foodies. Our best days are in front of us. Some of them will even contain kale.

We don't get lots of health-based requests because once they see the pastry case or the laden table at the Farmer's Market, they get the picture. This isn't to suggest that all health concerns are fads. Some are. Some aren't. We just can't accommodate those folks that are seriously into food denial. It is no fun.

People who are seriously into food denial are on a life-long diet which is not going to get them into heaven any faster than those of us with a ham sandwich but will certainly make their time here on earth less delicious.

Thin people: thin people walk right on by barely causing a ripple in the still afternoon air. Bread? You must be joking. They don't even glance our way as they move past. I don't take out the samples. These folks work very hard at being thin. The sculpted body is important. But it comes at a cost. The rest of us look on with admiration. We don't play copy-cat as the discipline required to get there is overwhelming. Just the thought makes us reach for a comfort cookie. Most of us are content to live just south of diabetes.

Plus Sized People: People who look like me are walking dollar signs.

The Working Poor:

"Would you care for a sample of mushroom pate?" I ask. "Yuck! You're kidding me, right?" They reply.

These folks are out of their element at farmer's markets. They are obvious. Their dress is a giveaway. Their questioning about products is a giveaway, too. Everything is unfamiliar. They are the ones who will ask for a plain loaf of bread. Many FM foods are unusual. That's the appeal. . Many of the prices are unusual, too.. The connection between small batch, quality and cost is not part of their calculus. The working poor are initially attracted by the fact that the market is free and that many vendors give out samples. What's not to like? A lot of the food, that's what.

A 'customer' this week, upon taking a sample said, "This is awful but my wife really likes this shit."

Bite me! Etiquette is wasted on some folks. The poor are conservative eaters; they haven't the funds to be adventurous. Denial of the new is a badge of honor as a result. To do otherwise, is a violation of class expectations.

Consequently, the new and different is likely to provoke a self-defensive sneer. 'Pretentious' doesn't quite cover their opinion of your stuff. They are most likely to tell you, after sampling the sample (should they get past their hesitation and actually sample):

"Well, that's different!"

Well, no kidding. And they don't mean it as a compliment, either. You stifle the impulse to leap across the table and strangle them. You think to yourself, "Look here, jerk: that product just got selected by a distributor!" You smile instead. And silently wish them to be the victim of a pestilence.

In some markets they are present in larger numbers than others. There are federal, state and local programs that

will double their SNAP benefits for the day. Some markets use them. Others don't. It is an effort to get these folks to buy their foods at farmer's markets. It indirectly supports the vendors which are local. It is a good deal all around if they can get past their skepticism. Some will. FM's are class-specific. They just are. Time will tell if the appeal trickles down.

Men: God love em. What a wonderful gender. We are trustworthy, loyal, helpful, friendly...you get the picture. We also run by a different rules than say, your average woman. For instance, if a man approaches and you pitch your free sample, he'll likely say, "No, thanks. I'm good."

Happens all the time. Perhaps it is a violation of the male need to be independent or in control. Something. I don't know for sure. What I do know is that men are a challenge.

I decided to do something about it. So I invented a Beer Cheese. It has cheddar, Ten Penny Ale, Garlic, adobo and chipotle. It's great. Has a nice kick, too. So now when a guy passes by, I say, "Want a sample of beer cheese!"

He can't get the sample out of my hand fast enough. I feel badly that I am so manipulative..(and that we men are so predictable)... but not badly enough.

What is the conclusion to all this? You will continue to profile. That's a given. We just do. But profile or not, hand out the samples anyway. Some profilees will turn into individuals. You never know.

Andrew Gibson left a cozy retirement to create an artisanal bread business named Connecticut Gourmet. He is located at 1569 West Main Street, Willimantic., He can be reached at agibson@snet.net. Follow Connecticut Gourmet on facebook. See also connecticut-gourmet.com

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Why I Gave Up My Car Keys at 79

By Jane Blanshard

Six years ago, on a bright October morning, I totaled my car.

I was 79 years old, in good health, though my eyesight wasn't the greatest. I was driving home from a chiropractic appointment and feeling slightly sleepy, but as I had only about a mile to go, and it was only 11 a.m., I was sure I'd be fine. I came through the Eagleville section of Mansfield, stopped before the bridge at the dam and again at the stop sign before the railroad underpass. The next thing I knew, the air bag was in my face and the front of the car was a crumpled mess.

I had apparently drifted off to sleep—for one second—and driven into a telephone pole, instead of following the gentle curve of the round around to the left.

I considered this a wake-up call in every sense of the word and resolved not to replace the car.

I was going only 5 or 10 miles an hour, having just started from a complete stop. If it had been 40, 50, or 60, I wouldn't be telling the tale now. It was only a telephone pole I hit, not a person or a car full of kids, but there was nothing to guarantee that it would never happen again.

Many tests confirmed that it had been just a momentary doze, not apnea or a stroke, but I did not want to take the risk of something worse. It was going to be inconvenient not to drive in semirural Mansfield. We have a volunteer driver program, an occasional bus, Dial-A-Ride, and kind friends and families. I get most of my groceries from peapod.com, which brings them right into my kitchen. The drugstore and liquor store deliver as well.

It is doable, if not ideal.

The reaction to my decision was interesting, if rather alarming. One friend told me I simply could not stop driving over a trifle like falling asleep at the wheel. He claimed to have fallen asleep at the wheel any number of times. Another friend said she had recently fallen asleep at the wheel—once on the highway, to be awakened by the rumble strip; once running

up an embankment before waking up. When I urged her to try the town's volunteer driver program, she gushed, "You're so sweet to worry about me!" "I'm not worried about you," I assured her. "I'm worried about the rest of the population of Connecticut."

That seems to be the hardest thing to grasp—it's not all about you.

And then there are cases where the family is in denial, because they don't want the inconvenience of a non-driver having to be taken to appointments.

I have had a couple of friends in their 90s who were or are still very capable drivers, but that is extremely rare. We don't notice our brains beginning to fray around the edges as we age; we don't realize we aren't noticing all the street signs or hearing all the traffic noise; we don't notice our reflexes slowing down. We concentrate on one thing and fail to scatter our attention.

One friend, who hadn't been able to feel her feet for several years due to neuropathy, assured me she only drove very slowly on back roads. I pointed out that that was what I was doing when I had my accident, but her children had to take her keys and abscond with her care before they could stop her from driving. My children supported my decision "110 percent", which was somewhat unnerving, but I had to agree with them.

I am convinced that as we are not allowed to drive before we are fully capable of doing it, we should not be allowed to drive afterward either, and that annual, or at least biennial, tests should be obligatory. I live in a senior housing project, and many of my neighbors are continuing to drive though they are serious accidents waiting to happen—if not today, then next week or next month. We need to confront the elephant in the room and do it soon.

Public transportation, anyone?

Jane lives in Storrs.

Summer Exploration for Kids

For Elementary Schoolers

Saturday, June 25, 10:00 AM: Dr. Brian Jones, Connecticut's State Archaeologist, will lead a one-hour walk through Mason's Mill, a Joshua's Trust preserve that is home to remains of Mansfield's industrial history. Come learn about how archaeologists learn about the past and uncover hidden treasures!

Saturday, July 9, 10:00 AM: Dr. Will Ouimet of UConn will lead a one-hour geological exploration of the Bradley-Buchanan Woods. He will explain the preserve's kettle holes, identify common rocks and minerals, and show how water moves through the landscape.

Saturday, August 6, 8:30 AM: Ashley Mattingly, local

marathoner and trail running mom, will lead a kids' trail run in the Bradley-Buchanan Woods. Bring water!

Saturday, August 20, 8:30 AM: The second in our kids' trail run series, Warren Church will lead a run through the Hubbard Sanctuary in Chaplin.

For Preschoolers

Join Maggie Ferron of Mansfield's Early Childhood Services for 45 minute nature walks in Mansfield's Whetten Woods. Bring your preschoolers (and siblings) for an exploration of the summertime woods! We will create collections, work on scavenger hunts, and play Pooh sticks. 3 Thursdays: June 23, July 21, and August 25 at 3 pm. Park at Hope Lutheran Church, 62 Dog Lane.

For more info: www.joshuustrust.org.

