

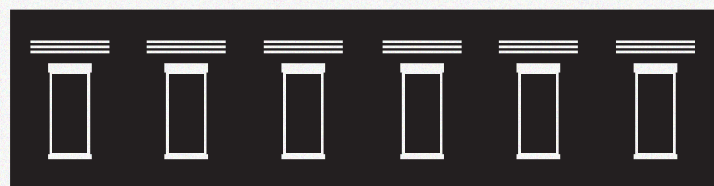
Neighbors



No. 144

January–February 2017

FREE



THE PACKING HOUSE

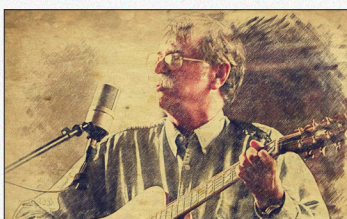
1870

HISTORIC VENUE FOR PERFORMANCE & EVENTS



CONCERT
FOLK

ALEX SMITH
Jan 14 | 7:30pm



CONCERT
FOLK

CURTIS BRAND
Jan. 21 | 7:30pm



CONCERT
FOLK / ROCK / BLUEGRASS

ERIC LEE
Jan. 28 | 7:30pm



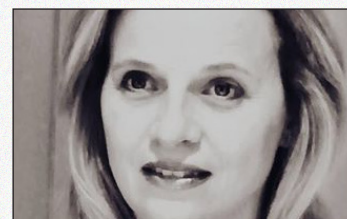
CONCERT
JAZZ

KATHY KOSINS
Feb. 3 | 8:00pm



CONCERT
JAZZ

TIM RAY TRIO
Feb. 4 | 8:00pm



PROGRAM
SPIRITUAL MEDIUM

MAURA GEIST
Feb. 11 | 7:30pm



CONCERT
BLUES

RAMBLIN' DAN STEVENS
Feb. 18 | 7:30pm



CONCERT
INDIE

GRACIE DAY
Feb. 25 | 7:30pm

FILM SHOWING:
"Round Midnight" (R)
7:30pm: Jan. 20

TALENT SHOWCASE:
(2ND THURSDAY OF THE MONTH)
7:00pm: Jan. 12; Feb. 9

Hosted by the
"Eastern Connecticut Center for
History, Art, and Performance"
(EC-CHAP)
INFO@EC-CHAP.ORG

WWW.THEPACKINGHOUSE.US

THE PACKING HOUSE | 156 RIVER ROAD, WILLINGTON, CT 06279 | (518)791-9474



On the cover: 7.12.2016 Ashford Summer Concert Series. The mariachi band, "Fiesta del Norte" performed to the delight of Jean C. Alcorn of Mansfield, seated.
Photo by Nord Yakovleff

Just when you think you are dull and a bore
A treat like this comes along to make life soar!
My favorite Mariachi band dedicated their concert to me
And shared this picture for all of you to see.
I thought I'd died and gone to 'heaven' for sure
But no, I'm still here, waiting for a cure.
-Jean C. Alcorn

Ed. note: Read Jean's article on page 6.

Neighbors

January-February 2017

- 4 Time to Stand Up by Loretta Wrobel
- 5 Letters and Emails
- 6 "It's time to talk my dear"... "Oh no! Not now, let's wait"... by Jean C. Alcorn
- 7 "The Hampton Hoot" submitted by Anne Christie
- 8 Winter Reflections and Farmers Markets by Dennis Pierce
- 10 Caterpillars by David Corsini
- 12 A Profile of Terry Pelletier By Christopher Morris and Joe Giasullo
- 14 The Girl from Copacabana by Delia Berlin
- 16 The Flashbacks: A Reminiscence by David Light
- 18 Practical Permaculture: Microclimates by William Hooper
- 20 Clarifying Gandhi #15: Gandhi's Marriage, Kasturba's View (Part 2) by P.K. Willey
- 22 Looking Up: Is Anybody Out There? by Bob Grindle
- 23 New Eagle Scout Passes Final Test by John Ryan
- 24 Your Local Community Media: Resources for Human Connection and Action by John Murphy
- 26 Local Youth Recognized for Social Justice Work By Vania Galicia
- 28 Our Community Calendar compiled by Dagmar Noll
- 30 The Packing House News submitted by EC-CHAP

...and much more!

Neighbors
P.O. Box 430
Ashford, CT 06278
860-933-3376
email: neighborspaper@yahoo.com
website: neighborspaper.com

Tom King, Editor & Publisher
Dagmar Noll, Calendar Editor
Steve Woron, Mac Guru
Marisa Calvo, Graphic Design

Writers: David Corsini, Phoebe Godfrey,
John Murphy, Dagmar Noll,
Dennis Pierce, Mark Svetz, P.K. Willey,
Steve Woron, Tom Woron,
Loretta Wrobel

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

Neighbors is published bimonthly by
Neighborspaper LLC.
Thomas A. King, member

Neighborspaper LLC is a member of the
Ashford Business Association and the
Mansfield Downtown Partnership.

Time to Stand Up

By Loretta Wrobel



Entering a new year, 2017, we will begin a new regime under our President-elect. I have heard consternation, bewilderment and shock from innumerable people, as the election surprised much of the world. Since that election, which appeared to go on forever, mobilizing and organizing have been widespread. Countless numbers of previously uncommitted people in our Country have since become politicized.

I am delightfully surprised that friends and acquaintances are eager to jump on the bus to DC on Jan 21st to stand up for Women's Rights. I can remember marching for Women's Rights in the uproarious 70's. Are we still needing to march? Unfortunately, the answer is a resounding "Yes." I give all these brave women my support and courage. Sadly, I guess it takes generations to change beliefs to confirm women are equal to men, and they have a right to control their own bodies.

How are we to cope with four long years of Trump tweeting his boasts, prejudices, hatreds, and disrespectful remarks? Complacency will not do. Vigilance and speaking out is demanded of those who value that all citizens deserve the right to life, liberty and the pursuit of happiness.

How do we respond in a fashion that helps to protect our diverse population so that everyone is given a fair chance and equal opportunities? Perhaps in America we believe the louder you yell the more successful you are. Do we believe that a businessman is right, regardless of how he acquires his stash? Do we trust that the ends justify the means? Do we want to be rich and famous at any cost?

I have considered these and other questions as I try to understand and make sense of it all. However, it may be there is no sense to make, except knowing a lot of Americans are struggling, unhappy and hating politicians. As a Nation, we have lost faith in our leaders. Our past election was viewed as high entertainment and not seen as extremely important for our continued functioning as a democracy.

One lesson I take from the shock of the election is that I don't spend much time discussing issues with those I disagree with. And I don't have an understanding of working-class people in our Country who feel they are losing ground. A friend recommended a book, written nearly a decade ago about working-class struggles, called *Deer Hunting with Jesus* by Joe Bageant. This book helped me understand why Donald Trump will take the oath of office in January.

I am speculating there will be a multitude of events within the next four years that will compel me to stand up and make my voice be heard. In our Country, which is governed by a constitution, we need to hold our elected officials accountable. Perhaps we could all benefit from a refresher course on our Constitution, how laws and policies are put

in place, and the checks and balances within our form of government.

Always, as I progressed through my early school years, I heard that democracy requires an educated and participatory population. When 47% of eligible voters do not cast their ballot, as occurred in our recent election soiree, it is not a participatory democracy. Perhaps in this country we have become jaded and lackadaisical, and need to go back to the manner in which our government functions. It operates best when the citizens have trust in the political process, care about how the country is run, and have faith that they have a say in decision-making.

With the new commander taking over and government apparently slipping even more into corporate elites' hands and fingers, we must rise up and become the opposition party. As we look to repair our infrastructure as Trump promises, and see the money falling into the corporate big boys' bank accounts, we can express our collective anger and call it what it is, another opportunity for big business to get even higher profits while the rest of us fall further behind.

A friend sent an amazing document for resisting the Trump agenda, called "Indivisible Guide." Anyone interested can go to < www.indivisibleguide.com >. Check this out as there is much to glean from the work of these super qualified individuals who are freely sharing their knowledge about our legislative process in DC. Educating ourselves is the first step to empowerment.

I am very encouraged by all the coming together and connecting that has happened since the election in November. Our Nation is talking about politics and the need to take/ make a stand. The unexpected results succeeded in waking up previously uncommitted folks. It is forcing people to examine what they stand for and believe in, and what kind of a country they want to live in. What direction are we moving in? Are we inclusive or exclusive? Do we feel women and men are equal? Do we support diversity and tolerance for differences? Do we respect the natural world, or do we see everything as ours for the taking and or breaking/abusing? Do we believe that every person has a right to life, liberty and the pursuit of happiness that is clearly spelled out in our Declaration of Independence? Or do we believe only certain people have those rights?

I see the next four years as a wild ride, where all of us are summoned to test our metal. By educating ourselves, interacting with those who have different views, and being both outspoken and vigilant, we can make America a proud democracy. We will be the country our forefathers envisioned, when they carved out the Constitution using great skill, perseverance, compromise and much wisdom. Let's follow their splendid recipe.

Letters and Emails

Dear *Neighbors*, and to All my Neighbors,

I did not speak up about the Mansfield Ordinance on alcohol consumption when youth under 18 and children are present. It was around this time last year. It's been bugging me. Now, events hosted by the town or private organizations, at the Storrs Center, the Mansfield Community Center, the Audrey Beck Municipal Building and the Mansfield Public Library, including those at UConn, are permitted alcohol consumption. When I finally raised my head from the labors that prevented my participation, it was a done deal. Parents and other adults can now 'have a beer' with their children or other people's children, near.

There are many politically correct persuasions that we all acquiesce to. Where there is potential for moral injury, if we feel the prick in our conscience, we have the duty to speak up. If we do not listen to that uncomfortable-ness within us, we become numb to it. Sometimes, we have no choice. The atmosphere around us changes, we aren't given any part in the decisions. Other times we do.

I want to say on this page, here and now, at the start of this new year, that I deplore this decision. As adults we need to recognize the tremendous responsibility we have to demonstrate and be examples of what a mature human being can be (not what the media or our 'culture' tells us is mature, but what is ethically and always mature, no matter what clime or time we are in). All of us are examples to impressionable youth. Children require the utmost alert vigilance, not only for their physical safety, but also in guiding their character. A tiny bit of alcohol has an effect on our own sharp edge of awareness of what could be a slight moral slide towards recklessness, crudity, meanness or violence in our children. There are so many influences in a child's life over which we will have no knowledge or control. Let us allow nothing to impair our awareness of the short time that we do have in their lives to help them grow to be honest, helpful, self-controlled, morally strong and physically healthy, kind and considerate beings. How will they learn this when they see us seeking fulfillment of all of our rights, and disregarding our duties to them?

Time is short for all of us, and so must be this letter.

PK Willey


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



3
Mansfield
Locations!

125 N. Eagleville Rd.
429-6806
Eastbrook Mall
423-3611
Downtown Storrs
429-1515

NEW
ROTISSERIE-STYLE
CHICKEN
—RAISED—
WITHOUT
ANTIBIOTICS



LOCALLY OWNED & OPERATED FOR OVER 38 YEARS
OPEN LATE 7 DAYS A WEEK

Neighbors
A little paper, big on community

SERVING YOU SINCE 1951

*Largest Selection
of
Sewing Machines
and Vacuum Cleaners
in
Eastern CT*

Sales • Service • Parts • Accessories



**WE TAKE
TRADE-INS!**

Schillers SINCE 1951
HOME TO ALL YOUR SEWING & VACUUM NEEDS

1088 Main Street
Willimantic, CT 06226
(860) 423-6800
SchillersOnTheWeb.com

"Expert Repairs
on all Makes of
Vacuums and
Sewing
Machines."

"All Work
Guaranteed-
Free Estimates"



“It’s time to talk my dear”... “Oh no! Not now, let’s wait”...

By Jean C. Alcorn

My hospice doctor asked me to write my thoughts about dying. I found it difficult to find humor in the subject, but I tried.

Yes, it’s a subject no one wants to discuss, but everyone tries doing at least once. How do you deal with death? Some won’t discuss it ever and some talk about it too much. I just hope you are brave enough to let loved ones know your burial preferences. We don’t get a choice on how we prefer to die. We all agree it would be best to go to sleep and not wake up. Good luck with that wish.

What if we could choose our illness? I did prefer not to have Alzheimer’s or ALS, etc. But you deal with whatever you get. I got the common one called cancer. Lucky to beat it twice, but the third one wouldn’t give up. Hospice is so comforting and my oncology doctor sees me every two months, always happy to see me but surprised. My secret is to keep buying yarn so I can still knit!

The purpose of this ‘confession’ about dying is to tell your family your wishes. Let them know what you want for your final ‘celebration of life’ closure. I’m still insisting on a Mariachi band, plenty of food, and a farewell toast (not roast!).

I have made arrangements to have my remains donated to Quinnipiac University’s Frank H. Netter School of Medicine and my ashes later sprinkled on my children’s flower gardens. I’ll come up either as a weed or flower, and they can say, “There’s Mom.”

I had a really hard time when my husband died of cancer at age 56. He absolutely refused to discuss his illness and in complete denial of death. I never knew of his burial wishes. One day when he was in the hospital, he said, “We need to talk about something important.” My thought was “Thank goodness, finally.” His comment was, “I hate to tell you this, but you’re putting on weight.” Needless to say, he almost met his maker sooner than expected! We had a potluck supper with family and friends, but I never knew if it was really HIS wish.

Don’t be afraid to use your friends as a ‘sponge’... absorb their love, their kindness, their offers of rides to the market, dinner out, or the doctor visit. The hardest part of getting old is losing your independence. How I miss my 2000 Dodge Neon with 38,000 miles logged. It was barely broken in! And I’m happy I made the decision not to drive before someone told me I couldn’t.

I refer so often to the poem I wrote, “It’s Okay, but Not Today.” At 92 years I want that one more sunset, one more trip for yarn, one more dinner at Red Rock or Wooden Spoon or one more of something precious.

I feel so blessed with a loving family and friends, and most important is the unconditional love of my Lord who has been with me every step of my long journey of life.

