

Neighbors Paper

A little paper big on community

Serving the inhabitants and environment of northeastern Connecticut and beyond

Training Center for Veterans Emerges in Chaplin

By Corey Sipe

Nestled in the small town of Chaplin, the Veterans Base Camp Community Training Center grows as it continues to serve veterans and first responders no matter what town or state they call home. First responders include police, fire, paramedics and other emergency personnel.

More events are held and new on-the-job training programs are being created, while short-term housing for those needing a militarized environment is slated to open this fall.

The center sponsors events to unify veterans and first responders to build companionship and help them deal with anxiety and post-traumatic stress disorder, PTSD, issues.

The center's programs, which first began seven months ago, are open to all veterans and first responders. The residential component, slated to begin this fall, will be just be for men at first due to limited funds.

Events and the residential facility component are located at 108 England Road in Chaplin, not far from the junction of Route 6 and 198, yet hidden in an area close to the James L. Goodwin State Forest in Hampton.

A small group of folks gathered May 17 at the Veterans Base Camp Community Training Center meeting room to take a free woodcarving class sponsored by the Mansfield Misfits Woodcarvers led by Gary Hopkins and Thomas Trapp.

Attendees were given pieces of wood and proper instruments so they could whittle them down to make letter openers while hearing from two men who are passionate about their hobby.

Hopkins and Trapp brought completed woodcarving pieces to show folks, including items which won awards at local contests. They were especially proud of a miniature three-seat outhouse with a battery-operated light shining on one of its occupants reading an old Sears catalog.

Mansfield Misfits Woodcarvers meets Wednesdays at 9:30 a.m. at the Mansfield Senior & Wellness Center at 303 Maple Road in Mansfield and those who want more information can contact Emile Poirier by e-mailing poirieremile@yahoo.com.

Darrell Chaloult, CEO of the Veterans Base Camp Community Training Center, said that programs like these are intended to break down barriers that veterans and first responders experience in getting help that they need.

Richard A. Hall, an Army veteran who attended the May 17 program, said that he found whittling to be "a very relaxing thing to get into. There are not too many things that give veterans that kind of peace. I deal with a lot of guys who have trouble concentrating and this helps them focus on what they are doing, I think it's a good therapeutic thing for them to do."

Such therapy is the goal of the center which aims to help veterans and first responders find support, gain skills in self-sufficiency, and experience personal growth by resolving their personal issues, according to the center's brochure.

Air Force veteran Jerry Dufresne said that he has been coming to the center since November to various functions and is appreciative that the center is in Connecticut's Quiet Corner so that he doesn't have to travel far from home. "It's helping a lot and gives me something I can do with the limitations I have," Dufresne said, adding that he is a disabled veteran and hopes the center will continue to grow in its offerings.

One of the larger programs the Veterans Base Camp Community Training Center has hosted was a Wellness and Resource Day on April 8 with massage, yoga, reiki, hiking, biking, wall climbing, crafts, painting, and self-defense classes.

Smaller programs have included separate yoga and sleep hygiene classes as well as motivational guest speakers including Mansfield resident Michael Beattie, a Navy veteran who served from 1967 to 1971. Last year, he underwent a six-month, 12,000-mile cross-country biking tour, which spanned 34 states, to raise over \$21,000 for hungry veterans for the Feed Our Vets Food Pantry, of Utica, N.Y. Some of the funds have assisted the Covenant Soup Kitchen, at 220 Valley Street in Willimantic.

On Sept. 17 at 9 a.m., the Veterans Base Camp Community Training Center will sponsor its 1st annual



L to R: Army veteran Keith Watson, Air Force veteran Brendon Cameron, and Army veteran Bill Goodale, whittle in a wood carving class sponsored by Mansfield Misfits Woodcarvers on May 17 at the Veterans Base Camp Community Training Center. Corey Sipe photo

veterans base camp motorcycle ride featuring a barbecue, raffles, and a 50/50 drawing. There will be a \$15 charge per person and \$25 per couple with funds supporting veterans and first responders. Folks are encouraged to get more information and register by e-mailing info@veteransbasecamp.org.

The center also has regular round-up meetings specifically designed for veterans and first responders, as well as their guests, to connect with others in the area.

The 45-acre property, which is the center's home, was once owned by Eden Institute of Princeton, N.J., who operated it as an education and retreat center for autistic children in the 1990's, Chaloult said. However, he said a change in management resulted in the property no longer being used and it was subsequently placed on the market.

Chaloult worked with his friend, and now business partner, Bruce Maneeley, in pulling their funds together to purchase this scenic property for \$400,000 in August 2015.

Chaloult owns Image Plus, a company specializing in designing, building, and repairing metal, located at 32 Nott Highway in Ashford, which also doubles as the home of the Veterans Base Camp Community Training Center administrative offices.

Maneeley owns a large banquet facility business called Maneeley's Banquet and Catering Facility in South Windsor.

The Veterans Base Camp Community Training Center in Chaplin consists of a historic house with over 5,000 square feet on two levels and a basement.

The original portion of the house, closest to the street, was built in 1850, and still has its original planks, floors, and fireplaces, and was used as part of the underground railroad. There is a living room on the lower level and four bedrooms on the upper level.

In the house's addition, there is a commercial kitchen and meeting room on the lower level and another four bedrooms on the upper level.

Together, the house's eight bedrooms can accommodate up to 22 people.

The house's basement, which was once a gymnasium when it was owned by Eden Institute, has been converted into a storage facility. Laundry and shower amenities are also located in the basement. The house has a multi-level deck that behind the building overlooking seven 360-square-foot wood cabins which were built close together.

Chaloult said that those in the residential program will start to live in the house and will later advance and live in the more spacious cabins. The cabins can each house two to three people, or up to 21 people altogether. They have restrooms, beds, and small front porches, but no kitchens.

Additionally, the property has a man-made lake, a locker room building, an outdoor inground pool with cabana, and a picnic pavilion area. He said that financial limitations mean that the pool probably will not be operational until next summer. All those amenities are located on a 10-acre parcel.

"Eden (Institute) used to take kids in the woods on a tractor hayride," Chaloult said, adding that those woods are located on an adjacent 35-acre parcel that they also acquired bordered by Natchaug River. He said those trails have been marked and can be traversed by folks with some physical limitations.

Additionally, the property has back-up generators in case of a power failure.

Future amenities to the property, he said, will include a greenhouse and a light obstacle course.

The spaciousness of the property means the center could be rented out to groups interested in having special programs or overnight stays.

In addition to helping veterans receive support emotionally and mentally, Chaloult said that the center provides on-the-job training.

This training is designed for younger veterans who served in the Gulf War, which began in 1990, and those serving after it.

"There are so many good things out there for veterans but they have to ask the right questions...we want to identify people who want to get their lives back on track," Chaloult said.

The center wants to connect veterans and first responders who want to learn skills in several career fields so they can receive training via an internship, which could lead to a job.

For example, Chaloult said that he helped Army veteran Keith Watson, who served from 2006 to 2012 and is currently 41 years old, get on a successful occupational path.

Watson, who was at the May 17 wood carving class, enthusiastically said that "it's helped me a lot... they got me into one of the classes for computer security, I completed my first eight-week class and I have two classes which are 40 hours each, then I will be eligible for an entry level job. I have someone looking out for me and watching my back and I didn't have that before."

Chaloult said this was possible thanks to his daughter, Christina Mazzone, who works in cyber security for Partners Healthcare of Boston.

Those who want to learn automotive repair can gain skills by interning at Terry's Transmissions, at 164 Squaw Hollow Road in Ashford, which has partnered with the camp.

Chaloult said that "a lot of veterans come out (of the service) with motor transport and mechanical backgrounds today, but with the technology that is involved in the new vehicles, it's a critical place in their education to work with someone like Terry Pelletier," adding that automotive repair has become much more computerized than it was 40 years ago.

Other options include learning about hospitality, food services, customer service, business management and entrepreneurship through interning at Maneeley's Banquet and Catering Facility or Ashford Dairy Bar and Grill.

Chaloult said that he acquired Ashford Dairy Bar and Grill last year with a plan of utilizing the business as

continued on back page



VICTORIAN DAYS

Presented by the
Willimantic Victorian Neighborhood Association

June 1, 2, 3 & 4 2017



GUIDED HOME TOURS 6 Homes

Open 11:00 am to 4:00 pm

Homes Open Saturday Only

Call 860-456-1666 for
Information/Tickets/Brochure
www.VictorianWillimantic.org

Around Town . . .

Thurs., June 1 - Tour - Wmtc. Camp Meeting Assoc.

Friday - Classic Brass Band Concert

Saturday - Windham Mill & Town Hall Tours

Candlelight Tour at Textile Museum

Saturday and Sunday

- Architectural Slide Show • Jillson House Tours
- Horse & Wagon • Vintage Cars
- Railroad Museum Train Rides • Mill Museum Tours
- WRAC Art Show at Artspace Gallery

COMMUNITY PICNIC

SUNDAY, JUNE 4 • JILLSON SQUARE
11 AM - 3 PM

Bring a picnic lunch or pre-order for
\$10 by calling 860-208-6257

ALICE IN WONDERLAND CROQUET
11:30 - 2:30 \$4.00



Turning 63 in Willimantic

It's the third Thursday of May and I'm turning 63.
Bruce John and The Bandoleros play
Johnny Cash in the beer garden.
Premature summer heat
breezes through the metal chairs.
Oddly, 63 years ago
I was born in record cold in Buenos Aires.
Am I a spring child, or a fall one?
I look up, breathing in the kind air,
puzzled by the enormity of my years.
Overhead, Chimney Swifts chatter
weaving random trails after prey.
They are migrants, like me,
and with some help from my Ten Penny ale,
awareness of this bond makes me a little weepy.
Vultures float by, in formation right above us.
They have a clear plan and today,
I make a deal with them:
You may have me in due time, sure...
Just not yet.
Now, I will dance with my sweetheart.

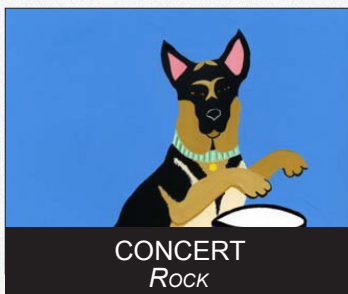
Delia Berlin



THE PACKING HOUSE

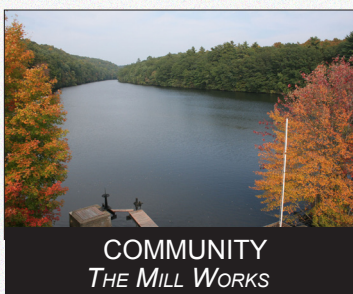
1870

HISTORIC VENUE FOR PERFORMANCE & EVENTS



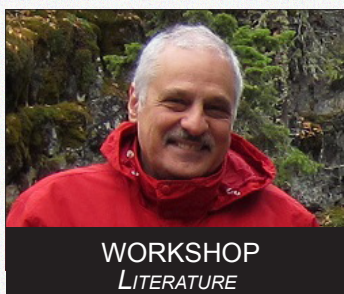
CONCERT
Rock

DRUM RIDE A LA
GRATEFUL DEAD
June 3rd | 8:00pm



COMMUNITY
THE MILL WORKS

FIRST SUNDAY AT TMW
June 4th | Noon-5:00pm



WORKSHOP
LITERATURE

SELF-PUBLISH YOUR BOOK
WITH FELIX GIORDANO
June 6th | 7:00-9:00pm



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

EC-CHAP
MEMBERSHIP & PROGRAMMING

INFORMATION MTG
June 15th | 7:00pm

Consider joining us this month for a film, concert,
Talent Showcase, workshop, or meeting
as we wind down our 2nd season
at The Packing House!

STAY TUNED FOR OUR 3RD SEASON
BEGINNING IN SEPTEMBER!

Don Braden Trio (Jazz), Greg Abate Quartet (Jazz) |
Tim Ray Trio (Jazz) | Triloka Ensemble (Classical/Jazz) |
Eclectica (Classical) | Keyboardist Bob Malone (Rock/Jazz) |
Nicole Zuraitis (Jazz/Pop) | Belle of the Fall (Indie) and more...

~ CHECK OUR WEBSITE FOR UPDATES ~

WWW.THEPACKINGHOUSE.US

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



FILM SHOWING
EC-CHAP FILM SERIES

CASABLANCA (PG)
June 16th | 7:30pm



CONCERT
FOLK / INDIE

LIBBY JOHNSON WITH
CHRIS RIFFLE
June 17th | 7:30pm

FILM SHOWING:
"Casablanca" (PG)
7:30pm: June 16th

TALENT SHOWCASE:
(2ND THURSDAY OF THE MONTH)
7:00pm: June 8th

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

Dear Readers:

At press time 'Our Community
Calendar' was incomplete. An
abbreviated calendar appears on this
edition's back pages. We will continue
to work on it and post the completed
version our website:
neighborspaper.com when complete.
Sorry for any inconvenience.
T. King, Publisher

Neighbors
P.O. Box 430
Ashford, CT 06278
phone: 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: Delia Berlin, David Corsini, Phoebe Godfrey,
Bob Grindle, William Hooper, John Murphy,
Dagmar Noll, Dennis Pierce, Mark Svez, 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

The Neighbors Paper is published monthly by
Neighborspaper LLC. Thomas A. King, member

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

The Neighbors Paper is printed by Rare Reminder in
Rocky Hill, Connecticut.

Everything is Downstream

By Loretta Wrobel

As I read *Braiding Sweetgrass*, by Robin Wall Kimmerer, she talks of her responsibility to care for the pond on her property. She remarks “everybody lives downstream.”



How she manages her pond eventually effects everyone. If she fails to nurture her pond, then she passes the pollution downstream.

I think about how our actions impact on others and the environment. When I do not take care of my invasive plants, they continue to proliferate beyond my property boundaries. If I throw trash out of my car window, it diminishes the surrounding environment and also invites others to add to the pile. When I loudly honk at a passing motorist, I send on my rage and anger into the world.

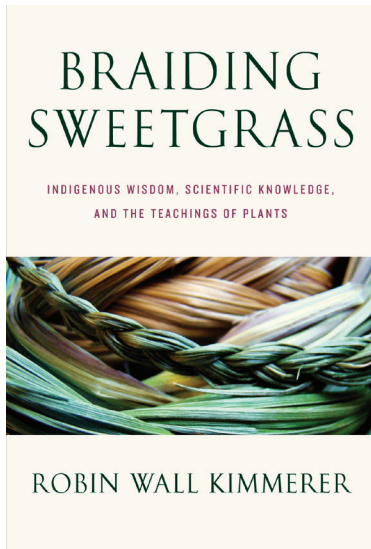
How do I exist in our discordant world so I do not add to the negativity, pollution and disharmony? It is a dilemma for us humans at this point in our evolution to acknowledge our beliefs/feelings without harming or disrespecting others. If I allow my anger to sputter and lash out, I am adding to the chaos of the world.

If I swallow my anger, I am not standing behind my truth. Can I find a path to express myself that gives me a voice without silencing or attacking other voices?

I hear loud criticisms of our present leader in the White House. Being adversarial and aggressive is the battle cry. Must it be a war with one side winning and one side losing? In that scenario, we all lose. How about working together? Can we consider collaborative efforts germinating from both sides and actively participating, adding their beliefs and wisdom, and ultimately brewing a richer stew?

Everything is downstream. If I see a politician bullying opponents, then I deduce bullying is the accepted way to function and make a difference. When I witness oil companies disregarding the environment and extracting profits, I am impacted by the toxic residues and receive no benefit from their bulging profits. Is this beneficial?

Participation in political action is an act of reciprocity with our land. It is sensible to become involved and stand up for what you know and what you love—what is local to you. I don't know the needs of people who live in other regions of the country. How involved am I in deciding what happens to and in my local community? Can we devise a system for obtaining input from our communities about how to balance the budget, repair health care and improve our environment? Together, more effective and successful solutions become a real possibility. I know many people with fascinating ideas about how to improve our financial dilemma and implement better services for our residents.



Can we use the knowledge and wisdom from indigenous peoples to help us through our present conundrum? We are barraged by tales of horror, greed and mismanagement. Where to go for inspiration and guidance? Native American teachings seem to resonate with the directions that we can follow to find our way out of the tunnel of fear and panic.

Get to know your environment. That includes people, trees and plants. That includes waterways, roads and bridges. Stand up for what you believe in. Frequent local shopkeepers, ingest local food, and seek out local leaders. Look for the leaders in your community who are inclusive and level-headed. Look to those who respect children, the soil, and a kind act.

In the book, *Braiding Sweetgrass*, the author discusses honoring all of life. She speaks of expressing gratitude for all we have in our lives to sustain us. In today's world, corporations strip the earth of all the resources and demand more access to all lands, including those owned by native peoples and those publicly owned such as national parks, rivers and lakes. This is not sustainable. What is driving us all to acquire more, and gather without constraint or concern for the end result of our gobbling?

Can we employ native traditions to abort these menacing and addictive ways of living? Native teachings talk of sustainability and only taking what you need. Do we operate from that principal in our daily decision-making? Are we aware of how we pressure our bodies by overworking? How often do we consider the impact of our actions on our local environment? Consider how much harmony or despair you add to your community each day. Think of what support you give to others who are struggling to survive. Have you received nurturance for yourself today?

In order to continue to be a brave soul for the planet, one needs to be healthy and clear-headed. To be a caring, calm, peaceful advocate for social justice we need to practice justice with ourselves and those we love. We can't overfish our pond of compassion. Overconsumption is not sustainable for everything downstream. It is dangerous for the consumer and the consumed. Too much exposure to horrifying news is toxic for the reader, as it is for those reporting those tragedies. Water instructs and demonstrates balance for us. If you have scarcity, you are dehydrated and in trouble. If you have excessive water, you are equally threatened—drought versus flood.

What would our world be like if we embraced the indigenous peoples' concept of taking only what we need, and giving thanks to the environment for providing all the abundances we harvest daily? Gaze at mother nature for teachings. By adopting these simple acts, those living downstream will be grateful.

WTG Presents The Diary of Anne Frank

Submitted by Robin Rice

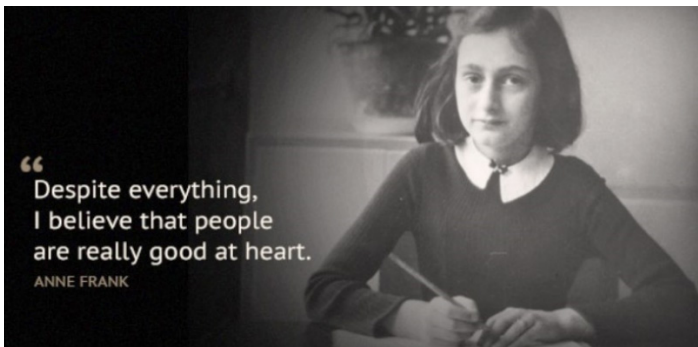
The Windham Theatre Guild proudly presents an extraordinary theatrical event as its final Main Stage production of the season...*The Diary of Anne Frank*, by Frances Goodrich and Albert Hackett, based upon “Anne Frank: The Diary of a Young Girl”, and newly adapted by Wendy Kesselman.

In 1942, thirteen-year-old Anne Frank and her family—German-born Jews—were driven into hiding from the Nazis in Amsterdam, Netherlands. The Frank family spent two years living in a cramped annex with several other Jews before they were arrested by the Gestapo in 1944. All except Anne's father, Otto, perished in Nazi concentration camps. However, during those two years in hiding, Anne Frank kept a remarkably witty, insightful, and moving diary about her life and the world around her. From that journal comes the play, *The Diary of Anne Frank*,

winner of the 1956 Pulitzer Prize in Drama. Above all, the play is a celebration of the lively mind of Anne Frank and the complex human spirits of those with whom she shared the annex.

David Smith returns to direct his second show for the Guild. As a UConn graduate, he brings his theatrical skills of acting and Directing to the Guild stage.

The Diary of Anne Frank runs June 2, 3, 9 & 10 at 8:00pm, Sunday Matinees on June 4th & 11th at 2:00pm and Thursday, June 8th at 7:30pm at the Burton Leavitt Theatre, 779 Main Street, Willimantic. Ticket prices are \$19 for Adults, \$16 for Students/Seniors, and \$12 for children under



“Despite everything, I believe that people are really good at heart.”
ANNE FRANK

12. All UCONN, ECSU & QVCC students (with ID) pay the discounted price of \$14. Group discounts are also available. Walmart of North Windham sponsors a Thursday night special. Anyone who buys a ticket at the door on Thursday, June 8th will pay the children's price of just \$12 a ticket. This special offer does NOT apply to tickets reserved in advance.

For reservations and information, call the Windham Theatre Guild at 860-423-2245 or buy your tickets on-line at windhamtheatreguild.org.

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.

DCE 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

LANDON TIRE
TIRES • BRAKES
WHEEL ALIGNMENT

LANDON 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!

YOKOHAMA GENERAL TIRE TOYOTIRES KUMHO HANKOOK
BFGoodrich DONLAP STEEL UNIROYAL BRIDGESTONE Firestone
Cooper TIRES
GOODYEAR
IRELLI
Michelin

LANDON 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

SERVING YOU SINCE 1951

Largest Selection of Sewing Machines and Vacuum Cleaners in Eastern CT

Sales • Service • Parts • Accessories

Schillers SINCE 1951
HOME TO ALL YOUR SEWING & VACUUM NEEDS

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

WE TAKE TRADE-INS!
“Expert Repairs on all Makes of Vacuums and Sewing Machines.”
“All Work Guaranteed-Free Estimates”

VISA
MasterCard
DISCOVER
AMERICAN EXPRESS

HOSMER MOUNTAIN

BOTTLED IN THE LAND
OF SWIFT MOVING WATERS

FINE SODA
FORMULATED WITH CANE SUGAR
BEVERAGES & SPRING WATER TOO!

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

Willimantic, Now and Then:

A Man's Place...?

Reflections on 'Stay-at-Home Dads' for this Father's Day

By Mark Svetz

I have been thinking about fatherhood a lot these days. As I watch my son raise his daughter, indeed, as I spend these precious hours and days with my granddaughter, I am drawn back to the '70s, when I found myself, from time to time, a stay-at-home dad, loving pretty much every minute of the experience.

These reflections were animated the other day when Sarah was at the computer reading some statistics about fatherhood. She was telling me that the number of stay-at-home dads had doubled from about 1 million in 1989, to just about 2 million in 2010. That's not really such a big number, especially when you consider there are more than 100 million households in the US. Now consider this: in 1970, when my son Gregory was born, there were just six American men who identified themselves on the census form as "stay-at-home dads."

That really made me feel special! I was part of a small group of men sharing an experience which I know didn't really understand at the time and which profoundly changed the trajectory of my life. I'm not sure if I would have identified myself as a stay-at-home dad back then. I really chose that path for a lot of reasons, chief among which was my desire to go to college. This made it easier for my wife to find a decent-paying job. I didn't understand until later that I was part of far-reaching social trend.

As a 17-year-old getting married and having a child, I was aware that I was part of another social trend, but all the grim predictions arising from our young marriage really meant nothing to me. We were young, in love, and as we used to say, "in trouble." But I had already been in lots of trouble, and honestly, settling down to raise a family seemed like a great idea to me.

Of course I knew something was up. There were people who had plenty to say about this situation in the early 1970s. There was the Christmas visit to my uncle's house, for example, when I overheard him telling someone,



"Aw, he's all right, but his wife supports him." That comment hurt, and strained the relationship between me and my uncle for many years. I'm sure, if we could find and talk to those six other stay-at-home dads, they would each have stories about the resistance our culture and society offered to these changes.

But the question I would really like to ask these men and their families is: How'd it work out for you?

When I looked at some of the information Sarah found on the Internet, I was not surprised to find that over the years, many men who identify as stay-at-home dads cite unemployment or underemployment as one of the main reasons. Health problems was another reason. It often takes a crisis to make us depart from well-travelled paths, but I am delighted to have taken that particular side trail. My



Mark and Gregory explore the forest along the Fenton River in Mansfield.

Sarah Winter photo.

experience as a parent has informed everything I have done since. It's a trip I wouldn't have missed for the world!