Summertime... and the Music is EZ

By Ruth O'Neil

In June of my freshmen year in high school, a classmate of mine mentioned that she had a guitar that she wanted to sell. I convinced my dad that we should go over to her house to take a look. A small concert size steel string acoustic; I can't remember if it was a Harmony or Stella. I liked it. \$15.00. No case or gig bag, but she would throw in an instruction book she had. My Dad said yes. And I was thrilled.

Having come from a musical family: my dad a professional singer and my older brother already on his way to becoming an accomplished jazz saxophonist, I had several years of piano study behind me. I was ready to expand. Late 1960s, I was most certainly getting caught up in the music of the time.

So during that summer if I wasn't watching my younger brothers and sisters in the backyard above ground pool, I was sitting on the front steps teaching myself guitar No You-Tube, no internet...just page after page in the Alfred Guitar Method Book. Every day. My fingers stung with pain, especially when I had to hand wash all the supper dishes for our family of nine. Note after note, then chord after chord. My Uncle Ed, who grew up playing Elvis Presley on a wonderful acoustic arch top, gave me a worn out early Bob Dylan songbook. By the end of the summer I knew quite a few tunes, tunes that I can still play obliviously to this day.

By August, I joined a group of other teenagers who were to play for services at a religious convention in Bridgeport. The rest of my high school, college years were spent moving from and leading one folk group to another or playing solo. The guitar was definitely an appendage; with me wherever I went (and obviously to where I have journeyed to the present).

The most definitive factor for me...was that summer was an amazing time to learn a new instrument. Free from the demands of attending a very rigorous academic high school, I could focus at my leisure on the guitar and piano as well. Formal guitar instruction did follow, but that summer solidified where my life would go.

I have come to believe that the summer is not only an ideal but an optimum time to begin or to continue to take lessons on a musical instrument. Often students decide to "take the summer off" from lessons. Their choice, but something I do not favor. It is a disservice to the learner...who needs to keep the routine and progress going. Especially when the daily schedule is more relaxed, and the student is rested. Research abounds to support this. Plus without the structure of the academic year, a little bit of structure fosters a sense of accomplishment and personal productivity during the summer months.

So consider this as you are looking ahead to your child's summer endeavors. Keep the lessons going! Or

Neighbors 41 schedule a few lessons to keep their skills up in preparation for the school band in September. Your attention to this important act will be a strong message: that music is a daily part of your or your child's life all twelve months of the years. At Song-a-Day Music, we are committed to accommodating the Summer learner...guiding him/her to develop, maintain and strengthen their music skills. Feel free to contact us at 860-742-6878 so we can make this happen together. The Song-a-Day Music Center is located at 2809 Boston Turnpike in Coventry.

Textile Trio Events

Submitted
by Faith Kenton



Announcing

a series of three separate summer Saturday events to be held at the Windham Textile and History Museum, Willimantic, Ct. 06226. These events will be held at the museum's two sites at 411 Main St. and at 159 Union St. www.millmuseum.org 860.456.2178 themillmuseum@gmail.com.

Each Saturday will focus on one aspect of the world of plant or animal fibers used in Quilting, Knitting, and Weaving/Spinning. Each Saturday will include experts in the related field to share knowledge and experience, docents to help teach the craft, historians speaking of early production, commercial outlets, and music with appropriate songs and ballads accompanying. There will be demonstrations, hands-on samples and materials for beginners to use. The public is invited to come share their projects and skills, learn from others, tour the Textile Museum, and spend the day.

The daily schedule will be 10-4, with set times for presentations such as a lecture, demonstration, or entertainment. The museum will provide tables and chairs as needed. Visitors are charged \$10 adult, \$5 child which includes a full tour of the museum itself. Food and beverage from local establishments will be offered for sale.

Leaders, demonstrators and lecturers are invited to bring their wares to sell at no fee to the museum. Commercial fiber-related vendors are invited to set up stalls/displays.

June 11 Quilting & Fiber Arts—Melanie Johnston (mjfiberart@gmail.com), Joan Blade Johnson (loveartquilts@gmail.com) Hampton are the leaders.

June 18 Knitting - June 18th is the 12th annual celebration of World Wide Knit in Public Day. June 25 Weaving/Spinning - Peggy Church, (peggychurch@earthlink.net) professional weaver/spinner, Chaplin, will lead. For more information or to volunteer, call Faith Kenton at 860.456.0817 or email phiona8@sbcglobal.net

Logo designed by Diana Perkins.

Clarifying Gandhi #11:

Self-Governance with the Ideal of Non-possession

By P.K. Willey, Ph.D.

You must not lose faith in humanity. Humanity is an Ocean. If a few drops of the Ocean are dirty, the ocean does not become dirty. – Gandhi

We should have been prepared for it, yet CT State layoffs have come as a shock. We had forewarning, everyone knew about the budget shortfall; Gov. Malloy went to public meetings and addressed the issues. Yet, with all the taxes we pay, are layoffs the only answer?

As a leader, Gandhi gave the planet a demonstration of great governance by adhering to the ideal of voluntary poverty. He insisted austerity measures begin in personal lives of leadership, and blazed trails showing how power could be transformed from social status, gain, swank, to humbling service. A political leader, he knew creating meaningful employment was critical for social progress and stability. All financial donations he received were utilized for the public good. He created Trusts ensuring employment through localized artisan work; building a new economic system based upon mutual assistance, not exploitation.

Shades of recognition of the moral imperative of this understanding are seen daily in our universal collective awareness across the country. The chief CEO of a company, facing financial shortcomings, “in the red” so to speak, decides to lay-off employees, but keeps their own salary – the highest – intact. The commonsense of the people wonders – “Why can’t they take a cut so that others can continue to keep their homes and families fed? Why couldn’t they take less to begin with?”

Inwardly, we have a recognition that it is reprehensible to remain personally unaffected, profiting, and excessively rich, while those who are dependent upon the company or institution suffer. To do so violates deeper knowing: our innate equality, rights and duties to respectful relations, if not actual love from one another. Gandhi never denied those relations.

Gandhi yearned for the simplicity of life found in the voluntary poverty of St. Francis, but his well meaning friends and supporters never let it come to pass. About the spiritual value of poverty Gandhi said:

“Please remember that it is good to live in poverty. Poverty shapes a man’s character. In plenty one does not know at all where one is going. Moreover, most of the world lives in poverty. We see very few living in plenty. I have never envied

such people. Sometimes I pity them.”

Gandhi was globally recognized as an ascetic. India’s ethos honors the ascetic – the one who would renounce personal interest in the attainments that secular society holds to be desirable: name, status, fame, wealth, etc., in favor of seeking to understand, know, merge into the Reality/truth/God. In India, the ideal of renunciation of temporal goals receives a good measure of secular support, and is generally recognized as righteous action.

Gandhi’s experience of human suffering caused him to hasten towards personal poverty. He observed,

“Non-possession is allied to non-stealing. A thing not originally stolen must nevertheless be classified as stolen property if we possess it without needing it. Possession implies provision for the future...

In my opinion, it is wrong to possess unnecessary things that presuppose defense of things possessed against those who may covet them. They require care and attention which might well be devoted to more important matters and loss of them always leaves a pang no matter how detached you may

feel about them.

Gandhi’s arrival at non-possession, as with everything, was evolutionary. His early days in South Africa saw him living very comfortably with his family. He was popular, renown, brilliant; a rich lawyer, a ‘yuppie’ in the 1890’s. Drawn to noble causes, and well-intentioned, he enjoyed the positive admiration of friends and foes alike. Inwardly however, he felt an increasing and unquenchable thirst⁴ to find a way to help humanity. Describing his steps towards recognizing the ideal of non-possession, he recorded:

I must confess to you that progress at first was slow. And now, as I recall those days of struggle, I remember that it was also painful in the beginning. But, as days went by, I saw that I had to throw overboard many other things which I used to consider as mine, and a time came when it became a matter of positive joy to give up those things. And, one after another then, by almost geometric progression, the things slipped away from me. And, as I am describing my experiences, I can say a great burden fell off my shoulders, and I felt that I could now walk with ease and do my work also in the service of my fellow-men with great comfort and still greater joy. The



Gandhi’s worldly possessions at the time of his death.

Contributed photo.

possession of anything then became a troublesome thing and a burden. Exploring the cause of that joy, I found that, if I kept anything as my own, I had to defend it against the whole world.