It’s Okay, but Not Today

I have more yarn to buy
More sweaters to knit
No time to cry.
Lord, it’s okay
But not today!

Maybe I’d like another trip
To New Hampshire, Illinois
Or Sante Fe?
It’s up to you to say
It’s okay
But not today.

I’d like to participate
In our potlucks and sing alongs.
Just pick the date.
So, it’s okay
But not today!

I could make the list go on
Forever
I know I just can’t say never...
I know that one of these days
I will say it’s okay.
If it’s today!

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

Be Light as a Feather

Loretta Wrobel • Feminist Therapy

860-429-2629

297 Pumpkin Hill Road, Ashford, CT 06278
860-233-6076 (Office) Sliding Scale

"The Hampton Hoot"

*For those who love folk singing
and playing traditional instruments*

Submitted by Anne Christie

With the cold, drab days of winter ahead of us, one of the bright spots at Hampton's Fletcher Memorial Library is the "Hampton Hoot". You can leave your snowshoes at the front door and enjoy the warmth of this community get together! The Hoot is an old fashion sing along bringing back the days where songs had real melodies and words sparked the imagination. Mostly folk, there will also be songs from the 50's and 60's harking back to a time of romance and inspiration.

Anyone can attend the sing along and if you happen to play a guitar, mandolin, dulcimer, banjo or harmonica, the sing along will be all that much sweeter. Fiddles, bass fiddles and other traditional instruments are also welcomed! Hosted by Jamie Boss of Hampton, Jamie has been hosting folk group singing groups in Connecticut for over ten years. He founded the Milford Folk Music Society in Milford, CT and the Milford Bluegrass Jam. The combined membership of both groups was over 200 before he left Milford for the peace and quiet of Hampton.

Our sing along is strictly low-key and all about having fun. You don't need a great voice nor be an expert on your instrument. You just have to enjoy sitting in a circle with fellow folksters and singing the songs that bring back so many memories from years past. Young and old alike are welcome!

The Hampton Hoot will be the 3rd Wednesday of each month from 6:30 to 7:45 at the Fletcher Memorial Library in Hampton. If you would like to attend our first Hoot on Jan. 18, please RSVP by giving the library or Jamie a call or by emailing Jamie directly at Jamie@hotstringsguitar.com. We hope to see you then!

Phone contacts: Jamie Boss : 203-218-6199
Fletcher Memorial Library : 860-455-1086 or
fletchermemoriallibrary@gmail.com



Willow Valley Farm CSA

Located in Willington, CT
20 weeks of farm fresh, sustainably-grown vegetables
Pick-up sites in Willington & Vernon
Full Shares: \$500 Half Shares: \$275
Subsized Shares Available at Half Price
For more information, contact us:
Email: wvfcsa@gmail.com Phone: (860) 933-5842
wvfcsa.wordpress.com [facebook.com/wvfcsa](https://www.facebook.com/wvfcsa)






Please thank and patronize our advertisers
for making Neighbors possible. Thank you. T. King.

Neighbors 7

Complete Foreign & Domestic Car, SUV and Light Truck Service



Regular maintenance can help keep your vehicle in top running condition. But, when repairs are needed, our A.S.E. and Mastertech Certified technicians - working in seven fully equipped service bays, with up-to-date diagnostic equipment - will give you the best automotive service possible. We can quickly diagnose your vehicle's problem and make most repairs the same day.

ALL MAJOR AND MINOR REPAIRS.

- Tune Ups • Mufflers • Safety Inspections
- Shocks • Tires • 4-Wheel
- Batteries • Air Conditioners • Computerized
- Brakes • Electrical Work • Alignment

FAST! WHILE YOU WAIT
OIL CHANGE & LUBE
24HR TOWING SERVICE
Local & Long Distance Flatbed Towing

AUTO RENTALS
SELECT USED CARS



1856 Storrs Rd., Storrs CT
1 mi. North of Route 44
(860) 429-0001
email: tonys.garage@snet.net
Fax: (860) 429-5954
www.tonysgarage.com

**DOWNLOAD OUR
APP TODAY!**





When The Time Is Right
renew,
redecorate,
rediscover
the excitement of living
in your home.

The right changes can make you fall in love with your home all over again. We have every element you need to create the home of your dreams, one affordable step at a time.

Cabinets - Counter Tops
Carpeting - Flooring
Come see our wool carpets

Stop by today for the best products, advice and inspiration to bring home a whole new look.



Design Center East, LLC

Distinctive Cabinetry & Flooring
For Your Home or Office

27 MEADOW STREET, WILLIMANTIC • 860-450-8442

Hours: Mon.-Fri. 9 to 5; Sat. 9 to 1
Special Appointment Available Upon Request



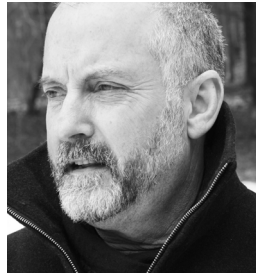


From the Ground Up - Buying Local in Connecticut

Winter Reflections and Farmers Markets

By Dennis Pierce

I like winter. That's a pretty bold statement considering all who prefer warmer weather and move south to avoid the cold. I grew up in the great granite state of New Hampshire and passed through Maine as I attended college and later worked there.



Winter has its own role of creating the balance in our lives. Granted, I complain that as I arrive home from work there is no time to work outside because it is too dark but it also engages us to look inward and find tasks that can carry us through the bitter cold dark months.

When I was younger it was skiing that took me outside. My folks would drop myself and my sister at the local recreational ski area laden with a bagged lunch and change for hot chocolate that would get us through the day. Winter was different then, heavier snow, less rain, the perfect conditions for winter adventures. I did not always like winter. Maybe it is as I grow older I appreciate the tenure of the seasons. Maybe it is age. Maybe it is a deeper appreciation or understanding. Our maybe it just is. Whatever the reason maybe it is just a deeper appreciation of the passing of time and how Mother Nature transitions through the seasons.

My strongest memories of winter was a time when I was skiing while snow was falling. Gliding through the woods I heard a loud and sharp crack as a branch fell from a tall pine breaking under the weight of the accumulated snow. I could not help thinking about the single flake that fell on that branch that caused the branch to fall to the woodland floor. It was like the last dying breath. One breath too many.

Winter Indoor Farmers' Markets:

Andover Farmers' Market

Saturdays: 9am - 12pm
January 14, 28; February 11, 25
17 School Road

Coventry Farmers' Market

Sundays: 11am - 2pm
November 20 through March 19
Coventry High School Cafeteria, 78 Ripley Hill Road

Ellington Farmers' Market

Saturdays: 2pm - 4pm
November 19; December 3 & 17; January 14 & 28; February 11 & 25; March 11 & 25
YMCA, 11 Pinney Street

Storrs Winter Farmers' Market

Saturdays: 3pm - 5pm
December 10, 17; January 7, 21; February 18; March 4, 18; April 22
Mansfield Public Library, 54 Warrenville Road
Contact: storrsfarmersmarket@gmail.com

As this issue is arriving for the first of the year it is appropriate to offer you a New Year's recipe. In the South, blacked peas are typically cooked with a pork product for flavoring such as bacon, ham bones or smoked pork hocks. Perhaps you placed some ham bones in your freezer from Christmas dinner so here is a great opportunity to use them in a recipe that will ward off the chills of winter.

The traditional meal also includes collard, turnip or mustard greens and ham. The peas, since they swell when cooked, symbolize prosperity; the greens symbolize money; the pork, because pigs root forward when foraging, represents positive motion and if you serve cornbread with the dish it represents gold.

Slow Cooker Black Eyed Peas

Makes 10 servings

Ingredients

6 cups of water
1 cube of chicken bouillon
1 pound of dried black eyed peas, sorted and rinsed.
1 onion, diced
2 cloves of garlic, peeled and diced
1 red bell pepper, stemmed, seeded and diced
1 jalapeno chili, seeded and minced
8 ounces of diced ham
4 slices of bacon, chopped
½ teaspoon cayenne pepper
1 ½ teaspoons of cumin
Salt to taste
1 teaspoon ground black pepper



Directions:

- Pour the water in a slow cooker, add the bouillon cube and stir to dissolve.
- Combine the black eyed peas, onion, garlic, bell pepper, jalapeno pepper, ham, bacon, cayenne pepper, cumin, salt and pepper, stir to blend
- Cover with lid and cook for 6 to 8 hours until the beans are tender.

As New Year arrives plan on joining the ranks of other locavores who purchase locally grown produce at their favorite Farmers Markets. Make a New Year's resolution to support small, local farms that are run by farmers who live on their land and work hard to preserve it. They protect open spaces by keeping land in agricultural use and preserve natural habitats by maintaining forest and wetlands. By being good stewards of the land, seeking out local markets, minimizing packaging, and harvesting food only when it is ready to consume, farmers can significantly reduce their environmental impact. In fact, studies show that sustainable agricultural practices can actually increase food production by up to 79% while at the same time actively reducing the effects of farming on climate change through carbon sequestration. Take my word, try it out and you will be delighted with the results.

Lastly, best wished for the upcoming year and please take a moment to look around you and be thankful for life in the Quiet Corner of Connecticut. If you have a suggestion or a farm or a local grower you would like featured in this column drop me a line at Codfish53@Yahoo.com. Peas be with you.

Advertise in Neighbors
Locally Written
Locally Wread

LONDON TIRE... DOES MORE THAN JUST TIRES!

We specialize in....

- Brakes • Exhaust • Alignment Shocks
- C.V. Joint & Axles • Struts
- Front End Repair • Under Car Repair and More!

LONDON TIRE
39 Years of Hometown Service
YOUR INDEPENDENT TIRE DEALER
Just 2 Miles South of the New Thread City Crossing Bridge on Rt. 32, South Windham
RT. 32, SOUTH WINDHAM 456-0000 Mon.-Fri. 8-5:30; Sat. 8-1:30

LAWRENCE REAL ESTATE
"We Care"
860-429-7240
email gary@lawrencesells.com

Confidential Counseling Services Offered

• Buying a New Home	• Market Values
• Selling a Home	• Financial Counseling
• Buying or Selling Land	• Mortgage Payments Behind?
• New Home Construction	• Need help in deciding? What?
• Land Development	• Plan for Future! Move forward!

glawrencesells.com
126 Storrs Road, Mansfield Center, CT 06250

Lettering & Graphics

Banners • Magnetics • Decals
Full Color Photo Signs, Carved, Electric & Neon
Signs for Real Estate, Trade Shows, Site Signs, Window Lettering
Cars • Vans • Trucks • Motorcycles • Boats

Signs Plus
OF WILLIMANTIC, LLC

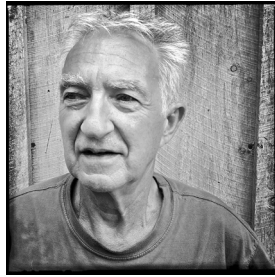
Ph: 860.423.3048
Fax: 860.456.3003
700 Rear Main St.
Willimantic

Neighbors
A little paper, big on community

Caterpillars

By David Corsini

As you read this, hopefully I have returned from an Earthwatch expedition in Costa Rica with a focus on caterpillars. Caterpillars and I go way back. When I was a child of 10, I attended a nature-oriented day camp. We made insect nets, killing jars, mounting boards, and display cases for butterflies, moths, and dragonflies. Caterpillars that turn into butterflies and moths were on my radar. In those days it was easy to find monarch caterpillars on milkweed plants and I remember watching as the caterpillar became a chrysalis, the butterfly emerged from the chrysalis and then became able to fly as its wings expanded. What a marvel.



One day, when walking in the woods during late summer, I found what to me was a humongous caterpillar crawling on the ground. I didn't know what kind of caterpillar it was, but I took it home and put it in a jar. The caterpillar quickly spun a cocoon. I kept the cocoon in my room all winter and then one day in the spring—voila, there emerged a large lime-green moth with tails and purple fringes—a luna moth. I was thrilled. I sacrificed the moth, mounted it and encased it. It was a star specimen in my moth and butterfly collection.

There were less romantic experiences with caterpillars too. In my childhood yard in Massachusetts we had a small goldfish pond near a stone patio surrounded by large oak trees. In the summer we often had lunch on the patio. One year there was an outbreak of gypsy moths and the oak trees became infested with caterpillars. Under the trees it sounded like it was raining. But it rained frass. While feeding the fish in the pond, it was advisable to wear a hat. Eating tuna fish sandwiches and drinking lemonade while sitting beside the pool became impossible. Walking on the patio full of caterpillars was not only disgusting but dangerous from a possible slip and fall. One habit of gypsy moth caterpillars is they come down to the ground at night. I remember as a young boy, before my “enlightenment”, using a stick to squash the caterpillars. This was not in an attempt to control the infestation, but simply boyhood naughtiness. I also remember that my father spread a sticky substance called Tanglefoot around the base of several trees in an attempt to stop the caterpillars from crawling back up. I don't think this strategy was very effective. These remembrances were elicited by an article about gypsy moths in a recent issue of Massachusetts Wildlife (Vol. 66, #3, 2016). This was not only a timely article for my upcoming trip, but also illuminating in its discussion of the multiple factors involved in the eruption and control of gypsy moths.

Gypsy moths are considered an invasive species and interesting because it is known where, when, why and by whom they were introduced into the United States. They were brought



from France in the 1860s by Etienne Trouvelot of Medford, Massachusetts in an attempt to hybridize gypsy moths with native silk worms. It didn't work, and the gypsy moth escaped. Gypsy moths had no natural enemies and caterpillar outbreaks threatened native forests. Several efforts were made to control this pest.