The thing I'm thinking about right now is how these choices, hardly noticed in my times of crisis, led me to a path much different than I had ever imagined for myself. As a young father, I chose to go to college, first Northwestern Connecticut Community College and then the University of Connecticut, ending up, a young man and his family, here in Willimantic. As the years went by, my choices about parenting both during and after college, really limited my career options. I developed a habit of looking for work here in Willimantic, which led to my 40-year love-affair with this community.



Stay-at-home dad and son, 45 years later, walk along the Fenton River in Mansfield. Sarah Winter photo.

The consequences of those choices make up my life, and I have had so much joy in my life! Willimantic has been a great home for me. When I think about the times in my young life when I came close to "following my career" to some other city, I thank my lucky stars that something—or someone—intervened. In any event, I stayed here. I've worked as a caretaker, reporter, school-bus driver; I sorted paper at Willimantic Waste Paper Co., built stone walls, advised students at Eastern Connecticut State University and taught at various schools in the area. Staying in town is not always the lucrative choice; it's not for nothing that the most money I ever earned was during a sojourn in New York City! Whether I was rollin' in dough or eating peanut butter until payday, I have always found whatever I needed and wanted right here in Willimantic.

As for my parenting choices, I can only say that my son and his wife are among my best friends today. And and their daughter Miriam! What can I say. She is the joy of my life, just as her father was 45 years ago. When Gregory decided to move here from NYC a few years ago, I was delighted. It seemed to somehow complete this community for me. Now we are this little extended family, three generations living here in this greater Willimantic Community, and I couldn't be happier.

I have found that following ideas and principles—like parenting and community—has provided a great sign post for my life journey. I doubt I could have done any better by following my career to Boston or New York, shaking the dust of Willimantic off my clothes and starting a new life elsewhere. To borrow from Robert Frost, "Willimantic is the right place for love." I am glad to have my family and community around me as I grow older.

I wonder how those six other stay-at-home dads from 1970 are doing?

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

Textile Duo '17

Submitted by Faith Kenton

The Windham Textile and History Museum (WTHM) in Willimantic, Ct. (www.millmuseum.org) invites you to attend our second annual textile-related events in June 2017 – TEXTILE DUO '17.

On June 10th people interested in Quilting and Fiber Arts are invited to attend the museum show put on by Catherine Smith of Chaplin, and Joan Blade Johnson of Hampton. On June 17th, the museum will offer the "fuzzy" side of textiles, showing the crafts of Spin/Weave/Knit. Both Saturday hours are 10-4.

The Quilting and Fiber Arts Day June 10th will include a wall display of finished quilts called "Locally Inspired". These quilts were created by area craftspeople, members of SAQA including a trunk show, or SAQACT and others. Martha Sielman, local author from Hebron, will discuss her book on Arts Quilts International – "Abstract and Geometric". Shiela Rae Lutz will offer a solo quilt exhibit of her work. In addition, for the entire month of June beginning June 1st through June 30th the museum



offers the Invitational Fiber Art-Quilt Show hanging throughout the museum.

Other attractions on June 10th include a demonstration of Sashiko Stitching by Allison Wilbur and a conversation with Lois Palmer on the steps followed when appraising a quilt antique or new. Jamie Eves, executive director of the museum will talk on "Connecticut and the History of Early Sewing Machines" with a focus on the Singer model and its industrial ties to Connecticut. Pat Ferguson will discuss how to hang quilts and fiber art.

Quilt vendors will offer quilted hangings,

fabric art pieces such as ice-dyed silk, fabric cuts, their own books, and quilting supplies from Stitch Chicks of Franklin.

On June 17th, the focus shifts to the arts of spinning, weaving, knitting, felting. The day will include the chance to observe Chris Woolybuns shearing her angora rabbit, then spinning angora yarn. Deirdre from Still River Mill in Eastford will demonstrate how her mill processes cashmere from the shearing to the yarn. You will hear from Shirkshire Farm, Conway Ma, about growing plants for natural fiber dyeing. Ann Galonska will have live silkworms, and will take you through the procedures that results in silk. Terri Guerette from Broad Brook will be in period dress as a "spinster", reenacting the early history of spinning. There will be an all-day process by a team of people called Fleece-to-Shawl. They start with a pile of fleece, clean it, card it, spin it, and weave on a pre-dressed loom resulting in a 6' long 2' wide natural fiber shawl.

Demonstrations offered – Pat McMullan, Split Ply Braiding. Herman Guerette, the techniques of tablet, or card, weaving. Stephanie Morton of Old Lyme, tartan weaving. Andrea Marshall, make and take wet felting. Round Hill Farm of Coventry will show two alpacas, Berkeley



Nowosad of Lebanon two sheep.

Spin/Weave/Knit vendors will include local yarns from the Elyn Cooper line from Sprague, and Vivienne McGarry's yarns from Haddam Neck. Still River Farm will offer a variety of fiber products, Round Hill Farm will have alpaca products, and Kris Wisniewski of Storrs will offer felted items.

The Museum has two handicapped-accessible buildings and large free public parking across Main Street. The donation fee each day is \$10 Adult, \$5 children. This donation includes a full tour of the museum's two buildings. For more information, call Faith Kenton 860-456-0817 or email phiona8@sbcglobal.net.

Underlying Causes of Hair Loss in Women

By Dr. Ashley Burkman ND



One of the more common complaints in my office is that of women suffering hair loss, also called alopecia. Women often report they notice more hair in the drain after showering or in the hair brush and while there is a normal amount of hair that can be expected to be lost in a day, an increase beyond the norm, warrants deeper investigation.

Our hair, skin and nails are often the first clue to health issues that might be stemming from a deeper level. Naturally as we age, the rate of new hair growth slows, while the rate of hair loss stays the same or can be accelerated by nutritional deficiencies, hormone imbalances, toxicities, other underlying pathologies or medications. Hair follicles on the scalp range in number between 100,00-350,000 and are continually undergoing phases of growth and rest. When hair follicles stop producing new hair we investigate the 2 main subsets for the cause of hair loss, focal hair loss and diffuse hair loss.

Diffuse Hair Loss

This type of hair loss is usually due to an acute change in hormones, medication or hormonal stress as this causes all of the hair follicles to cease to regenerate new hair at the same time. Diffuse hair loss can also be associated with extreme stress on the body. Individuals can lose hair from their scalp and body (alopecia totalis.) Post-chemotherapy hair loss is a classic example of diffuse hair loss due to a medication. Diffuse hair loss usually resolves after the offending medication or stress has been resolved.

Focal Hair Loss

This type of hair loss often occurs secondarily to an underlying pathology that can cause hair to fall out in patches or in specific areas on the scalp like on the sides or top of the scalp. Causes of this type of hair loss range from hormonal imbalances, traction (from having hair pulled back too tightly with an elastic) to a topical fungal infection of the scalp disrupting the ability for the hair to grow. Focal hair loss can also be due to an autoimmune condition, thyroid disorder or nutritional deficiency.

Thyroid

Hair loss or thinning hair is a common sign of hypothyroidism, or tired thyroid. The thyroid gland manages metabolism and sets the pace at which hair is regenerated. When thyroid hormone is not adequate, changes in hair health can be one of the indicating signs there could be an imbalance. With rates of hypothyroidism among women in the United States are estimated as high as 20%, it should be something you ask your doctor to test at least at each annual physical examination.

Nutrition

Our hair requires specific nutrients to grow strong. We are what we eat, or in some cases, what we don't eat. From lack of specific vitamins and minerals to inability to absorb nutrients in the digestive tract, there are several reasons why nutrition could be the cause of hair loss. Specific nutrients know to support hair strength and quality include zinc, omega 3-fatty acids, Vitamin A and iron. It is recommended you speak with your health care provider about having these

nutrients tested to assess baseline and to determine the amount to supplement. While conditions like hair loss often require supplementation, you can always increase your food intake of these hair supporting nutrients. Pumpkin seeds contain high concentrations of zinc, omega 3-fatty acids are notably in fatty fish like salmon but also in flax and chia seeds, vitamin A can be found in vegetables

like sweet potatoes, carrots and kale and iron foods include red meat and dark leafy greens. While waiting for labs and other assessments to come back, increasing these hair supportive nutrients it is a good place to start!

Androgen related hair-loss

Similar to male pattern hair loss, women can suffer from hormonal hair loss too. Genetic factors often play a role in ones susceptibility to this type of hair loss. Women who have other hormonal conditions like PCOS or Poly Cystic Ovarian Syndrome, already have a higher amount of testosterone hormone in circulation which increases the risk of androgen related hair loss. There are steps you can take to reduce the amount of excess testosterone in the body by enhancing the detoxification of testosterone. This can be done by increasing liver detoxification supportive foods high in Sulphur like brussels sprouts, cabbage, cauliflower, and broccoli. There are also specific vitamins and herbs that can be supplemented to increase the detoxification of higher testosterone levels.

Autoimmunity

Celiac disease, an autoimmune condition driven by eating gluten containing foods causing an inflammatory attack of the hair follicles, thereby causing hair loss. Testing for celiac disease is recommended if you have been eating gluten in your diet to see if this could be the cause of hair loss. Reducing grains in the diet and focusing on a more vegetable filled diet is recommended for general health and can improve hair in the process. It should be noted that not all celiac patients have hair loss, but can be a contributing cause.

Malabsorption

Your digestive tract is the window to health in the rest of the body, including your hair health. If you often feel bloated and gassy or have changeable bowel habits, there could be an underlying imbalance in your ability to breakdown and absorb nutrients. Beyond celiac disease, food intolerances, history of antibiotic use and stress can also lead to an imbalanced digestive tract. Digestive analysis, food intolerance testing and diet modifications can be helpful in pinpointing malabsorption issues. While it might seem vein to be concerned about your hair health, it can tell us about deeper health issues that may be below the surface. Additionally, studies have shown that women who suffer from hair loss have increased anxiety and depression and psychological stress. Increasing the health of your hair improves your overall health inside out, so make your hair a priority!

Dr. Ashley Burkman ND is a naturopathic physician at Collaborative Natural Health Partners. While she sees a variety of ages and conditions, her primary focus is hormone and endocrine related concerns. She is in network with most major health insurance companies and is accepting new patients.

See current and past issues of
The Neighbors Paper in beautiful color at
neighborspaper.com

Windham-Tolland 4-H Camp Open House

Submitted by Elaine Nelson

Visit the Windham-Tolland 4-H Camp Open House on Saturday June 3 and Sunday, June 4 from 2-4 PM at 326 Taft Pond Road, Pomfret, CT. Meet the director & other camp staff, take a camp tour, registration materials available. On Saturday join us from 1:30pm-2pm for an informational Parent Panel on the benefits of Windham-Tolland 4-H Camp for you and your child, hosted by Heather Logee, Camp Director. Register soon-slots are filling up!



D & D Auto Repair

VOLKSWAGENS AND MORE

Foreign Domestic Light Pickup
Family Owned & Operated Since 1992

860-429-7471
1733 Storrs Road/ Rte 195, Storrs, CT

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
Michael S. Cooper, OD

THE SHOPS AT THE MANSFIELD GENERAL STORE

The Moon and the Monode
Unique Treasures by Trish
Tattoos by Amanda

Funky Bohemian Clothing
Accessories
Artisan Jewelry
Craft Classes
Do-it-Yourself Blending Bar
Gifts
In-Store Tattoo Studio

534 Storrs Road, (Route 195), Mansfield Center • 860-456-9040
Find us on Facebook [Facebook.com/theshopsatthemensfieldgeneralstore](https://www.facebook.com/theshopsatthemensfieldgeneralstore)

Try Our Famous 16" or Half 8" Grinders

Roast Beef	Cold Cut	Salami
Capicola	Italian	Vegetarian
Tuna	Genoa	Pepperoni
Ham	Chicken Salad	Liverwurst

We Now Have Salads
G.M. Thompson & Sons, Inc.
54 Middle Turnpike, Mansfield Depot
"Call Your Order In" (860) 429-9378
Deli Hours: Mon-Fri 9:30 am-2:30 pm,
Sat 10:30 am-1:30 pm, Closed Sun



From the Ground Up - Buying Local in Connecticut

Gardening to Cooking

By Dennis Pierce

There is a direct connection from gardening to cooking. Fewer Americans cook any more. Most eat highly processed, ready-made food instead. A few residents of the Quiet Corner scratch out a small piece of land and grow their own produce. Others take weekly trips to the Farmer's Markets purchasing locally grown fruits and vegetables. Still, others purchase their produce from a grocery store. In each case they are preparing a meal with the ingredients.

It is a concern that we have wandered towards convenience. Prepared ready-made foods are less nutritious and they destroy our health, negatively impact the environment and ultimately place a financial burden on all of us.

"Gardening is civil and social, but it wants the vigor and freedom of the forest and the outlaw"

— Henry David Thoreau



Garden Fresh Cream of Tomato Soup
Serves 6

Ingredients:

3 cups of vegetable or chicken stock
2 tablespoons of olive oil
2 red onions, chopped
2 carrots, chopped
3 cloves of garlic, minced
5 large, fresh tomatoes, chopped
1 ½ teaspoon of sugar
1 tablespoon of tomato paste
1 bundle of fresh basil leaves (save a few leaves to top each bowl as a garnish)
¾ cup of half & half
Salt & pepper to taste

Directions:

Heat oil in a medium stock pot over medium high heat. Add onions and carrots and sauté until tender. Add garlic and sauté for another minute. Watch to make sure garlic does not brown. Add tomatoes, sugar, tomato paste, basil, stock and stir well. Bring soup to a boil then lower the heat and simmer for 30 to 40 minutes. Add half & half to the soup. Puree in a blender. Reheat soup over low heat, garnish with a basil leaf

This soup can also be chilled and served cold.

Both gardening and cooking share two things in common. They are both practical and spiritual level. Both connect to the earth. Everyone has space for at least one tomato plant. Tray at and when the heat of summer bring your harvest of garden grown, red beauties I hope you will look back and thank me for giving you that nudge.

I don't say it enough, but thank you for taking the time out of your daily life to take the opportunity to read this column. Maybe even try out a recipe or two. 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.

Public Goods: Toilets, Pubs and Gardens

By Phoebe C. Godfrey

"America is the only country that went from barbarism to decadence without civilisation in between."
Oscar Wilde



I have recently returned from a two week trip to England with my wife, who had never been there and my mother, who was born there. I myself hadn't been for over ten years and the purpose of our trip was to visit friends and family and to give my mother a renewed and invigorated embodiment of her cultural landscape. The visit also provided me with an opportunity for cross-cultural comparisons, something that as a sociologist I find infinitely interesting, posing for myself, my wife and my mother, questions as to what makes one culture landscape different from another, what shapes the amorphous feel of 'a place', be that place a field, a road, a shop or a restaurant that distinguishes it from another one in another country. Obviously, such comparisons are deeply dependent on other factors including which 'places' one is comparing, as well as the distortions of personal bias as in my mother's case who, like Wilde's, strongly favors England even though she has chosen to live here longer than she has lived there. Thus, such comparisons generally invite the impossibility of empirical accuracy and yet when done in a playful inquisitive way they offer ideas and insights that are hard to come by otherwise. In my own case, although I have been to England many times in my life (I lived in Europe for much of my childhood) being there these last few weeks was reinvigorating in terms of reminding me that there are other ways to live, resulting from other cultures, other value systems and other ways to organize society and that these other ways can in this case better serve the public good by ensuring greater access to 'public goods'.

Public goods are social services (roads), cultural wealth (language) or natural resources (air) and other goods that use by one member of the community doesn't limit use by another. In short, if I drive on a road it doesn't prevent another person from doing the same and the road continues to exist despite ongoing use given that is it non-consumable. All human societies have public goods to varying degrees and it could be said that what has come to signify 'Western civilization' (assuming one believes there is such a thing in contrast to Ghandi) is the large amassing and institutionalizing of such goods, adding to the overall social and economic wealth of the West. Obviously, there has also been a tremendous amount of privatization of the aforementioned wealth but overall there remains, to varying degrees depending on the country in question, an overall commitment to public goods, hence to the public good. Yet it is this question of the 'varying degrees' that during my two week on-going cultural comparison that stood out most to me and to my travelling companions. I have therefore simplified my analysis into three public goods: toilets, pubs and gardens.

Public Toilets: For anyone travelling in England not used to the radical notion that humans need places to address bodily functions, the abundance of public toilets (including helpful streets signs pointing to their locations) is surprising, and even heartwarming. I say heartwarming because for me public toilets speak to the most basic ideals of 'Western civilization' – democracy (the political branch of the collective public good) and individualism / privacy (addressing the needs of each individual to attend to their bodily functions in private and with dignity). Granted in some of England's public toilets a small fee is asked (never more than about 50c) to get in or a donation is asked for the person who cleans / oversees the toilet but such a fee is small in comparison with, for example, the price of buying a coffee at a café in order to access a toilet. Regardless, the overall commitment there to providing public toilets (in parks, town centers, train stations, places of interest... etc) far exceeds any here, if there is any at all. The overall attitude here is that addressing the public need for toilets is left to private enterprises (that can include a train station or shopping mall) or places of residence. Some public parks do have toilets but they are often ill kept and send the message that the user is not deemed socially worthy of anything better. If a country makes claims to be a democracy then let there be public toilets for all.

Pubs: More formally known as Public Houses, places to originally drink ale (and later beer other drinks such as gin), as well as to get food, shelter and to socialize. have been in existence in England since the times of the Romans. In fact, earlier on they become so ubiquitous that in 935 King Edgar apparently decreed that there should be no more than one per village (based on my recent assessment I don't think anyone took him seriously). Although privately owned, pubs do still serve as a public good in

that they provide a place for people to gather (including children) and to eat and drink in ways that can be simple / affordable or more refined / expensive as in the term 'gastropub'. During our travels in London and throughout the Southwest, including Cornwall, we visited many a pub and drove through a landscape with many, many more. Upon reflection, I don't think we drove through a single village or even hamlet, that didn't have a pub. Even the non-existent village of Portcurno, where we stayed in Cornwall had two pubs, although the one we went to was in the next village Treen, a 16th century pub called Logan's Rock. There we ate local fare (Cornish pasties and steak and ale pie) in front of a fire, drank local cider and were surrounded by locals of all ages, as well as a German couple who were in the area for the surfing (world renowned). Here in our country, yes, there are some Irish pubs if one is lucky to have one in one's town (we are lucky to have The Harp) but otherwise such places that combine food and drink, or just drink and are easy and friendly and welcoming to all ages are rare. Of course there are bars and restaurants and restaurants with bars but the atmosphere is for the most part not the same. Also, many pubs have gardens and even though the weather can be challenge there, sitting outside surrounded by flowers drinking a glass of something is a pleasure we here need to enjoy more. For the lack of pubs here I can only surmise it had to do with the puritans and their perverse views on drinking, leading in their most extreme expression to prohibition; such a pity!

Gardens: The abundance of flowers and gardens both private and public was awe-inspiring. This may not seem like a public good but aesthetics, as in natural and cultivated natural beauty, I think enhance the collective experiences and wellbeing of all. Where we were staying in London, every house, even those with the tiniest of front space had flowers of all kinds. Additionally, the tube and train stations had flower boxes and barrels, pubs had gardens and flower baskets, parks had flower gardens and flowering trees, and then on our travels, sea towns and villages had sea front walkways with herbaceous boarders, as well as roundabouts with center flower displays and other roadside gardens. All of this visual abundance in color and form continually delights the eyes and affirms the spirit in ways that the opposite cannot. This insight is affirmed by another Oscar Wilde quote that he said about Cincinnati, stating, "I wonder that no criminal has ever pleaded the ugliness of your city as an excuse for his crimes." Although humorous in its exaggeration, I believe there is truth in his observation that firstly many of our cities / towns / public places are ugly (fortunately in my town of Willimantic, there are some lovely garden areas) and secondly that there is a correlation between social behavior (or rather in this case anti-social behavior) and a lack of beauty, that, as stated, reduces the public good.

As for Wilde's other quote, again, despite it being an exaggeration, in my opinion the meaning of the term 'civilization' must include the degree to which a society upholds, supports, defends, and creates public goods for the public good and in the case of toilets, pubs and gardens my assessment is that we fall far short of England. As a result, overall I found England to have an atmosphere of 'ease' and 'wellbeing' that I don't find here even as a native and for my wife it felt 'softer' and 'kinder' not only in the actions of individuals but in the collective ethos. As for my mother, after being here for over 50 years she is in her last years of life seriously considering going home. Since my wife and I can't go 'home', as being here is our home, our resolve is to advocate for more public toilets, frequent more the local pubs we do have (we went to Main Street last night) and continue to cultivate our English looking garden (we spent all yesterday gardening) and to do so all in the name of 'civilization' and the public good!



**Local produce
arriving daily!
Supporting local farms
since 1980.**

91 VALLEY ST., WILLIMANTIC
860-456-3611
www.willimanticfood.coop • Credit Cards Accepted
Open to Everyone - Monday - Saturday 9-8 and Sunday 9-6

The deadline for the July issue of Neighbors is
Wednesday, June 21st.

“Write Your Roots”

By Sarah Moon

What's your food story? This question, appearing at the top of a flyer distributed throughout Willimantic in August 2016 was the seed that began “Write Your Roots,” a community writing and performance project centered on food. I began work on this project last spring as a UConn English PhD student interested in studying the intersection of community writing, theatrical performance and rhetoric around local issues. CLiCK board chair Phoebe Godfrey helped me initiate connections to spread the word about the project and CLiCK became a sponsor. By September of 2016, ten community members had signed on to write, revise and perform monologues about some aspect of their relationship to food. Over the past nine months, Write Your Roots has flowed into a diverse and vibrant collection of stories and perspectives on food from Willimantic voices.



Contributed photo

“It was the gift of eating in the right place at the right time,” says Dan Urban of how he found out about and got involved in the project. “I was a writer looking for an outlet in my new town. One day, at a BBQ in Jillson Park, I met Sarah and was invited to participate in the project. Nine months later, I’m rehearsing in my basement and excited to share my story with an audience. The people, the encouragement, the support, and the opportunity are key ingredients of a strong community.” Another writer-performer Ruth Hartunian-Alumbaugh, active in Willimantic as a music educator and community volunteer, says of her involvement, “I’ve personally enjoyed the many faces that convey stories about how food brings people together. Although the tapestry of each story is different, the threads are common: relationship, fellowship, life.”

The topics the monologues explore range from childhood memories of homemade food in a Pennsylvania coal town to the connection found over soup kitchen meals to teaching young kids about gardening and preparing fresh food. Writers began the creative process in October working one-on-one with writing coaches (professors and graduate students from ECSU and UCONN) to develop the ideas and content of their monologues. The group met in November and December for read-throughs and feedback on the nine (eight monologues and one duet) resulting pieces.

Acting rehearsals began in April with half of the writers meeting weekly with myself and half with local director Tina Huey. Our creative journey will culminate in two free live performances open to the public on June 3 at 7:30 at Windham Town Hall and June 4 at 3 PM at CLiCK. Performances will be followed with talkbacks with the writer-performers and local leaders in Willimantic’s food and community initiatives.

One of the things that comes through in the collection of monologues is food as a powerful vehicle for connectedness. At first glance, this may seem like an obvious truth, but food doesn’t always serve the role of great connector. Food, when moralized, politicized or even spiritualized, can become a source of division. The terms “local food,” “foodie,” “organic,” and “artisanal” are labels that have been used (and abused) in the last few years to suggest a more “enlightened” attitude toward food that can also connote elitism. The kind of food and restaurants to which these words refer are often too expensive for lower and middle class individuals and families to afford. As a result, what some people think of as the “local food movement” can be, however unintentionally, an elitist movement.

While education about healthy foods, healthy cooking and humane farming is important, alongside this education, it needs to be acknowledged that food comes at a cost and that cost is often higher for healthy, locally-sourced and/or produced foods than for processed foods

and Big Ag-sourced meat and vegetables. Just being educated about how food is sourced and what food is healthy doesn’t overcome the real differences between what people from different income brackets can afford to put on their plates. To overly moralize buying “local” or eating whole and healthy foods can come off as unwittingly elitist and naive. Luckily, many people in our town recognize this and are working to change a system that often puts the healthiest foods out of reach for a large percentage of our population.