This renunciation has an outer aspect of simplicity, leading to a holy poverty. As Gandhi grew and changed in light of his ideal of non-possession, he sensed the reality of the spiritual fruit that comes to those who truly become deeply self-reliant upon the universal harmony within them. His words seem to paraphrase Jesus in the Bible, whose teachings were to profoundly influence him, voicing a truism known by India's innumerable wandering ascetics:

“Perfect fulfillment of the ideal of non-possession requires that man should, like the birds, have no roof over his head, no clothing and no stock of food for the morrow. He will indeed need his daily bread, but it will be God's business, and not his, to provide it.”

When this renunciation is full, or ripe, the fruit of this effort is known inwardly by a ‘re-alignment’ of the individual, back into a larger harmony. This type of poverty we see and admire deeply in those who are adorned with it: Mother Theresa, St. Francis, in Americans as Dorothy Day, Peace Pilgrim and others. Gandhi saw that:

And those who have actually followed out this vow of voluntary poverty to the fullest extent possible (to reach absolute perfection is an impossibility, but the fullest possible extent for a human being)¹, those who have reached the ideal of that state, they testify that when you dispossess yourself of everything you have, you really possess all the treasures of the world. In other words, you really get all that is in reality necessary for you, everything. If food is necessary, food will come to you.

“Saints and men of faith have always found justification for it [non-possession] from their experience. Our ignorance or negligence of the Divine Law, which gives to man from day to day his daily bread and no more, has given rise to inequalities with all the miseries attendant upon them. The rich have a superfluous store of things which they do not need, and which are therefore neglected and wasted; while millions starve to death for want of sustenance...”

It was not easy for all to understand the extent to which Gandhi was willing to sacrifice his personal inclinations in the fire of love for his ideal. His intentional community (ashram) had no locks; on several occasions was subject to thefts. In the following anecdote, his vigilance to his vow of poverty is related:

“When Bapu was staying in the ashram at Sabarmati, now and again some thieves would break in and take away clothes and pots and pans of the inmates. As the inmates were all under a vow of poverty, they could not lay their hands on

anything more precious. Once, however, Ba's [Kasturba, his wife] two boxes, containing clothes were stolen. Their contents were removed, while the empty boxes were thrown away in the neighboring fields.

Referring to this, Bapu asked, “What I fail to understand is how Ba could at all have two boxes of clothes? For, she does not wear a different saree every day.”

Ba replied, “Rami and Manu have lost their mother, as you know. Sometimes they come to stay with me. I kept away all the sarees and pieces of Khadi given to me as presents from time to time, so that I can give these things as gifts.”

Bapu rejoined, “But we cannot do that at all. Even the articles, given as gifts, if they are not of immediate use to the person to whom they are given, have to be deposited in the office.”

In the evening after prayers, he continued the argument: “We, who are under a vow of poverty, cannot afford to give any gifts. Such an action is unbecoming of us. All that we can do is to extend only hospitality to the girls whenever they come to stay among us.”

From that day onward, Ba did not accumulate even two extra articles of wear, being quite content with the clothes which were absolutely necessary.

Gandhi was not a dreamy-eyed idealist, but eminently practical in his search for truth:

No human being can keep these observances to perfection. The body too is a possession, and so long as it is there, it calls for other possessions in its train. But the seeker will cultivate the spirit of detachment and give up one possession after another. Everyone cannot be judged by the same standard. An ant may fall from grace if it stores two grains instead of one. An elephant on the other hand will have a lot of grass heaped before itself and yet it cannot be charged with having ‘great possessions’.

Simply walking away from duties and responsibilities and material possessions, becoming irresponsible, is not genuine non-possession, but self-deceit. The state of inner harmony, achieved through experiential faith in God, truth, reality, harmony, whatever name one wants to call it, is an gift of one's own inner alignment. Gandhi recognized that what he appeared to be seeking seemed impossible of attainment:

“Only very very few, if any at all, can reach this ideal...But we must keep the ideal constantly before us, and in the light thereof critically examine our possessions and try to reduce them...”

Can non-possession be a part of an alternative solution to our budget crisis? Self-governance in light of non-possession, educating our children about this ideal, and reflecting upon it ourselves, may be the best way we have to get ‘out of the red’.

Your Local Community Media and Arts

By John Murphy

Happy Spring everyone and I am pleased to share another issue of Neighbors with you. My columns focus on local community media programs and producers, to promote their good work to inform, connect, entertain and inspire the wide diversity of people in our region.

For this issue I will cover two local radio programs and the growth of our local arts scene. To begin I want to share recent news about media and local citizen activism...

Local Media and Citizen Activism...in Action! Three Examples:

A new and unique combination of independent local radio and print media, websites, public access cable TV and social media is increasing citizen connection for action in our region in several areas of increasing concern:

1. Current and proposed expansion of fracked gas pipelines in Connecticut. <http://350ct.org/>

Facebook Group = Connecticut Against Fracking

2. A proposed State Police firearms training facility and gun range in Eastern CT. www.unwillington.com Facebook Group = Keep Willington Quiet and www.nogunrangehamptonct.com Facebook Group = No Gun Range Hampton

3. The impact of UConn growth and development on the Town of Mansfield. Facebook Group = Mansfield Neighborhood Preservation Group

This media effort is neither politically partisan nor intended to specifically promote the people or groups or organizations featured in stories. Coverage is offered primarily to help local activists connect with citizens in every way possible to support information exchange and dialogue. I believe most people these days would agree that local journalism is suffering from the effects of media consolidation, industry ownership change, economic stress and political pollution. Traditional media coverage of local stories and activist organizations is very limited by time and available space. It exists usually as occasional stand-alone articles in print media and, if you are lucky and they are interested, a one-time radio or TV interview.

If you don't have a lot of money your communication options in the modern media environment are minimal at best. Ongoing or continuing coverage of the local impacts of larger scale issues and problems with continuity over time is sadly becoming extinct, and our democracy, especially at local levels, is compromised.

To be clear and fair, I have no criticism of this situation from the viewpoint of the reporters and producers who work hard every day to the best of their ability with the resources they have. The owners and managers and editors



decide where the spotlight can go and where it cannot. In the process a lot of valuable and important information can be lost or unshared, and the public discussion and decision process is poorly developed or vulnerable to manipulation.

In our region this media network operates with the following partners, who cooperate whenever possible on story content, production, distribution and cross-promotion:

Charter Public Access TV Channel 192/NE Connecticut Area/
North Windham Studio

-The "On the Homefront" TV series with 650+ episodes over 22 years

-Schedule & Video on Demand 24/7 at www.ctv192.com for many series/events.

-Free media training programs/internships three times a year, a valuable resource.

-Contact Mike Nelson, Studio Supervisor, at mike.nelson@charter.com

WECS Radio at Eastern Connecticut State University

-"The Pan American Express" weekly series, Tuesdays 12-3 pm; 90.1 FM and www.wecsradio.com

Many local guests from ECSU and local area. Contact John Murphy, Host/Producer, at john@humanartsmedia.com

Neighbors Magazine

-Bi-monthly print version distributed throughout our region

-Also available online in color at www.neighborspaper.com with issue archive.

-Wide range of stories and topics, in-depth review and analysis of news and local issues of concern, and community events and special programs.

-Contact Tom King, Owner/Publisher, at neighborspaper@yahoo.com

The three topic areas listed at the beginning of this section have been covered many times in all channels this past year, with content recorded and archived online for sharing and informing people who want to learn more. There are many good people trying to reach out, stay positive and find solutions—so please connect with them and spread the news as it comes your way—stay tuned, keep reading, keep watching!

Two Unique Local Programs from WHUS Radio at UConn

Steve Herzog: A Radio Self-Portrait with a Love of Words and Music

I first began producing Words & Music in 2009 on WHUS Radio (91.7 FM and whus.org). The show first aired on Tuesday and Thursday mornings from 2AM to 5AM. It currently airs on Saturday evening at 5-7 AM.

I began doing radio while in school at Buffalo State College in the 1970's. It was there that I did my first interview with a then, little known band called the Ramones. I still have to pinch myself when I am backstage with some of my favorite recording artists, Elvis Costello for example. My two most recent interviews were with Keb Mo and Melanie.