In the late 1800s there were programs to spray pesticide that contained lead and copper arsenate—highly toxic to humans and other non-targeted species. Spraying did not work well to control eruptions. Even when less toxic pesticides were developed, aerial spraying to control gypsy moths was very costly, killed many unintended species, and was not effective for gypsy moths. As a country we are still crazy with respect to pesticides and even the spraying of pesticides. Neonicotinoids are killing bees and herbicides are destroying the milkweed that monarchs depend on. When will we learn? Then there were attempts at biological control by importing wasps and flies that hopefully would feed on gypsy moth caterpillars. Throughout the 1900s many attempts at biological control were made without regard to the possible impact of the imported insects on native species. In 2000 it was finally realized that some of these biological agents attacked caterpillars of our native moths such as the Luna, Cecropia, and Polyphemus. As a child I had all these moths as specimens in my collection. Although I no longer collect insects, I pay attention to them. In the last 40 years in Connecticut I have seen only two Luna moths, one Cecropia moth, and one cocoon of a Polyphemus moth. The species of wasps and flies introduced in an attempt to control gypsy moths undoubtedly had something to do with this. Today, biological agents are used to control gypsy moths but more care has been exercised to make sure that the introduced parasitoids are specific to gypsy moths.

Even with all the attempts to control gypsy moths, there are still periodic outbreaks. Last summer, while driving from Willimantic through Rhode Island and into Massachusetts, I saw many areas where the trees had been denuded. The article referenced above helped me understand why there had been a recent outbreak. What do a fungus, deer mice, a virus, acorns, parasitoids, drought, birds and a late frost have to do with gypsy moth eruptions?

Gypsy moths and their caterpillars are here for good- there is no sending them back to France. Most of the time there are no outbreaks of gypsy moth caterpillars. What controls the population in non-outbreak years and what conditions cause an outbreak?

First, it is important to understand that each female gypsy moth lays 600 eggs. Biologists can document that only one of the 300 female eggs needs to survive to adulthood to maintain a stable population of moths. Under ideal environmental conditions, there are multiple natural forces that eliminate 299 offspring from each egg mass. When three, four or more caterpillars from a batch of eggs survive, an outbreak is on the way. How is a stable population maintained?

There are now 10 introduced and native parasitoids that attack gypsy moth caterpillars and these help to keep things under control. In addition, a particular fungus that attacks gypsy moth caterpillars was accidentally introduced from Japan in 1989. The fungus is very effective in killing the caterpillars. In addition to this fungus, scientists have discovered a virus that attacks gypsy moth caterpillars. Scientists also have documented that deer mice eat gypsy moth caterpillars and pupa and help keep things in check. So under typical environmental conditions, the mice, multiple parasitoids, a fungus and a virus keep the gypsy moth population under control. What can go wrong?

Gypsy moth caterpillar eruptions happen because of environmental conditions and because of some characteristics of the caterpillar controlling factors. The primary factor in the recent eruption in Connecticut, Rhode Island, and Massachusetts was drought. The fungus that kills gypsy moths begins to kill caterpillars in early May, when the caterpillars first emerge. But for the fungus to develop and spread spores to many caterpillars, it needs to have wet and cool environmental conditions in May and June. So if it is too dry or too

continued on page 13

SAVE THE DATE! You Are invited to a Party!

Come Celebrate
37 Years of
Cooperation!
Saturday, February 11th

37 CAKES!!
Live music, samples,
door prizes and more
from 11-5

10 % OFF STOREWIDE*

91 VALLEY ST., WILLIMANTIC
860-456-3611

www.willimanticfood.coop • Credit Cards Accepted
Monday - Saturday 9-8 • Sunday 9-6
**excluding 'no further discount' items*




Wood Pellets for Pellet Stoves

BUY NOW & SAVE!!!

We have Bio-Bricks! **Call For Price** **We have Bio-Bricks!**

G.M. Thompson & Sons, Inc.
54 Middle Turnpike, Mansfield Depot
(860) 429-9377
Mon. - Fri. 8-5:30 pm, Sat. 8-3 pm, Sun. Closed






Windham Eye Group_{PC}

Board Certified Ophthalmologists

Medical and Surgical Eye Care

Routine Eye Examinations * Premium Refractive Implants

Contact Lenses * Glasses * Designer Frames

(15% off Glasses with a Routine Eye Examination)

Optical Shop (860) 456-SPECS (7732)

NEW PATIENTS ALWAYS WELCOME

83 Quarry Street, Willimantic, CT 0622
(860) 423-1619



Dana P. Woods, MD



William J. Kaufold, MD



Optical



Michael S. Cooper, OD

A Profile of Terry Pelletier: Repairing Transmissions and Building a Community

By Christopher Morris and Joe Giasullo

Terry's Transmissions is located in a lush, wooded hollow off Route 44 in Ashford. "We Keep Your Rear in Gear," reads the sign out front, and indeed, Terry Pelletier's auto shop has been doing just that since 1981. Oil drums and used car parts lie stacked at the edges of the parking lot, and the garages are cluttered, floor to ceiling, with tools and cars being serviced. Letters of thanks and appreciation hang on the walls and lay spread across a desk in the office.

"To the average eye," owner Terry Pelletier says, "it looks messy." But as he quickly makes clear, there is a method to this apparent madness, an organization and an order, which naturally result from his devotion to both his business, and the community it serves. He has gone so far as to save all of his customers' files, repair orders, and reports since 1981, and he refers back to them in order to find new ways to better his services. After all, he says, the auto parts world is always changing, and there is no one-size-fits-all solution to every car owner's individual problem. Sometimes, after looking back at these old files, he might reinvent something he did thirty years ago, meshing it with modern techniques and technology, with skills he has learned through studying his oil-smeared books and networking with other mechanics through the Automatic Transmission Rebuilders Association. Pelletier acknowledges he might have to guide his customers through the clutter of his shop during their visit, but those are customers who will leave with their satisfaction guaranteed. The piles of machinery heaped at the customers' feet, the greasy gears on the workbenches, the bang and clatter of Pelletier's crew hard at work in the garage indeed, it might look messy to the average eye, but this is the sort of mess that signals a business busy perfecting its craft, and Pelletier has been busy for nearly thirty-five years.

His fascination with cars and transmissions started in his youth no small part of his childhood was spent tinkering with, and fixing his cousins' racecars. During high school, he began work at a transmissions shop. As a teenager, he was working more than twenty hours overtime for free. He rejected his manager's hands-off approach to the physical work and ever since has worked with his staff instead of simply supervising them. He still "turns wrenches" because "that's the part that I love the most." He loves it so much that when he wears anything but his mechanic's outfit, nobody recognizes him.

His devotion to his craft led him to invent a brand new tool, a gadget he calls the shifter, but he has yet to patent it because, for him, that is not what matters it is all about fixing the transmissions and keeping the customers happy.

Luckily for other local businesses, Pelletier is just as devoted to the Ashford Business Association and to his responsibilities as president, as he is to his auto shop. He has been behind summer car cruises for the past few years, which attracted dozens of flashy vintage rides to Connecticut's Quiet Corner and, more specifically, to Midway Restaurant and Pizza for dinner. Besides bringing customers and attention to Midway and Ashford's other nearby businesses, Pelletier has also been responsible for the ABA's donations to local food banks and fire departments. He understands the value of local business within the larger region, and he sees events like the car cruise as more than just a way to help small businesses make money. "It's just an evening out," he says, a way to "get some of the people that

live in town to come [down to the show] . . . Walk around." Ashford is about more than business, and so is the ABA and so is Terry's Transmissions. Business is a pillar of community, not the other way around.

And so it is fitting that, down at the shop, Pelletier has a letter from two particularly grateful customers mixed in with his decades' worth of repair orders. "You and your staff," they write, "treated us all so well that [we] will be forever grateful [to you] for getting us on our way." They would go on to write to Smoke Signals, Pontiac-Oakland Club International's monthly magazine, about their experience at Terry's. Their story was published in the October 1995 issue.

Clearly, then, Terry Pelletier has been doing far more than simply serving the Ashford community and beyond since 1981. He has also been building it up and making it ever better, oiling its gears and revving its engine. Transmissions may be a big part of his life and his livelihood, but even more important are the people who walk through the door to have them serviced.



Terry Pelletier in his 'shop.'

Tom King photo




warm in May and June, the fungus does not develop sufficient strength to control the caterpillars.

Another factor in gypsy moth eruptions is the characteristics of the parasitoids that attack these caterpillars. While many native moth species have the potential to have caterpillar eruptions, the parasitoids of native species will increase as their caterpillars increase and thus eruptions are averted. For some as yet unknown reason, the parasitoids of gypsy moths do not respond quickly enough to help prevent caterpillar outbreaks.

What about the mice? Mice offer some control to gypsy moths by eating caterpillars and pupa. Since mice populations are closely tied to the acorn production, when acorns are not abundant (e.g. late frost), there are fewer mice. Fewer acorns and fewer mice can be one factor in more gypsy moths. But when the population of mice is average, it cannot increase sufficiently to control an outbreak of caterpillars. So mice play a minor role in the gypsy moth story.

The virus that has been found to kill gypsy moth caterpillars does not seem to prevent eruptions but plays a big factor in bringing an infestation under control. It is unusual for an eruption to last more than two years and most healthy trees, under normal rainfall conditions, can withstand the assault. So, all things considered, the recent gypsy moth outbreak in Connecticut, Rhode Island, and Massachusetts can be attributed primarily to drought conditions. Perhaps the drought is one aspect of climate change.

It was interesting to learn how much scientists have discovered about the dynamic interaction of factors involved in the gypsy moth population. On my upcoming trip to Costa Rica, I hope to learn more about caterpillars and the factors that control their lives. Look in future issues of *Neighbors* for more caterpillar tales.



**NOW
CELEBRATING
OUR
36TH
YEAR!!!!**

Oak Grove
Montessori School

**Our experienced educators offer individual
learning plans for children ages 3 through 12**

**Visit us during our annual
OPEN HOUSE
on Sunday, January 29th
from 1 til 3 p.m.
860-456-1031**

admin@ogms.org www.ogms.org

132 Pleasant Vally Road, Mansfield, CT 06250

D & D Auto Repair

VOLKSWAGEN SPECIALISTS



Dedicated to quality,
expert repairs!

Dependable,
personalized service!

Family owned
and operated
since 1992

Convenient location
in the Holiday Mall, Storrs

860-429-7471

*Call for an appointment
We look forward to hearing from you!*



1733 Storrs Road/Rte 195, Storrs, CT 06268
Business Hours: Monday - Friday • 8:00am - 5:30pm

Noah King, Realtor, ABR, SRS, SFR

Find Out What Your Home is Worth Today!



**Contact me for a
free, no
obligation
market analysis
of your home.**

*The "King" in
Real Estate*



Ashford native and resident for 30 years
noah@homesellingteam.com
860-933-3432 860-450-8134

The Girl from Copacabana

By Delia Berlin

When I was 16 and still living in my native Argentina, my family moved to Rio de Janeiro, Brazil. I was planning to study physics and at the time, Argentina was well ahead of Brazil in science. With that in mind, my parents allowed me to stay with my aunt Carmen to prepare to attend the University of Buenos Aires. I would stay with my aunt and uncle while school was in session, and travel to Rio during breaks.



The first time I visited my family in Rio, I was shocked by the differences in our new environment. I had never imagined that a two-and-a-half-hour plane ride to a bordering country could lead to such a different world. There was the steamy air that hit you like a brick as soon as you left the plane. Buenos Aires was temperate. Rio was downright tropical.

Since I could almost read Portuguese, I had expected to understand it immediately and speak it soon. Not only did I not understand anything, but I couldn't even separate the words in a stream of speech! It was completely undecipherable. In addition, it seemed that everything was different: people, housing, cars, food, sidewalks, wildlife – a world apart.

Although relocation required adaptation, nothing prepared me for the changes that I noticed in my own family after only three months. My sister had gained significant weight and nobody had reacted, even though clothing of different sizes had been purchased. My baby brother, at age three, was allowed to sit all day glued to a TV, not even two feet away from him. So enthralled was he with the programming that instead of going to the bathroom he was peeing on the couch. Nobody seemed as horrified as I was.

The lizards on our apartment walls, harmless and common in Rio, didn't shock me as much as the changes in my family. I would express concerns to my parents with passionate incredulity. That shook them into reality and they did take some action, although not always the most appropriate.

Probably overwhelmed by the logistic implementation of their move, and still socially unconnected and culturally displaced in Rio, their actions didn't always make complete sense. For example, my little brother's TV time was restricted and he was disciplined for toilet transgressions, but no appropriate activity alternatives were offered. What is a three-year old supposed to do all day?

Soon my father also consulted a "doctor" at his work about my sister's weight. But this doctor never saw my sister. Instead, he gave my father some generic dieting tips. A translation error resulted in his recommendation of "no sodas" to be interpreted as "no liquids" – practically homicidal advice in a tropical climate. Senseless as this mistranslated recommendation appeared, it was nevertheless passed on to my sister and followed – at least for a while.



Whenever I was in Rio for more than a month, my boyfriend Alejandro would visit us for a few weeks. During one of these visits, my sister and I went to the beach with him. We lived in Copacabana, about three blocks from its well-known beautiful sandy beach.

Once on the beach, the walk to the water line on hot, dry sand required wearing shoes to avoid burns. The ocean was easily 500 feet from the edge of the beach and there were no boardwalks. Once near the water, the breeze was cool, but the return trip always involved that arduous hot walk again. This particular time, as we were getting ready to return to our apartment, my thoroughly dehydrated sister fainted.

In those days, telecommunication in Rio was behind. Not only there were no cellphones, but our posh Copacabana apartment didn't even have a landline. Somehow, through a progressive wave of hand clapping, the crowd signaled an emergency and an ambulance responded. They loaded my sister and I into the ambulance, but my boyfriend was not allowed in. As the ambulance doors were closed, I realized that I was holding his shoes. I felt sorry for his feet, but there was nothing I could do.

The ambulance took us several miles away to the end of the beach. The first-aid station was a bare room with a steel table in its center. They placed my sister on it and proceeded to hose her down with cold water until she revived. They told us that she was dehydrated – liquid deprivation usually does that! And with that simple ceremony, they discharged us back into the streets, at high noon, under the tropical sun.

Clad in tiny wet sandy bikinis, with no money for transportation, we had only two options: trying to walk back for miles, which would have resulted in my sister's collapse and probably mine too, or hitchhiking.