Part of my interest in food as a central subject for Write Your Roots was to reclaim food as something that brings us together rather than divides us, something that levels social hierarchies, rather than reinforces them. Thankfully, we’re well-situated here in Willimantic to push against food elitism. Willimantic is home to an array of individuals and organizations that are working, often in collaboration, to support food justice. The NYC-based nonprofit Just Food defines food justice as “communities exercising their right to grow, sell, and eat healthy food. Healthy food is fresh, nutritious, affordable, culturally-appropriate, and grown locally with care for the well-being of the land, workers, and animals” (justfood.org/about-us).

Here in Willimantic, GROW Windham, the Windham Community Food Network, Coventry Soup Kitchen, WAIM, CLiCK, the Willimantic Farmer’s Market and others are all working toward food justice-related goals. As a community, we can make the most of these organizations by getting involved and supporting them in the ways we can, through patronage, donations, volunteer hours, or just spreading the word; they will in turn help support us and the growth of a stronger local food infrastructure that helps feed into regional efforts toward a more just food system.

The New England Food Vision, a report published by Food Solutions New England in 2016 outlines a plan for 50% of New England food needs being met regionally by 2060 (foodsolutionsne.org/new-england-food-vision). The report states, “Rising demand by those who can afford the best-quality food can only go so far to boost regional food production; deliberate efforts toward achieving a larger, shared vision of a better food system for everyone to enjoy are critical as well. Such a vision must center on healthy food for all as a basic human right.” Here in Willimantic, part of the answer toward the “50 by 60” goal is to continue to plant and grow food in local gardens that goes to local individuals, the Covenant Soup Kitchen and Windham public schools. Another part of the answer is for individuals to support the local growers at the Willimantic Farmers Market by buying the groceries that they can afford there. Qualifying low-income community members can take advantage of the double snap program to get even more fresh produce with their SNAP dollars (willimantic-farmersmarket.org/food-programs/).

My hope is that Write Your Roots will invite audiences to feel connected to the performers through their own food stories and to consider the ways that what they eat connects them to others in their community and to a larger system. By sharing food stories, we can bond through our love of food and fellowship, building the kind of trust and community investment that helps fuel existing and future real-world efforts toward an improved food system. I’m grateful to the individuals and entities that have supported this project including Grounded Coffee, the Willimantic Library, Windham Town Hall, Covenant Soup Kitchen and CLiCK. And I hope to see you at the show!

“Write Your Roots” performs Saturday, June 3 at 7:30 PM at the Willimantic Town Hall and Sunday, June 4 at 3 PM at CLiCK, 41 Club Rd. Admission is free with donations going to Coventry Soup Kitchen.

NEW
ROTISSERIE-STYLE CHICKEN
— RAISED —
WITHOUT ANTIBIOTICS

3
Mansfield Locations!

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

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

Franc MOTORS INC.
Since 1949

ROUTE 32
WILLINGTON

(860) 429-2614 • www.francmotorsinc.com

Franc Motors is a general automotive repair facility servicing cars, trucks, trailers and RV's. We offer medium & light, and heavy duty towing and recover. Road Service is available.

Open Monday-Friday
8:00am-6:00pm

SNOWPLOW SALES SERVICE

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

HOME DESIGNS BY BRUNO

See Me Before You Build!

Residential Architectural Design

3D Plans
Permit Plans

Budgets
CAD Drawings

SOFTPLAN ARCHITECTURAL DESIGN SOFTWARE
Registered SoftPlan User
NAHB

860-537-5345
Call Today for a Free Appointment

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

Confidential Counseling Services Offered

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

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

Fresh vegetables and blueberries! Farm stand open weekends 9-6 (seasonally). Contact us, visit our web site, or “Like” our Facebook for seasonal farm stand opening and closing dates!

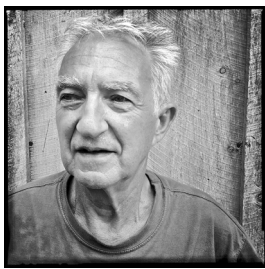
(860) 933-5842
wvfcsa@gmail.com
www.facebook.com/wvfcsa
www.wvfcsa.wordpress.com

39 Moose Meadow Rd.
Willington, CT 06279

Worms: Remembrances and Anticipations

By David Corsini

As I walk the sidewalk on a spring morning after an evening rain, I begin to stumble over a “slither” of worms. What is my responsibility here? Each worm is a life in distress and I have the potential to be of help.



Worms don't seem to know about sidewalks. Should I assist them to the grass? On 167 occasions in the past I have moved worms from sidewalks into the grass. Night crawlers are the easiest to grasp even though once grasped they can put up quite a fight. Worms with less girth are more difficult to pinch. Using my hands to move worms inevitably involves worm mucus but I am not particularly bothered by that. In the morning the wet grass is good for a quick rinse. Additionally, I typically carry a handkerchief.

Today there are lots of worms on the sidewalk and I am on my way to the pool at Eastern Connecticut State University. The hours of the pool are restricted and I am afraid that the pool will be closed if I take the time to move all the worms. Besides, I recently learned something about worms that left me less inclined to help them. More on that later. What should I do?

Should I call a flock of robins? There certainly are many robins in the area but they are not now in a flock; have probably already eaten; or are busy building nests, courting, mating, chasing blue jays, or sitting on eggs. Besides, I do not know how to call them.

Instead, today I decide to walk on slowly, while trying to avoid getting worm guts on my shoes. As I walk, I reminisce about worms in my life. Worms and I go way back. One early worm memory is of digging worms in my grandparents compost pile to feed the goldfish in their neighbor's pool. The goldfish were big and it was fun to watch as the fish sucked in the worm like a strand of spaghetti.

Also from childhood there are memories of digging worms for fishing. There was a family cottage on Boot Pond, a kettle pond, in Plymouth, Mass that my grandfather, who loved to fish, had built around 1910. When visiting this cottage as a child, fishing was a favorite activity and I always brought a container of worms.

Then my remembering progresses to learning how to attach worms to fish hooks. Many of my early attempts allowed the fish to eat the worm and avoid the hook. I was more feeding fish than catching fish. Initially, my way of fishing was a blood sport—my blood. After a while I learned how to string the wiggling worm onto the hook without stabbing my thumb.

And I remember the excitement of hooking a fish and successfully getting it to shore. Now what? The typical catch was a pumpkinseed sunfish that had a very sharp dorsal fin. So I had to learn how to hold the fish in a way that folded down the dorsal fin in one hand, while working the hook off the lip with the other. Catching a fish by the lip is one thing but when the fish swallowed the hook it was a disaster. Memories of those encounters make me shudder.

Every once in a while I would catch a hornpout which, because they have big mouths, often swallowed the hook with the bait. Getting the hook out of the fish was not good for the fish and a bit dangerous. Hornpouts have spines on the sides of their heads that contain poison. If you get stabbed by the spines, you will live, but, I can assure you from personal experience, that the discomfort lasts for several hours and is noticeable into the next day.

So over the years I have sacrificed many worms in pursuit of fishing. When I was a child, fishing was fun and I don't really regret the experiences. But going forward I doubt that I will abuse more worms in this type of pursuit. Perhaps in the end the worms will have their revenge.

Last year I read an article about threats facing certain species of salamanders in Northern New England forests. The article claimed that earthworms were an invasive species with the potential to endanger salamanders. The situation is a bit complicated.

Until 12,000 years ago northern New England was covered by a glacier and no worms would have survived. Since there were no worms native to this area, worms now living in northern New England are considered invasive. When I first read the article that referred to earthworms as invasive, I misunderstood it to mean that all earthworms in New England are invasive. But, the article was only referring to earthworms in the Northern New England forests. So, why did the scientist consider those worms invasive and a problem?

There are many species of worms that existed in the U.S. below the area of glaciations. But since it is estimated that worms only migrate 15 feet per year, in 12,000 years native worms in the southern states would only have migrated 28 miles—not close to Northern New England. So, where do the worms found in northern forests come from?

The author of the article argued that worms came north from plants and earth transported to northern New England from the south and from abroad. In Northern New England forest these days, worm researchers have found not only worms native to the southern U. S. but also 15 species of earthworms native to Europe and Asia.

Why are worms in the forest a problem? When leaves fall in the forest, the leaf litter is decomposed by fungi, bacteria and small organisms to create a nutrient-rich layer called “duff”. Scientists have documented that a layer of duff is important for the propagation of trees such as sugar maples. Duff protects the sugar maple seeds and supplies nutrients to tree seedlings. In addition, organisms within the duff are essential food for young salamanders. Worms are a problem in forests because they consume the duff layer and bring the nutrients deep into the earth. With the duff layer gone, seeds are exposed, seedlings find it difficult to get the nutrients they need, and young salamanders cannot find small organisms to eat. There are few salamanders in forests where there are many worms.

I am partial to salamanders and will take their side any day against worms. So when I read that worms were an invasive species harming salamanders in the forests, I started to reassess my practice of helping worms cross the sidewalk. But as I live in southern New England, I am not so sure that worms here also threaten salamanders. Around here it is probably habitat destruction and pesticide use that are of more threat to salamanders. So, I now have more sympathy for worms on the sidewalks I frequent.

The last scientific book that Charles Darwin wrote was: *The Formation of Vegetable Mould through the Action of Worms*. He was fascinated by worms and studied them for more than 40 years. Darwin described many beneficial functions of worms to gardens. Also, he was the first to describe the role worms play in bringing earth to the surface such that objects lying on the surface eventually become buried. This process is referred to as bioturbation. Not exactly a word to be remembered for Scrabble.

When I was a child, my father laid out a path of flagstones over grass in our backyard. I remember trim-



ming around the stones to keep them visible. When we sold this property 50 years later, all the flagstones were completely buried and there was no sign of the path. In Willimantic I have a stepping stone path that is only three years old and I am already fighting the worms to keep the stones visible.

Through his experiments Darwin found that worms are deaf and modestly sensitive to light and temperature. But they are strongly responsive to vibrations. The responsiveness of worms to vibrations is essential to a practice common in the southern states called “worm grunting”. Worm grunting is a way to easily gather worms for fishing. To grunt for worms, a wooden stake is driven into the ground and then rubbed with a piece of metal. The sound produced has been described as a sound that would be made by a bull frog with a sore throat. But it is not the sound but the vibration that is important.

Darwin estimated that there are 53,767 worms per acre of good ground. I am not sure how he came up with the estimate but I sure hope he had help in counting. So when grunting is done in the right place, thousands of worms can emerge. Some people have hypothesized that the vibrations made by grunting makes the worms think they are being pursued by a mole and so they come to the surface in an attempt to escape. I think the vibrations just drive them “crazy” and they are trying to escape the vibrations. Their attempt to escape is similar to how sonar in the ocean leads to mass stranding of dolphins and whales.

When I was in high school, I was in the marching band. One day we had practice on the football field. After the practice I noticed that the spot where the base drum had been played was swarming with worms. I tucked this observation into my memory but never used it. If I had lived in an area where worms were a sought after commodity and I had a base drum, my observation could have made me a millionaire. But my parents were teachers and not entrepreneurs. Anyway, who wants to be a millionaire?

When I die, perhaps the worms will have their opportunity to revenge the treatment I visited upon their ancestors during my fishing days. As related in *The Hearse Song*, the worms will have the opportunity to “crawl in and out while playing pinochle on my snout.” They would also be free to “eat my eyes, and eat my nose, and eat the jelly between my toes.” But as I will be cremated, the worms will have to be satisfied with simply burying my ashes and I am sure they will make short work of that.

Until that time comes, I will continue to help worms cross the sidewalk as long as the pool will be open long enough for my swim. And I will not ask these worms for their papers to ensure they are native.

Putnam Scouts learn to safely shoot shotguns

By John D. Ryan

ROCKVILLE, CONN. – Recently, Boy Scouts from Troop 21 in Putnam had their first experience shooting shotguns, when they paid a Sunday visit to the Rockville Fish and Game Club.

“This was definitely a ‘safety first’ activity,” said Troop 21 Scoutmaster Peter A. Lombardo, of Putnam, himself an experienced trap shooter. “The club let us use their excellent trap-shooting range and gave us a qualified instructor who knows how to deal with boys who’ve never done this before.”

In keeping with usual trap shooting procedures, the Scouts and their adult leaders fired at small, orange, clay targets launched down-range into the air by a machine, to simulate the flight of game birds. Family members came along and did some shooting as well, both for added safety and

to give them a first-hand look at what Troop 21 Scouts can do.

“This taught our boys to use firearms safely and responsibly, both individually and as a family,” Lombardo said. “One of the best things Scouting does is give boys a chance to challenge themselves in a safe environment where they can try new things they might not otherwise get to do. Our troop is committed to that.”

Chartered to, and meeting at, St. Mary Church of the Visitation in Putnam, Troop 21 is open to any boy aged 11 to 17. Scouts do not have to be Catholic or be members of the church.

A Boy Scout troop's operations are run by the boys, with the adults overseeing transportation and fund-raising and making sure everyone is healthy and safe.

Among a few of its monthly activities, Troop 21 started last fall with a fishing trip, followed by a hike up Mt. Monadnock

in New Hampshire, a science and technology program for Scouts at the U.S. Coast Guard Academy in New London, a winter camping and ice fishing trip and a successful food drive for local, needy people. There's more coming up before Troop 21 spends a week at Scout camp in July, with a river rafting weekend and Paw Sox game in Pawtucket.

For information about joining Troop 21, send an email to Troop21Putnam@gmail.com.



Rockville Fish and Game Club Chairperson for Trap and Skeet Jason Stansfield, of Manchester, shows Troop 21 Scouts Brendin Adams (right, foreground) and Nathan Olson how to safely handle a shotgun during a recent troop program at the club's trap-shooting range. Photo: John D. Ryan

A Bilingual Page for Children Página Bilingüe Para Niños



Writer **Delia Berlin** and artist **Annie Wandell** have collaborated to create this bilingual children's page. Delia's bilingual children's books can be found at the **Willimantic Food Co-op, Swift Waters Artisan Cooperative, Amazon** or her website, www.deliaberlin.com. Annie's art can be found year-round at **Swift Waters Artisan Cooperative** in Willimantic, in addition to shows, galleries and **Open Studio** weekends.

Escritora **Delia Berlin** y artista **Annie Wandell** colaboraron para crear esta página bilingüe para niños. Los libros de Delia se encuentran en **Willimantic Food Co-op, Swift Waters Artisan Cooperative, Amazon** o en su página de internet, www.deliaberlin.com. Arte de Annie se encuentra durante el año en **Swift Waters Artisan Cooperative** en Willimantic, además de exhibiciones, galerías y los fines de semana de **Open Studio**.

Justice for Curly Delia Berlin

"I'm leaving, Javier!" yelled Mrs. Ramos. "I left empanadas in the fridge. Please save two for your father..." Javier loved empanadas!

Javier headed downstairs with his dog. "Curly, let's have lunch!" But Curly knew that Javier wouldn't share his favorite food.

Javier sat at the table with his book. He read and ate, he ate and read... When he finished his book, he realized that he also had finished the empanadas.

Javier had an idea: He would blame Curly!

When his mother returned, Javier told her that Curly had gobbled up the empanadas. "Oh...no...Curly!" said Mrs. Ramos.

Curly didn't like being wrongly accused. He usually "smiled" by wagging his tail. But now his tail did not wag.

Days later, Javier was bouncing a ball upstairs as Mrs. Ramos was leaving for the post office. "I'll be back soon!" she yelled. Curly came to her feet, hoping to go out. "Come along!" she said.

Javier played until the ball crashed into his mother's favorite vase, just as she was returning. Blaming Curly had worked once... Could it work again?

Javier rushed to announce the bad news. "Curly was jumping around and he broke your favorite vase." But this time his trick did not work.

"Curly went to the post office with me! How could you accuse him? No TV or computer for a week!" Javier understood that his mother would forgive an accident sooner than a lie.

Curly was angry. Again, Javier had accused him unfairly.

Later that week, Mrs. Ramos was going shopping. She reminded Javier that he was not allowed to watch TV or use the computer. Javier went to his room and Curly stayed on his pillow.

As soon as Curly heard Mrs. Ramos returning, he ran to the computer and jumped on the keyboard until the screen flashed on. Then he pushed the remote with his paws until the TV came on.

Curly rushed back to his pillow and pretended to sleep. As Mrs. Ramos opened the door, his tail wagged.



Justicia para Curly Delia Berlin

"¡Me voy, Javier!" gritó la Sra. Ramos. "Hay empanadas en la nevera. Por favor deja a dos para tu padre..." A Javier le encantaban las empanadas.

Javier bajó con su perro. "¡Curly, almorcemos!" Pero Curly sabía que Javier no compartiría su comida favorita.

Javier se sentó a la mesa con su libro. Leyó y comió, comió y leyó... Y cuando terminó su libro se dio cuenta de que también había terminado las empanadas.

Javier tuvo una idea: ¡Lo culparía a Curly!

Cuando su madre

volvió, Javier le dijo que Curly había devorado las empanadas. "Ay, no... ¡Curly!" dijo la Sra. Ramos.

A Curly no le gustaba ser acusado injustamente. Usualmente "sonreía" agitando su cola. Pero ahora su cola no se movía.

Días después, Javier estaba rebotando su pelota en el piso de arriba mientras la Sra. Ramos se iba al correo. "¡Volveré pronto!" gritó ella. Curly vino a sus pies, esperando salir. "¡Vamos!" le dijo.

Javier siguió jugando hasta que la pelota volteó el florero favorito de su madre, justo cuando ella regresaba. Culpar a Curly había funcionado una vez... ¿Funcionaría otra?

Javier se apresuró a dar las malas noticias. "Curly estaba saltando y rompió tu florero favorito." Pero esta vez su truco no funcionó.

"¡Curly fue al correo conmigo! ¿Cómo puedes acusarlo? ¡No mirarás la TV ni usarás la computadora por una semana!" Javier entendió que su madre perdonaría un accidente antes que una mentira.

Curly estaba enojado. De nuevo, Javier lo había acusado injustamente.

Más tarde esa semana, la Sra. Ramos salía de compras. Le recordó a Javier que tenía prohibido mirar TV o usar la computadora. Javier fue a su cuarto y Curly se quedó en su almohadón.

En cuanto Curly escuchó que la Sra. Ramos volvía, corrió a la computadora y saltó sobre el teclado hasta que se iluminó la pantalla. Después apretó el control remoto hasta que la TV se prendió.

Curly volvió a su almohadón y pretendió dormir. Ni bien entró la Sra. Ramos, Curly agitó su cola.

Questions for readers:

- Why did Javier accuse Curly of eating the empanadas?
- How do you think Curly felt?
- How did Mrs. Ramos know that Curly didn't break her vase?
- Why did Mrs. Ramos punish Javier?
- Why did Curly turn on the computer and TV when he heard Mrs. Ramos returning?
- Can you tell what happened next in the story?
- Did Curly teach Javier a lesson?
- Does Javier now understand how Curly felt when he was wrongly accused?

Preguntas para los lectores:

- ¿Por qué Javier acusó a Curly de haber comido las empanadas?
- ¿Cómo crees que se sintió Curly?
- ¿Cómo supo la Sra. Ramos que Curly no rompió su florero?
- ¿Por qué la Sra. Ramos castigó a Javier?
- ¿Por qué Curly prendió la computadora y TV cuando oyó a la Sra. Ramos regresando?
- ¿Sabes qué pasó luego en la historia?
- ¿Crees que Curly le enseñó una lección a Javier?
- ¿Crees que Javier entendió cómo se sintió Curly?

The deadline for the July issue of Neighbors is Wednesday, June 21st.



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

Support your local community potter

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



860-646-3425

B & L Enterprises

TREE REMOVAL • TREE CARE • STUMP GRINDING
FIELD & BRUSH MOWING • BULLDOZER SERVICES

BRUCE LITVINCHYK, LICENSED ARBORIST
IN BUSINESS SINCE 1982 (CT #2176)



WILLIMANTIC FOOD CO-OP

SUPPORTING LOCAL FARMERS SINCE 1980.

91 VALLEY ST., WILLIMANTIC
860-456-3611

www.willimanticfood.coop • Credit Cards Accepted
M-F 9-8, SAT 9-6, SUNDAY 10-5

The Neighbors Paper
A little paper big on community

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**

Natural Physicians ready to listen...




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



315 East Center Street
Manchester
860-533-0179

In Network Providers for Most Insurance Companies



CAD Marshall Framing
Professional Picture Framing by
Claudette A.D. Marshall

860.617.5422 or 860.942.8588
34 North St. Wmtc, CT 06226
Hours: Tue-Fri 10-5:30 & Sat 10-4
www.facebook.com/Cadmarshallframing
Cadmarshallframing@gmail.com

Also featuring a new show each month in The Gallery @ 34 North.
Interested in showing call 860-617-5422

Henry A. Wallace – American Progressive

By Chuck Morgan

Henry Wallace is not widely known today, yet he was a giant of progressive thought during his life. I had forgotten him until watching a documentary “The Untold History of the United States”. Then I remembered sitting in my grandparents plastic enclosed porch in the winter with the gas heater roaring and the cigarette smoke thick, listening to kinfolk talking north Louisiana politics and mentioning him.

Born in Iowa in 1888, Wallace led a life of inquiry and service. As a boy, he was friends with George Washington Carver, who influenced his interest in botany. During high school Wallace experimented with plant genetics. Graduating from Iowa State, he worked in a family agricultural newspaper, and gained prominence for work in statistical analyses of agricultural supply and prices, and for hybridizing high yield corn. In 1926 he helped start Hi-Bred Corn Company, later Pioneer Hi-Bred.

In 1933 Roosevelt selected Wallace to lead the Agriculture Department during the depression. Oversupply of agricultural products kept agricultural prices below production costs, and farms were going bankrupt. This farm problem was a major issue facing Roosevelt in recovering from the depression. Wallace believed the solution was government financing to pay farmers to cut production. It was radically controversial. But Wallace fought for his programs, and deserves credit for a part in recovery.

While in Agriculture, Wallace promoted ideas that were politically controversial, such as government stockpiling agricultural products in good years, thus also supporting prices. He is also credited with instituting food stamps, school lunches, land-use planning, soil conservation, erosion control, and promoting research in agricultural diseases, drought-resistant crops and hybrid seeds. He also promoted racial equality.

In 1940, with Roosevelt’s backing, he was nominated for vice president after a bitter fight in which he was categorized by conservative Democrats as a utopian New-Dealer. With Roosevelt’s victory, Wallace became Vice-President. Roosevelt appointed him Chairman of the Supply Priorities and Allocation Board as we entered WWII. The board was critical in obtaining and distributing war resources. During the war he became impressed with the enormous sacrifices the Soviet Union was making fighting Hitler. About 10 million Russians were killed and western Russia was utterly devastated. He became outspoken

in defending the Soviet Union, and trying to shape policies that would bring the Soviets into a world peace after the war. In May 1942 he made a major speech expressing his progressive idealism. It became widely known by a phrase he used in the speech to describe his vision of peace, the “Century of the Common Man.”

As the war’s end approached, conservative Democrat leaders opposed Wallace’s continuing as vice president and portrayed him, not necessarily unfairly, as a liberal dreamer. Roosevelt’s failing health made it obvious that the new vice president would become president. At the Democratic convention in 1944, party leaders engineered Harry Truman’s nomination for vice president. After the election Roosevelt appointed Wallace Commerce Secretary as consolation. When Roosevelt died in 1945, Truman became president. Wallace’s continued his outspoken speeches and writings, and in 1946 Truman asked him to resign for criticizing State Department efforts opposing Soviet takeovers in eastern Europe.

A major factor in post war events was the 1945 Yalta Conference between Roosevelt, Stalin, and Churchill. To oversimplify, Roosevelt got a promise the Soviet Union would enter the war against Japan 3 months after Germany’s defeat, Stalin got a promise eastern Europe would be the Soviet’s sphere of political influence, and Churchill got a promise eastern Europe would have free elections and democratic governments. The areas for disagreement over implementation are obvious. Wallace believed a war with the Soviets must be avoided. Knowing the destruction Russia suffered by Hitler’s invasion, he felt the Soviets were entitled to establish conditions that would protect them against future invasion from western Europe. He also believed they would follow the spirit of the Yalta Conference for democracy in eastern Europe. However actual events in eastern Europe by Communist parties, with Soviet support, led to what Churchill described in 1946 as an “Iron Curtain” descending across Europe between east and west. Wallace spoke out for loans to help Soviet recovery, and opposed NATO because it would lead to war with the Soviets.