I often mentor new WHUS DJs passing on pearls of wisdom...such as "in radio, as in life, the main thing is sincerity. And once you can fake that, you've got it made".

I have great relationships with some excellent clubs here in Connecticut, Bridge Street Live (Collinsville) and Daryl Hall's House Club (in Pawling, just over the NY border) I give away a lot of tickets to shows across many genres. It's exciting to give listeners the opportunity to hear some of the folks I play on the radio in a live setting.

My shows are often topical or thematic and you might hear folk, rock, blues, jazz, reggae, spoken word, comedy etc.). No genre excluded...it's a free form show.

I remember when I was in high school and told my mom that I wanted to be a disc jockey instead of a lawyer as planned. She stuck her head in the oven and turned it on. My dad explained to her that we had an electric range.

Radio Brothers Make "Tangled Roots"

A unique radio program from two brothers that really keeps it in the family: "Tangled Roots" on Sunday afternoons from 1-4 PM. Their tagline is "playing the best in Americana, alt-country and roots music," on 91.7 FM and whus.org. This profile includes some of their personal journeys in radio.



"Uncle" Todd Boudreau and Paul "Captain" Boudreau

Self-Profile for "Uncle" Todd Boudreau: I worked in commercial radio for about 10 years from the mid-'80s to mid-'90s, as mostly a weekend and fill-in DJ. My first job was at a small dawn-to-dusk AM oldies station in my hometown of Vernon, Connecticut, doing the evening newscasts and later moving to afternoon DJ. From there, I pulled weekend duties at an adult contemporary station WILI in Willimantic, Connecticut. That was followed by more oldies at WARE in Ware, Massachusetts, and my first FM gig was a dream come true, working at the AOR station I grew up listening to, WCCC in Hartford. But after feeling like the radio career wasn't going anywhere, I called it quits. Several years later in 2009, I learned there were opportunities for community members to join WHUS. I took the required training class and started "Tangled

Roots" in May that year.

Self-Profile for Paul "Captain" Boudreau: WHUS is my first rodeo. When Todd started "Tangled Roots," he invited me to come into the studio and hang out during the show. From the very first week, I started doing in-show research and began delving into Americana music. Before long, he opened up my mic and we were off as a team. As kids, we used to take our collection of 45s, mix them up in a pile, and randomly select our own 'Top 40' countdown show, taping it on a cassette recorder. Casey Kasem had nothing on Todd. Paul recently started writing for a new regional arts and music publication based in Connecticut.

Their show is primarily focused on Americana, alt-country, and roots music, with a lean towards the rock side of the genre. The brothers occasionally mix in Southern rock flavors - newer bands like Blackberry Smoke and Statesboro Review, and more classic artists such as the Marshall Tucker Band and The Outlaws. They usually steer away from playing folk just because there are other programs at WHUS that already do so.

These radio brothers believe "Americana music is like a giant musical stew; a delicious mix of rock, country, blues, folk and soul. Throw it all in the pot and just let all those flavors blend together. Some real stick-to-your-ribs stuff that satisfies every time. But we try to keep it entertaining and informative."

[Note: some source material was adapted from a larger article in No Depression, a semiannual, ad-free print magazine with a concurrent online publication. The web link is [http://nodepression.com/article/brothers-make-tangled-roots.](http://nodepression.com/article/brothers-make-tangled-roots)]

Local Arts News and Organization Profiles

I continue with introductions and profiles of two arts organizations in Willimantic. One has been around for several years and the other is a new addition to the growing downtown cultural scene. Take the plunge and check out events and happenings, you may expand your own culture zone.



Vulturetown Arts

(Note: my thanks to Kristin Fortier and Joe Malinowski for their good work in our community and for providing the source material I adapted for this section of the article.)

<https://www.facebook.com/VulturetownArts/>

<http://blog.vulturetownarts.org/>

Chad Dunnack and Roxanne Pandolphi started up

continued on page 46

46 Neighbors

John Murphy continued from page 45

Vulturetown Press a few years back. The “Vulturetown” inspiration comes from Willimantic’s flock of turkey vultures that can be seen downtown, on cold days, often perched on top of the Kramer Building chimney on Prospect Street or in one of the many pine trees in the Hill Section.

Vulturetown Arts (VT Arts) was a natural progression from Vulturetown Press and the current group of artists came together to support, plan and host art events. Dave Magnuson, an instrument builder (Fireside Harps) and musician, owned a small school bus, painted black. One of VT Arts first endeavors was to outfit the bus with gallery hanging racks and hold artists work, creating a mobile art gallery. It has since been displaying art and or band merchandise at Willimantic Records music nights, The Co-op’s Willimantic Downtown Country Fair and last year’s Hopfest. Dave Magnuson has recently moved on from VT Arts to open a new event space in Willimantic called The Eclectic. VT Arts is thrilled to have another great venue at which to host events!

Kristin joined Vulturetown Arts in the Fall 2014 after hearing that a group of friends were planning some live music, art and film showings. Kristin provided secretary/office support and was excited to help with hosting events and booking bands. A major attraction for her is that the group is not focused on making a profit (more of a bonus, if that was an outcome) but instead wants to contribute to a thriving local arts scene.

This past March a gallery exhibit, “Chaos and Joy in Willimantic” was held at The Eclectic spearheaded by Roxanne and Chad. Opening and closing receptions brought many musicians, performers, vendors, food trucks and the Willi Brew Pub together to celebrate local artists! Hundreds of folks came by to check it out. VT Arts was so thrilled to have made this event possible and free to the public!

Vulturetown Arts doesn’t use just one location. Venues are chosen for the each event to ensure the experience is the best it can be. Andrew Gutt, owner of Cafemantic and 750 Main Street, another venue for VT Arts, has been supportive. New relationships are forming across Willimantic with businesses and organizations combining assets and creativity.



The photo above is from a 2015 performance by Mal Devisa performing at Willimantic Records, you can hear and see her on this WBUR piece: <https://youtu.be/N02a-s2i5Os>

Willimantic Records owner, Joe Malinowski, is a member of Vulturetown Arts and his record store provides critical support to this effort. He also hosts monthly meetings

and has showcased many local bands as part of VT Arts events. In addition to weekly live music, the store provides space for art exhibitions and screenings of independent films followed by Q&A sessions with the directors. The Willimantic Renaissance Group supports VT Arts.

During the past four years Joe presented almost 200 events! Frequently touring bands will contact Joe to fill in an open date, creating an opportunity for him to book musicians between gigs at internationally known venues in Boston and New York City. This has worked out well since it gives local opening acts a chance to make connections with performers who can be of help when musicians from Willimantic attempt to hit the road.

Joe has introduced us to artists from South America, Europe, Africa, Australia, New Zealand, and much of North America. Shows are open to people of all ages. There’s never an admission fee—no one is turned away! Performers are paid 100% of whatever cash audience members skip into the donation jar. They also keep 100% of the money from their merchandise sales.

“The reason I named the store “Willimantic Records” is because I wanted people to come to Willimantic and associate Willimantic with creative music, art, film, and people. You and I and our local friends already know our community is a haven for creative people and that we are fortunate to be surrounded by so many writers, musicians, and artists. My aim is for folks from out of town to come and explore my shop as well as the other downtown Willimantic businesses and attractions.”

Joe opened Willimantic Records in February of 2012, primarily a used record shop and a small selection of new releases and reissues, CDs, tapes, used audio equipment, used books, periodicals, vintage ‘zines and even guitar strings.

The reason Joe opened the store is to provide a place to hear and play original music in a low cost setting that would allow and encourage mingling between the performers and the audience. He hoped it would give the many creative people in our community a chance to meet and interact, to take artistic risks, and to express themselves honestly without a daunting hall rental expense. Just as he tries to carry all types of music on vinyl, he enjoys presenting diverse artists from any genre. The music doesn’t have to be loud, weird, or abrasive; just original compositions or improvisation in any style, played from the heart.

You can join the Willimantic Records email list at willimanticrecords.com and also on Twitter, Instagram, Tumblr, Facebook, Google+, and YouTube.

Willimantic Records, 744 Main St. (Back Entrance)

Willimantic, CT 06226 860-450-7000

www.willimanticrecords.com

Wed: 12 to 7pm; Thu: 12 to 7pm; Fri: 12 to 7pm

Sat: 11am to 5pm; Sun: 12 to 5pm; Mon. & Tue.: closed

The Eclectic

The Eclectic is Willimantic’s downhome venue for music and art. Come to hear touring performers, or experience the vibrant local music scene in all its flavors. There are folkies,



Local group 'Who We Are' performs at The Eclectic.