We got lucky (and fortunately, not too lucky!). Two very nice guys picked us up within seconds. They gave us a safe ride back home. And sorry... we couldn't give them our phone number, even if we had wanted to. We did leave a mess in their car, though, but they were very gentlemanly about it. Wherever they may be now: Thank you!

Meanwhile, my poor boyfriend had burned his feet badly walking back home, and that was the best part. Then, he had to tell my parents that their daughters had been taken by ambulance to an unknown location and try to assure them that

they would soon return unharmed.

Everyone was so relieved when my sister and I returned that we didn't even face any criticism. After all, whose fault was it that my sister had been desiccating in the tropics under doctor's orders for weeks?

There were many other aspects of life in Rio that were challenging for someone from Buenos Aires. Food was very different. There were countless tropical fruits and vegetables that we had never seen, but the excellent wines and breads of Argentina were completely lacking, as was the famous grass-fed beef of the Pampas. And buying food was strange too. Most fresh foods had to be purchased at traveling open markets that rotated through the neighborhoods. Eventually, one would learn when and where to expect the market to arrive.

Also unusual was the public attitude towards death. Several times we witnessed accidents or sudden illness resulting in someone's sudden death. Instead of the big drama that we expected, people would simply move the body out of the way and continue on with their business. As minutes and hours passed, a few candles and shrines would appear around the body, until eventually someone would remove it.

I should clarify that these "bodies" were of poor people: a merchant at the market, or a pedestrian hit while crossing the street. I am sure that poverty played a big role in the public reaction. Once, we were in my father's car exiting the garage of our building. My father stopped to allow pedestrians to walk in front of the car. For us, that was ordinary civility, but the pedestrians' reactions communicated that our behavior was extraordinary and perhaps even worrisome, as they crossed themselves before walking in front of the car.

The diversity of the population was also new for us. In Buenos Aires we knew mostly white people from diverse European descent. Because Brazil was the last country in Latin America to abolish slavery, most people of African descent ended up there, as the greedy oligarchy of countries where slaves were liberated sold them where they still could.

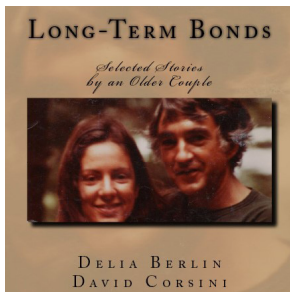
This history gave Brazil a rich tapestry of cultural traditions. Fascinating rites and shrines were often seen on the streets and at the beach. These scenes sometimes included sacrificed chickens, pictures, candles, flowers and religious figurines. Afro-Christian hybrid traditions had merged into a pseudo-religion called "macumba" and had also given rise to wonderful music and dance. Neighborhoods formed their own huge Scolas do Samba, which coupled with fantastic choreography and flamboyant costumes, paraded all night down a big avenue during carnival festivities. The first time I witnessed this epic spectacle, I just stood there all goose-bumped and cried. It was truly overwhelming.

Most shocking for us was the poverty, prevalent and highly visible. A short walk to the post office would expose us to numerous beggars, several people showing deformities or lesions, and even young mothers trying to sell their infants. We had never seen anything like it and were disturbed by these scenes. But as foreigners, we couldn't tell "normal" from "abnormal" and were under constant stress.

The Brazilian adventure spanned three years. Although difficult and disruptive for my family in many ways, we all learned to appreciate Rio's magical charm and even now, after

more than forty years, Brazil holds a special spot in all our hearts.

(A version of this story was previously published in Long-Term Bonds: Selected Stories by an Older Couple, by Delia Berlin and David Corsini, 2016)



Natural Physicians ready to listen...



Dr. Ashley Burkman Dr. Tonya Pasternak Dr. Craig Fasullo Dr. Lauren Young
Board Certified Naturopathic Physicians



CONNECTICUT
NATURAL
HEALTH
SPECIALISTS

**315 East Center Street
Manchester
860-533-0179**

**In Network Providers for
Most Insurance Companies**



Jenkins Dental
at Bynes' Falls
860-742-6665

2991A South St., Coventry, CT 06238

Cosmetic and Family Dentistry
Gentle and Effective Treatments
Open Evenings • Whitening
E4D Technology/Crowns in One Day
Relaxing Gas • Sedation Dentistry

www.bynesfallsdentistry.com
email: jenkinsdental@hotmail.com

The Flashbacks: A Reminiscence

Part Five – The Accident

By David Light

In a previous post I had said that the in early 1975 The Flashbacks graduated out of the bar / lounge scene and journeyed to various venues throughout New England. In the early days the gigs were very local. We drove to them in our own vehicles, piling our equipment into the backseats of our cars (my VW Beetle was kind of cramped as it was, but my Sears Silvertone amplifier just fit). Eventually we would load our equipment into Bob Peelstrom's van, but still traveled to gigs in our own vehicles. We outgrew the van very quickly as we added a larger PA system, monitors, and traveling cases. It wasn't long before traveling to gigs required a different transportation strategy, and once again it was Bob's brainchild that provided the solution.

Bob came up with idea of buying an old school bus and converting it to house our equipment as well as providing comfortable seating for the band members when traveling. He sold us on the idea, and we went out and bought us a bus. Bob performed nearly all of the renovations. We painted it black with orange lettering (our band "colors"); converted two-thirds of it into equipment storage; and made one-third a lounge with curtains with wall-to-wall carpeting and a sofa and two recliners. The bus kept all of our equipment in one location, secured. We financed this whole venture with our own band earnings. And, of course, the bus had to have a name - so we named it The Flashmobile! The bus became a novelty when we played at high schools and on college campuses. Bob and I became the designated drivers. Bob would drive to the gig, and I would drive home from a gig. No one else wanted to get behind the wheel! It was quite the thing: here we were, high school teachers, driving a "school bus."

We had our own touring bus! Boy, we felt like we had "arrived."

But a scary event occurred, and we almost did not arrive.

It was February 28, 1976. We were traveling on Route 6 heading to a gig at the Elks Club in Enfield when we were struck by a car passing in a no-passing zone. Bob was driving. We were on the stretch of road between what is now

Strickland Road and Hop River Road, heading in the direction of Bolton and Manchester. A car coming at us started passing another car, heading right for us with no intention of pulling back. Bob yelled out "Hold on! We're gonna get hit." We had a moment to glance out the windshield (no time for prayers) at the oncoming car. Bob's last words before impact was "Oh, shit!" We held on to what we could, bracing ourselves for the anticipated impact. The sofa and recliners were not bolted down. The driver of the on-coming attempted to pull back into his lane at the last minute, but it was too late. The car struck the driver's side of the bus and glanced off to the side. Luckily, we

were not hit head-on, but Bob no longer had control of the steering, and we slowly started to roll out-of-control, the sofa and recliners and those of us in the lounge area rolling with bus. Eventually, the bus came to a stop on its roof. We yelled out to one another to see if we were all right. We smelled gas, becoming concerned that a fire may start. We started to exit toward the rear of bus, walking on the inside of the roof. We all made it out safely. The car that hit us was a few hundred feet down the road, on its side. We ran to it, finding two adults and an infant inside. They appeared to be ok. I ran down to the closest house to call the police. I was shaking. What had just happened???

We (and the occupants of the car) survived with only minor injuries. The equipment that was strapped in the bus remained strapped-in. The fact that we and the equipment survived was a miracle.

When the Columbia Fire Department arrived on the scene, they wanted to foam down the entire bus, inside and out, as a precaution. We pleaded with them not to until after we removed the equipment from the bus. They eventually gave the OK for us to take the equipment, and some of the firemen pitched in with removing the equipment. We were so grateful for their help that they received a public Thank You from us in the Willimantic Daily Chronicle.

Also assisting at the accident scene was my father and uncle (firemen from Windham Center who heard the accident on scanners) who brought their pickup trucks to scene. The equipment was loaded onto their vehicles and brought back to my house. Those of us on the bus were transported to Windham Hospital for a routine examination; we were all shortly released. The equipment and the Flashbacks survived, unscathed. Sadly, The Flashmobile was totaled.



Obviously, we never made it to the gig in Enfield. However, our roadies at the time (Harry Flegert and Andy Andrews) were already at Enfield in advance of our arrival, not knowing what had happened. Eventually, phone contact was made, and Harry and Andy had the task of explaining to an impatient Enfield Elks crowd (Harry described the crowd as somewhat "hostile") why The Flashbacks would not be performing that evening. Harry and Andy handled them well. The Elks Club eventually rescheduled the gig, which we performed for free.

We did eventually get another bus, but we did not give it a name. There was only one Flashmobile. The day of the accident became a good story to tell our children and grandchildren, but it could have been the "last day." I think of that accident often. Maybe it was a foreshadowing of what would be the end – the end of The Flashbacks as a band.


The final chapter in The Flashbacks: A Reminiscence will appear in the March-April issue of *Neighbors*.

Please visit our Facebook Group Page: The Flashbacks and Their Rock and Roll Revival.



HOSMER MOUNTAIN BOTTLING CO.
Since 1912
217 Mountain Street, Willimantic, CT 06226
(860) 423-1555 • Fax (860) 423-2207
email: mail@hosmersoda.com • www.hosmersoda.com

5 STAR GOOGLE REVIEWS



Advanced Orthodontics, LLC
Braces & Invisalign for Kids & Adults

We do accept all major insurances, including HUSKY

- Open on WEEKENDS
- FREE CONSULTATIONS
- Affordable and Flexible payment plans

Dr. Singh
Orthodontist, DDS, BDS, MBA

182 Providence Street, Putnam, CT 06260
860-928-3304
www.advancedorthoLLC.com

Introducing the HSTimate

Local data and experience is our algorithm

Go to: **Homesellingteam.com** and click on
"What is a HSTimate?"

HST
Home Selling Team

452 Storrs Road, Mansfield 860-456-SOLD (7653)
info@homesellingteam.com
homesellingteam.com



Robert Gildersleeve MD, FACOG
Lesley Gumbs MD, FACOG
Veronica Helgans MD, FACOG
Yvette Martas MD, FACOG
Stephanie Welsh CNM

Lifelong Women's Healthcare
Adolescence • Pregnancy • Menopause

860-450-7227 (phone)
860-450-7231 (fax)



Member of
Women's Health
Connecticut
Devoted to women,
committed to excellence.



Find us on Facebook
www.mansfielddobgyn.com



WE KEEP YOUR REAR IN GEAR
Ashford, CT (860) 429-6571

WEB ADDRESS:
www.terrys-transmissions.com
EMAIL: **terrys.trnsmsns@snet.net**

860-429-6571 Phone
860-429-0246 Fax

Automatics / Standards / American / Foreign / Differentials / Transfer Cases

Practical Permaculture:

Microclimates

By William Hooper

A number of unavoidable big projects (septic tank replacement and new leach field chief among them) kept me from the planting and fencing work I'd planned for this fall. Instead, forced to wait until all other heavy-equipment-dependent projects were over, sections of my garden were inaccessible and grew wild, sections of buried fencing were being laid through frozen-top ground, and I'm running an unintentional experiment on just how cold fresh daffodil bulbs can get and still survive. While not something I'd recommend as a general practice, these experiences vividly reinforced to me the concept of microclimates, a constant theme in permaculture, particularly at the home scale.

Microclimate denotes a small piece of land, ranging from a few inches to a few dozen feet across, where the local climate is reliably different than the "average" for the area. Imagine a south-facing stone wall, warming up in sunlight all day, then slowly dumping that excess warmth all night. This creates a microclimate all along the wall, where the average soil and air temperature is a few degrees higher. Such a change might seem irrelevant, but (as climate change continues to teach all of us) just a degree of difference, all year long, sums to a huge change.

The immediate examples I experienced this year included the still-in-November frost tender annuals against my home's south wall (the warmth-storing south exposure, plus heat leakage from the house), the ongoing experience of my hugelkultur lasting several weeks longer than comparable "normal" beds (the raised mounds 'shed' cold air, and the microbial activity in the bed keeps the soil slightly warmer), finding that laying even 1.5" of spoiled hay kept ground unfrozen weeks beyond the soil around it (even waterlogged, hay insulates well), and seeing that, even in the same sun exposure, soil at the fence line at the bottom of a hill were frozen solid when fence lines at the top of the same gentle hill were still workable (cold air flows downhill).

These examples cover temperature, only one aspect of climate. Microclimates likewise exist for water and soil conditions. The soil traces of a long-gone pond may mean one part of your growing space has rich, silty soil, in an area otherwise dominated by heavier clays. Low-lying areas tend to be moister, as water flows downhill, and likewise hilltops (and tops of hugelkultur mounds) tend to be drier for the same reason. A single mounded garden bed, three feet across and a foot high at its highest, produces multiple observable microclimates: assuming a bed running north-south, the eastern side of the bed will get morning sun but some late-afternoon shade; likewise, the western side misses gentler morning sun but will take the full effect of late-afternoon sunlight. The top will be drier, and lose some soluble nutrients to water

percolating through, whereas the base will tend to be moister and slightly nutrient enriched. If you enhance these effects through careful choice of plants, the impact is multiplied. Another lesson made evident in my garden this year was how bare, clay-heavy earth, the remnants of excavations, absorbed little water and froze easily. Otherwise identical areas that still had even marginal grass on them stayed pliable and above-freezing for weeks longer, as the grass insulated the ground, kept frigid water from pooling at the surface, and produced meager but real warmth in the process of being alive.

Using a southern-facing slope to create a slightly warmer area, or realizing water and cold air flow downhill, are useful but fairly basic microclimate ideas. With deeper experience and knowledge, microclimate creation approaches the magical – famed permaculturalist Sepp Holzer grows oranges in Germany, using sunlight-reflecting and concentrating systems of small ponds and massive hugelkultur mounds to create heated pockets for the trees. As a demonstration of principle, permaculturalists in Alaska grew banana trees (although did not get them to fruit) by planting them next to black-painted boulders, which kept the local temperature high enough for tropical plants, in a sub-Arctic climate.

We recall that permaculture is an approach to all human systems, not merely the growing of plants. In every true principle, we find applications to people and civilizations as surely as we find them to trees and forests.