The drift of events caused Wallace to run for president in 1948 in the Progressive Party. The party platform comprised progressive views ranging over peace, an end to wars, the United Nations, disarmament, Israel, the far east, colonial peoples, abundance, ending discrimination, opposition to the Marshall Plan, and other causes. Wallace was not a communist, and strongly opposed communist support of the party. However the Democrats, media, and



Henry A. Wallace

Contributed photo

House Un-American Activities Committee promoted a smear campaign that the Progressives were backed by communists. Though Wallace was popular with many, his support dropped from 7% in early 1948 to less than 3% in the election.

After the Progressive defeat, Wallace retired to his New York farm, devoting his remaining life to defending his reputation and experimenting in strawberry and chicken genetics. He died at Danbury hospital in 1965. Wallace served his country and the cause of mankind and peace. In my opinion, his biggest flaw was that he was not political enough in a political world, and he was taken in by his optimism about the goodness of men, and the Soviet Union in particular. In a 1952 article he admitted “Where I Was Wrong” about the nature of the Soviet Union, and other foreign policy issues.

After his death he was praised by many who understood his accomplishments. He wrote these words in 1962: “Scientific understanding is our joy. Economic and political understanding is our duty. Our objective is the understanding of life at all its varied levels....Continually I cross breed strawberries and grow them from seed. Each year I wait to see what they look like the next year. I recommend to all of you that you become gardeners. Then you will never die, because you have to live to see what happens next year.”

Jillson House Museum Musters Historians to Willimantic

By N. B. Goldzer

On May 13th, The Jillson House Museum, in partnership with the Windham Historic Society, was proud to commemorate Windham, CT’s 325th birthday with its first ever “Multi-Era Muster” on the Jillson Green. Organized by Jillson House executive director Ron ‘Doc’ Black, the muster featured reenactors from all over New England of the seventeenth, eighteenth, nineteenth and twentieth centuries. True to form, the living historians shook off the gloomy overcast of early morning (meteorology, what kind of magic is that?!), donned thicker wool and carried on, providing Willimantic with a taste, literal and figurative, of authentic American history.

Passer’s-by were hard-pressed to miss the commotion, particularly the smokey-sweet scent of roasting pork from the Jillson’s own open-fire stove, tended by the lovely ladies of “Be What Remains,” a reenactment troop dedicated to civilian life in the 19th century. They lit the museum’s kitchen with roaring fire and enlightening demonstration, educating visitors on the use of brick and kettle cooking. With them they brought a plethora of Victorian-age larder, including hardtack, so dreadful to consume that Ms. Susanne Toomey, overseeing the scullery, passed about the lyrics to an old classic, “Hard Crackers, Come Again No More.”

Accompanying the smells of the Jillson kitchen were the tunes of the 2nd South Carolina String Band which set up in the wooden gazebo at the corner of Main and Jackson Street. Renowned musicians

of more than twenty-eight years, the 2nd Carolina has been featured in two of Ken Burn’s documentaries and on the soundtrack for Ronald Maxwell’s Civil War epic, Gods and Generals. Though they hail from loyal union states, such as Illinois and New Hampshire, the band was nonetheless adamant in their traitorous, Reb’ dedication, for which we virtuous Yankees forgave them. Nevertheless, their plucking and fiddling spoke for itself and band leader Joe Ewers led them throughout the day in drowning out the groan of motor-powered Main Street with the banjos, fiddles and washboard strumming of yesteryear.

So too came The Crew of the Raven, 17th century mariners lead by tall captain Joseph Pereira, who shuddered heart-beats when he and his men fired off their three-pound deck-gun pointing toward the old Windham movie theater. If workers for the new senior center, to be built at that location, find any cannon balls during its construction, we trust they’ll be returned-to-senders. Those looking for trinkets or plunder found both at the tent of Steve “Big Bear” Salisbury whose “Big Bear Trading Company” sold the replicated take of a privateer ship, wood-ware, jewelry, and replica Spanish silver and gold doubloons.

Representatives from both the



John Knyff and Chelsey Cayer of “Bloody Historical”

Contributed photo.

For those more modernly-inclined, Chelsey Cayer and John Knyff of “Bloody Historical” arrived representing the 33rd Signal Construction Battalion of Patton’s 3rd Army and gave an enthusiastic demonstration of their six line, forty-pound portable switchboard radio to an ever-swelling crowd of onlookers. Decked in authentic WWII uniforms, the pair invited Windham folk to chat through their portable field-phones as US soldiers on the fields of Nazi-occupied Europe would have done, and to listen to recorded broadcasts of the infamous “Axis Sally” over their restored Minerva Tropic-Master radio.

There was certainly no shortage of activity on the square, though the cold and darkening weather put an unfortunate damper on attendance. “We’re hoping to make this a yearly event,” said Jillson Director and muster organizer Ron Black. “This year we set up on short notice, in only three months. For next year we can start tomorrow.” The director, poking at his open-air fire, smoking his cigar and sipping his fifth pint of beer, seemed irrepressibly jolly. Perhaps the day-after-tomorrow, would be best.

Connecticut Eastern Railroad Museum and the Windham Textile Museum were in attendance, with Education Director Bev York offering calligraphy lessons to comers of all ages while children hoop-rolled along the grass and played hop-scotch on the pavement. Mr. Dexter Anderson from Norfolk, MA arrived at noon, channeling the spirit of President Teddy Roosevelt in a rousing, articulate speech, the likes of which is surely missed today. To keep the colonials in line, members of “His Majesty’s 54th Regiment of Foot” from nearby Mansfield, CT arrived in full redcoat garb and drilled potential recruits in the handling of their Brown Bess muskets.

Spirituality Without Religion

By Cathy Cementina

You have undoubtedly heard of Sam Harris. He is a well-known atheist and author of the book, *The End of Faith: Religion, Terror, and the Future of Reason*. Harris is absolutely intolerant of metaphysical beliefs and religious dogma that have no grounds in reason or evidence. And yet, he has also written a book titled, *Waking Up: A Guide to Spirituality Without Religion*. So it begs the question, what can spirituality mean in the absence of belief in God? What can it mean in the absence of faith in some transcendent dimension of being?



Can we imagine a spirituality that refers not to reality at large but to the quality of certain experiences that we as human beings are capable of realizing? We know of the long standing tradition of mystics and contemplatives who have had such experiences, experiences for which the most appropriate term would seem to be "spiritual." Of course, many of those experiences are then interpreted in terms of religious concepts such as unity with God, or presence of the divine, or entry into a sacred realm. But as sheer experiences, there is something special and numinous about them. Through dedicated introspection, contemplatives have tapped into a deeper dimension of life than is ordinarily available. The human mind does, in fact, contain vast expanses that few of us ever discover.

It is this attention to the mind that Harris terms spiritual and that he recognizes as the key to our deepest well-being. As Harris writes, "Our minds are all we have. They are all we ever had. And they are all we can offer others. Every experience you have ever had has been shaped by your mind. Every relationship is as good or as bad as it is because of the minds involved." So it makes sense that paying attention to the flow of our minds' thought processes can result in altering our sense of well-being.

All of us aspire to be happy. The question is what constitutes true happiness? Even in the best of circumstances, happiness is elusive. We seek pleasing sights, music, tastes, sensations, moods. We seek to satisfy intellectual curiosity. We bond with friends and loved ones. We seek professional success. We strive to reach goals. This is normal in the course of living. But what happens when any of these individual desires for happiness are met? The joy of reaching them subsides. We are on to the next aspiration. We therefore wonder whether a deeper source of well-being exists. "Is there a happiness that does not depend on having one's favorite foods available, or friends and loved ones within arm's reach, or good books to read, or looking forward to the weekend?" And can we access that equanimity without recourse to religion and metaphysical beliefs that we cannot justify?

Harris answers yes. And glimpsing this alternative is coterminous with dispelling the conventional illusion of the self. We realize in an experiential way a level of well-being that does not depend on outcomes or activities or relationships that relate to me as a reified entity. We are happy -- or at peace -- even before any me-related outcomes occur; even before any me-related thoughts occupy my mind. The deliberate and ongoing attention to the contents of our consciousness -- that is, meditation or contemplation -- can result in a level of peace that is unavailable to us when we live out of a sense of me, a sense of a substantial self.

In Harris' words, "... the feeling that we call 'I' is an illusion. There is no discrete self or ego living like a Minotaur in the labyrinth of the brain. And the feeling that there is -- the sense of being perched somewhere behind

your eyes, looking out at a world that is separate from yourself -- can be altered or entirely extinguished." Dispel that assumption of a (fragile) self that is waylaid emotionally by a continual stream of thoughts -- "Did I do good?" "What is she thinking of me?" -- and one can reach a deeper ground of peacefulness.

I can imagine the (understandable) protests: "But the self is not an illusion! Who is it that has thoughts, memories, and is the agent of action?" There are many responses that Harris, and for that matter, the Buddha, would give to such legitimate questions. But let me share two things that I find to be the most compelling evidence against the notion that each of us has or is a reified self above and beyond the conscious processes that make up our mind.

The first is simple: Witness a person you have known (and perhaps loved) who now has Alzheimer's. Where is that self now that was once Aunt Martha? She doesn't recognize me; she doesn't recall what she did yesterday or 20 years ago; she can't say her name when requested to do so. To what extent does the self of Martha continue to exist in the rearrangement of her brain circuitry? (I am not here advocating for a reductionist view of the mind. I am simply asking, where do we find the self in Martha's now diseased circuitry?)

Secondly, and this is a bit more complex: It is now a documented fact that the brain is divided into two spheres, each with its own specialty or acumen. The left brain, for example, is now known to be the seat of language. The right brain is now known to be the seat of spatial intelligence. Ordinarily, these two spheres are united by several nerve tracks, the main one of which is the Corpus Callosum. Researchers into epilepsy speculated that by severing the Corpus Callosum they may be able to keep epileptic seizures local, preventing them from crossing over to the other hemisphere from their site of origin. In fact, they were successful. With the procedure, the seizures did not spread. But a peculiar outcome of the intervention was that the subject no longer acted with one mind. It was as if each hemisphere had its own mind. Each hemisphere of the patient with the severed Corpus Callosum displayed an astonishing functional independence, including separate memories, learning processes, behavioral intention -- what we would designate as centers of conscious experience. There was no longer a unitary self. What are we to make of this?

It is Harris' (and the Buddha's) contention that the sense of self disappears when closely examined. Science seems to support this. There is a well-being that results from tapping into this intrinsic selflessness of consciousness. There is a value in avoiding the relentless pain, distraction, second guessing, boredom, insecurity and so on that the identification with a self kindles. There is a value to a love that is not transactional. ("I love you because you make me feel special.") No faith is required to access this dimension -- only the spirituality of ongoing attention to the contents of one's consciousness.

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

Jenkins Dental
at Bynes' Falls
860-742-6665
2991 A 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

Advanced Orthodontics, LLC
Braces and Invisalign for Kids and Adults
Dr. Singh
Orthodontist, DDS, BDS, MBA

Thank you Dr. Singh for our beautiful smiles. Wonderful experience for the whole family, professional and friendly.
- Sincerely, The Bocash Family

5 Star Google Reviews
182 Providence Street, Putnam, CT 06260
860-928-3304
www.advancedorthoLLC.com

- Open on SATURDAYS
- FREE CONSULTATIONS
- Affordable and Flexible payment plans
- We do accept all major insurances including HUSKY

mansfield ob gyn
Hebron • Mansfield

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
Dedicated to women committed to excellence
Find us on Facebook www.mansfieldobgyn.com

Introducing the HSTimate
Local data and experience is our algorithm

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

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

North VETERINARY CLINIC

Welcoming New Patients
118 Ashford Center Road (Rt. 44),
Ashford, CT 06278
www.northvetclinic.com
860-487-0479

MENTION THIS AD AND RECEIVE \$10.00 OFF YOUR VISIT

The deadline for the July issue of Neighbors is Wednesday, June 21st.

AFFORDABLE SENIOR HOUSING

BUTTON HILL SENIOR HOUSING
10 Senior Way - Willington, CT 06279
24 private one-bedroom units

NOW TAKING APPLICATIONS

Funded by: CT Dept. of Housing through its HOME and FLEX programs. Applicants must be 62 years or older and meet certain income eligibility requirements.

For more information or an application call 860-429-8777 or visit us at www.buttonhill.org

TERRY'S TRANSMISSIONS

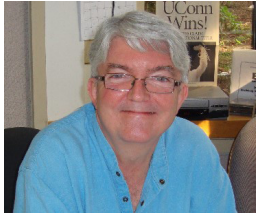
WE KEEP YOUR REAR IN GEAR
Ashford, CT (860) 429-6571
WEB ADDRESS: www.terrys-transmissions.com
EMAIL: terrys.trnsmsns@snet.net
860-429-6571 Phone
860-429-0246 Fax

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

Your Local Community Media:

Resources for Human Connection and Action

By John Murphy



This column is about the locally-based electronic media channels and programs in our region—radio, TV, cable and web-based. They reflect many different experiences of life with a wide variety of social, political and cultural perspectives. Local news coverage is limited in our region and these community channels offer a great opportunity to connect and learn. This month's topics include:

Student media in service to our community—new videos on YouTube
The Willi Ride Along's first trip is on YouTube and Facebook



Student Media and Service Learning
Faculty Engagement to Serve Our Community

The current stress over state funding provides an opportunity for me to remind you of some examples of the many valuable but less visible returns that are created by public investments in higher education. Call this second level ROI (return on investment), but all of this activity outside the classroom connects to your communities in many ways. This happens at schools across the state but I will keep it local and focus on Eastern Connecticut State University in Willimantic.

The Center for Community Engagement (CCE) at Eastern provides resources for faculty members interested in developing connections with the community to enhance their course offerings and research. The CCE has a team of engaged faculty who are already doing this and outreach is underway to find new partners.

Each year over 1000 Eastern students provide more than 20,000 hours of community service in 40 local schools and community service programs, worth almost a half-million dollars of voluntary contributions (IRS valuation). This is an incredible statistic when you apply it statewide, a very significant ROI for taxpayers!

Service learning is much more than volunteering and it is a powerful engine of creativity:

“Service Learning is a teaching and learning strategy that integrates meaningful community service with instruction and reflection to enrich the learning experience, teach civic responsibility, and strengthen communities.” (Carnegie Foundation)

Eastern faculty offer courses that incorporate projects into the curriculum that are mutually beneficial to students and the community. Students in a wide variety of disciplines gain practical experience and provide valuable service to the local community, while they create valuable portfolio material for professional development. Service learning opportunities at Eastern have included:

- Database development for the Covenant Soup Kitchen
- Mentoring and stress management programs at local schools and residential mental health hospital
- Storefront and billboard design for Willimantic small businesses and community initiatives
- Production of videos and public service announcements for local television stations
- Willimantic community promotional film production
- Website design and content development projects
- Business plan design for Willimantic small businesses
- Building renovation for local non-profit organization
- Human Resource and board documents and plans
- Interaction with Latino youth and adults

On November 18, 2016 the CCE sponsored a Civic Action Conference at Eastern for faculty to review and assess existing service learning and engagement activities. 13 presentations were recorded and archived on YouTube

for anyone to learn more about ways to connect academic learning with our community:
<https://www.youtube.com/playlist?list=PLW5WLT18OaAFU7Q2VxZUoR4Jqt41U8Ymc>
Spring 2017 Community Engagement Videos

The seven video links below will take you to unique local stories about the people and organizations that are working hard to improve the quality of life in our region. A complete YouTube playlist with annotations is below. Quite a variety—some are better than others, frankly, depending on available time and resources, but they all come from the heart and share stories of wonderful people making a real difference to life in our region.

Videos were produced by students working together as teams in a video production class taught by Professor Denise Matthews from the Communication Department at Eastern. The CCE thanks Denise for her creativity and active support for the spirit of faculty engagement with our community.

Links to the CCE YouTube Channel with Community Stories:

CLiCK—Commercially Licensed Co-operative Kitchen:

<https://youtu.be/KanG7y6tv1M>

Grow Windham:

<https://youtu.be/YJQgyqxsWmA>

Joshua's Trust:

https://youtu.be/PUrAe4_SyyY

Parent & Community University/Windham Public Schools:

<https://youtu.be/YK9oDlpQk6g>

Third Thursday Street Fest:

https://youtu.be/PdTsXH6_w

WECS Radio at Eastern:

<https://youtu.be/32HilnDoag>

The Willimantic Ride Along:

<https://youtu.be/JE67Z9FtkMs>

A playlist with the complete video collection:

<https://www.youtube.com/playlist?list=PLW1r6nX7f-PZceD9AJYGETzO0MOr3SoHU1>



Contributed photo

Update on The Willi Ride Along Project—The First Trip!

A Traveling Community Media Conversation

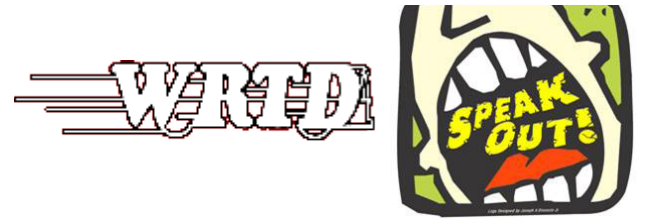
Video from our first ride! <https://youtu.be/JE67Z9FtkMs>

The Willimantic Ride Alongs are recorded on WRD buses in our region with passengers who accept our invitation to share their feelings, thoughts and ideas with you. About why they ride, how important mass transit is in our region, what's the best thing about living here, what's our #1 challenge to face. And so on! We will talk about the many challenges facing all of us in our personal everyday lives, and we will try to stay positive and focus on finding solutions and methods for working together locally.

A previous article about the origins and background for this campaign is available at the link: <https://neighbors.pageflip.site/publications/NeighborsPaper#page/10> Take a look and please consider joining us for a ride! Or check back to watch some of the stories. I want to do these en Espanol as well!

The schedule of recording dates and locations will be posted on this project's band-new (and under construction) Facebook page: <https://www.facebook.com/willimanticridealongs/>. A sincere thank you to everyone who has visited so far and liked and contacted me. I appreciate it! Much more is coming as the rides continue. Follow this

campaign on local radio every Tuesday 12--3 pm on The Pan American Express on WECS Radio at 90.1 FM and on the web at www.wecsfm.com.



Three Community Media Resources for Our Region

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:

A 24/7 team of student and community program producers, an eclectic electric experience
Eastern sports coverage
90.1 FM and www.wecsfm.com
My weekly series The Pan American Express, a music fusion from across the Americas and local talk
Tuesdays 12—3 pm and guests are invited! Contact me at john@humanartsmedia.com
YouTube Radio/TV Simulcast archive available: <https://www.youtube.com/playlist?list=PLW5WLT18OaAczQX21UsgbkGVXfrYfs0w>

The Neighbors Paper:

Monthly print version distributed throughout 22-town region in the Quiet Corner
Available online in color at www.neighborspaper.com with full archive
Contact Tom King, Owner/Publisher, as neighborspaper@yahoo.com
Send calendar/event listings to “Attention Dagmar Noll” in Subject Line

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

For 24/7 on-demand access to CTV192 programs on the Internet:

1. Go to the website = www.ctv192.com
2. Open the Programming Tab and select “watch programs.”
3. When you open you will see a display listing current shows.
4. Make your selections based on program title, topic or date and enjoy!
5. My series is On the Homefront, online and Tuesdays 2:30 pm, Thursdays 8:00 pm and Saturdays 2:00 pm.

Remember the Charter Public Access Channel moved from channel 14 to channel 192. Make it a “favorite” on your cable channel remote control and take a ride with community TV—it's free and worth every cent.

So that's it for this issue. Thanks for reading and best wishes for a great summer!

John Murphy
john@humanartsmedia.com
860-377-7166
Co-Producer of Pan American Express on WECS 90.1 FM on Tuesdays from 12—3 PM
Producer/Host of On the Homefront on Charter Public Access Channel 192

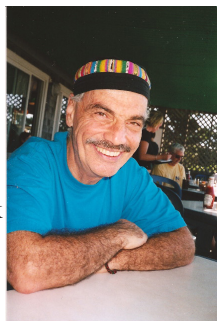
Read The Neighbors Paper on your desktop, laptop, tablet or smartphone. Go to neighborspaper.com for link to current and past editions. All in beautiful COLOR!

Digging Deeper into ‘Separation,’ Reinventing ‘Education’

By Len Krimerman

Last month’s article concluded with a promise to address two key, and thorny, questions about “separation”:

- what might “separation” actually look like, especially in our current chaotic situation? &
- how might it come about, by what strategies could it be implemented?



But there’s a prior question we need to examine: what’s actually meant by “separation”? One way to start here is to explore what separation contrasts with or is opposed to. As I see it, separation is a position midway between secession from and compliance with oppressive, unjust, or otherwise unacceptable authority.

A separatist need not focus on seceding to create a wholly new nation or country. But neither is she willing to passively comply with rulers or laws that conflict with her conscience. Unlike both secessionists and the compliant, she demands a substantially fuller share of governance, as well as greatly increased self-governance or self-direction, from those whose authority she disputes and resists.

Any parent or teacher will be more than familiar with separatist-like demands. Your child or student may strenuously object to your authority, without even considering, much less wanting, secession. What they likely want is more autonomy, more recognition of their own perspectives, feelings, imagination, more of a say in what the family or class does...rather than either breaking away entirely or complying passively.

Of course, children do sometimes decide to break free from parental authority. Separation may lead to or turn into secession, but it doesn’t need to. As with family relationships, separation from one’s country or government is a matter of degree, in contrast to a full-scale secessionist divorce.

An actual separatist example may help clarify this. The example I’ve chosen is called YPAR, short for Youth Participatory Action Research, and it has a basic maxim: that education of the young must contribute to the development of youth agency, and support their self-directed ability to determine what, how, when, and where they will learn. Rejecting the standardized adult-controlled classroom, it focuses on out-of-classroom projects, where “we are all both teachers and learners.”

Here’s one interpretation of this separatist maxim which I like quite a lot; it comes from a team of YPAR researchers in New York City, a team that called itself the “Fed Up Honeys”.

“...we discuss participatory action research as a process for personal and social transformation; in other words, as a process of “opening our own eyes and seeing the world through “different eyes,” coupled with a desire to open others’ eyes....The metaphor of opening eyes is also relevant to the goals of our project — Makes Me Mad: Stereotypes of young urban women of color — to “reverse the gaze”, speak back to problematic misrepresentations, and untangle the relationship between stereotypes and the gentrification/disinvestment of our neighborhood.” (This and all later quotes are from chapter 5 of Revolutionizing Education, edited by Julio Cammarota and Michelle Fine.)

Makes Me Mad was a collective YPAR initiative run very democratically by, and for, seven “urban women of color...aged 16-22, of Puerto Rican, Dominican, African-American, and Chinese backgrounds.” It focused on the Lower East Side — “Loisaida” — of New York City, drawing on the researchers’ own both alienating and inspiring experiences growing up in that neighborhood, as well as on the drastic economic and cultural changes Loisaida has had to confront recently. Their initiative illustrates some key principles of YPAR. For example, it affirmed and pursued the deep knowledge possessed by people who have endured historic oppression, and the need for them to help shape the questions and interpretations of any inquiry. For example, they “made an explicit decision to address issues of white privilege...foregrounding the questions and concerns of young women of color whose voices are too often missing.”

Additionally, Makes Me Mad’s highly democratic internal process was built on developing “safe spaces” for dissent, personal voices, and conflicting points of view. And it recognized “...the agency and decision-making capacity of all involved. We were all involved in all stages of the research process: problem identification, data collection, data analysis, and the development of research presentations.”