Contributed photo

rockers, hiphop, open mic nights, metal nights and Dead nights....and more to come.

The Eclectic is a labor of love for us - Dave Magnuson and Tomasyne Goode (with a whole lot of support from our friends and community.) We wanted to create a space for music, art, film, fun and gathering right here in our hometown.

As The Eclectic, we work with record labels to bring touring performers here. But we also want people to know this space can be rented for just about anything that you'd like to see happen in this old mill town. Seriously...if you'd like to show a film, have an art showing, a dance party, a reception, give a lecture, a fundraiser, teach a class, organize a hot steamy rock n' roll event, a surprise event for a friend or loved one.... you can make it happen....get it?

The Eclectic has a large, solid stage, a house sound system, and a beautiful dance floor in the performance hall. In one 25' x 75' x 15' room there is a 25' x 12' stage for performances. The adjacent Living Room is perfect for hanging out, watching movies, conferences, classes or markets.

If you have an idea that you'd like to make happen then contact us and we will make it work.
25 Meadow Street Willimantic CT 06226
860.771.0820
<http://www.willimanticeclectic.com>
www.facebook.com/willimanticeclectic/

May/June events:

Mark Erelli 5/7

80's dance night 5/13

Monthly Metal 5/14 and 6/11

Tuesday saints w/John Clark 5/21

Dead Night 5/27 and 6/25

Hugh Blumenfeld w/Sarah Blacker 6/4

Open Mic at the Eclectic 2nd and 4th Wednesdays

Brandt Taylor 6/10

Photos wanted!

See your photos in print!

Email them to:

neighborspaper@yahoo.com

Other local precious resources for culture, commerce and community:

www.ctv192.com

www.wecsradio.com

<http://www.breadboxfolk.org/>

<http://www.windhamarts.org/>

<http://www.windhamtheatreguild.org/>

<http://www.willimanticdowntown.org/>

Facebook group/Willimantic Arts & Eats District

Wrapping Up

It is wonderful to be a continuing partner in Tom King's effort to provide local community coverage during these times, and share this free and open print media space with writers and readers throughout our region in the Quiet Corner.

It's the only dark spot remaining on the ground for pilots flying at night between NYC and Boston, did you know that? Look at the NASA photos and you will remember to appreciate the place where we live! And, coincidentally, this is the most important reason why I write for Neighbors and produce local radio and TV programs: to help us stay safe in our minds and spirits with good humor, to remain connected in the Life we share every day, and to play music that rocks the clocks in all time zones—with radio, the Internet, tin cans and string, whatever it takes...

So that's it for this issue. Thanks for sharing your time and thanks to those who have contacted me about previous columns. I look forward to introducing you to more programs and arts news in the next Neighbors. For more information about this series and to contribute information about your good work in our community feel free to contact me anytime. Keep the faith!

John Murphy

john@humanartsmedia.com

Co-Producer of Pan American Express on WECS 90.1 FM on Tuesdays from 12—3 PM

Co-Producer/Co-Host with Bruce John of On the Homefront on Charter Public Access Channel 192

WILLIMANTIC RECORDS

USED VINYL, SHELLAC, TAPES, COMPACT DISCS, BOOKS
AND MUSICAL EQUIPMENT

Joe Malinowski, Owner
860-450-7000
willimanticrecords@gmail.com

744 Main Street
Rear Entrance
Willimantic, CT 06226

Join the 50th Anniversary Celebration of Joshua's Trust

Submitted by Angelika Hansen

It's the 50th Anniversary of Joshua's Tract Conversation and Historic Trust and many special events are being planned including:

PASSPORT WALKS

Collect 18 stamps from walk leaders and receive a string backpack with our 50th logo. Get your Passport from any walk leader or at the Trust office on 624 Wormwood Hill Rd, Mansfield. There will be over 25 passport walks between April and November, plenty of opportunity to get a stamp! For more information contact the walk leader or visit the website www.joshuastrust.org.

SAVE THESE DATES

Saturday, May 7 – at 10:00 am in Coventry, Ken Hankinson will lead a short but interesting ramble through a winding forest trail, crossing seasonal brooks and passing several vernal pools. Great bird and wild life habitats. And maybe spot a resident owl. Directions - Grant Hill Rd near Coventry/Tolland border to end of Noah Lane cul de sac. For more information, call Ken Hankinson at 860-871-7592.

Saturday, May 14 at 10:00 am in Lebanon -join Deb Russel in identifying beautiful spring wildflowers while hiking the trails of the Pigeon Swamp Preserve. Trails meander through upland forests and skirt a swamp, marsh and pristine pond. Hikers will also enjoy seeing the foundations of an 18th – 19th Grist mill and home. Directions – from South Windham Center head straight up hill, Pigeon Swamp Rd is first left, follow to end where there is parking and the start of the hike. For more information, call Deb Russel at 860-423-1230, email Jim Russel james_r_russel@yahoo.com

Sunday, May 15 at 1:00pm – 5 pm Stone Mill Rd., Mansfield attend opening day of the Gurleyville Grist Mill, last owned by the family of Governor Wilbur Cross. Tour the mill! A film will be shown at 3:00pm at 624 Wormwood Hill Rd. Mansfield (Joshua's Trust Office) that features the Grist Mill. Take a leisurely walk along the Fenton River on the blue trail, located nearby. Directions: Chaffeeville Rd to Stone Mill road. For more information, visit our website, www.joshuastrust.org.

Sunday, May 15 at 9:00 am, Mansfield Ornithologist, Dr. Chris Elphick will lead a walk on Knowlton Hill Preserve to discover some of the birds of May. Spring migrants should be back in force. Botanist, Dr. Greg Anderson will assist with botanical notes. The preserve has open fields, mature forest and views of Knowlton Pond. This will be a moderate walk at a slow pace. No dogs please Directions – Preserve entrance near 74 Knowlton Hill Rd. For more information call Mona Anderson 860-487-1381 or email mona.anderson@uconn.edu

Saturday, May 21 at 1:00 pm The walk will be at the Hubbard Sanctuary and Agnes Pasture in Chaplin led by Warren Church and will last about 1.5 hours. The easy to moderate trail leads past and /or through a variety of terrain including two ponds, a large hayfield, and wooded ridge. After hiking to the top of the ridge, the hiker will be rewarded by beautiful pasture rich in local history. Parking is at Chaplin Town Hall, 495 Phoenixville Rd (Rt. 198) For more information call Warren Church 860-455-0724 or visit www.joshuastrust.org

Saturday, May 28 at 1:00 pm H.E.Preston Sanctuary in Hampton.

“Exploring We Will Go” a walk especially for families and children, led by Marcia Kilpatrick. Children will engage in activities using their senses as they walk through a field and woods to the Little River and follow the loop trail back to the start. Directions- 4 miles north of Rte 97/6 intersection or 5 miles south of Rte.97/44 intersection. Park on the west side of Rt. 97, across from Kimball Hill Rd. Park along the highway and on the grassy road shoulders For more information, call Marcia Kilpatrick at 860-455-1226

Saturday, June 4 at 11:00 am, Susan Beach will lead a “Letterboxing Walk” in Whetton Woods, Storrs. Stamping materials and copies of clues will be provided to hikers. A series of 4 boxes will take about 1 ½ hours to find on the 1 ½ mile long trail. Along the way, interesting things to see will be pointed out. Directions – Meet at the trailhead behind Hope Lutheran Church at 62 Dog Lane, Storrs. For more information, contact Susan Beach at 860-477-0471.