We live in a time, for many, of turmoil. For some, our society's path for decades, if not longer, has been defined by a downward spiral of consumption, destruction, and isolation, and the expanding existential threat of climate change, coupled with the ever-reborn threat of nuclear conflict, are just the most obvious symptoms of a deep malaise. For others, it seems cracks suddenly broke open in a mostly-smooth surface; the election of Donald Trump, the tensions unearthed by Black Lives Matter, the wave of anti-immigrant rhetoric and the Brexit; for some people, these events are startling, unexpected as a rabid dog at a garden party.

At this point, mitigation of the worst of climate change is our hope; preventing it is no longer an option. Global climate change cannot be fixed by careful design of microclimates in your backyard. Yet, even as we cannot give up on national, political, global solutions, care and attention to local problems can both buffer the impacts we experience, as well as form a solid foundation for exactly the larger-scale efforts we need.

So think of microclimates. What sort of personal, social, psychological microclimate can you produce, and what kind do you need, to flourish? Many plants, and many people, who seem fragile as is, merely need a slightly "warmer" local environment to flourish, root deeply, and set fruit. Likewise,

continued on next page

Don't Forget To Remove Snow And Ice From Your Vehicle

By Attorney Kevin M. Tighe

When we get a heavy snow fall in Connecticut, there's a temptation to only shovel out our motor vehicles such that we can drive them, but not to remove accumulated snow and/or ice from the hood, trunk or roof. Then, as often happens, while driving our motor vehicles, the wind will blow the unremoved snow and/or ice off. Sometimes, that snow and/or ice will strike one or more motor vehicles driving behind our motor vehicles, require the drivers of other motor vehicles to take evasive action, and/or cause an accident (quite possibly a catastrophic accident). Any of these scenarios can potentially result in damage to other motor vehicles or, even worse, serious injuries to drivers and/or passengers in other motor vehicles. This is especially true if one or more of those scenarios occur while driving at higher speeds on a highway.

In Connecticut, there's a law (Connecticut General Statutes Section 14-252a) which states that drivers of non-commercial vehicles "shall remove any accumulated ice or snow from such motor vehicle, including the hood, trunk, and roof of such motor vehicle, so that any ice or snow accumulated on such vehicle does not pose a threat to persons or property while the vehicle is being operated on any street or highway of this state." Drivers who violate this law can be fined \$75.00 and will be deemed to have committed a motor vehicle infraction. If snow and/or ice dislodges from a traveling motor vehicle and results in injury to persons or damage to property, the driver of the motor vehicle from which the snow and/or ice originates can be fined \$200.00 to \$1,000.00.



There are two express exceptions to the law. First, the law does not apply to drivers "during a period of snow, sleet or freezing rain if such period began and continued during the period of the motor vehicle's operation." This means that the law does not require you to stop driving in order to remove snow and/or ice that has accumulated on your motor vehicle

since you began driving. The second exception to the law is that it does not apply to motor vehicles during the time such vehicles are parked. This means that the law does not require you to remove snow and/or ice that has accumulated on your motor vehicle while it is parked. However, depending on how much snow and/or ice has accumulated on your parked motor vehicle, you may need to remove such snow and/or ice from your parked motor vehicle before you drive it.

Precisely how much snow and/or ice does the law require you to remove from your motor vehicle before driving it? As you may guess, no law can cover such a broad question or encompass every eventuality when it comes to removing

snow and/or ice from your motor vehicle. Instead, the law simply states that so much of the snow and/or ice which has accumulated on your motor vehicle must be removed so that any remaining snow and/or ice does "not pose a threat to persons or property while the vehicle is being operated on any street or highway of this state." So, a good rule of thumb would seem to be, "when in doubt, remove more snow and/or ice than less."

The law has similar provisions and exceptions for commercial vehicles; except that there are heavier fines for commercial vehicles.

In addition to any fines which could be imposed for violation of this law, there is a very real possibility that if snow and/or ice you did not remove before driving your motor vehicle dislodges while you're driving and causes damage to other motor vehicles and/or an accident resulting in injuries to other drivers or passengers, you could be held liable for any such damages and injuries. In fact, if you're ticketed or fined for a violation of the law (and that violation can be proven to have been the cause of any property damage or an accident which resulted in injuries), you've now made it significantly easier for other drivers and/or passengers to potentially require you to compensate them for any damages or injuries.

This article and the information in it do not constitute legal advice and are not substitutes for legal or other professional advice.

If you would like to submit a question to possibly be answered in a future column (writers will be anonymous) or if you would like to discuss a legal matter, please email me at AttorneyTighe@tighelawfirm.com

William Hooper continued from previous page

many plants that "should" do well in a given place instead wither, because they were placed without attention to the local frost pocket, or drying wind exposure - just as many otherwise capable people break down in an overly dark (metaphorically or literally) environment, or when exposed to negativity that is too constant.

So begin to think in the patterns of microclimates. Are you in, for better or worse? Do you create one? A well-rooted tree can transform the area around it, through creating a life-sustaining microclimate.

Are you that tree?

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. WH

Clarifying Gandhi #15:

Gandhi's Marriage, Kasturba's View (Part 2)

By P.K. Willey

If we look with the eyes of love upon any subject, we are sure to gain insights unseen by those who do not. It is hard to understand the increasing and persistent media distortion of Gandhi. *Gandhi, My Father*, by director F.A. Khan (2007), a film, sought to 'explore' the relationship of Gandhi with his eldest son, Harilal. It received national film awards. I found it to create a 'Gandhi' I cannot recognise. The viewer may perceive an 'inflexible unforgiving Gandhi'. The Gandhi I have studied is an inexorable 'winner of hearts'.

Great Soul: Mahatma Gandhi and His Struggle with India, by J. Levyveld (2011), was construed by media to insinuate that Gandhi was, at the least, bi-sexual. Anyone actually reading the book would have been unlikely to come to that conclusion.

Most recently, we see *The Secret Diary of Kasturba*, by N. Adhar (2016). Beneath the title it states that it is a fictional work, born of the author's mind, a 21st century woman, grappling with globalizing gender expectations. The media, like the aforementioned, has given it wings, despite being fiction, blurring the lines between reality and fiction, between Title fonts, heralding announcements and proclamations, and Sub-title disclaimers.

Regrettably, to the uninformed, the overall effect of all this has been to subvert the social relevance of the very ideals Gandhi's moral strength supported. When our youth are denied a vision of the capacity of human moral power, they may never bother to recognize their own, far less, to test it.

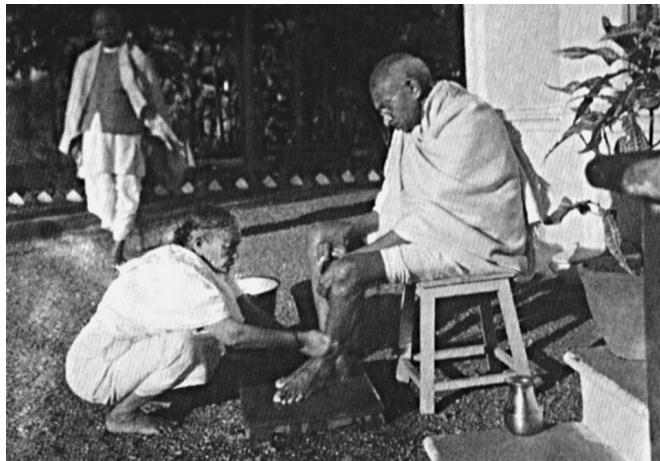
In my last article, the marriage ideals that Kasturba and Mohandas Gandhi were imbued with, saw marriage as a sacred and spiritual path. It allowed the satisfaction of biological urges, and further refined the personalities of the espoused through the *tapas*, or penance, of married life. Approached in this way, members grow and stretch their understanding, their capacity for being noble, kind, cooperative, selfless, dutiful, responsible, unconditionally loving, towards one another. The list of virtues that can be cultivated through family life consciously oriented towards truth is endless: patience, tolerance, reliability, hardworkingness, honesty, thirst for social service, righteousness that demands social justice (just a bit of the cream). The goal of family life is not

only teamwork and harmony, but to orient people towards a meaningful life, individual and collective, working for the good of society.

We all know the bedrock of any good relationship is deep respect. From respect comes faith and love. Lack of respect makes misery. Gandhi credited Kasturba (Ba) with his own arrival at Satyagraha (using the moral strength that the process of clinging to truth creates to affect change). It was Ba whose first example in South Africa brought the force and powers of women into Gandhi's campaigns. It was through knowing Ba that he touched the psyche of the masses of unlettered Hindu womanhood, alive and awake as it was to duty, even if asleep to the advent of globalised modernity. He stated:

"My wife I made the orbit of all women, and in her I studied all women."

With Ba, Gandhi touched the vital fabric of duty, so present in Indian women that sustains India, like no other country. Her constant presence, support, and endless, loving ministrations in his life for 62 years were deeply appreciated by him. Ba was the constant of his personal life that he could ever, ever rely upon.



Kasturba insisted on washing Gandhi's feet after his walks, he accepted her many devoted ministrations to him knowing they came from her total devotion to him. Contributed photo

Externally although it appeared as though he was fault-finding and superfluously strict towards her, his stance had more to do with his confidence that Ba would never leave him; that she would try her utmost to follow in his footsteps in her efforts to gain total self-identification with him. It was out of seeing her complete dedication to him that he took the liberty to correct every little side-step from his path. Of her, in *My Experiments with Truth*, Gandhi wrote:

"Willingly or unwillingly, consciously or unconsciously, she has considered herself blessed in following in my footsteps and has never stood in the way of my endeavour to lead a life of restraint."

Once, someone sympathetically wrote to console Kasturba for what they felt was a miserable life with a strict taskmaster like Gandhi; she responded back with:

"I have been deeply pained by your letter. We have never met each other before for a sufficiently long time to talk over such matters. So I do not know how you have deduced that Gandhiji has made my life miserable! Did you ever visit me and see me looking sad or starving? No one in the whole world has

a husband like mine. He is honoured by all for his persistent pursuit of truth. Thousands seek his counsel in their affairs. He has never pulled me up without a valid reason, though he always tells me if I am any time at fault or short-sighted, or not very thoughtful. He respects me, while in so many homes there are so often quarrels. If I am held in high esteem among friends it is because of him. My relatives love me deeply. So nobody is going to believe you when you say that I am unhappy..."

Kasturba would have been shocked to think that anyone could see her as an oppressed woman.

"...I am not like you, modern wives, who wish to lord it over their husbands, and if the latter do not surrender themselves to them they go their own different ways. Such a thing ill-becomes a true Hindu wife. Parvati even wished that Shankar would be her husband life after life."

Kasturba transcended the likes, dislikes, the grating personality issues revealed by time, to abide in deeper realms: acceptance, the realization that marriage was a duty, done well, could lead one to truth, reality. As such, their married life effort portrayed the ideal of Hindu grihasta ashrama.

After living a full life with Gandhi, Kasturba gave this tribute to her husband in her later years. It reflects how living the life of a grihasta ashrami had been her great joy, for her attention to her pati vrata – devotion to her husband, had served the ideal within her:

"I thank you for having had the privilege of being your lifelong companion and helpmate. I thank you for the most perfect marriage in the world, based upon brahmacharya (self-control) and not on sex. I thank you for having considered me your equal in your life work for India. I thank you for not being one of those husbands who spend their time in gambling, racing, women, wine and song, tiring of their wives and children as the little boy quickly tires of his childhood toys. How thankful I am that you were not one of those husbands who devotes their time to growing rich on the exploitation of the labour of others.

How thankful I am that you put God and country before bribes, that you had the courage of your convictions and a complete and implicit faith in God. How thankful I am for a husband who put God and his country before me. I am grateful to you for your tolerance of me and my shortcomings of youth, when I grumbled and rebelled against the change you made in our mode of living from so much to so little.

As a young child, I lived in your parents' home, your mother was a great and good woman, she trained me, taught me how to be a brave, courageous wife and how to keep the love and respect of her son, my future husband. As the years passed and you became India's most beloved leader, I had none of the fears that beset the wife who may be cast aside when her husband climbs the ladder of success, as so often happens in other countries. I knew that death would still find us husband and wife."

May Kasturba's own words be the final judgment of the Gandhi's married relations.



BASTO FLOORING
VINYL • TILE
HARDWOOD
LAMINATE • CARPET

FOR ALL YOUR FLOORING NEEDS!

SHOP IN STORE OR AT HOME
40 HARTFORD TURNPIKE • EASTFORD, CT 06242
WWW.BASTOFLOORING.COM
860.315.5590

*Song-a-Day
Music Center*



2809 Boston Tpk (Rte 44), Coventry, CT 06238
860-742-6878 or songadaymusic.com

Piano, Percussion, Dulcimer, Banjo,
Mandolin, Bass, Guitar, Ukulele, Violin,
Woodwinds, Brass & Alexander Technique

Instruments New & Used,
Books, Gifts, Accessories,
Repair & Rental

ROOFING

New Construction ~ Replacement ~ Repairs

860-933-4529

FREE SAME DAY ESTIMATES



DoyleBuildsCT@gmail.com
DOYLE ENTERPRISES, LLC
CT LICENSE # HIC.0624179
LICENSED AND INSURED

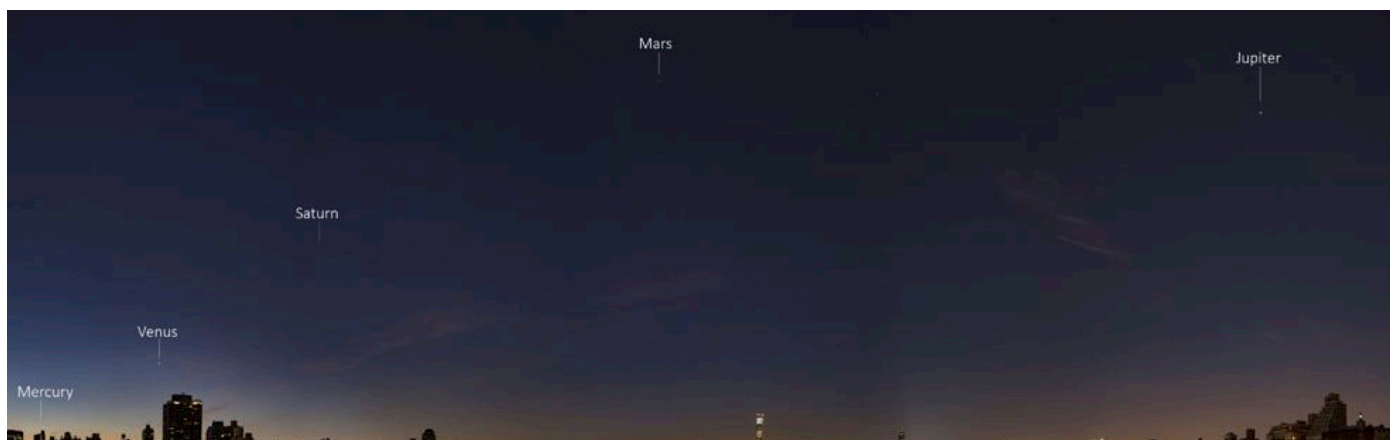


Susan Gerr
*Birch Mountain
Pottery* Studio
Gallery

Special commissions considered
www.birchmountainpottery.com
Rt. 195, 223 Merrow Rd,
Tolland Shopping Plaza, Tolland
(860) 875-0149

Tues - Thurs 10-9, Fri and
Sat 10-5, closed Sun and Mon

**Support your local
community potter**



Looking Up: Five planets over Central Park, NYC, early 2016

Is Anybody Out There?