YPAR began hesitatingly in the 1980s and 1990s with just a few isolated projects. It began to grow slowly

and somewhat collaboratively in the mid-2000s, mostly in urban areas on the East and West coasts: NYC, LA, San Francisco, Oakland, Baltimore. Currently, it is expanding beyond those limits ; you can find it in Vermont, Mississippi, Minnesota, Massachusetts, Louisiana, Illinois, Florida, Colorado, Connecticut, Arizona, Alabama, and elsewhere. Moreover, YPAR has now become a consciously collaborative movement, with a number of “second level” organizations that provide resources and peer mentors to assist in further developing YPAR’s educational separation. These include the YPAR Hub, whose numerous video examples of existing YPAR initiatives can help “newcomers begin the process, define the desired issue or problem, investigate it in depth, and take action to change the world...[and] help solve the problem”. (yparhub.berkeley.edu)

And there is also “NG2: Personalized Inclusive Education Pathways”, an organization that works “to create new ways of learning” that support youth agency in transforming public education, and collaborates with the New Hampshire Department of Education. (<https://www.ng2personalizedlearning.org/>)

“NG2” means “no grades”, in two different senses:

- Grades as student assessments that don’t accurately reflect students’ true understandings and skills.
- Grades as methods for grouping students (by age) that often poorly align to their true needs as learners.

NG2’s notion of “personalized education” is close to YPAR’s educational goals; as seen from these major tenets:

NG2 TENETS

DEEP LEARNING THROUGH PROJECTS

Students believe in themselves and develop an academic mindset.

LEARNER AGENCY

Students and educators engage in honest and reciprocal discourse.

WHOLE CHILD FOCUS Students are healthy, safe, engaged, supported and challenged.

BLENDED LEARNING

Communities rethink time, space & roles in schools while leveraging technology.

At this point, NG2 has just started its transformative work within six New Hampshire public schools. But its core project is very ambitious: “to take New Hampshire to the next level of personalized learning as it tackles long-standing educational barriers to personalized learning”. Mary Earike, project director of NG2, tells me that she “will be publishing a White Paper on our year one progress in June, with some really interesting data on teacher efficacy and outcome expectancy”. And they are also partnering with schools and school systems in Connecticut and Wisconsin, as well as some national organizations that share their learner centered focus.

YPAR and NG2, so it seems to me, are not identical, but they are definitely part of a family, perhaps like cousins. When I first learned of them, they struck me as very similar to the free schools I once worked in or with several decades ago. (At one point in the 1970s, five different free schools or experimental colleges were up and running in eastern Connecticut.)

But I soon realized my mistake. Free schools, whatever their merits, typically abandon the public school system, and they have largely functioned in isolation from each other. By contrast, YPAR and NG2 do not secede from public education; they aim to regenerate and transform it. And, as good separatists, they do this by prioritizing the agency and self-direction of learners and by sharing power and authority with adult teachers and leaders. In addition, as we saw earlier, these two cousin initiatives have shunned isolation, and are eager collaborators .

What then of our two initial questions? (What might “separation” look like? and How would it actually come to life?)

Given all of what I said above, I’m now inclined to conclude that YPAR-NG2 can provide us with a credible answer to both of our questions. Their initiatives are certainly incomplete, but they reveal in some detail what a more complete educational separation might look like. (Much as a sapling shows us what the future tree will be like.) And they provide us with stories and strategies of how actual working models of separation were implemented and could be creatively and widely replicated — and transform how we see young people and the role they should play in their own education.

But these optimistic conclusions are my own 2 cents worth, and perhaps they are overly optimistic. If you disagree with them, fine, just let me know why, and perhaps we can begin a dialogue. (My email is: lenisageo@

gmail.com) And in June’s Neighbors Paper, look for additional separatist stories that can challenge what we mean by and want from “education”, and beyond.

P.S. I found out about NG2 from my good friends, and amazing teachers, Louise and Rich, who created and have sustained a public elementary school program in Woodbridge, Connecticut for over thirty years. Their Multiage Group(MAG) is now a partner of NG2. And yes, MAG is part of an “elementary school”; it’s never too soon to begin self-directed learning — at least if you want to prepare adult citizens to think for themselves and be able to imagine, experiment with, and implement ways of transforming illegitimate authority.



Edmund J. Smith, LCSW
Therapist/Life Coach

860-895-7413

mediamonds2006@gmail.com

Empathic
Arts
Therapy

SLIDING SCALE

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





VINYL • TILE
HARDWOOD
LAMINATE • CARPET

FOR ALL YOUR FLOORING NEEDS!

40 HARTFORD TURNPIKE - RTE. 44 EASTFORD, CT
WWW.BASTOFLOORING.COM
860.315.5590

 "like us on facebook"

Song-a-Day Music Center



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

Piano, Percussion, Dulcimer, Banjo, Instruments New & Used,
Mandolin, Bass, Guitar, Ukulele, Violin, Books, Gifts, Accessories,
Woodwinds, Brass & Alexander Technique Repair & Rental

ACADIA NATIONAL PARK MAINE VACATION RENTAL



PRIVATE DECK
VIEW OF
CADILLAC
MOUNTAIN

CLEAN!
PRETTY!
FULLY
EQUIPPED!

3 bedrooms, 1.5 baths - Non-smoking - Sorry, no pets
Less than 1 mile from Schoodic Point section of Acadia National Park
in beautiful Winter Harbor, Maine
Under an hour from Bar Harbor by car or seasonal ferry
See photos, details, blog: www.winterharborhouse.com
email: winterharborhouse@yahoo.com

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

Trusteeship in Practice

By P.K. Willey, Ph.D.

Gandhi has left much to consider on Trusteeship, only sketches of that depth can be given here. Trusteeship is based upon an attitude of non-stealing – *asteya*, and non-possession – *aparigraha*. Gandhi faced was an economic valuation system that exploited people and increased stark poverty in the nation. To tackle this behemoth problem he demonstrated his own joy and satisfaction in non-possession, and urged a spiritual renaissance for a rapid social evolution towards an attitude of Trusteeship.

To bring the ideal of Trusteeship into society, Gandhi began to advocate ‘equal distribution’, a road towards economic justice:

“It does not mean that everyone will literally have the same amount. It simply means that everybody will have enough for his or her needs...the elephant needs a thousand times more food than the ant, but that is not an indication of inequality. So the real meaning of economic equality was: ‘To each according to his need.’ That was the definition of Marx. If a single man demanded as much as a man with wife and four children that would be a violation of economic equality.”

“If one man has a weak digestion and requires only a quarter of a pound of flour for his Bread and another needs a pound, both should be in a position to satisfy their wants.”

Gandhi received numerous questions and gave clear insights into the comprehensive nature of Trusteeship. To a wealthy person who asked how he could become a Trustee, Gandhi gave this advice:

“You will accept nothing for yourself personally. That is to say, you will not accept a cheque to go to Switzerland for a change but you will accept a lakh of rupees for wells for Harijans or for schools and hospitals for them. All self has got to be eliminated and the problem is simplified.”

‘...But what about my personal expenses?’

“You have to act on the principle that a labourer is worthy of his hire. You must not hesitate to accept your minimum wage. Everyone of us is doing the same thing. Bhansali’s [an ashram inmate] wage is just wheat flour and neem leaves. We cannot all be Bhansalis, but we can try to approximate to that life. Thus I will be satisfied with having my livelihood, but I must not ask a rich man to accommodate my son. My only concern is to keep my body and soul together so long as I serve the community.”

At one time he said:

“I would certainly welcome a person becoming a Trustee of his own property. He then ceases to be the owner of his property. He must then live within the commission which as a Trustee he gets from the property. This is the meaning of trust.”

Once in an interview, Pierre Ceresole asked Gandhi:

“Could one lay down a rule of life for the wealthy? That is to say, could one define how much belongs to the rich and how much does not belong to them?”

“Yes,” said Gandhiji, smiling, “Let the rich man take 5 percent or 10 percent, or 15 percent.”

“But not 85 percent?”

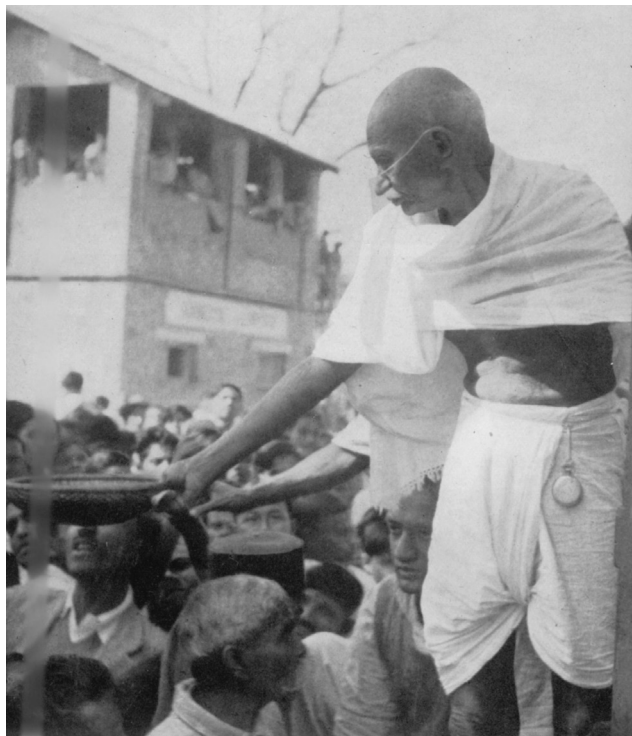
“Ah, I was thinking of going up to 25 percent! But not even an exploiter must think of taking 85 percent!”

“But there are wealthy and wealthy. There are some who may have made their pile from alcoholic traffic.”

“Yes, you will certainly draw a line. But whilst you will not accept money from a brewer, I do not know what will happen if you have made an appeal for funds. Will you tell the people that only those who have justly earned their money will pay? I would rather withdraw the appeal than expect any money on those terms. Who is to decide whether one is just or otherwise? And justice too is a relative term. If we will but ask ourselves, we will find that we have not been just all our lives. The Gita says in effect that every one is tarred with the same brush; so rather than judge others, live in the world untouched or unaffected by it. Elimination of self is the secret.”

Through just economics Gandhi wanted to develop real community life, where people live and interact with one another interdependently on a daily level creating new social patterns.

“When the people understand the implications of Trusteeship and the atmosphere is ripe for it, the people themselves, beginning with the Gram Panchayats [the village level of self-government] will begin to introduce such states. Such a thing coming from below is easy to



Gandhi was entrusted with millions of rupees on behalf of the needy once people understood the sincerity of his vow of non-possession. Contributed photo.

swallow. Coming from above it is liable to prove a dead weight.”

He wanted to see persuasion rather than force used to bring about societal change from justified selfishness to ethical thinking.

“That is where I disagree with the Communist. With me, the ultimate test is non-violence. We have always to remember that even we were one day in the same position as the wealthy man. It has not been an easy process with us, and as we bore with ourselves, even so should we bear with others. Besides, I have no right to assume that I am right and he is wrong. I have to wait until I convert him to my point of view. In the meanwhile if he says, “I am prepared to keep for myself 25 percent and to give 75 percent to charities,” I close with the offer. For I know that 75 percent voluntarily given is better than 100 percent surrendered at the point of bayonet, and by thus being satisfied within 75 percent, I render unto Caesar the things that are Caesar’s. Non-violence must be the common factor between us.”

The necessity and ideal of Trusteeship had not yet touched hearts. Facing this stymieing situation, Gandhi goaded apathy, urging recognition that to not feel or care for others was a personal defect. He advocated prayer: We should aim at getting only what the rest of the world gets. Thus, if the whole world gets milk, we may also have it. We may pray to God and say: “O God, if you wish me to have milk, give it first to the rest of the world.” But who can pray thus? Only he who has so much sympathy for others and who labours for their good. Even if we cannot practice this principle, we must at least understand and appreciate it. For the present, our only prayer to God should be that since we are fallen so low, He may accept whatever little we do, and that even if we do not progress in this direction, He should give us strength to lessen our possessions. If we repent of our sins, they will not increase further. We should not keep anything with us thinking it as our own, but should strive to give up as much of our possessions as we can.”

Gandhi held individual freedom as sacrosanct, but knew that freedom needed tempering through rising awareness of ethical instincts towards self and society:

“No one can act in such matters mechanically. He alone who feels a spontaneous urge in his heart will act, and will deserve credit for his actions. There is no danger or possibility of the entire world acting upon the ideal of *aparigraha*. But assuming that it does, I have no doubt that it will find no difficulty in maintaining itself. There are people in this world who do not stock anything to meet their needs even for one day. You need not believe that such persons would starve if there were not in the world other people who stored things.”

Today in the USA we see an increasing sense of Trusteeship developing in society. Numerous landowners, even of small parcels, have put their unused lands into Trusts for the future public good. Trusteeship and its aspect of equal distribution require a lessening in the fear we hold towards one another, and the increasing development of human trust. It is the only way for genuine peace to arise within and without us.

#NoBanNoWall – Taking Local Action!

By Kathleen Tonry and Kristin Fortier

Across the country, people are rising up against recent expressions of racism, xenophobia and anti-Muslim stances. Here in Northeastern Connecticut, a new group – The Neighbor Fund (TNF) – is taking direct local action in the form of financial support for our immigrant communities. The most pressing threat these communities are facing in Windham and Tolland counties is detention and deportation on the basis of undocumented status. This is not a new threat – under the Obama administration, nearly 2.5 million immigrants were deported. But this new administration has promised to increase that number to 11 million in four years, and these past four months have seen a dramatic increase in the rate of detention. In the first 100 days of the new administration, Immigration Customs Enforcement (ICE) agents have detained an estimated 41,000 immigrants.

In Windham and Tolland counties, the pressures of increased deportations are already being felt, most notably in the large community of recent immigrants living in Windham. In March, three of our Windham community members were detained by ICE and held in Boston away from their families and with their liberty, as well as their livelihoods, on the line. Two of the men chose voluntary deportation, but the newly formed Neighbor Fund was able to assist with bail bond for the third; he is now back in our community, awaiting his trial date. After his nearly two-month detention, he had to find new housing and a new job, and still faces steep legal fees; however, when the courts sees his application for political asylum, we are hopeful that his case will move forward smoothly. The Neighbor Fund will also be supporting the wife and infant son of one of the men who will be leaving the US shortly.

The Neighbor Fund is a true community partnership, standing in solidarity with all our neighbors – immigrant and native-born, documented and undocumented. Created in February 2017, the group’s first donations came from a bilingual community meeting organized by the Embracing the Same Dream and Sagrado Corazon groups, and is now a genuine coalition guided by those groups as well as CT Students for a Dream, Windham Area Progressive Action, and several informal progressive alliances working in both counties. In these first two months, TNF has raised several thousand dollars and is seen by many as a very tangible way to take action on behalf of families targeted by these cruel immigration policies.

Over the summer, The Neighbor Fund will file for its own non-profit 501(c)3 status. Currently, it can claim that status under the fiscal sponsorship of the CT Bail Fund, which works primarily in New Haven County. Right now, you can donate online at www.generosity.com/emergencies-fundraising/neighbor-fund/. You can also get involved at these events:

Neighbor Fund Fundraising Event! On Tuesday, July 4th, after the Boom Box Parade, at Memorial Park in Willimantic we will be hosting a fundraising and awareness event for the Neighbor Fund, highlighting the need for financial support for our community members facing deportation. Join us for an introduction to and celebration of the Neighbor Fund! The event will include speakers, Food, Music and more.

“Forum On Immigration: Putting a Human Face On The Immigration Debate.” On Wednesday, June 14th, 6:30-8:30pm, at Eastern CT University, 83 Windham Street, Willimantic, at North Campus, Student Center, Betty Tipton Room we will be holding a forum that asks: *Who is the Immigrant? How do you come to the decision to risk your life and cross the border?* If you would like to hear the answers to these questions and learn more about the circumstances our undocumented neighbors face, please join us! For more information or to register, contact Sister Mary Jude at 860-456-3319 or Victoria Nimrowski at 860-456-7270 ext. 11. Pre-registration not required, but it is preferred. This event is sponsored by Campus Ministry at ECSU & Windham Region Inter-Faith Working Group.

Advertise in
The Neighbors Paper
Locally Written
Locally Wread



5.18.17 Willimantic's Third Thursday Streetfest

Photo and text by Peter Polomski

It was 95 degrees hot in the afternoon, but that didn't deter thousands of people from attending the first 3rd Thursday of the year on Main Street in Willimantic. There were drummers, dancers, bands, vendors and food, food, food! Plenty of soft drinks, including our favorite flavors from Hosmer Mountain, as well as beer and wine by the Main Stage. It was so wonderful to see old friends as Liz & I walked around.

The Thread City Hop Fest, held last April 30th, raised \$30,000.00 to support local community organizations, including the No-Freeze Shelter and the Soup Kitchen. A presentation was made of this generous donation around 7:30 at the Main Stage. Our community rocks!

Ashford Farmers Market



Our 11th Season!
Sundays 10am-1pm
Live Music!

Pompey Hollow Park
Route 44, Ashford (across from Town Hall)
Enjoy fresh CT-grown products
Meet your local farmers

Mental Health Notes: A Plan for Community Dialogue

By Ed Smith, LCSW



In starting my column, which I hope to continue through ongoing issues of Neighbors, I am aware that often people who have had professional training in matters of health strangely become 'elected' by their audience as experts, expected to provide the received wisdom of their education for the lay person, who then may apply the recommendations as a 'good patient', confident that they have the information that they now need to make the right decisions about care.

The fact of the matter is, even after the thousands of books and millions of papers have been written, no one really knows what mental health means. This is because, like the medical field, of which it is a subset, the entire focus has been on pathology, the impression of health only resulting from a lack of disturbance in the system, which then begs the question, because if the system was 'normally' sick, chronic but asymptomatic, how would we ever know?

As a clinical social worker, steeped in the many interventions that continue to be formulated, and yes, patented, I have grown skeptical of the idea that guided procedures of treatment, in the sense of structured treatment modalities, are of much use unless they are underscored by a concrete sense of the realities that the individual is facing. It seems that in many cases the formulations of these interventions are designed for the 'minds of the people who design them in mind' - people who are trained in being able to follow the logic of planned clinical interventions.

It is not that such therapy modalities as CBT and Motivational Interviewing, for example, can't be made use of successfully; it's that the core of what is valid about them is rooted in basic human experience but does not often appear to be when presented in treatment. To look at this from the language perspective, let's take a moment to see what CBT is about. CBT is short for 'Cognitive Behavioral Therapy'. In common use, the word 'cognition' is almost never found, so why is it needed in the name of an intervention? It means 'thought'. For that matter, behavior, though it is found, has pretty limited associations, as in 'that kid has behavior problems', or 'he's getting out of prison early for good behavior', or (my favorite) the command 'behave yourself' - which basically means 'act like I want you to act'. So, what is behavior other than how humans act? It is human action, period. If you combined the simpler terms for the concepts, you would have 'Think and Do' Therapy - but that term has already been taken!

Looking into CBT, the basic idea is this: there are 3 components that go into this treatment. 'Cognitive', as pointed out, means thought. In this treatment, a number of 'cognitive distortions' are identified. A handy list it is, pointing out the way we can misapprehend situations in the world with people. The problem, however, is this: it is like a GPS that can only tell you when you are going in the wrong direction; it assumes you know the right direction to go in. And that is the toughest part of the whole business of mental health: many markers of pathology have been identified, but no coherent prescription for mental health has yet been written.

Returning to the formulation of CBT. It is really a theory built on 3 components, though, strangely, the one that has the most to do with mental health is left out of the name! That would be 'feelings'. 'Feelings' is a really cool word - although it's also a really corny song! It is a word that corresponds to the sense of touch. In that sense, which is to say, the sense of touch, we find the closest link the emotional life of people. How can this be? Perhaps because gestures of human touch are the greatest assurance that the world is not so very hostile. More than anything, it confers safety; or, if the touch is wrong, the very opposite.

But you will find very little in CBT that will

direct the individual to address this reality. Usually, the procedure is as follows: identify the disturbing situation, either in mind or in the external world (trigger), recall the 'positive cognition' that has been assigned to that triggering instance, and behave in a way that is free from such unhelpful reactions as panic attacks, impulsive anger, or plummeting despair. While it is true that the recommendations of CBT are often of great use in avoiding the pitfalls of disturbing moods and their behavioral correlates, it remains limited in pointing the way forward to something that might be called 'happiness'.

The problem goes back to the question of touch, but even that is misleading. It is more the problem of a sense of safety. Feeling life is safe, joy becomes possible. To put this in perspective, let's look at what is behind the mood of a happy infant. Infants, known for their adorable ability to entertain themselves and us with their infinite curiosity and capacity for joy, are, if they are lucky, surrounded by an environment of care, where it is normal to expect to hear loving voices, be held often, and have all the time in the world to study one's surroundings, as one would a big, fascinating book.

As one moves towards adulthood, it becomes clearer, if it hadn't been to begin with (in the unhappy childhood), that love, safety, and the leisure to learn and enjoy one's faculties are not the conditions of life to be expected, and that one is apt to be considered 'maladaptive' if this proves to be a problem in forms such as depression, anger, and anxiety. Touch becomes a happy exception, made possible by special relationships, though these may prove to be unreliable and may ultimately have an aversive effect on having relationships at all. Enter mental health therapy!

(In writing this somewhat rambling piece, an introduction to the column, my aim is to stimulate conversation about mental health itself, more broadly about health, and the context of the kind of world in which we found our beliefs about ourselves.. I hope to provide a link from the common-sensical way people think about mental health to the 'prescriptions' they will encounter in therapy sessions).

The 'triangle' described by CBT, of emotions, thought, and action, are a neat way of describing the pieces of mental life. CBT's list of cognitive distortions - which can be found easily online comprise its diagnostic piece. Its recommendation of coping skills is the complimentary treatment part. Both have their roots in basic human experience. Before there was CBT, there was 'folk CBT'. Just like classical composers commonly derived their works from the songs of the common people, so have such interventions as CBT arrived at 'coping skills' through a plain look at what people are already doing. What is a 'coping skill'? If I asked you 'how do you deal with your problems', what you told me would be your 'coping skills'. 'I go fishing', 'I just take life a day at a time', 'I spend lots of time in the woods', etc. The range of coping skills is limitless because, in essence, every moment of the waking day, we are asserting a form of coping in simply doing what we do!

If these are already 'skills' available to people throughout the world through time immemorial, what is the role of the therapist using CBT or any other intervention? That is the very crux of the issue of mental health treatment. What do we bring to the table, after all these generations have 'coped' with the same questions? In the essays to follow, my hope is that more light will lead to more understanding, ultimately helping to make happiness less of a 'pursuit' and more of a possession. If mental health is to become 'community property', the community must take it up as a cause, as they would any other right. In the course of these essays, I would encourage people to correspond through *Neighbors*, write me at mediamonds2006A@gmail.com, and check out my blog at edmundjoycesmith.com.

Ed Smith is a practicing psychotherapist. See Neighbors ad for practice

See The Neighbors Paper
in beautiful COLOR
via a link on our website: neighborspaper.com

Willington
Farm Tour
June 11, 2017
2-6 pm

Tour
four of Willington's
working farms:

- BLUEBIRD FARM
- COWLICK FARM
- GHOST FAWN HOMESTEAD
- WILLOW VALLEY FARM

FREE visit Facebook:
[Willington Farm Tour](https://www.facebook.com/WillingtonFarmTour)
for more information

The Neighbors Paper
A little paper big on community

Quiet Corner Fiddlers



Join us for QCF playing out dates:
Sat. June 3: 3-5:30 PM...
Storrs Farmers' Mkt, Rt 195, Storrs
Tue. Jun 13: 7-8:30PM...
Midway Restaurant, 174 Rt 44, Ashford
Sat. Jun 24: 9:30-11:30AM...
Farmers Mkt, Rt 286, Ellington
Fiddlers of all skill levels always welcome
at our sessions every Tuesday evening
7-8:30PM
Info Bernie: b.schreiber@snet.net

By: EC-CHAP

The Eastern Connecticut Center for History Art, and Performance, "EC-CHAP" is proud to conclude our second performance season at The Packing House with a compliment of performances and events for the month of June.

Please join us for an Information Exchange Meeting on Thursday, June 15th, 7:00pm at The Packing House to learn more about our organization, membership benefits, and how you can become involved!

We have an exceptional line-up of talent scheduled for next season beginning in September! Subscribing to our "Performance Updates" is easy from the home page on The Packing House website.