Sunday, June 5 at 10:00 am, Eric Thomas will lead a “Woodland Wonders” walk at the Elizabeth Couch Preserve in Coventry. An 18 acre parcel provides both forest and early succession habitats. The trail slopes gently from the road to a hemlock grove. The eastern portion provides increasingly rare habitat for shrub-loving species. It will be left to revert to forest as has the remainder of the preserve covered by oak-hickory forest about 30 years old. Directions – from junction of Rt. 31 and Rt.275, go north on Main St (Rt.31) .3 miles to Root Rd. Turn right on Root for a mile to a sharp turn, road is now Cooper Lane. Go 800 ft., park on right shoulder by JT sign. For more information, email Eric at waterthames@yahoo.com

Saturday, June 18 at 12:00 pm, Christine Hare will lead a walk in the Bradley-Buchanan Woods, Mansfield, the Trust's first acquisition A short, hilly .5 miles will take us past acres of mountain laurel, marsh areas, and wet and dry kettle holes formed by the glaciers At 25.5 acres, the trail also has two short cut trails and connectors that lead to several other Trust properties and Mansfield Hollow State Park.Directions – Meet at the trailhead located at the tope of the Mansfield Library's Buchanan Auditorium parking lot. For more information, email Christine at christined.hare@gmail.com

A ton of help

Groups collect cash and food for local needy

By John D. Ryan

With the economy still teetering, recently three Putnam-based organizations came together to help the area's people in need.

Boy Scout Troop 21 joined with Daughters of Isabella St. Mary's Circle 543 and Knights of Columbus Cargill Council 64 to raise over \$2,700 and collect almost 1,450 pounds of non-perishable food for Project Northeast. The volunteers passed out hundreds of distinctive bright yellow plastic "Scouting for Food" shopping bags for donors to fill with groceries, while at the same time asking for monetary donations.

This collection effort is the second such drive by these volunteers since last November. Combined, they've collected and donated more than \$6,300 in cash and just over 2,000 pounds – a ton – of food for local people in need in less than five months.

Project Northeast is one of the region's non-profit, non-denominational, private food pantries and social service agencies for the needy. Located in two small basement rooms at St. Mary Church of the Visitation on Providence Street in Putnam, Project Northeast helps an average of about 150 of the region's families every month, based solely on need, regardless of race, color or religion. Serving the area from Plainfield and Sterling, north to the Massachusetts border, recipients can get temporary help, if it's available, with non-perishable food, as well as money for utilities and other basic necessities. Although it's part of the Catholic Diocese of Norwich, it's supported almost entirely by donations.

Project Northeast Assistant Director Sister Eleanor Baldoni, a member of the Secular Branch of the Daughters of the Holy Spirit, says the \$2,700 covers about ninety percent of an average month's worth of assistance to recipients, while the newly-donated food is today literally overflowing the shelves.

Baldoni says those recipients are deserving people who need a break.

"I've been here (working at Project Northeast) since 1978," she said. "Back then, most of the people we were helping were on welfare. Today most of the people we help are working but can't make it on what they're getting. They're the working poor. Many of the rest of the people we see have

serious medical problems and are on disability. God bless everyone who helps us to help them."

The drive was capped off on Saturday morning, March 19, at the Cargill Council 64 Hall on Providence Street. During Saturday's outdoor event, motorists pulled into the parking lot with their money and bags of groceries, while customers were giving their donations to volunteers two blocks away, at Putnam Supermarket. Just after noon, the Scouts and Knights trucked everything over to Project Northeast and brought it inside.

The very first donor was Putnam Mayor Tony Falzarano, who was thrilled with the results.

"The people of Putnam and the surrounding area stepped up and answered the bell," Falzarano said. "I'm so proud and happy with what these Scouts and the other volunteers have done to help their neighbors. It's just been a great effort."

That effort began on the weekend of March 5 and 6, when Scouts, Daughters and Knights made appeals at the masses being celebrated at St. Mary Church of the Visitation in Putnam and Most Holy Trinity Church in Pomfret. Following up at the two churches a week later, the drive also included Scouts, Knights and Daughters passing out the yellow food-donation bags in the neighborhood around Providence Street.

A member of the Knights of Columbus himself, Project Northeast Director Rev. Richard L. Archambault said this effort will make a positive difference in local people's lives.

"This is for the poor in the ten-town area. They certainly need it," Archambault said. "We are so grateful to everyone. The more we get in donations, the more we can do for people."

Peter A. Lombardo, of Putnam, is in a unique position to comment on the just-completed project. Lombardo is both Troop 21's Scoutmaster and one of Council 64's Past Grand Knights.

"This was just remarkable," he said. "It far exceeded our expectations, thanks to so many generous people. It shows that a small group of dedicated people can get together and do a great good for the people of their community."

The drive is over, but Project Northeast's recipients always need help. Checks may be mailed to: Project Northeast, 81 Church St., Putnam, CT 06260. Donations of non-perishable food and money may also be left during business hours at the two locations of Joseph's Jewelers, 153 School Street in Putnam and 158 Main Street in Danielson.



Troop 21 Boy Scouts carried donated non-perishable food into the non-profit social service agency, Project Northeast, moments after the Saturday, March 19, food drive at the Cargill Council 64 Knights of Columbus Hall in Putnam.

Photo: John D. Ryan

Our Community Calendar

Compiled By Dagmar Noll

May 4, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org
MUSIC: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Drum provided. All ages. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

May 5, Thursday

Climate: Governor's Council on Climate Change, 5:30p.m. - 7:30p.m. Stakeholder meeting; community participation welcome at the ECSU Library, 83 Windham Street, Willimantic. Registration: www.ctclimateandjobs.org

May 6, Friday

Kids: Story Time, Song & Play, 10:00a.m. - 11:00a.m. For children ages 0-5 and their caregivers. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Clean-Up: Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Windham Textile & History Museum, Heritage Park, & Garden on the Bridge near 411 Main Street, Willimantic. Info: 860-423-1878 bevishistory@yahoo.com

Live Music: Bruce John & the Bandaleros, 6:00p.m. - 10:00p.m. Willimantic Elks Club, 198 Pleasant Street, Willimantic.

May 7, Saturday

Kids: Make a Mother's Day Card, Story & Craft, 10:00a.m. - 11:00a.m. All ages welcome. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Kids: Colonial and Victorian Foods: What Our Ancestors Ate, 2:00p.m. \$5. Activity, craft, story and snack. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

Live Music: Organist Woosug Kang and the Connecticut Virtuosi Orchestra, 7:00p.m. Free. Organ Concerto No. 1 by John Wells and Poulenc's Organ Concerto in G Minor. Emanuel Lutheran Church, 60 Church Street, Manchester.

May 9, Monday

Film: Kill the Messenger, 7:00p.m. Free. A film about investigative reporter Gary Webb. Storrs Unitarian universalist Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867 or find Second Monday Film Series on Facebook.

May 10, Tuesday

Live Music: Quiet Corner Fiddlers, 7:00p.m. - 8:30p.m. Hear the fiddlers play at The Crossings Restaurant & Brew Pub, 45

Main Street, Putnam. Info: 860-456-9913 qcf.webs.com

May 11, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Community Food & Talk: "The Spirit and Challenges of a Successful AIDS Orphan Project" & Pot Luck Supper, 6:00p.m. Storrs Friends Meetinghouse, 57 Hunting Lodge Road, Storrs. Info: 860-742-6511

MUSIC: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Drum provided. All ages. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

May 12, Thursday

Skill Share: Forestry for Landowners Series: Part 4 Measuring Trees, 10:00a.m. - 12:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534

May 13, Friday

Kids: Story Time, Song & Play, 10:00a.m. - 11:00a.m. For children ages 0-5 and their caregivers. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Dance: Father-Daughter Semi-Formal Dance, 7:00p.m. - 11:00p.m. \$15. Captain Nathan Hall Middle School Gym. www.coventryrec.com

May 14, Saturday

Kids: CFPA Junior Conservation Ambassadors at Goodwin, 9:00a.m. - 3:00p.m. Day one of a two-day training course for youth in grades 3-6. Day two, May 21st. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: www.ctwoodlands.org/environmental-education/conservation-ambassadors

Festival: Riverfest 2016, 10:00a.m. River float, cycling, road race, Airline Trail Bridge and Hop River Trail ribbon cutting, food, music, petting zoo. 28 Bridge Street, Willimantic. River float tickets: \$10. Info: www.willimanticwhitewater.org

Skill Share: Tole Painting, 2:00p.m. - 4:00p.m. Learn decorative painting techniques. 89 Warrenville Road, Mansfield. Info: www.windhamrac.org

Gallery Opening: Kerri Quirk, 3:00p.m. - 6:00p.m. Kerri Art Studio & Gallery, 861 Main St., Willimantic. Info: 860-456-8615. www.kerriquirk.com

Live Music: Community Meals Program Benefit Concert, 7:00p.m. \$10 donation. Featuring the music of Still Traveling and Collins and Bradley. First Baptist Church Willimantic, 667 Main Street, Willimantic.

