

Neighbors



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Goodwin State Forest

Photo by Jace Paul

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Cover photo: Erin King at the beach, circa 1978. Photo by Tom King

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The Purpose of Neighbors:
 -To encourage reading
 -To provide a place where ideas, writing,
 artwork and photographs of area
 residents can be shared
 -To encourage people to get involved in
 their communities

-To begin to solve national and global
 problems on a local basis
 -To provide useful information
 -To serve the inhabitants and
 environment of our region

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Encyclical-Vegetable or Mineral?

By Loretta Wrobel

While driving towards Hartford and listening to a news talk show, I hear mention of much reaction and excitement with the Pope's encyclical. My first response is, "What the bleep is an encyclical?" This is just like the Catholic Church of my early years. Always those intimidating long words... what did they mean? Words like communion, Extreme Unction, Eucharist, immaculate... It was so hard as a first grader to spell these entities, never mind understand what they meant. As a kid, I thought the church did it to drive us young ones into fear and subordination.



Full disclosure. I grew up extremely Catholic and was the sweet girl in a white dress receiving my first communion at six years old. Admittedly, I never wanted to be a nun, as I couldn't picture myself wearing those heavy black gowns with the ponderous cross hanging from the hip. The headgear shouted oppressive, stuck so tight to the forehead that it created a crease and covered every strand of hair. However, I solemnly swear I was devout, and fully embraced the teachings of my traditional Catechism classes that I religiously attended every Saturday during grammar school.

As I grew and developed my own opinions and preferences, I wandered into other fields and constructed an eclectic spiritual theology. Therefore, after my initial reaction to the news of the Pope's release of his document, my interest waned until climate change, greed, and ecological sin tweaked my curiosity. I turned up the radio.

Could it be that I am compatible with the head of the Roman Catholic Church? Has a cataclysmic shift occurred that I missed? Was I hallucinating? The Pope making sense and existing in the world in a way I could identify and relate with a sense of camaraderie!

First of all I had to unearth the meaning of the word encyclical. No surprise here, a papal document given to bishops. This sounds pretty fancy but is simply the CEO pontificating to his subordinates. However, the reaction to this document is astonishing. Reporters and media are questioning and posturing as to should this Supreme Pontiff be talking about such things as social injustice and our impact on our world and how we treat people of lesser economic means? Why are we not saying, "Hooray, he is talking about important matters and raising critical points."

I move on from this mystifying experience to imagining the Pope offering up other pronouncements regarding our ability to behave more like evolved beings and be kinder and more compassionate with each other. I wonder how this particular Pope slipped into the Vatican, challenging tightly protected ancient tenets from former high priests. Where will it lead? And how did he manage to be the one that caused the

white smoke?

The present Pope Francis is from South America, revolutionary to the gnarled old traditions of the Italian dynasty (or at least European roots). Cardinal Turkson, one of the drafters of this teaching document, is from Ghana. This present statement from the Vatican is a third world document and reflects diversity and knowledge of what is going on in the world. It includes peoples who at present are suffering most from economic insecurity and the horrible effects of climate change.

This latest papal document is a welcome relief and proves that anything can happen and change is always possible. Often cultural shifts and advances come in surprising and unanticipated ways. Who would have predicted my enchantment with an encyclical teaching!

Perhaps we have already entered an era of reality that surpasses our wildest dreams. Will our leaders emulate the chief priest and discuss what is truly going on rather than fabricate how they are operating in everyone's best interest when of course they are not? I get pretty excited dreaming where all this openness is headed and how potentially transforming this new style of leader talk could be. When we acknowledge previously unheard voices and champion ordinary people, we are on virgin territory. The cracks are causing many unusual events in our modern world. People who come from different mindsets may start actually dialoguing. The Pope's statement is generating discourse worldwide.

Preposterous maybe, but look at what has happened to me? Here I am merrily driving in my vehicle and upon hearing an unfamiliar edict, I begin to think differently. Like the Pope and I are buddies. We have some homogeneous beliefs and could orchestrate a reasonable chitchat. It's a start, right?

Not totally ingesting and agreeing with everything that the Roman Catholic leader has compiled. I am encouraged that the Vatican will host a climate conference and Naomi Klein will be attending. Who could have predicted that the author of *This Changes Everything* would be invited to attend a conference in the sacred halls of the Vatican. Another shift!

Let's be clear. Reproduction rights and the inequality issues within the Catholic dynasty, to list a few, still need much work and refinement. Maybe in a few short years, the churches will replace the hard old benches and kneelers with dancing shoes for everyone. Seems like a great plan, dancing shoes for all of the parishioners to celebrate life, connection and spirit. A weekly dance in honor of creation and all that we enjoy while embodied on this precious planet. I can see the churches crowded and rocking. The place to be for love, joy and connection and being grateful for life. It is possible. Will I see you groovin' in the aisles?