Please check www.thepackinghouse.us for frequently changes or additions.

Final 'Talent Showcase' for Season 2 (2nd Thursdays)

Join us for our final Talent Showcase of the season. 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 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) provided. Invite EVERYONE!

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). This month's Showcase is on Thursday, June 8th. Doors open at 6:30pm with the show beginning at 7:00pm.

'Community Outreach' - Quarterly

EC-CHAP continues to offer the "First Sunday at The Mill Works" series, a community outreach effort to promote historic awareness and exposure of the arts, culture, and resident creative professionals to local communities.

Summer "First Sunday at The Mill Works" (Community Event). Sunday, June 4TH, Noon to 5:00pm. Free admission - Open to everyone!

Join us for an afternoon of activity, performances, fun and refreshments! During the day, visit the Gardiner Hall Jr. Museum, and listen to an interesting talk about water power and local mills by historian Richard Symonds. Stroll through artist studios and work spaces of resident Community members, and meet local artist and EC-CHAP member John Starinovich displaying his unique natural artwork.

Performances in The Packing House through the afternoon include the Hall Memorial School "Select Chorus" and "Falcon Treble Singers" led by Jason Philips at 1:00pm; Ed Smith, local artist and performer at 2:00pm; and Rachel Zamstein, Western Massachusetts singer/songwriter and contestant on America's Got Talent, Season 6, at 3:00pm.

EC-CHAP 'Workshop & Lecture Series'

EC-CHAP is pleased to provide a series of lectures, classes, and workshops that address the diverse interests and needs of our local and regional communities. It is a pleasure to provide a second opportunity for those who may have missed our Literature Workshop last month - "Self-Publish Your Book in the Digital Age" with local author and EC-CHAP member, Felix Giordano. Tuesday, June 6th from 7:00-9:00pm.

Workshop description:

Have you written the perfect novel, memoir, historical fiction, or non-fiction book? Are you also having difficulty engaging a traditional agent or publisher for your work? Today, writers have self-publishing opportunities that were nonexistent years ago. Learn how you can self-publish your book with Amazon and reach readers across the globe all from the comfort of your own home.

Topics to be covered are creating a publisher name, website domain, establishing accounts with Create Space and Kindle Direct Publishing (KDP), building a professional looking title page, copyright page, dynamic cover, ordering an ISBN number and bar code, registering

your work with the U.S. Copyright Office, applying for a Library of Congress Preassigned Control Number, uploading your manuscripts to Amazon and Kindle, and selecting Amazon royalty, payment, and marketing options.

Advance registration online through Noon, June 6th (www.thepackinghouse.us/upcoming). Along with your paid registration you will receive a Writer's Workbook and an autographed copy of the author's novel, "Montana Harvest".

Please join us for this hands-on informative workshop packed with valuable and practical guidance on how you can self-publish your work. Doors 6:30pm / Workshop 7:00-9:00pm. Registration fee \$30.00

About the Author:

Instructor: Felix F. Giordano is the successful self-published, award winning, internationally best-selling author of the Jim Buchanan Novels Series. His first two books, *Montana Harvest* (2015) and *Mystery at Little Bitterroot* (2016) have achieved more than 1.1 million Kindle Edition Normalized Pages Read and have sold more than 4,000 copies. His most recent novel, *The Killing Zone* (2017) was just published this April. His books are available on Amazon in paperback, Kindle, and Audible versions.

EC-CHAP 'Acoustic Artist Series'

The Acoustic Artist Series includes programming with focus on acoustic instrumentation and vocals. Upcoming concerts for June include:

"Take A Drum Ride a la Grateful Dead" with the band "Drum Ride" (Rock). Saturday, June 3rd. Please bring your favorite hand drum for a play-along on legendary songs with DRUM RIDE! You'll drum with us on joyous grooves to tunes by The Grateful Dead, and tunes that the group loved to play, including: *Truckin'* / *One More Saturday Night* / *Good Lovin'* / *Dancing in the Street*.

Don't have a drum? You're welcome to play with the cargo of djembes, congas, bongos, frames, and doumbeks that BB is trucking to this hoot at The Packing House. DRUM RIDE consists of: Gary Greenberg, Keyboards; Mike Altshul, Bass Guitar; Jakim Duckstein, Guitar; Evan Bellman, Guitar; and Bob Bloom, Percussion Spice Rack. Doors 7:30pm / Show 8:00pm. Tickets \$10.00 Advance (online) / \$13.00 Door.

"Libby Johnson with Chris Riffle in Concert" (Folk/Indie). Saturday, June 17th:

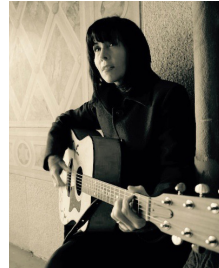
Artist, Libby Johnson, a familiar name as founding member of indie folk outfit "22 Brides", is a singer songwriter whose folk/Americana roots are showcased in impeccable tunefulness, gorgeous melodies and a moving live presentation.

To quote "No Depression" magazine, "The hooks are unassailable, the singing and playing are felt, the arrangements an autumnal cross between Lucinda-bred Americana and kudzu-style indie rock." Johnson's solo discography include *Annabella* (2006) and *Perfect View* (2010). Mike Joyce, "Washington Post" writes, "On *Annabella* Johnson quickly reveals her chief strengths: a hazy soprano that takes on a soulful edge when it counts, as evidenced by the album's title track; an engaging way with words".

In his review of *Perfect View*, Mark Tucker, "Folk & Acoustic Music Exchange" (FAME) writes, "This is one beautiful CD." Comparing Johnson as "...a cross of Mary Fahl, Bonnie Raitt, and Janis Ian, a quietly engrossing woman crafting songs delicate and enfolding, works grounded in the everyday but gently transcendent... Libby Johnson feels everything she writes, plays, and sings, feels it genuinely, no exaggerations, no playing to the times and masses, not a shred of compromise."

Libby will be joined by NYC singer/songwriter Chris Riffle. Chris Riffle's brand of heartfelt folk is a product—and a tale—of two coasts – Washington and New York. Currently residing on New York's famously gritty Lower East Side, where Chris has become a mainstay performer at the Living Room and Rockwood Music Hall collaborating with members of The Mars Volta, Ollabelle, and Antony and the Johnsons. Chris has shared the stage with Patti Smith, Blood Orange, Mothxr, Jesse Malin & Joseph Arthur (to name a few). Chris' albums have been in rotation at over 150 radio stations & featured on Sirius XM.

His new full length, *Out of town*, was recorded at One East (Rolling Stones, Lou Reed, Paul Simon), produced by Jimi Zhivago (Ollabelle, Kim Taylor) and



mastered at the Magic Shop (David Bowie, Arcade Fire, Coldplay). Chris just returned from an extensive North American tour opening for Heather Nova and a 20 date tour across Germany promoting his new album. "A writer and performer of uncommon depth and intimacy -- Nick-Drake-meets-Elliott-Smith" - DIRECT CURRENT. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

EC-CHAP '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...

"Casablanca" (PG). Friday, June 16th: *Casablanca* (1942), though an A-List film with notable actors and writers, was not expected to receive the overwhelming public response it enjoyed. The film went on to win three Academy Awards – Best Picture, Best Director (Curtiz), and Best Adapted Screenplay (the Epsteins and Koch).

As the film's reputation grew, its lead characters, memorable lines, and theme song have all become iconic, and the film consistently ranks as one of the greatest films of all time. Suggested donation \$5.00. Cabaret and group seating available. Doors 7:00pm / Show 7:30pm.

Tickets, Reservations, Cancellations, Discounts 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 performances 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.

You can also bring your paid ticket to Willington Pizza House (or WP Too) for eat-in or take-out the night of the show and receive 15% off your meal purchase. Ask for "The Packing House" Pizza Special! (visit our website for the secret recipe).

Program additions, changes, and cancellations will be listed on The Packing House website (www.thepackinghouse.us/upcoming).

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, program or rental information and table reservations, please call 518-791-9474. Email The Packing House (info@thepackinghouse.us) or EC-CHAP (info@ec-chap.org).

New Hours for the Gardiner Hall Jr. Museum

The Gardiner Hall Jr. Museum is located in Suite 2106-A at The Mill Works, 156 River Road, Willington, CT. The Mill Works facility, original home of the Gardiner Hall Jr. Company, was listed on the CT Register of Historic Places in 2014. The objective of this permanent installation is to examine the historical impact and contributions its founder and company had on the Town of Willington and its residents over a period of more than one hundred years. This collection provides an opportunity to learn about the technical innovations, production methods, and the application of unique management practices that shaped the local area.

The museum is open to the public on Wednesday mornings from 9:30am to 11:30am, as well as by appointment and during local events. Once at the primary exterior entrance of The Mill Works ("1860 – 1916" in the granite marker above the door), press Intercom Station button #17 to access the museum.

WANTED

EC-CHAP is seeking original photographs, equipment, artifacts, and any physical items associated with the Gardiner Hall Jr. Company, its founders, employees, and customers. Items that are donated or loaned to the museum will be identified by the donor's name, and included on display and in any print materials created for the museum. In addition, the EC-CHAP is also interested in conducting interviews with folks that may have worked for or had a relationship with the Hall Company.

If you possess any related items, have knowledge of any, or are interested in sharing thoughts or reflections about the Hall Company, please contact: Pamm Summers, Gardiner Hall Jr Museum, (301) 500-8403 or email Curator@GardinerHallJrMuseum.org.

Save The Date: Sunday, June 4, 2017, 12:00pm – 5:00pm ~ Summer "First Sunday at The Mill Works". EC-CHAP will host its quarterly Community Event including live performances in The Packing House, Gardiner Hall Jr. Museum, open artist studios, refreshments, and more! Free to the general public. Visit www.ec-chap.org for details or call 518-791-9474.

Icebergs, My Fellow Earth Dwellers, Night Skies and the Solstice



A Galaxy not unlike our own Milky Way. Contributed photo.

By Bob Grindle

There has been a lot of talk recently: press coverage, TV videos, social media chatter and just regular old conversation about newly discovered Earth-like planets and the prospects of life—in some form—on them. I enjoy reading about scientific advances and speculation on the future of our species. Who doesn't look, with breathtaking wonderment, on the astonishingly beautiful photographs that telescopes have provided recently of the majesty of the Cosmos? There are a multitude of websites dedicated to the realities and the make-believe of what is and might be "out there." It reminds me of those old-fashioned sci-fi books, magazines and digests that I was so addicted to as a boy back in the day. Whether it is a multi-year probe traveling to one of Saturn's moons, a galactic journey past the limits of our Solar System, or a telescopic view of far, far, far away worlds, though, I hope we don't lose sight of the breathtakingly beautiful and astonishingly majestic 'little blue sphere' upon which we all live.

Sometimes when I'm out in the world—and I do love mingling with my fellow creatures, human and otherwise—it strikes me just how complex every living thing is. That starting-to-bald, grey-haired, slightly bent fellow in the bank line; or the blank-expressed, just a bit heavy, red-headed girl walking past me as I get off the bus; the jogger with ear-buds and what I call "jogger's scowl" and sweat stains, navigating the crowds in the park; and my Mom in her wheelchair, crossing the floor at the nursing home: what we see, and the basis for many of us drawing conclusions that are rarely even close to accurate, is only a very small part of what makes up that person. The tip of the iceberg so-to-speak. The ten percent, or less, of each person or creature that we actually can see tells us nothing about the ninety percent or so that makes up their thinking, motivation, upbringing, training, education, evolution, hopes, dreams, fears, and the list could go on forever.

Growing up in a small Indiana town that was widely recognized as favoring—perhaps actually preferring—a white, middle/working class citizenry, it was a struggle coming to terms with the idea of living in a country dedicated to the idea of equality that never seemed quite equal. Working in the fields, side by side, with Mexican workers picking Indiana tomatoes, it was fun struggling to communicate, and over the years of military service, working dozens of jobs and attending several schools, all of my early training that all people are created equal, but some are more equal than others—thank you George Orwell—gradually drifted away like the morning mist. Perhaps escaping into the night skies and coming to love the magic of the heavens over our heads played a part in my own personal

transformation. I can't say for sure, but my gut tells me that, in the same way the unchanging sky over my head in Indiana a half century ago helped me come to grips with reality, it helped the ancients.

Astronomy is the oldest of the sciences. You look up; you wonder. You look up; you watch. Some things change; most things don't. You step out of the cave; there are no city lights and no pollution. It helped to pull us out of ourselves and fortunately, as a species, we were curious. Perhaps unfortunately, as a species, we are also territorial. Which will prevail? Enough of conjecture.

The skies of June will not be much different than those of our earliest ancestors, so on June 3rd when you look up—hopefully the sky will be clear about 9:15 pm—Jupiter and the Moon will be nearly touching, at least to our limited view. To Jupiter's lower left, there's Spica, a near-giant star 10 times the size of the Sun and 10,000 times brighter, in the constellation Virgo. If it's so bright, why doesn't it shine brighter? It's also 250 light years away—that's 1500 trillion miles, that's why! Jupiter will be with us all month, so whenever you step outside, hopefully without May's clouds, give a quick look toward the South and Jupiter will be shining steadily. A bit later, around June 9th, not only is the Strawberry Moon shining full-bright, but Saturn is to its near right. Saturn stays with us all month as well and pretty much through the night. In fact, June 10th, about 4 o'clock in the morning (maybe you've just pulled an all-nighter), Saturn is still very close to the Moon. Later in the month, Venus will dominate the pre-dawn sky, and while Mars is absent almost the entire month, Antares, a red supergiant also 10,000 times as bright as the Sun in the southeastern night sky, and Arcturus, a dying red giant star in the high southern sky, only 170 times as bright as the Sun, will provide a couple of Mars-like red celestial bodies to test your powers of observation.

Summer arrives this month. Oh My Goodness! Can It Be? Seems we just lived through the coldest, wettest, grayest May ever, but probably not...again, human perception. Anyway, June 21st, the day before my wife Lin's and my anniversary, is marked by my favorite Moon, a fingernail-clipping-thin sliver, late evening until early morning and accompanied by the brilliant Venus...goddess of love...which of course is the reason June is the month of love and marriage. Please get up, get outside, look up and enjoy the virtuous reality of our marvelous, though complicated world.

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



Lucky Lucifer 'Charlie'

Contributed photo.

Love on the Rebound

By Jean C. Alcorn

A few months ago my granddaughter broke off her 13-year relationship with her live-in boyfriend. Of course it's a big adjustment covering sadness, loneliness, and all the rest. We all know the old adage that when one door closes, another one opens.

Well, meet Lucky Lucifer 'Charlie' the new love of her life!

Charlie is indeed lucky. For some reason a woman was driving along when the car in front of her threw out a box. She stopped and in the box in a bag was a five(?) week old kitten. She brought him to the town office and there he met his new owner. You could say they were both looking for love!

You know where the name Lucky came from, and Lucifer indicates he is a naughty boy and into everything. Charlie comes from the town of Charleston.

I heard recently that Charlie is also smart. He plays fetch with his favorite toy mouse. Brings it to your feet and waits for you to throw and fetches and brings it back to start all over. However, it's limited to only the mouse! Never dreamed I'd be bragging about a kitten instead of a great grandchild!



Share Curiosity. Read Together.



www.read.gov



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

The Need for Single-payer Health Care

We need single-payer health care funded by taxing great wealth (not taxing incomes under \$100,000).

By Eugene Woloszyn

Trump and the Republican Congress are in disarray. Now is the time for bold, workable alternatives that are simple to explain. Private insurance companies take about 25% in overhead and profit, while Medicare has an overhead of 2% to 3% & no profits. Single-payer (Medicare For All) can win over undecideds, independents & even wavering Trump supporters. If Democratic elected officials remain timid defenders of the status quo, hoping for Republicans to implode in 2018 or 2020, they will prove their spinelessness.

In 2009-2010, Obama prevented single-payer from being presented as an alternative, even blocking a version of the federal employee health plan to be offered in the state marketplaces. The Democrats held the presidency & both houses of Congress for two full years. Obama did not mobilize his eight million campaign supporters (and their all-important e-mail addresses) to force through a single-payer plan. Rather, he compromised the Affordable Care Act (ACA or "Obamacare"), friendly to insurance & drug companies. A provision of the ACA prevented it from negotiating lower drug prices – an outright betrayal. Now, as ACA faces rate increases, insurance companies pulling out of state marketplaces, and threats to subsidies, the folly of Obama's compromises are clear: they enable the Republicans to claim a failing system as they administratively try to sink it. A single-payer system would be under existing Medicare and thus less vulnerable to insurance company sabotage and legislative destruction. Thirty million Americans are still not covered by Obamacare. If brought under Medicare For All, this would represent thirty million more supporters & defenders against right-wing attack.

As of 4-17-17, 93 House Democrats support single-payer (48% of Democrats in the House). But the supposedly liberal Connecticut Congressional delegation (all Democrats) has not endorsed single-payer. Most say they are undecided, but Rosa DeLauro (New Haven, 203-562-3718) brazenly says NO to single-payer even as, according to an April 6 Economist Mag/You Gov poll, 60% of Americans strongly favor or somewhat favor single-payer versus 23% strongly or somewhat opposed. For Democrats, the split is 75% vs.12%. For independents: 58% vs.21%. For Republicans: 46% vs. 38% (Almost 50% support from Republicans. Amazing!). Moreover, only 13% of Americans oppose the so-called Public Option, which would give indi-

Trump's Trickle Down Tax Plan for the 1%:

Trump administration's new tax plan is sketchy on details, but it will include:

- Decrease of business taxes from 35% to 15%.
- Special tax break to return to US \$2 trillion in US corporate profits held overseas for many years, waiting for a cooperative president & the right situation to make a sweetheart deal. Exact tax rate to be announced later.
- Elimination of the alternative minimum tax. A whistleblower released Trump's 2007 federal income tax report. The Trump administration verified the accuracy of the return. Trump paid \$34 million in federal income tax, but without the Alternative Minimum Tax, he would only have had to pay \$3 million. How convenient to eliminate this tax which was created to tax high incomes which escaped most taxes by clever tax avoidance strategies. This tax should not be eliminated, but modified so that it doesn't hit middle-class taxpayers, by including automatic inflation adjustments.
- Elimination of the inheritance (estate tax), which only applies to the richest 2% (wealth over \$10 million)
- Trump promised in campaign to eliminate rip-off hedge fund tax rules. There is no mention of this in tax plan announced by Gary Cohn & Treasury Sec. Steven Mnuchin (both from Wall Street bank Goldman Sachs). During his campaign, Trump also promised a simplified, middle-class tax reform & reduction. Will the American people fall for this bait & switch?

viduals the choice of buying healthcare through Medicare or private insurance companies.

Below is the contact information for Connecticut's five United States House Representatives and two United States Senators (all Democrats), who have not yet endorsed single-payer. We need bold advocates, not timid defenders of the status quo, tied to big money (insurance & drug companies): Senator Blumenthal, 860-258-6940, blumenthal.senate.gov; Senator Chris Murphy, 860-549-8463, murphy.senate.gov; Representative Joe Courtney (eastern CT), 860-741-6011, courtney.house.gov; Representative John Larson (Hartford area): 860-278-8888, larson.house.gov; Representative Elizabeth Esty, New Britain: 860-223-8412, esty.house.gov; Jim Hines, Stamford: 866-453-0028, hines.house.gov.

How can we pay start-up costs of Medicare for All? We need a wealth tax on the super-rich. We have daily evidence of the thousands of ways the 1% steal from

us, under-pay their taxes, hide their wealth overseas, etc. Published tax data show that 90% of the increase of wealth since the 2008 Financial (caused) Crash have gone to the richest 5% in the US. (It's painful to remember that Bush II and Obama bailed out Wall Street, while letting foreclosed homeowners go under. If Wall Street was not rescued with our tax money & huge debts still to be paid, many of the 1% would have been wiped out. Do they show gratitude? No, they squeeze us harder & try to impose Trump's tax plan.) We have our income taxes withheld by our employers. The wealthy hire clever lawyers & accountants and pay off (with campaign contributions) politicians to enact lucrative loopholes. We need a progressive Wealth Tax of 1% to 5% per year on wealth (assets) over \$1 million (not including the cost of one middle class house). Through insider trading, stock manipulation, governmental welfare for the rich, etc., the 1% increase their wealth by 10%, 15% or more per year. They can afford to pay 1% to 5% per year because our tax money, military & police protect them & their foreign investments from expropriation. The middle and working classes are in huge debt and decline because the 1% has siphoned off increasing wealth.

Besides funding the start-up costs for Medicare For All, the Wealth Tax should be used to lower or eliminate all income taxes on incomes below \$100,000. (Google "wealth tax" and see Wikipedia for details.)

How obscenely wealthy are the 1%? The total wealth of the six WALMART Walton family heirs was \$90 BILLION (2012), which is greater than the wealth of the poorest 30% of the USA (one hundred million Americans). This example comes from Nobel Prize winning US economist Joseph Stiglitz in a 2012 book. The Walton family fortune is bigger now, while their employees remain underpaid with poor benefits. Walmart's e-marketing chief was paid \$237 million in 2016. He was paid in a single week what a Walmart worker paid \$11 an hour would have to work 199 entire years to match. Worldwide, the richest 49 billionaires have more wealth than the poorest half of the world's people.

Billionaire Warren Buffet: "There's class warfare, all right, but it's my class, the rich class, that's making war and we're winning." - N.Y. Times interview 11-26-2006.

Ed. note: Coventry resident Eugene Woloszyn is a retired city letter carrier, but still a union activist. Parts of this article were originally written for the CT Green Party state newsletter. If you want to receive the Green newsletter by email, contact Eugene at rambis044@gmail.com.

Programs at the Connecticut Audubon Society in Pomfret and Hampton

Pomfret programs at:

Grassland Bird Conservation Center
218 Day Road, Pomfret Center, CT 06259
(860)928-4948
www.ctaudubon.org/center-at-pomfret

Nature's Canvas: Photography by Nancy L. Barrett

Exhibit & sale now through end of July at the Center at Pomfret, 218 Day Rd. A lifelong nature lover & outdoor enthusiast, photographer Nancy Barrett spends a significant amount of time capturing the natural environment around northeastern Connecticut. She is an advocate for preserving the beauty of wild places. In this exhibit, her portfolio of landscapes and wildlife create a sense of the outside environment within an indoor space. Free admission.

Toddlers, Trails & Tales Special Event

Tuesday, June 6, 2-4 p.m. at the Center at Pomfret, 218 Day Rd.

Toddlers & adults join us on a short trek at 2 pm followed by a sing along at 3 pm with local singer/songwriter Maria Sangiolo. Fee: \$5 per family CAS members; \$10 per family non-members.

Wednesday Noon Walks

June 7 through August 30, noon
Join us for fresh air, exercise, good company and naturalist lessons along the way. Meet at the Center at Pomfret, 218 Day Rd. Seniors and parents with babes in backpacks welcome. Free to CAS members; \$3 non-members



Barn owl

Contributed photo

Bull Hill Bird Watch/Hike

Thursday, June 29, 8 a.m.

Join Andy to explore this new Wyndham Land Trust preserve in Thompson. We will look for birds and hike out to see the fabulous scenic vista. Meet at the Center at Pomfret, 218 Day Rd. Fee: \$5 CAS members; \$10 non-members.

Photography Workshops

June 21, June 28, July 12, July 19, July 26, August 2, August 11 or 12 (TBD), & August 16; from 6-8 p.m.

at the Center at Pomfret, 218 Day Rd.

Geoff Bolte, owner of Clarus Studios, will be offering an 8-week series on nature photography, sharing his skills and techniques under a variety of day time and night

time conditions. Plenty of outside shooting depending on weather.

To register, call the Center at Pomfret 860-928-4948 for more info and rates.

Space still available in our Summer Nature Day Camp for ages 6 thru 13

Camp runs from June 19 thru August 11.

Come for 1 week or all 8 weeks.

For info & to register: www.ctaudubon.org/summercamp or call the Center at Pomfret 860-928-4948.

SAVE THE DATE!

18th Annual Owl Garden Party

Thursday, June 15, 6 p.m. www.ctaudubon.org/center-at-pomfret for more.