May 15, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Music by Smart Play. Pompey Hollow Park, Rt 44,

Ashford.

Skill Share: Wild Edibles with Guest Elizabeth Sangree, 1:00p.m. - 3:00p.m. Learn about wild edible and medicinal plants growing on the Goodwin property. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534

History: What the Jillsons ate in 1825?, 3:00p.m. Jillson House Museum, 627 Main Street, Willimantic. Info: www.windhamhistory.org

May 18, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Music: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Drum provided. All ages. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

May 19, Thursday

Festival: Third Thursday Street Festival, 6:00p.m. - 9:00p.m. Music, food, entertainers, vendors. Free admission. Main Street, Willimantic. Info: www.willimanticstreetfest.com

May 20, Friday

Kids: Story Time, Song & Play, 10:00a.m. - 11:00a.m. For children ages 0-5 and their caregivers. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Clean-Up: Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to Kramer at the corner of Prospect Street & High Street, Willimantic. Info: 860-423-1878 bevishistory@yahoo.com

Comedy: Comedy for a Cause with headliner Mike Jacobs, 7:00p.m. - 11:00p.m. \$20. Three comedians and silent auction to benefit the Willimantic Rotary Club scholarships and grants. The Windham Club, 184 Club Road, Nort Windham. Info: www.willimanticrotary.com

May 21, Saturday

Skill Share: Gardeners Roundtable, 10:00a.m. - 11:30a.m. Workshop for experienced gardeners to discuss and share best practices. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534

Festival: Spring Jamboree, 11:00a.m. - 3:00p.m. Dunk tank, silent auction, photo booth, cake walk, bounce house, live entertainment, and more. Ashford School, 440 Westford Road, Ashford. Info: 860-429-4390

May 22, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Music by Curtis Band. Pompey Hollow Park, Rt 44, Ashford.

Community Food: Spring Farmers Market Rendezvous, 11:00a.m. - 2:00p.m. Preview of seven Connecticut markets. 1 Jillson Square, Willimantic.

Skill Share: Composting for You!, 1:00p.m. - 2:30p.m. Learn about composting from CT Conservation Ambassador Michael Grady. Goodwin Forest Conservation Education Center, 23

Potter Road, Hampton. Info: 860-455-9534

May 23, Monday

Poetry: Edmond Chibeau & the Woodworks Group, 7:00p.m. Poetry and performance script reading at the UCONN Co-op, One Royce Circle, Storrs Center, Storrs. Info: 860-486-8525 bookstore.uconn.edu

May 25, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Music: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Drum provided. All ages. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

May 27, Friday

Kids: Story Time, Song & Play, 10:00a.m. - 11:00a.m. For children ages 0-5 and their caregivers. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

May 28, Saturday

Skill Share: Spring Foraging, 12:00p.m. - 2:30p.m. \$5. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Registration: 860-455-9534

May 29, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Music by Mel, Mark, Mack. Pompey Hollow Park, Rt 44, Ashford.

June 1, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Music: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Drum provided. All ages. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

June 2, Thursday

History: Mill of the Month Travels to Bozrah, 4:00p.m. \$7-10. Register with the Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

History: If This House Could Talk Lantern Tour, 7:00p.m. \$10. Meet at High Street & Lewiston Ave for a tour with Bew York through the Prospect Hill section of town. Willimantic. Info: www.victorianwillimantic.org

June 3, Friday

Kids: Story Time, Song & Play, 10:00a.m. - 11:00a.m. For children ages 0-5 and their caregivers. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

52 Neighbors

Live Music: Classic Brass Concert, 7:00p.m. Free. First Congregational Church, 199 Valley Street, Willimantic. Info: www.classic-brass.org

Art Gallery Reception: Windham Regional Arts Council Member Art Show, 7:00p.m. - 9:00p.m. Free. Artspace, 480 Main Street, Willimantic. Info: www.windhamrac.org

June 4, Saturday

History: Architectural Slide Show, 10:00a.m. Free. Bev York discusses Victorian Architecture styles. Kramer School, 322 Prospect Street, Willimantic. Info: www.victorianwillimantic.org

History: Windham Mills Tour, 11:00a.m. - 1:00p.m. Free. 322 Main Street, Willimantic. Info: www.victorianwillimantic.org

History: Stroll Down Center Street with Bev York, 1:00p.m. \$5 includes a tour of Jillson House. 627 Main Street, Willimantic. Info: www.windhamhistory.org

History: Windham Town Hall Tour, 1:00p.m. - 4:00p.m. Free. Info: www.victorianwillimantic.org

Lecture: History of Gardens Throughout the Ages, 4:30p.m. \$10. Includes wine and cheese. Reservations: 860-456-2036 or wpamjim@hotmail.com

History: Museum Tour by Candlelight, 8:00p.m. \$7-10. 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

June 5, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Music by Silage Brothers. Pompey Hollow Park, Rt 44, Ashford.

History: Architectural Slide Show, 10:00a.m. (See June 4).

History: Old Willimantic Cemetery Tour, 12:00p.m. \$8-10. Meet across from Stop & Shop on Main Street, Willimantic. Info: www.victorianwillimantic.org

Live Music: Summer Music Series, First Concert, 3:00p.m. Free. Garden on the Bridge, Main Street, Willimantic.

June 8, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Music: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Drum provided. All ages. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

June 10, Friday

Kids: Story Time, Song & Play, 10:00a.m. - 11:00a.m. For children ages 0-5 and their caregivers. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Clean-Up: Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Whitewater Partnership Bridge Street Property, Willimantic. Info: 860-423-1878 bevishistory@yahoo.com

June 11, Saturday

Skill Share: Quilting & Fiber Arts, 11:00a.m. - 4:00p.m.

\$5-10. Experts demonstrations and lectures at the Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

Kids: Spinning Yarns & Fairy Tales, 2:00p.m. \$5. Activity, craft, story and snack. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

June 12, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Music by Sally Rogers. Pompey Hollow Park, Rt 44, Ashford.

June 13, Monday

Film: One Shining Moment, 7:00p.m. Free. A film about the 1972 Presidential campaign of antiwar candidate George McGovern. Storrs Unitarian universalist Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867 or find Second Monday Film Series on Facebook.

June 14, Tuesday

Live Music: Quiet Corner Fiddlers, 7:00p.m. - 8:30p.m. Hear the fiddlers play at Apollo Restaurant, Route 32, South Windham. Info: 860-456-9913 qcf.webs.com

June 15, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Music: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Drum provided. All ages. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

June 16, Thursday

Festival: Third Thursday Street Festival, 6:00p.m. - 9:00p.m. Music, food, entertainers, vendors. Free admission. Main Street, Willimantic. Info: www.willimanticstreetfest.com

June 17, Friday

Kids: Story Time, Song & Play, 10:00a.m. - 11:00a.m. For children ages 0-5 and their caregivers. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

June 18, Saturday

Kids: Make a Father's Day Card, Story & Craft, 10:00a.m. - 11:00a.m. All ages welcome. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Skill Share: Knitting & Yarn, 11:00a.m. - 4:00p.m. \$5-10. Experts demonstrations and lectures at the Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

June 19, Sunday

Community Food: Ashford Farmers Market, 10:00a-1p.m. Music by Gypsy Hearts. Pompey Hollow Park, Rt 44, Ashford.

June 22, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Music: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Drum provided. All ages. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

June 24, Friday

Kids: Story Time, Song & Play, 10:00a.m. - 11:00a.m. For children ages 0-5 and their caregivers. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Clean-Up: Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Willimantic Cemetery and the VFW. Park at Stop & Shop. Willimantic. Info: 860-423-1878 bevishistory@yahoo.com

June 25, Saturday

Skill Share: Weaving & Spinning, 11:00a.m. - 4:00p.m. \$5-10. Experts demonstrations and lectures at the Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

History: Mill of the Month Walks Around the Willimantic Thread Company, 5:00p.m. \$7-10. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

June 26, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Music by Gypsy Hearts. Pompey Hollow Park, Rt 44, Ashford.