By Bob Grindle

When I was a rather young boy, I would lie on my back on the edge of an Indiana corn or soybean field and watch the night sky. There weren't a lot of planes flying back then and my imagination, fueled by my recent discovery of science fiction writers Isaac Asimov, Robert Heinlein and Ray Bradbury—to say nothing of recent stories of Earthly encounters with UFO's—drifted across the deep mid-western darkness looking for things that go whoosh in the night. Mrs. Kramer, my fourth grade teacher, was reading Jonathan Swift's *Gulliver's Travels* during the last 20 minutes of each day's class if we were well behaved, and to this day I credit that marvelous teacher with my absolute certainty of the magical mystery of simply being alive. To say nothing of being able to spell!

I reflect on this memory of the night sky because during the past two months, every time I would notice something 'cool' about the dark sky above—the Moon hanging under Jupiter, like an amulet, after Thanksgiving, or Jupiter just under the Moon, like a diamond, a few days before Christmas—I was feeling a bit guilty about not completing an article for *Neighbors* in October. After 24 straight deadlines met, some by the skin of my teeth, I missed the last issue, and worried that someone might overlook a particularly neat event overhead. A bit myopic, that, don't you think? There is so much information out there these days that I wonder how many readers are marking their calendars by these articles of mine about celestial happenings. Oh well, I will try and get this out to you all by the deadline.

There is a lot to look at over our heads during January and February; in fact it's going to be a great year all year long. By the end of January and beginning February, the waxing crescent Moon, Venus and Mars will make a noticeable grouping in the southwestern sky, and on the 31st of the month, the Moon will be directly under and very near Mars and right next to Venus—a splendid little triangle. For pretty much the rest of the winter months, you can't really go wrong looking southward. Tip your eyes to the southeast and you'll see January 11th's full Moon directly below the twins Castor and Pollux in Gemini. As Orion rises higher into the sky, the great hunter's hunting dogs Canis Minor and Canis Major are

nearby and that marvelously bright star Sirius, in Canis Major is visible in the low southeastern sky. Star watching is not just for the night time either. If you are an early riser and would like to identify Jupiter on January 18th-20th, about 6:15 am, the largest of the planets will be just below a waning gibbous Moon. Or, look for Saturn a few days later on January 24th when the ringed planet is very near the waning crescent Moon as it sets into the morning sunrise.

February is every bit as full as January was of groupings of planets, the Moon and stars. The last night of the month will see another chance to view the grouping of Moon, Mars, Venus in a very tight triangle. There is something more than a little comforting in paying attention to the rhythms and phases of our solar system and the cosmos, rather like allowing oneself to be lulled by the sounds of the ocean. Orion arrives in October and by late April is nearly gone, not this year, but every year. Sirius, the dog star, follows the hunter across the night sky during the cold months and by the arrival of summer is lost in the blue skies of daytime. By mid-February, Virgo is beginning to rise into the eastern sky and we, like the ancients before us, know that Spring and its promise of rebirth are at hand.

When I was a rather young boy, I would wait, filled with anticipation, for the things that youth often believes come with hard work, study, and an active effort to explore the world around them; believing, like Ernest Hemingway once said, that "the world is a fine place, and worth fighting for." But like Lemuel Gulliver, we often discover that age and the passage of time do not necessarily bring deeper knowledge or wisdom; rather there are more questions and the need for further exploration and more work. I will occasionally retreat to the night sky for solace when earthly matters—usually political and sometimes personal—don't seem to be making sense. I have found that the things that go whoosh in the night are not extraterrestrial at all, but rather the fragments, the bits and pieces, of my own imagination, of my own thoughts and questions about the complexities of existing under this cosmic dome that has contained all the history of every molecule that exists on our planet Earth.

Hope that everyone has a New Year that lives up to your expectations and may you all find time to spend under the marvelous sky that only asks we look up to enjoy its splendid tapestry.

Bob Grindle is a Windham Hospital retiree and a student in the Astronomy Minor program at ECSU.

New Eagle Scout passes final test

By John Ryan

PUTNAM, CONN. – Think of it as a really hard, really important job interview. It has to be, because this job lasts for life. Recently, 16-year-old Richard L. LaBonte, Jr., successfully finished his interview. This means the young man from Pomfret is Troop 21's brand-new Eagle Scout.

"I learned from being in Scouts how to talk to people and to try new things," LaBonte said, smiling, as he emerged from his Eagle Scout Board of Review, which was held Wednesday evening, December 21, at the St. Mary Church of the Visitation Parish Center in Putnam. LaBonte is the elected Scout in charge, called the senior patrol leader, of Troop 21, which is chartered by, and operated from, the church.

Troop 21's new Eagle Scout, the son of Richard, Sr., and Vikkii LaBonte, has indeed tried many "new things" since he became a Scout in 2011 – camping, hiking, fishing, rock climbing, swimming, rappelling, astronomy and the host of other activities that Scouts do. Add to that earning 21 merit badges, holding a responsible leadership position in Troop 21 for most of the last five years and performing plenty of community service along the way, and you get the 350 or so requirements LaBonte had to complete in order to earn Scouting's highest rank.

"I learned (from being a Scout) that when you're the leader, everyone looks up to you to make the right choice," LaBonte said shortly afterwards.

For his service project, beginning last March, LaBonte spent over four months leading a group of 16 Scouts and adult volunteers who demolished the old, decrepit, 40-foot, wooden footbridge and assembled and stained a new one spanning Creamery Brook at Brooklyn's Donald Francis Recreation Park on Route 6. LaBonte and his crew finished the bridge in July. In addition to a service project, an Eagle Scout candidate must earn a total of 21 required and elective merit badges. LaBonte has 22. The required badges cover various subjects, such as citizenship, camping, the environment, family life, cooking, first aid, swimming, physical fitness, communication, emergency preparedness and financial management. LaBonte, a junior at H. H. Ellis Technical High School in Danielson, where he studies electronics, has also earned elective merit badges in astronomy, fishing, electricity and chess, among others. rank in 2015. Troop 21 Scoutmaster Peter A. Lombardo, of Putnam, said new Eagle Scout Richard LaBonte may never be famous, but that's not the point.

"Richard has come so far and done so well in his five years with Troop 21," Lombardo said. "He's set himself up with a great foundation to succeed in life. I'm so proud of him."



Richard L. LaBonte, Jr., working on his Eagle Scout Service project, while Scoutmaster Peter A. Lombardo looks on. Photo: Vikkii LaBonte

SECOND MONDAY FILM SERIES

at Storrs/Mansfield Unitarian Universalist
Meetinghouse, 46 Spring Hill Road
(1/10th miles from Storrs Road./Route 195)

**7:00 pm EACH 2nd MONDAY of
EVERY MONTH since 2011**

ADMISSION ALWAYS FREE • DONATIONS WELCOME

Documentaries to promote critical thinking

Find & Like Us on facebook • info: 860 428-4867

SENIOR HOUSING

NOW TAKING APPLICATIONS

Willington Woods

25 Senior Way - Willington, CT 06279

INCOME LIMITS: One Person: \$31,300

Two person: \$35,750

Funded by: U.S. Dept. of Housing and Urban Development
through its 202 PRAC Elderly program. Applicants must be 62
years old of age or older.

Eligibility based on income -32 one-bedroom units.

For more information and /or application call
860-429-8777



John H. Furlong ND
860-450-1020

18D Ledgebrook Dr., Mansfield, CT

**Affordable,
keep-you-well
programs: *WellMaP***

**Integrative support for
cancer patients
Discount lab testing,**

**Non-drug treatment
for autism/ADHD**



**jhfoffice@yahoo.com
drfurlong.com**



**Naturopathic medicine
for Women**

Gynecological services

Homeopathy

Energy medicine

Craniosacral

Elizabeth Braungart ND
585-729-0278

18D Ledgebrook Dr. Mansfield, CT
dr.elizabeth.braungart@gmail.com

Resources for Human Connection and Action

By John Murphy

This series is about the locally-based electronic media channels and programs in our region—across all distribution platforms—radio, TV, cable and web-based.

I focus these columns on content reflecting many different experiences of life with a wide variety of social, political and cultural perspectives.

These channels often provide some of the last remaining “safe spaces” in our media environment for people to enjoy a free expression of ideas, dialogue and exchange without commercial or political influence and manipulation.

As we begin a new year together I want to share my concern about negativity and misinformation winning the war for attention and action in the new media environment. More than ever before these underutilized community resources can make a continuing and valuable contribution to the range and quality of community conversations we share in our daily lives. This is the fertile ground for the grassroots of any effort to grow and where real change happens, one person at a time. The media we share is our commons—a co-created space for safe sharing and dialogue on the issues of concern in this coming post-election year.

Whatever your politics, I think it is fair to say that by now almost all of us have realized that the system we are using for government needs help. The guiding design and operating mechanism has been bent and manipulated so many times to meet so many individual/local interests that the gears have slowed and in many areas become frozen in place. It exists in a political twilight zone we have co-created and my hope for this next year is that we can make progress with untying the knots and move life forward. Into what, you ask? That’s for another issue...

Spotlight on Local TV Programs and a Radio Veteran Returns to the Airwaves at WECS

A Fusion of Public Access Cable TV and YouTube Channels

Shane Goodrich is an active local producer of video documentaries and features about life in our region. In addition to his own productions for Charter Public Access TV, Shane serves as videographer, docent and member of the Board of Directors of the Windham Textile and History Museum in Willimantic.

Shane studies history at Eastern Connecticut State University and is also a free-lancer who works with local organizations, most recently Renaissance Revival. Some of his TV programs are posted at the links below and all can be found on his YouTube Channels. To reach Shane use this email: kefka_1@yahoo.com.



The Mill Museum Presents A Gneiss Prospect History of the Willimantic Gorge

Documentary with Dr. Jamie Eves about the history of the Willimantic River region, the rise and fall of the mills and the impact humans had on the surrounding environment. It’s about an hour with lots of great historical and modern photos—the result of a year-long project. Available online at the Mill Museum’s YouTube channel: <https://youtu.be/NdOGRHnioJo>

Local Liberty: Immigration, Language and Culture in the United States.

An episode from his TV series that features local news, current events (local and national), political and moral philosophy and more from the perspective of individual liberty. This episode addresses some common misconceptions about immigrants and English language acquisition. Available at this link: <https://youtu.be/RaxYJmbfn-k>

Geeks At The Movies: Native American Portrayals in Film & Television

An episode from another series with a brief history of Native American portrayals in film and television. The journey from caricature to human being and sadly sometimes back to caricature again. See <https://www.youtube.com/watch?v=mtG0d54R40I>

To complete this overview of Shane’s work, I will share a link to the August 16, 2016 interview we shared on WECS 90.1 FM on August 16, 2016, about his local programs and work at the Mill Museum, how to get media training and start your path to work in the new media environment. Go to: https://drive.google.com/a/humanartsmedia.com/file/d/0B3oG4UM0P_muQ1hsZ1VBc0N0WE0/view?usp=drive_web



The Soul Express Returns to Local Radio at WECS 90.1 FM at Eastern and www.wecsfm.com

Dean Farrell joined the staff of WECS Radio at Eastern Connecticut State University last year and he currently produces The Soul Express live from 12 midnight Friday to 5:00 AM Saturday morning. Dean features the classic soul-music rhythms of the ‘60s and ‘70s, everything from million-sellers to long-lost obscurities. He begins the 3:00 AM hour with an Album of the Week—a feature-length LP played from start to finish, exactly as it was released back in the day. From 4:00-5:00 AM he closes the show with an hour of ballads.

For those who can't enjoy the show live it is archived at <https://beta.mixcloud.com/dean-flora/>. When you get there give the site time to load and you can choose from Dean's shows—you do not have to join SoundCloud to listen, even though they will offer you an opportunity (of course). This show is worth a listen anytime 24/7!

Dean believes Rhythm & Blues is the most consistently creative of all American musical forms. Since its inception during the World War II years, R&B gave birth to rock 'n' roll, it morphed into soul music, it spawned disco and funk in the '70s, and by the '80s had transitioned into hip-hop and rap. African-American music has influenced nearly all of today's most popular genres in the U.S. and beyond. The Soul Express is a deep and soulful journey through the history of the music and the people who made it.

Radio is in Dean's blood—his radio roots go back over 25 years, beginning in 1988 with a doo-wop program on WESU at Wesleyan University. He joined the staff at WHUS Radio at UConn in 1994, creating the famous "Soul Express" program which grew into a wide ranging mix of black music from the 1940s into the 1980s.