Programs at TRAIL WOOD:

93 Kenyon Road, Hampton, CT 06247
860-928-4948 www.ctaudubon.org/trail-wood

Full Moon Hike

Thursday, June 8, 7:30 p.m.

Trail Wood is beautiful by day and downright magical by night. Pull yourself away from the demands of the day, slow down for a bit, walk our trails and become familiar with the sights and sounds of a Trail Wood evening. Meet in the parking lot, 93 Kenyon Rd, Hampton. Free to CAS members; \$5 non-members.

Second Sunday Walk

Sunday, June 11, 2 p.m.

Come for a guided walk, enjoy nature and good company, learn about Teale's legacy. Meet in the parking lot, 93 Kenyon Rd, Hampton. Free to CAS members; \$5 non-members.

Trail Wood Bird Walk

Tuesday, June 20, 8 a.m.

Join Andy as he finds various nesting birds on our Hampton sanctuary. Hooded warblers, chestnut-sided warblers, indigo buntings, and blue-winged warblers should be found. Meet in the parking lot, 93 Kenyon Rd, Hampton.

Fee: \$5 CAS members; \$10 non-members.

An Artist Framing Art



Claudette Marshall in her Willimantic frame shop.
Tom King photo.

By Tom King

Claudette Marshall got serious about studying art at Manchester Community College over thirty-five years ago. After receiving her Associates Degree she continued her studies at the University of Connecticut in Storrs. Six months after graduating from UConn Marshall began looking for a job, hopefully utilizing her education and love of art. The Sweeney Store on Main Street in Willimantic had a frame shop that needed a framer. "They were looking for someone who could tell the difference between a pastel, a print, a watercolor. I got the job," said Marshall. That was in 1982 and Claudette has been framing ever since.

Marshall creates some of her own art when she gets a chance. "I do water colors, acrylics. I'm part of the Windham Region Arts Council," she said. For the last 18 years Claudette has done her work at 34 North Street in Willimantic in the building that decades ago was the Clarks Restaurant. After framing in the building for at least two 'Lily Pad' owners, Marshall is now renting some of the same space for herself. The Lily Pad is gone, but her business, CAD Marshall Framing, continues the long tradition of providing quality framing at the brick building at the corner of North Street and Meadow Streets in Willimantic. Claudette's shop is chock full of art objects including prints already matted and ready for either stock or custom framing.

My Struggle for Transportation

By Felipe

Since 1994 I've had to rely on public transportation whether it is for grocery shopping, social activities or employment. When I first started using Dial-A-Ride it was easy to set up - you had to call 48 hours in advance to schedule a ride. Back in the 90's the schedules would be set up on paper and the drivers would get printouts every day as to what their schedule was for that day.

In July 2014 a new system replaced the old 'hard copy' driver schedules. The current system uses ride-sharing software to schedule rides and electronic devices a.k.a. tablets for the drivers. The old system, in my opinion, was a lot more precise and accurate. Yes there were some flaws in the old system, however the new tablet system has more flaws than the old. With the old system pick-up times were more accurate and more precise and you always knew what time the driver was going to pick you up. Under the new system you have a half an hour 'window' before you even know what time you are going to be picked up and it's not accurate at all, especially when you have to rely on their tablet system to set up transportation for your job. Under the new tablet system I have been waiting to go to or from work on numerous occasions or late for appointments such as doctor's appointments and so on.

I am not the only person expressing frustration with the new system. This new system has been in place three years - you would think it wouldn't still have flaws. My personal opinion is that the office staff and the head director of Dial-A-Ride need to be retrained on the whole tablet system including the software. If changes need to be made on the fly, it shouldn't be a problem for the passenger and the driver, so you properly get the passengers to their destinations on time. As a result of this effort, it is a strong possibility that you would get ridership back and a lot happier clientele that use the transportation on a daily basis.

My last point, if I had a real job that required me to be on time where people were depending upon me on a daily basis, I would have been fired a long time ago. WRTD/Dial-A-Ride does not care whether or not you get



Marny Lawton at Top Shelf Gallery

Submitted by Janice Trecker

Fletcher Memorial Library's Top Shelf Gallery welcomes "Finding The Extraordinary in the Ordinary" a show of still life and landscape paintings in oil and egg tempera by Hampton artist, Marny Lawton. There will be a reception with refreshments June 7th at 257 Main Street in Hampton from 4-6 p.m., including a presentation on egg tempera painting at 5 p.m. The show runs from June 2- July 26.

The presentation should be of interest not only to painters in the area but to readers of the upcoming Quiet Corner Reads novel, *A Piece of the World*, which concerns artist Andrew Wyeth and Christina Olsen, a favorite model and the subject of his most famous egg tempera painting, *Christina's World*. A book discussion of *A Piece of the World* follows the reception at 6:30 pm.

Marny Lawton has had careers in senior management in both corporate and higher education. Before her recent retirement, she worked as an instructional designer at UConn in order to allow more time to paint.

Her award winning work has been widely exhibited, appearing at the New Britain Museum of Art, Connecticut Academy of Fine Art, the Slater Museum, and in shows in New York, Boston, Rhode Island and Texas. Lawton's primary influence has been the Flemish Old Masters. She uses the traditional indirect technique of underpainting followed by glazing to create painterly representational canvases with glowing colors. Examples of her work are at: <https://www.marnylawton.com/index.html>.

For the last twelve years, she has focused on the gemlike beauty of food. In an upcoming artist residency in Italy, she will continue her focus on still lifes of food.

to your destination on time. Furthermore, they do not care whether or not you get home on time especially when you have disabled individuals that rely on home care aides and need to be home by a certain time every day. The whole concept of waiting for a ride for over half an hour to go home is a little ridiculous. Especially when you have told them you need to be home for the reason I stated above.

I know technology is not perfect and I get it. I also know that stuff happens on a daily basis where things don't run smoothly. However, when it happens on a daily basis, every week, it's a little ridiculous.

On Thursday, May 4, 2017, I called Dial-A-Ride at 2:30pm. The scheduler on the phone said I would be picked up, at my place of employment, within my window which was 2:50-3:20pm. To my recollection I was picked up by 3:10 that afternoon at WalMart (my employer) in North Windham. I was told by the driver I would have to ride to Mansfield and Ashford before being dropped off in my home in Windham. He told me I would be home by 4:12 pm. I told him I had to be home before 3:52pm because my home care aide would be arriving at that time. The driver said there was nothing he could do. He told me how long the Ashford passenger had already been on the bus. I felt bad for her as she had been on the bus an hour and a half. I contacted my home health aide via text message to tell her I was going to be late. I wasn't sure exactly what time I would arrive home. I texted a little after 4pm to tell her I was 10 minutes away. I was in the door by 4:15pm.

As a disabled individual I do appreciate the transportation, without a doubt. However, when you have expressed concerns and actually written letters and nothing changes you can understand my frustration. It's not just me. Senior citizens use this transportation on a daily basis as well. So please fix the system or get rid of the tablets and start going back to paper printouts to make it less confusing for the drivers and less frustrating for the passengers.

Please fix the system, I beg of you.



©Jean Henderson

This beautiful rose was photographed last June on the summer solstice by Willimantic fine art photographer Jean Henderson. She took the photo at Elizabeth Park in Hartford. To see more of Jean's work visit her website: jeanhendersonart.com. To really appreciate the beauty of this photo visit neighborspaper.com for a link to the online edition in full color.

Joshua's Trust Walks

Submitted by Angelika Hansen

Saturday, June 3at 9:30 am, Come and look for flowers of the late Spring as well as learn about the early successional forest at the Hubbard Sanctuary in Chaplin. This is a moderate walk of about 1.5 miles and will be led by naturalist, Deb Field. Please, no dogs or children under 12. Meet at Phoenixville Rd. (Rt.198) entrance next to Chaplin Town Hall. Rain Date is June 11.

Because the number of walkers is limited, please sign up at activities@joshustrust.org or call the office Tuesday and Thursday 12-5pm, at 860-429-9023

Sunday, June 4 from 2 pm – 4 pm, hike the Utley Hill Preserve in Columbia with steward Ann Dunnack. Learn about the beaver cycle and how the people of the 18th and 19th cent. used water power to run their mills. It is a 2 mile walk of moderate difficulty, rain or shine. Directions: meet at the Columbia Recreation Park on Hennequin Rd. From Rt. 66 turn into Hennequin Rd. the Recreation Park is on the left. Follow the driveway all the way in and turn right in the parking lot. Meet by the gate to the power line. For additional information, contact Ann 860-228-3992 or the Trust at 860-429-9023.

Saturday, June 17 from 10:00 am – 12:00 pm Geocaching at Bradley-Buchanan Woods in Mansfield. Meet at the Rt.89 entrance next to the Mansfield Library. Come learn how to geo-cache, using a smart phone app or GPS. This is a fun activity for all ages as you discover where geo-caches are located in our area. Bring a GPS or a GPS enabled smart phone. Down load the FREE geocaching App: Android app: Geocaching® and Apple app: Geocaching®. These are paid apps for geocaching but all that is needed for event is the free app.

Explore the Last Green Valley

Submitted by Marcy B. Dawley

The Last Green Valley, Inc.'s (TLGV) updated, brand new edition of *Explore*, a comprehensive and complimentary Guide to Outdoor, Indoor, and Around Town Adventures in The Last Green Valley National Heritage Corridor, is available now! Covering 35 towns in eastern Connecticut and south-central Massachusetts, The Last Green Valley is a destination worth discovering. Modern-day explorers can tackle a trail, gaze at stars, wow over scenic vistas and views, hear stories from the past, sip wine by the vines, shop 'til you drop, find your inner artist, enjoy farm life, and savor local foods. From lakes and hilltops to farmlands and forests, there is plenty to discover!

Explore will connect you with all of The Last Green Valley's treasures, increase your capacity for fun and enjoyment, and point you towards close-by getaways. Explore includes more content than ever, including nearby places for hiking, community concerts, strolling, biking, paddling, swimming, learning, shopping and lots more. Call TLGV today at 860-774-3300 for your complimentary copy, or find it in information kiosks throughout The Last Green Valley.

Stay up to date and learn more about The Last Green Valley and TLGV's programs online at www.thelastgreenvalley.org, and on Facebook and Instagram.

The Last Green Valley is a National Heritage Corridor – the last stretch of dark night sky in the coastal sprawl between Boston and Washington, D.C. The Last Green Valley, Inc. works for you in the National Heritage Corridor. We help you to care for it, enjoy it and pass it on!

Good Advice for Teens of All Ages

Eureka!

By Daniel Blanchard

Eureka! I got it! I got it! Awesome! I got an answer to my problem! Cool... Hmm... I wonder where this solution that just solved my problem came from. To tell you the truth, I'm really not sure where this answer or moment of intuition came from. It doesn't matter where this out-of-the-blue solution came from. What really matters is that I now have a solution. The funny thing is that the solution is nothing like I thought it would be. As a matter of fact, the answer to my problem is completely different than anything I had previously imagined. It's almost like this creative solution to my problem just blew in on a wave of fresh spring air.

It pays to be open to new things and a new way of thinking because many times that's exactly when the best ideas arrive. For example, there used to be an old Reese's Peanut Butter Cup ad on television when I was a kid. These two guys from the old days accidentally bump into each other and one exclaims, "Hey! You just got your chocolate into my peanut butter!" And the other guy fires back, "Hey! You just got your peanut butter into my chocolate!" Angrily, they both look at each other in disgust, but then slowly and begrudgingly take a small bite of this new accidental creation and are pleasantly surprised by how fast their taste buds stand up and dance to the new heavenly taste. It turns out that the chocolate and peanut butter combination is delicious together. Now the fact that Reese's Peanut Butter Cups are delicious to us today is pretty obvious, but it wasn't obvious to the old timers of yesteryear when Reese's was the new kid on the block looking to try something different.

Like the two men bumping into each other above, we humans just can't help ourselves; we're constantly creating accidents and making mistakes. We're 100% mortal and thus 100% imperfect; and that's a fact. Ironically, though, many times our solutions come from our mistakes and vice versa. We could be doing the right thing and have it turn out to be a disaster. Sometimes life is complicated, especially when our answers pull us into the station on a train of completely different thoughts than we had been expecting.

Some people refer to this moment when a solution to our problem unexpectedly arrives as a "Eureka!" moment. And in return, others call this "Eureka" moment our human intuition or our inner genius. We all have this spe-

cial thing within us, but the collective human problem here is that most of us don't trust ourselves enough to activate our super powers and think outside the box. Very few of us will go against the current and try to go east by sailing west like Christopher Columbus did.

For some reason, women seem to be more open to their gift of inner intuition than men are. This is reinforced every time they say that mothers must have eyes on the back of their heads and supersonic hearing, because mothers know everything that their kids and husband are up to. In addition, women are usually very good at reading people. Moms instinctively know who will be a good influence on their children and husband, and who will not.

Well, thank heaven for women's keen sense of intuition. This super power of moms across the world has kept their men and children out of a lot of trouble, solved a lot of problems, and found a lot of stray socks. However, in reality, we all have this special power of intuition or inner genius that creates these "Eureka" moments. If we can just learn to use this super power properly then all of us would be screaming, "Eureka" a lot more often.

So, how do we train ourselves to receive more of these intuitive eureka hits? Well, I don't think that there is one best way. But there are probably a lot of little ways that can help us draw out our intuition and better connect to our inner genius.

For example, becoming a voracious reader, in which we constantly expose our minds to a myriad of information, can only help us move closer to the connection that we're seeking. Taking good care of our health can help. Trying different kinds of jobs or hobbies also helps because it fosters some cross connections in which we take something that we do in one area and apply it to another area. Intently studying our environment and all of the people we come into contact with each day will also help us open up a drawer of new possibilities. Just being open-minded and willing to go our own way will also help to fan the fire of fresh thinking and spice up a new route.

Trying new and different things, combined with our unique individual background, can produce new answers and maybe even the next BIG thing. Again, there is no one mandated road to get us to that "Eureka" moment, but rather many different winding paths. If we can find and use a couple of these winding less traveled paths, or heck, maybe even just one winding less traveled path, our lives could drastically change for the better.

Now teens, go learn, lead, and lay the way to a better world for all of us. Remember to allow your inner genius to guide you to and thru the land of "Eureka". And once again, thanks in advance for all that you do, and all that you will do...

Where to find The Neighbors Paper

Ashford

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

Bolton

Bolton Post Office
Subway-Bolton Notch

Chaplin

Chaplin Post Office
Zlotnick's Conv. Store
Pine Acres Restaurant

Columbia

Saxon Library
Columbia Post Office

Coventry

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

Eastford

Eastford Post Office
Coriander

Hampton

Hampton Post Office
Hampton Library

Lebanon

Green Store

Mansfield/Storrs

Holiday Spirits
Bagel Zone
D & D Auto Repair
Storrs Post Office
Mansfield Senior Center
All Subway shops
Starbucks
People's Bank
Storrs Comm. Laundry
UConn Bookstore (2)
UConn Co-op
UConn Student Union
Tony's Garage

Mansfield Center

Mansfield Library
East Brook Mall
HST Realty
Lawrence Real Estate
Mansfield OB/GYN
Mansfield Depot
Thompson's Store

North Windham

Bagel One
Subway
No. Windham P.O.

Pomfret

Vanilla Bean Restaurant
Pomfret Post Office
Baker's Dozen

Putnam

Antiques Marketplace
Putnam Library
Subway
Putnam Post Office

Scotland

Scotland Library

Scotland Post Office

South Windham

Bob's Windham IGA
Landon Tire
So. Windham P.O.

Stafford

Middle Ground Cafe
Subway

Tolland

Birch Mountain Pottery
United Bank
Tolland Library
Tolland Post Office

Willington

Track Nine Diner
Willington Pizza I
Willington Post Office
Willington Library
Key Bank
The Packing House

Windham/Willimantic

Clothespin Laundromat
Schiller's
Willi Food Co-op
Willimantic Pharmacy
Main Street Cafe
Nita's
Design Center East
That Breakfast Place
Subway/BJ's Plaza
Super Washing Well
Willimantic Public Lib.
Windham Senior Ctr.
Elm Package Store
Not Only Juice
Windham Eye Group

Windham Center

Windham Post Office

Our Community Calendar

Compiled By Dagmar Noll

June 3, Saturday

Dedication: Cora Moore Sign Dedication, 10:00a.m. Sign dedication at the Cora Moore Splash Pad for a town treasure, Cora Louise Johnson Moore. Lauter Park, 625 Jackson St., Willimantic.
History: Architectural Slide Show, 10:00a.m. Free. Kramer School, 322 Prospect Street, Willimantic. Info: 860-456-1666 victorianwillimantic.org
Community Food: Windham Textile & History museum Tea, 11:00a.m. - 1:00p.m. \$7. Kramer School, 322 Prospect Street, Willimantic. Info: 860-456-1666 victorianwillimantic.org
History: Windham Mills Tour, 11:00a.m. - 1:00p.m. Free. Meet at Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-1666 victorianwillimantic.org
History: Victorian Days Home Tours, 11:00a.m. - 4:00p.m. \$20 for the day. Purchase tickets at Kramer School from 9:00a.m. on, 322 Prospect Street, Willimantic. Info: 860-456-1666 victorianwillimantic.org
History: Windham Town Hall Tour, 1:00p.m. - 4:00p.m. Free. Mayor Eldridge leads visitors through the historic 1896 Town Hall. 979 Main Street, Willimantic. Info: 860-456-1666 victorianwillimantic.org
Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. Mansfield Town Hall, 4 S. Eagleville Road, Storrs. Info: storrsfarmersmarket.org
Community Food: Write Your Roots, 7:30p.m. Free. Willimantic Community members tell stories about food and its connection to place, love, fellowship and memory. Followed by a discussion on Willimantic's Food Culture, organizations and initiatives. Windham Town Hall, 979 Main Street, Willimantic.
History: Candlelight Tour, 8:00p.m. 10. Tour the Mill Museum by candlelight with guides in period attire. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178. victorianwillimantic.org

June 4, Sunday

History: Mansfield Historical Society Opening Day, 1:30p.m. - 4:30p.m. Info: 860-429-6575 info@mansfieldhistory-ct.org www.mansfieldct-history.org
Community Food: Write Your Roots, 3:00p.m. Click Willimantic, 41 Club Road, Windham. (See 6/3)
Community Food: Community Picnic on Jillson Square, 11:00a.m. - 3:00p.m. BYO blanket or chair and picnic box, or pre-order a box lunch for \$10 at 860-208-6257. Dress: Victorian or Country Casual. Jillson Square, Willimantic.
Croquet: Alice in Wonderland Croquet, 11:30a.m. - 2:30p.m. \$4 per person. Costumes optional. Jillson Square, Willimantic.
Art: Call to Artists Meeting, 4:00p.m. - 6:00p.m. Informational meeting about October Witch Exhibit. Windham Textile & History Museum, 411 Main Street, Willimantic. 860-456-2178 www.millmuseum.org
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. Non-sectarian, Buddhist-style sitting and walking meditations, teaching and sharing. Info: 860-450-1464 dmangum617@gmail.com

June 5, Monday

Forum: Substance Abuse Awareness, 6:30p.m. - 8:00p.m. Windham Town Hall, 979 Main Street, Willimantic.

June 6, Tuesday

Writing: Writer's Group, 1:30p.m. - 3:00p.m. All genres and levels welcome. Share and discuss works. Drop-ins welcome. Coventry Senior Center, 172 Lake St, Coventry. Info: 860-742-3525.

June 7, Wednesday

Reception: Egg Tempura Painting Art Show by Marny Lawton, 5:00p.m. Fletcher Memorial library, 257 Main St, Hampton.
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African Rhythms, all ages, all levels. Drum provided if needed. BENCH SHOP, 786 Main St, Willimantic. Info: 860-423-8331

June 10, Saturday

Festival: Ye Olde Colonial Day Craftsmen Faire, 10:00a.m. - 2:00p.m. Re-enactors demonstrate woodcarving, candle-making, blacksmithing, weaving, period food and more. Willington's Historic Town Green. Info: 860-429-3854 dlinares@willingtonpubliclibrary.org
Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m. (See 6/3)

June 11, Sunday

Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 6/4)

June 12, Monday

Film: "The Trap: What Happened to Our Dream of Freedom?" Part 1 of 3, 7:00p.m. Free. 46 Spring Hill Road, Storrs. Info: "Second Monday Film Series" on Facebook. qcf.webs.com

June 13, Tuesday

Writing: Writer's Group, 1:30p.m. - 3:00p.m. (See 6/6)
Live Music: Quiet Corner Fiddlers, 7:00p.m. - 8:30p.m. Midway Restaurant & Pizza, 174 Ashford Center Road (Route 44), Ashford. Info: b.schreiber@snet.net qcf.webs.com

June 14, Wednesday

History: Windham Walks: 325, 6:00p.m. \$3.25. Historian Jamie Eves explores 1833 Landmarks in Willimantic. Info: 860-456-2178 www.millmuseum.org
Forum: Putting a Human Face on the Immigration Debate,

6:30p.m – 8:30p.m. A look at the immigration experiences from the inside out. Betty Tipton Room, Student Center, North Campus, ECSU, 83 Windham Street, Willimantic. Sponsored by ECSU Campus Ministry & Windham Region Inter-Faith Working Group. Registration or information: 860-456-3349 or 860-456-7270

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

June 15, Thursday

Festival: 3rd Thursday Street Festival, 6:00p.m. - 9:00p.m. Main Street, Willimantic closes for food, music and fun! Info: www.willimanticstreetfest.com

June 16, Friday

Singing: Sing! Quiet Corner Song Swap, 7:00p.m. Vanilla Bean Cafe, 240 Deerfield Road, Pomfret

June 17, Saturday

Cycling: 12th Annual John E. Jackman Tour de Mansfield, 7:00a.m. - 1:00p.m. \$35. Choose from a 7-mile route, a 22-mile route, and a 44-mile route. Mansfield Community Center, 10 S. Eagleville Rd, Storrs. Register: mansfieldct.gov/biketour

Festival: Logee's 4th Annual Summer Solstice, 10:00a.m. - 4:00p.m. Free. Rain or Shine. Live music, vendors, crafting, and more. Logee's Greenhouse, 141 North Street, Danielson.

Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m.

June 18, Sunday

Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 6/4)

June 20, Tuesday

Writing: Writer's Group, 1:30p.m. - 3:00p.m. (See 6/6)

June 21, Wednesday

Live Music: Kidsville Summer Kickoff!, 6:30p.m. - 7:45p.m. Free concert by Kidsville Kuckoo Revue, Bety Paterson Square, 2 Dog Lane, Storrs.

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

June 24, Saturday

Skill Share: Integrated Pest Management, 10:00a.m. - 12:30p.m. Free. Lauter Park, 625 Jackson St, Willimantic.

Skill Share: Spinning, 10:00a.m. - 1:00p.m. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

History: Mill of the Month goes to Enfield, 1:00p.m. Carpool from Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org

Community Food: Storrs Farmers Market, 3:00p.m. - 6:00p.m.

June 25, Sunday

Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 6/4)

Community Food: Pancake Breakfast, 10:00a.m. - 12:00p.m. FREE. St. Mary's Church, 218 Providence Street, Punam. Sponsored by Boy Scout Troop 21.

June 27, Tuesday

Writing: Writer's Group, 1:30p.m. - 3:00p.m. (See 6/6)

June 28, Wednesday

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

Ed. note: At press time Our Community Calendar was incomplete. We will continue to work on it and post it on our website: neighborspaper.com when complete. Sorry for any inconvenience.



Photo: (c) Galyna Andrushko - Fotolia.com

Great Outdoors Month:

Tips to Make the Most of Your Next Adventure

(StatePoint) Spending time enjoying nature is good for the body and mind, helping to reduce stress, increase focus and provide opportunities for physical activity, say studies. Unfortunately, our busy schedules sometimes don't allow us to get outside as often as we would like. Great Outdoors Month, celebrated in June, is an excellent opportunity to go on an outdoor adventure. As you make your plans and enact them, consider these tips for making the most of your trip.

Get Informed

Visiting a new place? Learn more about the area, investigating its natural and social histories before you hit the trail, river route or campsite. You'll be more likely to identify rock types and plant and animal species with a bit of knowledge. This can also help you understand and appreciate what you are experiencing with greater depth.