June 29, Wednesday

Skill Share: Knitting Group, 12:00p.m. - 3:00p.m. The Fletcher Memorial Library, 285 Main Street, Hampton, CT. Info: 860-455-1086 www.fletchermemoriallibrary.org

Music: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Drum provided. All ages. Bench Shop, 786 Main Street, Willimantic. Info: 860-423-8331

Community Tag Sale

Hungarian Social Club of Ashford
314 Ashford Center Rd. (Rt. 44), Warrenville, CT
One mile east of intersection of Route 89

Saturday, May 21st, 9:00am - 3:00pm

Bake Sale
Food and Beverage Sales

Table rentals: \$15 per table
To reserve or for more information:
Irene (860) 375-3390
Maria (860) 634-1432

Fly Butterfly...Fly

Fly butterfly...fly.
How many people wish they could be
As free as you are.

Fly over the valleys and meadows,
heading north and south
to gather sweet nectar,
sip from fields of flowers as you flutter wings.

Stopping to sip the sweet nectar of flowers
as you fly your way into early spring
and through April morning mist.
As the sun of red peeks over the mountains
after a summer shower
and a rainbow appears on blue skies.

So fly butterfly...
no one to tell you what to say or do.
So fly as free as free can be.

Fly butterfly...fly.

Raymond Chaput, Willimantic



Share Curiosity.
Read Together.

Where to find Neighbors

Ashford

Ashford Spirit Shoppe
Wooden Spoon Rest.
Terry's Transmissions
Ashford Post Office
Babcock Library
KSK Market
Hope & Wellness

Bolton

Bolton Post Office
Subway-Bolton Notch

Chaplin

Zlotnick's Gas/Conv.
Chaplin Post Office
Pine Acres Restaurant

Columbia

Saxon Library
Columbia Package

Coventry

Highland Park Market
Meadowbrook Spirits
Coventry Laundromat
Meet Me on Main Café
Subway
Booth-Dimock Library

Eastford

Eastford Post Office
Coriander

East Hartford

Raymond Library

East Windsor

Geisslers Market

Hampton

Hampton Post Office
Hampton Library
Hampton Gen. Store

Lebanon

Green Store

Mansfield/Storrs

Holiday Spirits
Bagel Zone
D & D Auto Repair
Villa Spirit Shoppe
Storrs Post Office
Mansfield Senior Ctr.
Mansfield Town Hall
All Subway shops
Starbucks
People's Bank
Storrs Comm. Laund.

UConn Bookstore

UConn Co-op
UConn Student Union
Willard's
Tony's Garage

Mansfield Center

Mansfield Library
East Brook Mall
HST Realty
Lawrence Real Estate

Mansfield Depot

Thompson's Store

North Windham

Bagel One
Subway
No. Windham P.O.

Pomfret

Vanilla Bean Rest.
Pomfret Post Office
Baker's Dozen

Putnam

Antiques Marketplace
Putnam Library
Subway

Scotland

Scotland Library
Scotland Post Office
South Windham
Bob's Windham IGA
Landon Tire
So. Windham P.O.

Stafford

Middle Ground Cafe
Subway

Tolland

Birch MountainPottery
United Bank
Tolland Library
Tolland Post Office

Vernon

Subway shops
Nature's Grocer

Willington

Track Nine Diner
Willington Pizza I & II
Willington Hill Pkg.
Willington Post Office
Willington Library
The Mill Works
First Niagara Bank

Windham/ Willimantic

Clothespin Laundromat
Schiller's
Lily Pad
Cafemantic
Willimantic Food Co-op
Willimantic Pharmacy
Main Street Cafe
Nita's
Design Center East
That Breakfast Place
Olympic Restaurant
Subway/BJ's Plaza
Super Washing Well
Windham Town Hall
Willimantic Public Lib.
Windham Senior Ctr.
Elm Package Store
Willimantic Int. Design

Windham Center

Windham Post Office

View all issues of Neighbors from January 2013 to present on our website: neighborspaper.com You will also find advertising and circulation information

Neighbors-
Locally Written
Locally Read.

Don't go home without it.

Take two copies...
Give one to a friend.

Marisa Calvo
D E S I G N

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(860) 537-6997 Studio



Summer Solstice Day

Saturday, June 11th
10AM – 3PM



39 Nott Highway
Route 74, Suite 1
Ashford, CT 06278
860-477-0994

Schedule of Events

10:00 – 11:00

Meet and Greet: Meet all the team members of Hope and Wellness. Ask questions, try products or just visit and laugh.

11:00 – 11:30

Creative and Easy Up-do's with Stylist Kate Bentley: Learn how to create a fabulous up-do in just minutes.

Mindful Eating with Deborah Maccarone, MA, CH: Let the world slow down and use your senses to truly appreciate food in this exploration of mindful eating workshop. You may be surprised at what you discover!

11:30 – 12:00

Basic Skin Care with Esthetician Tammy Lavigne: Get to know your skin and some easy healthy tips for more beautiful vibrant skin.

Essential Oils with Massage Therapist Nicole Banks: Learn the benefits of essential oils for everyday use.

12:00 – 12:30

Keratin Complex Demonstration with stylist Rachel Meikle: Knowledge on Keratin Smoothing Treatments and how they can help control unruly hair or just add shine and control to your already beautiful and natural hair.

Pack a Snack with Hope Mayhew AAS, NC, MR: Learn how to pack healthy on the go snacks and make nutritious snacks for your children and your lunches work, school, play or on the go.

1:00 – 1:30

Mindful Eating with Deborah Maccarone, MA, CH: Let the world slow down and use your senses to truly appreciate food in this exploration of mindful eating workshop. You may be surprised at what you discover!

Basic First Aid with Jim York, American Red Cross Instructor: Learn the basics of first aid for you and your family.

1:30 – 2:00

Reiki with Tina Hernberg, Usui Reiki Master and Karuna Reiki® Practitioner: Explore the Energy of Reiki and how it can benefit your mind, body, and soul.

Hand and Nail Care with Bobbi-Jo Wicklund Nail Technician and Artist: Learn some basic hand and nail care to keep your hands younger, softer and more healthy.

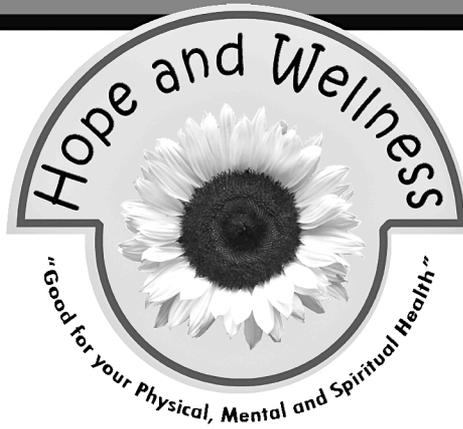
2:00 – 3:00

Free Time: Try products, question and answer, visit, laugh and games.

Nourish Your Mind, Body, and Soul
Meet & Greet, Product Demos, Free Classes



Hope and Wellness Center and Salon



Hope and Wellness is a complete wellness and salon facility specializing in a variety of services. We are here for your mind, body and spirit to help aid in a healthier and more peaceful way of life. Please come try our gentle care in a warm inviting environment.



Full Service Salon • Reflexology • Massage • Reiki • Facials
Make-up • Body Waxing • Pedicures
Manicures and Artificial Nail Services • Aromatherapy
Ion Cleansing • Natural Health Education and Products

39 Nott Highway (Route 74), Suite 1, Ashford, CT 06278
www.HopeandWellnessOnline.com • 860-477-0994

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HopeAndWellnessCT

Wellness Center Staff

Hope Mayhew, Owner
Master Reflexologist and Teacher
Natural Health Consultant

Nicole Banks
Massage Therapist
Reiki Practitioner

Bobbi-Jo Wicklund
Nail Technician/Artist

Tina Hernberg
Usui Reiki Master Practitioner

Tammy Lavigne
Esthetician

Sarah Garrison
Stylist, Paul Mitchell Specialist

Rachel Meikle
Stylist, Redken Specialist
Keratin Complex Certified

Kate Bentley
Stylist, Paul Mitchell Specialist
Make-up Artist

Deborah Maccarone
MA, CH
Advanced Study in
Educational Psychology
Certified Hypnotist

Jim York
American Red Cross-C.P.R.
First Aid Instructor

Darlene Reviczky
Team Coordinator