In recent years Dean experimented with the Internet to reach an International audience beyond his core Connecticut listenership. He wanted to link with people around the world interested in learning more about America's great music—so he created his Live 365 radio station Rhythm Review and connected with listeners from many countries and especially one loyal and devoted gent in Australia.

There is a Facebook group for the show. Just go to www.facebook.com and look for "The Soul Express with Dean Farrell." To reach Deano use this email address: soulexpress@gmail.com.

Community Media Resources for Coverage of Your Events and Issues

A great deal of programming about the spectrum of local life in our region is available throughout the year. Watch, listen and read—and let us know you are out there. Connect for cooperative action!

WECS Radio at Eastern Connecticut State University
The Pan American Express weekly music and talk series on Tuesdays 12-3 pm
90.1 FM and www.wecsradio.com
Many local guests from ECSU and the region
Contact John Murphy, Host/Producer, at john@humanartsmedia.com

New Series of Radio/Cable TV/YouTube Simulcast Programs
New YouTube series of WECS Radio/Eastern TV Channel
195 simulcasts available at: <https://www.youtube.com/watch?v=bRaAfkNVpx8>
Center for Community Engagement YouTube Channel—Stories of Community Service: <https://www.youtube.com/channel/>

UCnk9yulUVdxwX7U16pDQBmg/videos
Eastern Connecticut State University YouTube Channel – CCE Service Stories
<https://www.youtube.com/playlist?list=PLW5WLT18OaAccZQX21UsgbkGVXfrYfs0w>
Available regionally on Charter TV Channel 195

Neighbors Newspaper/Magazine
Bi-monthly print version distributed throughout our region
Also available online in color at www.neighborspaper.com with full archive
Contact Tom King, Owner/Publisher, as neighborspaper@yahoo.com

Charter Public Access TV Channel 192/NE Connecticut Area/North Windham Studio. The On the Homefront TV series with 675+ episodes over 22 years. Co-Produced and Co-Hosted by John Murphy and musician/activist Bruce John.
Schedule & Video on Demand 24/7 at www.ctv192.com for many series/events. Free media training programs/internships offered three times a year, a valuable resource.
Contact Mike Nelson, Studio Supervisor, at michael.nelson@charter.com

Important note! The next Charter Public Access TV Training Program begins January 17, 2017 at 6:00 PM. The studios are located at 207 Tuckie Road, North Windham, CT. Call 860-456-8500 and the website has more info: www.ctv192.com. You can also get academic credit for this TV training program.

How to Access CTV14 Programs on the Web Anytime:

1. Go to main website = www.ctv14.com
2. Open the Programming Tab and go to the bottom and select VOD Archives.
3. When you open you will see a display listing current shows – notice dates on the right side.
4. Notice the search bar and at the top open the All Folders Tab
5. Select HomeFront (CTV14) or another program and the program archive opens.
6. Programs are listed chronologically and by program episode number.
7. Select the desired program and click – the player will start playback.
8. Remember the Charter Public Access Channel has moved from channel 14 to channel 192. Enjoy!

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 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 in 2017!

John Murphy
john@humanartsmedia.com



Local Youth Recognized for Social Justice Work

By Vania Galicia

The GROW Windham crew and Windham Youth CORE just returned from the Everyday Democracy National Convening in Baltimore MD. The greatest thing we realized is that we have an important story to tell, and many others have their own important stories to tell as well. With that we came to the conclusion that it is our stories that connect us and strengthen our community.

I have been a member of the Windham Youth CORE since 2015. The Windham Youth CORE is the high school youth program of GROW Windham, a program of the Windham Regional Community Council that works to promote access to healthy food in Windham. The Youth CORE is the “engine” of GROW Windham. We grow food for the community, which we sell at the Willimantic Farmers Market and make into our own brand of Sofrito. We teach younger kids and community members about gardening and nutrition. And we support local food security through projects like raising funds to match SNAP purchases at the Farmers Market.

This past year I and another Windham Youth CORE member, Sasha Rojas-Hernandez, entered a young leaders competition held by Everyday Democracy. Everyday Democracy is a national program that promotes social change by bringing together diverse people and supporting communities to work together. Their goal with this competition was to find young leaders around the country who are doing positive work in their community. We were one of five finalists, who were invited to their National Convening in Baltimore this December 8-11, 2016. We ended up winning second place, and received a grant of \$1,500 in order to further our work. We were presented with a plaque and recognized for doing many things in our community in front of all who attended the convening. At the ceremony, Shaquayah McKenzie, Community Outreach Specialist from Everyday Democracy, said: “The Windham Youth CORE has made a specific impact on their community by increasing food access through community engagement, education, and specific programs like garden training, and increasing access to SNAP benefits. Youth learn skills, and teach others, while engaging

different parts of the community. Thank you for continuing to expand your reach and your impact to different parts of your community, and allowing your community to determine the direction of your programming.”

Although being recognized for our work was without a doubt one of the highlights of the convening, it was definitely not the biggest. At the convening there were many conversations going on about all sorts of topics such as,

immigration rights, Native American struggles, youth empowerment, politics, and the large focus of this year’s convening, racial equity.

Throughout our three days in Baltimore, I heard many important stories which I will forever remember. I heard stories of pain, joy, fear, anger, frustration and many other emotions caused by all sorts of problems.

Although we all had different motives that brought us to the convening, we all shared one common goal, to reach justice. Justice for our native American brothers and sisters. Justice for our immigrant community. Justice for all people of color. Justice for the poor. Justice for the youth. Justice for all.

Although this convening was only three days, I gained many different perspectives that I may have not been able to see in a lifetime. This is what storytelling can do. But not simply hearing a story or an opinion will do the trick. In order for all communities to move forward we must listen.

We must listen to everyone’s stories from our community, because our stories are what make us stronger. 2016 has been quite the year. There are divides everywhere. But no matter where you stand I encourage you take a moment to just listen, because at the end of the day if we don’t listen, then we will make no progress.

Thank you for listening to our story. I hope you will join us, for a garden workday, or a community event, so that we can learn yours. Please find us at www.GROWWindham.org

“The biggest communication problem is we do not listen to understand. We listen to reply.”

-- Stephen R. Covey



Members of the GROW Windham crew and Windham Youth CORE are recognized for their work recently in Baltimore, MD. Contributed photo.



Form and Function

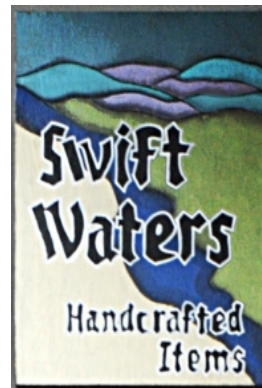
Hemp Bags & Clothing

*natural fibers,
handsome,
handmade.*

Made in Willimantic

www.SarahWinterClothworks.com

Available at Swiftwaters Artisans' Co-op 866 Main St, Willimantic



Gifts from under \$5 and notecards too

Willimantic's other co-op
Supporting local artists since 2004

~ **Swift Waters** ~

866 Main St., Willimantic

860-456-8548

www.swiftwaters.org

Open Tue.-Sun.



Empathic
Arts
Therapy

Edmund J. Smith, LCSW
Therapist/Life Coach

860-895-7413

mediamonds2006@gmail.com

SLIDING SCALE



COUNTRY COOP

39 NOTT HIGHWAY ROUTE 74
ASHFORD, CONNECTICUT

Unique Gifts / Greeting Cards
Alpaca Socks and Accessories
Handmades / Local Artisans
Designer Clothing Boutique

OPEN WEDNESDAY - SUNDAY 10-5

"Physical Fitness is the First Requisite of Happiness"

- Joe Pilates

Margherita Nichols Shaw

Pilates Studio 111

Eastford, CT

(860) 974-2636

Apparatus & Mat Certified since 2003

FIRST LESSON GRATIS



HOW MUCH IS YOUR HOME WORTH?

• APPRAISAL & APPRAISAL REVIEW •

• LITIGATION SUPPORT •

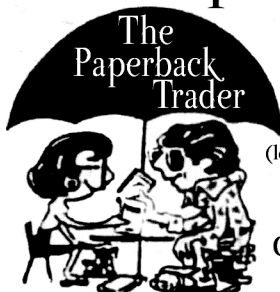
CT CERTIFIED RESIDENTIAL APPRAISER

Renée Healion Appraisals & CT Appraisal Review

mail@AppraiserRenee.com (877) 684-3004

APPRAISERRENEE.COM

The Paperback Trader



Route 195 - 522 Storrs Road

Mansfield Center, CT

(lower level Mansfield Center Post Office)

860-456-0252

Open: Tuesday - Saturday 11-5

USED PAPERBACKS, COMICS, MAGIC CARDS & NOVELTIES



PELLETIER PHYSICAL THERAPY

Back or neck pain getting worse?

Did you think it would be gone by now? Tried everything?
Let us help you help yourself to get going again. Call for a free consultation.

10 Higgins Highway, Suite 12, Mansfield, CT 06250

Website: <http://www.pelletierphysicaltherapy.com>

860-456-3772

Our Community Calendar

Compiled By Dagmar Noll

January 6, Friday

Skill Share: Practicing Non-Violent Resistance in These Times, 10:00a.m. - 2:00p.m. By donation. An exploration of the purpose of and strategies for meeting conflict with non-violence. Friends Meeting House, 57 Hunting Lodge Road, Storrs. Register: 860-933-6747 sisterwink@hotmail.com

Nature: Nature Immersion: The Art of the Sit Spot, 3:00p.m. - 4:00p.m. Discover an observation tool that increases awareness, calms the body and mind, and opens up a world of awesome nature sightings. Includes a short hike. Ages 12+ welcome. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Clean-Up: Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Mill Museum, Union Street and the Mills, 411 Main Street, Willimantic. Info: 860-423-1878 bevishistory@yahoo.com

Nature: Open House, 5:00p.m. - 8:00p.m. Share food and learn about upcoming programming and volunteer opportunities within the community. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

January 7, Saturday

Fibre Arts: Distaff Day, 10:00a.m. - 2:00p.m. Pot luck luncheon, spinning time, and fellowship for spinners, knitters and other fibre artists. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178.

January 9, Monday

Film: "This Changes Everything", 7:00p.m. Based on Naomi Klein's best-selling book. Free. Storrs Unitarian universalist Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867 or find Second Monday Film Series on Facebook.

January 10, Tuesday

Live Music: The Quiet Corner Fiddlers, 7:00p.m. - 8:30p.m. Apollo Restaurant, Route 32, South Windham. Info: b.schreiber@snet.net qcf.webs.com

January 11, Wednesday

Kids: Penguin Story Time, 10:30a.m. Guilford Smith Memorial Library, 17 Main St, South Windham. Info: 860-423-5159 www.guilfordsmith.org

January 12: Thursday

Performance: Talent Showcase, 7:00p.m. Open to all ages. Free Admission. Snacks and soft drinks available. "BYOB&F" (Wine & Beer Only - I.D. Required). Call in advance to sign-up (recommended) or sign-in at the door (time permitting). The Packing House at The Mill Works, 156 River Road, Willington. Info: 518-791-9474. www.thepackinghouse.us

January 13, Friday

Games: Board Game Night, 6:00p.m. Bring your own game or try something new. Refreshments included. Jillson House Museum, 627 Main Street, Willimantic. www.windhamhistory.org

January 14, Saturday

Fundraiser: Giant Indoor Tag Sale, 9:00a.m. - 1:00p.m. Raise money for Windham Theatre Guild, 779 Main St, Willimantic.

Skill Share: Starting Your Hive, 1:00p.m. - 2:30p.m. Begin prepping and gathering the materials needed for beekeeping. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Live Music: Alex Smith, Folk 7:30p.m. \$12-15. Snacks and soft drinks available. "BYOB&F" (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and reservations: 518-791-9474. www.thepackinghouse.us

January 17, Tuesday

Kids: Miss Kim's Cooking & Crafts, 6:30p.m. Featuring a penguin snack to make and a simple penguin craft. Guilford Smith Memorial Library, 17 Main St, South Windham. Info: 860-423-5159 www.guilfordsmith.org

January 18, Wednesday

Hike: Senior Walk, 12:00p.m. - 2:00p.m. Easy to moderate walks. Not just for seniors! Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Skill Share: Ice Fishing, 8:00p.m. - 8:00p.m. Ages 8+ welcome. Learn about ice safety, clothing, rules and regulations, local fishing, and equipment. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Singalong: The Hampton Hoot, 6:30p.m. - 7:45p.m. Folk singalong; instrumentalists welcome. Fletcher Memorial Library, 257 Main St, Hampton. RSVP: Jamie@hotstringsguitar.com or 860-455-1086.

January 19, Thursday

Hike: Senior Walk, 10:00a.m. - 12:00p.m. Easy to moderate walks. Not just for seniors! Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Film: "Just Eat It", 6:30p.m. Documentary about the massive waste of unsold food in the U.S.. Free. Mansfield Public Library, 54 Warrenville Rd, Mansfield Center.

January 20, Friday

Kids: Duct Tape Key Chains 4:00p.m. Guilford Smith Memorial Library, 17 Main St, South Windham. Info: 860-423-5159 www.guilfordsmith.org

Film: "Round Midnight" 7:30p.m. \$5 donation. Snacks and soft drinks available. "BYOB&F" (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and reservations: 518-791-9474. www.thepackinghouse.us

January 21, Saturday

Skill Share: Gardeners Roundtable, 10:00a.m. - 11:30a.m. Workshop for gardeners of all levels to share best practices and pitfalls for gardening in Eastern CT. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Skill Share: Winter Tracking in Goodwin State Forest, 10:00a.m. - 11:30a.m. Learn to look for animal tracks in the winter landscape. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

Dance Party: Lost at the Luau with Bruce John, 6:30p.m. - 11:00p.m. \$25. Fundraiser for the Willimantic No Freeze Project. Elks Lodge, 198 Pleasant St, Willimantic.