Use Tech Tools

New tech gear is augmenting the outdoor experience for both casual adventurers and hardcore enthusiasts. For example, the Smart Outdoor Watch WSD-F20 from Casio has a rugged build, low power consumption GPS, is water resistant and features dedicated apps for outdoor activities. If downloaded prior to your journey, full color maps can be used offline. And because it offers a range of tools that can be used independent of your smartphone, including an altimeter, barometer, thermometer and compass, it frees up users to fully enjoy their adventures. Other features include a Location Memory app, which enables you to customize maps with markers and text so you can

revisit otherwise unmarked spots, such as a great viewpoint or fishing spot.


Be Prepared

It's hard to be at one with nature when nature itself is making you miserable. So be prepared for all kinds of weather and climate conditions. If you are camping, patch or replace tents that are worn or torn and bring a tarp for extra protection. Check the weather report for temperature, precipitation and other factors and pack the proper clothing and sleeping bag accordingly. Make sure socks and shoes or hiking boots are in good shape so that long hikes don't cause you any undue pain. And of course, don't leave civilization without a first aid kit, water, sunscreen and insect repellent.

With a bit of extra preparation, you can take your outdoor adventures higher and farther than ever before.

View all issues of Neighbors from January 2016 to present in COLOR on our website: neighborspaper.com You will also find advertising and circulation information.

Car Cruise Nights



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

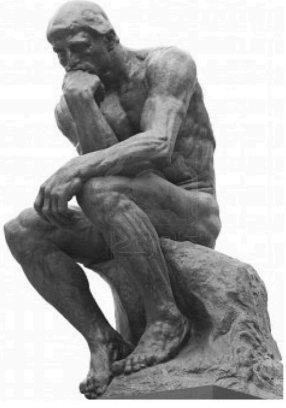
Advertise in
The Neighbors Paper
A little paper,
big on community.

The Think and Do Club Wants You!

Submitted by Edmund Smith

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

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



or topic, because life itself... philosophical! So join us!

We meet monthly. Please contact us for next date and site. Thank you.

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

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

Love Animals!
Come Volunteer at the Sanctuary!

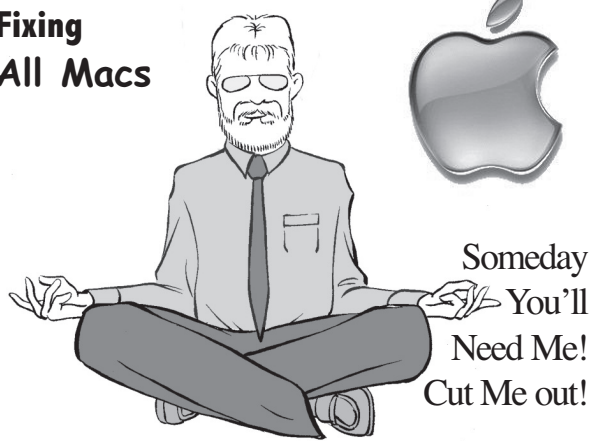


Each week, dozens of volunteers from all over Connecticut assist us in providing care to the deserving animals at our Sanctuary in Ashford. We hope you will consider getting involved as a Sanctuary volunteer.

Visit our OurCompanions.org for full job descriptions and volunteer requirements or call us at 860-242-9999.

DR. MAC

Fixing
All Macs



Mac Running Slow??

Your mac should be maintained every 6 months!

I'm your Apple/Mac "Guru"

Repairs · Service · Equipment · Tutoring

If it's Apple/MAC, I do it!

Call Steve for an appointment TODAY!

(860) 871-9933 10am-6pm M-F

Mac advice & info: DrMacCT.blogspot.com

They are Fading Away...



Someday
You'll
Want Me!
Cut Me out!

**Your 35mm Slides and Film Negatives are Slowly
Deteriorating Before Your Eyes!**

Slides & Negatives dating pre-1970 are fading fast...

*Post 1970 are fading too. Get them scanned to digital
professionally now before it's too late...*

- Scratch & Dust Removal • Color Correction • Restoration
- Color Balanced • 30 Years Experience • 5 Year Backup
- "Magic Face/Figure Enhancement" • +More!

**Preserve your Memories
Starting at 50¢ per neg!**

Call Steve for details

(860) 871-9933 10am-6pm M-F

Are You 1/2 in Business?



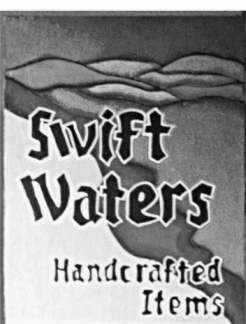
No Website?

- Sites
- Hosting
- Shopping
- Animation

**The \$499.99 Website Special!
Yes! For a 5 page Website!**

Call Steve for details

(860) 871-9933 10am-6pm M-F



*There's always
something new at
Swift Waters*

*Willimantic's Other Co-op.
Supporting Local Artists since 2004.*

866 Main St., Willimantic
860-456-8548

Open 6 Days a Week
www.swiftwaters.org

click



commercially licensed
co-operative kitchen, inc.

**Growing to serve
our Community**

Helping Small Businesses, Culinary
Entrepreneurs, Local Farms & Community
Unite in the Cooperative Collaboration

- Commercial & Teaching Space Available
- Safe Classes for Certification
- Rental opportunities for events

41 Club Road, Windham
860.786.7907
clickwillimantic@gmail.com
clickwillimantic.com



Ask "Dr. Mac"
All your Apple Macintosh Mac,
iMac and iPod Questions

Using a VPN. Keeping Safe on iPhone, iPad and the Mac



One of the most important skills any computer user should have is the ability to use a virtual private network (VPN) to protect their privacy. A VPN is typically a paid service that keeps your web browsing secure and private over public Wi-Fi hotspots. VPNs can also get past regional restrictions for video- and music-streaming sites and help you evade government censorship restrictions—though that last one is especially tricky.

The best way to think of a VPN is as a secure tunnel between your device and destinations you visit on the internet. Your device connects to a VPN server, which can be located in the US or a foreign country like the UK, France, Sweden, or Thailand. Your web traffic then passes back and forth through that server. The end result: As far as most websites are concerned, you're browsing from that server's geographical location, not your computer's location.

We'll get to the implications of a VPN's location in a moment, but first, let's get back to our secure tunnel example. Once you're connected to the VPN and are "inside the tunnel," it becomes very difficult for anyone else to spy on your web-browsing activity. The only people who will know what you're up to are you, the VPN provider, and the website you're visiting.

When you're on public Wi-Fi at an airport or café, that means hackers will have a harder time stealing your login credentials or redirecting your device to a phony banking site. Your Internet service provider (ISP), or anyone else trying to spy on you, will also have a near impossible time figuring out which websites you're visiting.

On top of all that, you get the benefits of spoofing your location. If you're in Hartford, for example, and the VPN server is in the U.K., it will look to most websites that you're browsing from there, not Hartford.

This is why many regionally restricted websites and online services such as BBC's iPlayer or Sling TV can be fooled by a VPN. I say "most" services because some, most notably Netflix, are fighting against VPN abuse to prevent people from getting access to, say, the American version of Netflix when they're really in Australia.

Anonymity

For the most part, however, if you're visiting Belgium and connect to a U.S. VPN server, you should get access to most American sites and services just as if you were sitting at a Starbucks in Hartford.

Anonymity online is a very difficult goal to achieve. If, however, you are trying to remain private from prying eyes or evade NSA-style bulk data collection as a matter of principle, a reputable VPN will probably be good enough.

Beyond surveillance, a VPN also won't do much to keep advertisers from tracking you online. Remember that the

website you visit is aware of what you do on its site and that applies equally to advertisers serving ads on that site.

How to choose a VPN provider

Nowadays, however, nearly every VPN provider has their own one-click client that gets you up and running in seconds. There are usually mobile apps as well to keep your Android or iOS device secure over public Wi-Fi.

Of course that brings up another problem. Since there are so many services to choose from, how can you tell which ones are worth using, and what are the criteria to judge them by?

First, let's get the big question out of the way. The bad news for anyone used to free services is that it pays to pay when it comes to a VPN. There are free options from reputable companies, but these are usually a poor substitute for the paid options. Free services usually allow a limited amount of bandwidth usage per month or offer a slower service. Then there are the free VPNs that use an ad-supported model, which in my experience usually aren't worth using at all. Plus, free VPNs are usually anything but; in lieu of payment they may be harvesting your data (in anonymized form of course) and selling it as "marketing insights" to advertisers.

The good news is VPNs aren't expensive. I use the Nord VPN and it covers 5 devices and I paid \$12 for 3 years! That's dirt cheap.

Here are some issues to consider when shopping around for a VPN provider.

What kind of logging does your VPN provider do? In other words, what information do they keep about your VPN sessions and how long is it kept? Are they recording the IP addresses you use, the websites you visit, the amount of bandwidth used, or any other key details?

All VPNs have to do some kind of logging, but there are VPNs that collect as little data as possible and others that aren't so minimalist. On top of that, some services discard their logs in a matter of hours or days while other companies hold onto them for months at a time. How much privacy you expect from your VPN-based browsing will greatly influence how long you can stand having your provider maintain your activity logs—and what those logs contain.

That's all there is to using a VPN. The hard part is figuring out which service to use. Once that's done, connecting to a VPN for added privacy or to stream your favorite TV shows while abroad is just a click away.

I can setup a VPN if you like. Call or email me from below.

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



Made in
Willimantic



Clothworks

Clothes, Hats & Bags

www.SarahWinterClothworks.com

available at:

Swiftwaters Artisans' Co-op
866 Main St. Willimantic

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*

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

Read The Neighbors Paper
on your desktop, laptop,
tablet or smartphone.

Go to neighborspaper.com
for link to current and past editions.
All in beautiful COLOR!

Art and Garden Tour

Submitted by Suzy Staubach

Art and Garden Tour /
Connecticut Open House Day
Saturday and Sunday June 10 and 11,
10 am – 4pm

Twelve professional artists in northeastern Connecticut will open their gardens and studios for an Art and Garden Tour during the weekend of Connecticut Open House Day. Their unique gardens range from a self-sufficient organic fruit and vegetable garden to a flowery cottage garden to a perennial garden accented with cement sculpture: columns, fountains, ladies with flower skirts, and lifesize sculptures of sheep and chickens. The artists work in a variety of mediums including stained glass, photography, cement, pottery, felt, oil, watercolor and pastels to create paintings, jewelry, cards, sculptures, tableware, and more.

View encaustic paintings displayed in an herb and vegetable garden while llamas watch from their barn. Feel the calm in a meditative garden enhanced with lovely landscape and floral paintings and the trickle of a stream.

Visitors are encouraged to stroll through the gardens and enjoy the art. As part of Connecticut Open House Day, artists will be welcoming you with tea or other small refreshments. Art will be available to purchase. The tour is free and family friendly.

[https://www.facebook.com/
ArtandGardenTourofNortheasternCT/](https://www.facebook.com/ArtandGardenTourofNortheasternCT/)

Art and Garden Tour, Connecticut Open House Day 2017 - Participating Artists:

Lance Arnold of Lance Glass Studio makes the weather resistant fairy houses found in his garden and maintains a nearby children's fairy house path. His nicely cluttered studio has paintings and sculpture in among more fairy houses. Garden: FLOWERS AND FAIRIES AND AVALANCHE BEETS. Fairy houses in the

studio and on garden trails.
162 Amidon Road, Ashford
860-487-0848, larnold0848@charter.net
lanceglassstudio.com

Nancy Bunnell paints abstracts, landscapes, flowers, and animals in pastels and multimedia.

Garden: BE STILL. A meditative path meanders through the gardens and near a stream and frog pond.

12 Red Oak Hill, Willington
860-377-7817, ncbunnell@gmail.com

Jane Collins paints flowers and farms in oil and watercolor. She has been growing organic herbs, vegetables, and flowers for over 30 years.

Garden: HOMESTEAD GARDENS. Large organic herb, vegetable & flower gardens.
109 Bujak Road, Chaplin
janewallor@gmail.com
<http://www.janecollinsart.com>

Dorothy Drobney is a natural light photographer. She shoots landscapes, travel, and nature, as well as family and pet portraits, and business/product sessions at her studio or on location.

with Suzy Staubach at Willow Tree Pottery, 24 Bebbington Road, Ashford, Saturday only
ddrobneyphotos@gmail.com
ddrobneyphotography.com

Mark Drobney laser engraves artwork from the computer designs he creates. His work includes intricate wood/stained glass suncatchers and ornaments, jewelry, and custom designs.
with Suzy Staubach at Willow Tree Pottery, 24 Bebbington Road, Ashford, Saturday only
creativemarkengraving@gmail.com

Barbara Katz is a sculptor and potter working with clay creating vessels, cat mummies, spirit houses and out-door sculpture for your garden.
with Suzy Staubach at Willow Tree Pottery, 24 Bebbington Road, Ashford
860-429-9580, katzbarb@gmail.com
<http://www.barbarakatz.net>

Marylyn Makuch
32 Old Farms Road, Willington
Marilyn Makuch uses stones, crystals, glass and wood for beadings and creating accessories.

Garden: HAPPINESS IS A GARDEN AND CREATING. Fun garden sculpture
860-933-2291, tbg@charter.net

Mary Noonan paints in oil, watercolor and encaustic. Her little farm overflows with fauna and flora in a magical setting.

Garden: MAGIC. Aquaponic garden with farm animals.
533 Chaffeeville Road, Mansfield
Mary.noonan@zero.net

Leanne Peters loves to illustrate the hidden and seen life of the garden with oil and digital pen. The idea of "inner growth and light" continues to inspire the artist.
with Mary Noonan, 533 Chaffeeville Road, Mansfield 860-429-7375, leanne@innerworldillustration.com
<https://www.artandalittlemagic.com>

Shauna Shane paints landscapes, still lifes and portraits in oil, watercolors and pastels and creates garden sculptures in cements and other materials.

Garden: FARM AND FIGURATIVE:
Fishpond, cob chicken coop with living roof, leaf sculptures.

287 Gurleyville Road, Mansfield
860-429-3646, river@yahoo.com
<http://shaunashane.com>

Pat Shorey has been working in stained glass for over 25 years and has been doing quilling (primarily of flowers) for 5 years.

Garden: SMALL FAIRY GARDEN
1057 Tolland Stage Road, Tolland
860-558-1712, pcshorey@comcast.net

Suzy Staubach makes platters, baking dishes, bowls, birdbaths, outdoor lanterns, tankards and other pottery vessels inspired by English Country pottery.
Garden: INFORMAL COTTAGE GARDENS. Old fashioned country or "grandmother's" gardens.
Willow Tree Pottery, 24 Bebbington Road, Ashford
860-287-8056, suzy@willowtreepottery.us
<http://www.willowtreepottery.us>



PELLETIER PHYSICAL THERAPY

GET BACK YOUR BACK.

Treat your BACK or NECK pain without medication, shots, or surgery.

Heal naturally with GENTLE therapy.

One on one treatment for 45 minutes with a therapist who understands what it is like not to be able to do what you want.

Call for more information **860-456-3772** or visit our

website <http://www.pelletierphysicaltherapy.com/>
10 Higgins Highway, Suite 12
Mansfield, CT 06250

FOR RENT

ASHFORD:
Various commercial
and office spaces for rent.
500 to 1200 square feet
available starting at \$300.

**EXCELLENT LOCATION ON BUSY STATE ROAD.
LANDLORD WILLING TO RENOVATE SPACES
AT AFFORDABLE RENTS.**

Beauty salon/barber shop space:
Available is 750 square feet of space for beauty salon/barber shop ready to go. Sinks and other accessories already in space. Beautiful laminate flooring. Rent starting at \$350 per month. Great opportunity for individual wanting to establish own beauty salon.

CALL 860-729-6036 OR 860-559-7432

FREDERICKSON FARMS

Something for everyone



QUAINT COUNTRY CAFE

Open Mon-Fri 7am-6pm; Sat 7am-5pm; Sun 8am-4pm

FULL SERVICE DELI

Meat and cheese available by the pound

ICE CREAM WINDOW

Open Wednesday through Sunday until 8:00pm

Now serving more than 20 flavors of Gifford's ice cream and yogurt

Seasonal Vegetables • Garden Center • Stove Shop

A short drive from northeastern Connecticut

**985 Chopmist Hill Road,
at the intersection of routes 101 & 102,
North Scituate, RI**

**(401) 647-5427 • Find us on Facebook
Website: www.fredericksonri.com**



Corey Sipe from front page

a place where veterans and first responders could go for on-the-job training.

To make the experience the most beneficial, he started needed renovations to the property late last year. He said that those renovations brought the business up to 21st century standards through the installation of state-of-the-art kitchen equipment, registers, and security equipment along with making the facility fully ADA accessible.

Additionally, more healthy-choices, like salads, were added to the menu while popular ice cream favorites remain while keeping prices the same.

The Ashford

Dairy Bar and Grill menu includes sandwiches, hot dogs, hamburgers, mac and cheese bites, hard and soft serve ice cream, milkshakes, and Hosmer Mountain Soda, of Willimantic.

He said that on warm days, customers wait in long lines and he is looking at ways of increasing the speed in which orders are processed.

Other future improvements Chaloult hopes to make to the business includes building another outdoor gazebo along with more outdoor seating and indoor seating.

While he expects more interested veterans to be working there in the future, he said that one currently works as a supervisor and teaches young workers necessary skills, such as how to be professional and customer-service oriented.

Chaloult also hopes to connect veterans to other on-the-job training programs such as masonry, carpentry, painting, plumbing, electrical, advanced manufacturing technology, agriculture, solar installation, and fiber optic installation through more relationships with local employers.

For the Veterans Base Camp Community Training Center to maintain and grow its programs, it's essential to raise money via fundraisers and other sources and not be solely dependent on government financing, Chaloult said.

The facility was first recognized as a 501c3 non-profit organization beginning last year, allowing donations to be tax-deductible.

On May 13, the Shepherd of the Faith Lutheran Church in Simsbury held a 5K Road Race and Walk and raised \$1,500 for the veteran's base camp. "It was a great day and there was a lot of camaraderie," he said.



Air Force veteran Jerry Dufresne (l), and Army veteran Richard A. Hall, whittle pieces of wood during a wood carving class.

Corey Sipe photos.

Chaloult is also thankful to the Ashford Business Association which sponsors Ashford Car Cruise Nights outside the Midway Restaurant and Pizza shop, at 174 Ashford Center Road in Ashford.

The cruise nights take place the last Thursday of every month, from May to September, and feature classic cars and rock n' roll music of the era which attracts young and old alike. Rain postponed the May 25 event until June 1st. The evening is dedicated to veterans and organizers are asking folks to bring toiletries that can be donated to the camp.

Chaloult said that the Chaplin Elementary School is participating in an ongoing fundraiser and is hopeful that other schools will step up to the plate to encourage youngsters and staff to help.

Ongoing fundraising efforts include an Amazon wish list at <http://a.co/fESmWVi> and the selling of apparel items with the Veterans Base Camp Community Training Center logo, which are available at www.veteransbasecamp.org/shop.

Chaloult gave a tour of one of the bedrooms and pointed to bags of bedding explaining that a generous lady donated name brand bedding for 20 beds helping make this part of the program closer to becoming a reality.

Additionally, the Veterans Base Camp website said they are seeking volunteers to assist with "marketing and communications, administrative assistance, program development, fundraising and/or grant writing and wellness services."

Chaloult said a residential component will be included for men who need a more structured environment with specific times for breakfast, lunch, dinner, classes, and meetings.

Veterans and first responders will go through a 90-day program with three phases.

During phase 1, which is about three weeks, they will become comfortable with their surroundings, de-stress, attend nightly meetings, learn about healthy living, and start to define their career aspirations. While they live on-site, there is a focus on ownership and they must clean their rooms and take part in upkeep of the property. Chaloult said that they would then go onto phase 2 and work towards choosing an occupation they would like to pursue whether that requires an internship, working at a company, or take classes locally.

Local higher education choices include Quinebaug Valley Community College with a main campus in Danielson and a branch in Willimantic, Eastern Connecticut State University in Willimantic, or the University of Connecticut in Storrs. Veterans could be referred to specific businesses via referrals for on-the-job-training.



Some of the pieces made by the Mansfield Misfits Woodcarvers Group include pirates, sea captains, birds, and even a three-seat outhouse.

He said that in phase 3, veterans are working in their new daily jobs and will help new veterans cycling through the program starting in phase 1.

Once the residential program begins, he hopes that nine veterans will staff the facility and that it will be staffed 24 hours a day, 7 days a week, with other folks, like clinicians, assisting them. "The goal is for peer relationships which will succeed beyond the teacher-student relationship and will make them more excited about the process. It's not reading out of a magazine or a book," Chaloult said.

Chaloult certainly can relate to veterans. He served in the Marine Corps from 1967 to 1971 as a prepare rigger responsible for safety and survivor equipment.

After he left the service, he



Darrell Chaloult, CEO of the Veterans Base Camp Community Training Center.

returned to accounting until later deciding to become self-employed. He learned about the problems of addiction that many of his fellow veterans suffered from.

"We initially were looking for a facility for drug rehab before we bought this," he said, adding that "the location of the property and proximity to neighbors didn't allow for that."

However, Chaloult and Maneley still wanted to help veterans and first responders deal with substance abuse in some manner.

The facility offers open Alcoholics Anonymous meetings Fridays 7 to 8 p.m., which began May 26 and will help veterans and first responders connect with needed additional help.

Chaloult said that the Veterans Base Camp Community Training Center is the first of its kind in the country.

"There's two programs, one in California and one in Iowa, that do similar things, but they don't have on-the-job-training," he said.

Chaloult emphasized his commitment to working with others to ensure that veterans and first responders, who have served their communities, will continue to receive the help they need to succeed.

"We will use our resources with the Veterans Affairs Office and other agencies and help veterans find what they're looking for. The person going through the program will find value in it," he said.

Additionally, Chaloult admitted that the program will go through some trial and error and that is the way to "find things that are most effective and hopefully it can be mirrored three or four times in the state and that facilities not being used could be converted."

As an example of unused facilities, he mentioned recently closed and soon-to-be-closed Catholic churches that are merging with their nearby sister Catholic parishes, a phenomenon that is taking place nationwide.

Chaloult is hopeful that the Veterans Base Camp Community Training Center in Chaplin serves as a template for others to follow so that veterans and first responders can get this level of assistance closer to home.

For additional information, visit www.veteransbasecamp.org, call 860-477-1333 or email info@veteransbasecamp.org.



Wellness Center Staff

Hope Mayhew, Owner

Master Reflexologist and Teacher
Natural Health Consultant

Nicole Banks

Massage Therapist
Reiki Practitioner

Tina Hernberg

Usui Reiki Master Practitioner

Sara Heumann

Licensed Esthetician, MSW

Sarah Hoffman

Stylist, Paul Mitchell Specialist

Kate Bentley

Stylist, Paul Mitchell Specialist
Make-up Artist

Kelly Sargenti

Nail Technician/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

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 • Make-up • Body Waxing • LCN Gel Enhancements
Aromatherapy • Ion Cleansing • Natural Health Education and Products • Custom Spa Facials • Spa Pedicures and Manicures
Wedding, Prom and Princess Services/Parties

WE WILL TRAVEL

39 Nott Highway (Route 74), Suite 2, Ashford, CT 06278 www.HopeandWellnessOnline.com • 860-477-0994

Like us on Facebook



HopeAndWellnessCT

Base Camp Wish List

Veterans Base Camp Community Training Center is seeking the following donations:

- Bedding such as sheets, comforters, mattress pads and pillows
- Toiletries such as soap, shampoo, toothbrushes, toothpastes, shaving kits, and face towels
- Their Amazon Wish List is located at <http://a.co/fESmWVi>
- Apparel items can be purchased at www.veteransbasecamp.org/shop
- Businesses wishing to hire a veteran, sponsor a training event for veterans, or host a business breakfast, lunch, or dinner catered by Veterans Base Camp can contact them at 860-477-1333
- Monetary donations can be made by visiting www.veteransbasecamp.org/donate
- Volunteers wanting to donate their time can visit www.veteransbasecamp.org/get_involved