Live Music: Curtis Band in Concert, Folk 7:30p.m. \$12-15. Snacks and soft drinks available. "BYOB&F" (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and reservations: 518-791-9474. www.thepackinghouse.us

January 24, Tuesday

Skill Share: Fungus & Its Benefits in the Garden, 6:30p.m. - 7:30p.m. Learn how specific practices can maximize the benefits of mycorrhizal fungi in gardens. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

January 25, Wednesday

Kids: Polar Bear Story Time, 10:30a.m. Guilford Smith Memorial Library, 17 Main St, South Windham. Info: 860-423-5159 www.guilfordsmith.org

Hike: Winter Observation Hike with Michael Grady, 10:00a.m. - 12:00p.m. Easy to moderate walks. Not just for seniors! Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 Register: 860-455-9534 jasper.sha@ct.gov

January 28, Saturday

Live Music: Eric Lee in concert, Folk 7:30p.m. \$12-15. Snacks and soft drinks available. "BYOB&F" (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and reservations: 518-791-9474. www.thepackinghouse.us

Dance: Snow Ball, 8:00p.m. - 12:00a.m. \$65. 15-piece swing band, light fare, and a cash bar. Black tie optional. Tickets: 860-428-7573. Bellingham Ballroom, Windham Town Hall, 979 Main St, Willimantic.

January 29, Sunday

Painting: Tree of a Different Color, 6:30p.m. - 8:30p.m. Group painting party. Windham Center Fire Department, 18 Windham Center Rd, Windham. Tickets: www.paintsipfun.com

January 31, Tuesday

Kids: Tinker Time, 6:30p.m. Take apart gadgets and appliances and examine their inner workings. Guilford Smith Memorial Library, 17 Main St, South Windham. Info: 860-423-5159 www.guilfordsmith.org

February 3, Friday

Live Music: Kathy Kosins in Concert, Jazz 8:00p.m. \$15-20. Snacks and soft drinks available. "BYOB&F" (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and reservations: 518-791-9474. www.thepackinghouse.us

February 4, Saturday

Kids: Take Your Child to the Library Day, 1:00p.m. Agostino Arts will present StoryFaces. Guilford Smith Memorial Library, 17 Main St, South Windham. Info: 860-423-5159 www.guilfordsmith.org

Live Music: Tim Ray Trio in Concert, Jazz 8:00p.m. \$15-20. Snacks and soft drinks available. "BYOB&F" (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and reservations: 518-791-9474. www.thepackinghouse.us

February 8, Wednesday

Kids: Valentine Story Time, 10:30a.m. Guilford Smith Memorial

Library, 17 Main St, South Windham. Info: 860-423-5159 www.guilfordsmith.org

February 9, Thursday

Performance: Talent Showcase, 7:00pm. Open to all ages. Free Admission. Snacks and soft drinks available. "BYOB&F" (Wine & Beer Only - I.D. Required). Call in advance to sign-up (recommended) or sign-in at the door (time permitting). The Packing House at The Mill Works, 156 River Road, Willington. Info: 518-791-9474. www.thepackinghouse.us

February 11, Saturday

Live Music: An Evening with Spiritual Medium Maura Geist, 7:30p.m. \$15-20. Snacks and soft drinks available. "BYOB&F" (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and reservations: 518-791-9474. www.thepackinghouse.us

February 13, Monday

Film: "Just Eat It", 7:00p.m. Documentary about the massive waste of unsold food in the U.S.. Free. Storrs Unitarian universalist Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867 or find Second Monday Film Series on Facebook.

February 14, Tuesday

Kids: Special Valentine Edition of Miss Kim's Cooking & Crafts, 6:30p.m. Guilford Smith Memorial Library, 17 Main St, South Windham. Info: 860-423-5159 www.guilfordsmith.org

February 15, Wednesday

Singalong: The Hampton Hoot, 6:30p.m. - 7:45p.m. (See 1/18).

February 17, Friday

Kids: Duct Tape Key Chains 4:00p.m. Guilford Smith Memorial Library, 17 Main St, South Windham. Info: 860-423-5159 www.guilfordsmith.org

February 18, Saturday

Live Music: Ramblin' Dan Stevens in concert, Blues 7:30p.m. \$12-15. Snacks and soft drinks available. "BYOB&F" (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and reservations: 518-791-9474. www.thepackinghouse.us

February 21, Tuesday

Live Music: The Quiet Corner Fiddlers, 7:00p.m. - 8:30p.m. Dog Lane Cafe, 1 Dog Lane, Storrs. Info: b.schreiber@snet.net 860-456-9913 qcf.webs.com

February 22, Wednesday

Kids: Mo Willems Story Time, 10:30a.m. Guilford Smith Memorial Library, 17 Main St, South Windham. Info: 860-423-5159 www.guilfordsmith.org

February 25, Saturday

Live Music: Gracie Day in concert, Indie, 7:30p.m. \$12-15. Snacks and soft drinks available. "BYOB&F" (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and reservations: 518-791-9474. www.thepackinghouse.us

February 28, Tuesday

Kids: Tinker Time with Keva Planks, 6:30p.m. Guilford Smith Memorial Library, 17 Main St, South Windham. Info: 860-423-5159 www.guilfordsmith.org



THE PACKING HOUSE

1870
HISTORIC VENUE FOR PERFORMANCE & EVENTS



Submitted by EC-CHAP

Happy New Year! Welcome to 2017!

We would like to thank all those who have supported our programs at The Packing House! It is only through your ongoing support that we can continue to offer programming in the performing arts.

It is with pleasure that we formally introduce the "Eastern Connecticut Center for History, Art, and Performance", EC-CHAP for short.

EC-CHAP is a newly formed member-based non-profit 501.c.3 organization representing an important cultural resource serving communities and visitors to Eastern Connecticut and beyond. The Center's focus is to bring a heightened awareness to the significance of local history and historic preservation; provide an appreciation for the visual arts through creation and display; and offer performance events in music, film, dance, literature, and theater. EC-CHAP will host all programming in The Packing House.

EC-CHAP is seeking members and volunteers to join us on this journey. We are very interested in your thoughts, suggestions, interests and needs. We have scheduled an Informational Meeting on Wednesday, January 25th at 7:00pm in The Packing House to discuss our mission, as well as membership and support opportunities. Refreshments and handouts will be available. We hope you will consider joining us!

Should you have any questions, or if unavailable on the 25th but interested in providing feedback and learning how you can be a part of this project, please call 518-791-9474 or email us at: info@ec-chap.org.

Here's a look at the line-up of offerings at The Packing House for January and February. Please check our website for changes, additions, and weather cancellations (www.thepackinghouse.us).

"Talent Showcase" – 2nd Thursdays

Our Talent Showcase is designed as a platform for local and regional performers to share their talent. Showcases are scheduled on the 2nd Thursday of the month (January 12th and February 9th) from September through June. Admission is free and open to the general public.

Musicians, film makers, puppeteers, dancers, poets, comedians, and creative artists of all ages are invited to perform at The Packing House. Here is an opportunity to showcase your work in an intimate historic venue before a live audience. Test ideas and concepts and solicit feedback. PA/sound reinforcement (up to 3-mics) and video projection provided. Invite your friends, colleagues, grandma, second cousins, the guy next door, and everybody you know! Doors 6:30p/Show 7p

We strongly 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.

Acoustic Artist Series

The Packing House offers a unique space and sound for acoustic music. The Acoustic Artist Series includes programming with focus on acoustic instrumentation and vocals. Upcoming concerts for January and February include:

Alex Smith in concert (Adirondack Mountain Folk). Saturday, January 14th: A poetic songwriter and natural storyteller whose songs blend the best of down-to-earth, authentic stories with an honest style and performance. Featured on the Emmy award-winning documentary "Songs to Keep: Treasures of an Adirondack Folk Collector", Mountain Lake PBS. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

Curtis Brand in concert (Folk). Saturday, January 21st: Local singer/songwriter Curtis Brand tells tales of the human condition - the lost souls, the wounded veteran, the let down lover - and blends them with delightful ditties and love songs in a performance which not only touches the sensibilities but also lifts the spirit. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.



Eric Lee in concert (Folk / Bluegrass). Saturday, January 28th: A masterful and engaging fiddler, Eric Lee has performed in a variety of settings from conducting and playing in the pit orchestras of musicals to honky-tonks with bluegrass bands. His music represents a collection of genres and influences; an ever-evolving world of sonic exploration with stand-alone melodies always at its core. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.



Kathy Kosins in concert (Jazz). Friday, February 3rd: Detroit based award-winning jazz vocalist Kathy Kosins joins us as part of her New England tour schedule. She has won the hearts of critics and fans around the globe with her eclectic musical palette that expands the rich history of Jazz and Soul. Kathy has shared the stage and performed with numerous names in the jazz and R&B world. The Chicago Tribune cites her as "one of the most alluring voices in Jazz". Kathy will be joined by Earl



MacDonald on keys. Currently Professor of Music and Director of Jazz Studies at the University of Connecticut, Earl is an accomplished musical director, composer, and pianist who has written for and played with a long list of well known bands, ensembles, and Grammy-nominated jazz performers. Doors 7:30pm / Show 8:00pm. Tickets \$15.00 Advance (online) / \$20.00 Door. Special Student Pricing - \$10 Door with valid I.D.

Tim Ray Trio in concert (Jazz). Saturday, February 4th: Tim Ray is perhaps best known as Lyle Lovett's pianist for over 15 years, but he has been an active and in-demand jazz artist since 1978. He also tours and records with the internationally acclaimed vocalists Tony Bennett and Jane Siberry, and often performs with the leading jazz musicians in the New York and New England areas. His busy performance schedule has included numerous tours throughout Europe, Asia, and the Middle East, and has included performances at Carnegie Hall, the White House, and most of the major jazz festivals in the U.S., Canada and Central America. Tim is a recipient of a grant from the National Endowment for the Arts, and has performed numerous times on The Tonight Show (Johnny Carson, Jay Leno), Late Night with David Letterman, and other national broadcasts. Tim teaches jazz piano and improvisation privately, and is currently on the jazz faculty of the Berklee College of Music. Doors 7:30pm / Show 8:00pm. Tickets \$20.00 Advance (online) / \$25.00 Door.



Ramblin' Dan Stevens in concert (Blues).

Saturday, February 18th: Ramblin' Dan Stevens performs a mix of traditional finger style blues, Americana and originals and has entertained audiences throughout the United States, Germany, UK, Canada and US Virgin Islands. His unique style of "bottleneck" slide playing includes use of a homemade, three stringed "Cigar Box Guitar" and one stringed "Diddy Bow", both primitive blues instruments. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.



Gracie Day in concert (Folk-Rock). Saturday,

February 25th: Gracie Day is a singer-songwriter with a sultry, passionate voice and finger picking / strumming style that has been described as Folk-Rock, Country and Soul. Her solo act has taken her to numerous reputable stages in New England. She recently launched her full-band "Gracie Day and the Knights" based in Hartford, CT. Doors 7:00pm / Show 7:30pm.



Tickets \$12.00 Advance (online) / \$15.00 Door.

NOTE: The January 27th concert featuring Kristin Hoffmann listed on our website and rack card has been cancelled. Future information regarding this event is forthcoming.

The Packing House Film Series

EC-CHAP offers a number of full length artistic films, shorts, documentaries, and original film screenings from local and regional filmmakers. Our next film showing:

Round Midnight (R) 1986. Round Midnight, set to Herbie Hancock's Academy-Award winning Best Original Score, is an elegant ode to bebop – the technically demanding jazz that blossomed during the post war era. "Real-life jazz legend Dexter Gordon brilliantly portrays the fictional tenor sax player Dale Turner, a musician slowly losing the battle with alcoholism, estranged from his family, and hanging on by a thread in the 1950's New York jazz world." – IMDb. Doors 7:00pm / Show 7:30pm. Suggested donation \$5.00.

Lectures and Special Programs

The Packing House offerings include lectures in a variety of subjects including historical presentations, scholarly talks, and literature discussions by local and regional authors. In addition, special programs are also offered by assorted artists and performers with unique talents. Our next special program:

An Evening with Maura Geist – Spiritual Medium. Saturday, February 11th: Maura returns to The Packing House with a unique program. The evening will begin with a brief discussion of how this unique ability began, what a Medium is and her understanding of the Afterlife. She will also give an overview of how a reading is done, methods used in the process and what she will need from the audience. Maura will then make connections for the audience members and bring loving and healing messages from loved ones that have crossed over. Based on experience and general audience attendance, approximately ten readings are typically able to be completed during an evening session. There will be a brief intermission ending with a Q & A. Doors 7:30pm / Show 8:00pm. Tickets \$15.00 Advance (online) / \$20.00 Door.

Tickets, Reservations, Cancellations, and Contact

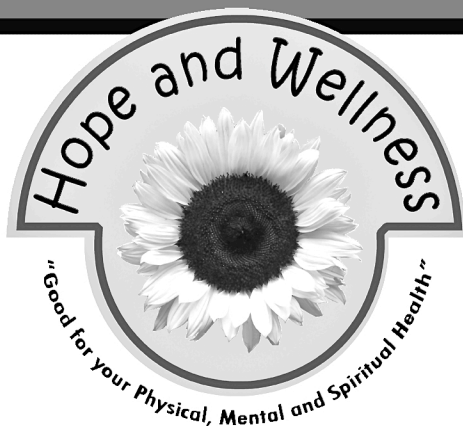
Tickets for all shows can be purchased online at www.thepackinghouse.us/upcoming or at the door. Table reservations and cabaret seating available. Unless specified otherwise, all events will feature Bring Your Own Beverage & Food "BYOB&F" - wine & beer ONLY (I.D.s Required). Snacks and soft drinks will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

Specific program cancellations will be listed on The Packing House website (www.thepackinghouse.us/upcoming). Cancellations due to weather will also be listed on the News 8 website at www.wtnh.com.

Did you know that The Packing House is available to rent for your event? Whether it's a business meeting, a creative project, or a private function, we can support your needs in our historic setting. Call anytime for details.

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. Email The Packing House (infor@thepackinghouse.us) or EC-CHAP (info@ec-chap.org).

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

Like us on Facebook



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