Letters and emails

Dear Neighbors,

I have a good friend in eastern Connecticut who is losing his vision and needs to connect with his community.

This gentleman has lived his whole life in the Windham area. He was raised locally and still lives in and maintains his family home. Although he can no longer drive, he is extraordinarily handy and can fix just about anything, has plumbing and electrical skills, and specializes in tractor repair, a passion for him.

I don't always have an opportunity to read *Neighbors* each month, (and obviously, he has a hard time reading), but I'd like to know if any of his neighbors would know of any opportunities for him to interact and/or contribute to his community now, or in the future. He can also use help with getting around by car 1-2 days per month.

He has so much to give, and this warm, talented (and still very capable) gentleman just needs an opportunity to meet people, be busy and make new friends.

I ask that you keep this letter in mind over the coming weeks and months, and if there is an opportunity or organization that can benefit from his many talents, I ask you to contact me and I will put you in touch with him. He does not need to be paid, he just needs a chance to meet others and connect with a supportive community.

I realize this is not a typical kind of letter to the editor, but I believe the people in this region do truly care about their "neighbors," and are connected in ways that could possibly make a difference to this special individual.

Please contact me at sha12845@yahoo.com if you can help! Thank you.

EXPERIENCED RESEARCHER NEEDED

Seeking historic information on Rufus Farnham of Tolland and Ashford CT, ca. 1800 and a genealogical researcher for Rufus Farnham with sources such as census, Ancester.com, and others.

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Willimantic, Now and Then:

Let's Change the World Over a Cup of Coffee!

By Mark Svetz

The other morning I was sitting with a cup of coffee and some friends at the Willimantic Food Co-op, where I begin so many of my days enjoying conversation, discussion and even good-natured debate. These are the elements of democracy, which has been on my mind lately. On this particular occasion, we were talking about activism; we were sharing our experiences, hopes and fears about activism and democracy these days.

It occurred to me that democracy is a way of life, not a form of government, at least not yet! Many of us have been excited by the Occupy movement, and if I learned anything from those dedicated and courageous people in Zuccotti Park and around the world, it is that government is irrelevant. Dialogue and listening to our neighbors is the important element in democracy.

I have been involved in political activism for 50 years. It seems like that has always meant groups of people demanding that the government either DO something or STOP DOING something. I have come to believe, when it comes to anything important, government is not going to change its course because we ask them to. Senator Bernie Sanders, from Vermont, said a few years ago that no piece of legislation will ever get through the US Congress unless the corporations approve of it. That statement, and my own perception of its truth, has changed my ideas about activism.

When I think of working for change today, I think of joining with my neighbors to try and build a community where we can all live sustainable, productive and dignified lives. Now, I understand those terms mean different things to different people, so activism is really about conversation, dialogue and listening to each other. In other words, working to bring about a democratic way of life in our communities. This is no easy job when our so-called "democratic institutions" are run by bureaucrats who seem more influenced by bankers, lawyers and business leaders than by the people who pay the bills.

None of this is new, of course. "Think Globally, Act Locally," has been wise advice for years. Really, the change is in my own thinking. I have stopped seeing the struggle as taking place on the steps of city hall, but in our neighborhoods and streets, where our conversations take place.

There are wonderful examples of this sort of activism right here in Northeast Connecticut. Recently I saw a photograph in the Chronicle showing several people from Perception Programs in Willimantic working at the community gardens made available by CLiCK (Commercially Licensed Co-operative Kitchen) on Club Road in Windham. One of the people in the photo spoke of the importance of fresh, local food. All those involved in this work are making their



community a better place.

I will just say that I am grateful to the State Government, which made grant money available for CLiCK, but it doesn't change my mind about democracy and activism. CLiCK is, after all, local people building a sustainable community in the Willimantic area. I see them as "21st Century Activists."

There are many other examples of this new activism to be found in our communities. WAIM (Windham Area Interfaith Ministries), The Windham No Freeze shelter, the Bread Box Theater, the Windham Harm Reduction Coalition, and the 3rd Thursday Street Festival, are all examples of groups that were started by local people who saw a need in the community and rolled up their sleeves to do something about it. It's not that the government doesn't help out sometimes, but as my old friend Kathy Clark used to love saying: "If the people lead, eventually the leaders will follow."

These are not new ideas. WAIM, which collects furniture, clothing and household goods to distribute to people who need them, has been around for about 30 years. The No Freeze shelter began in 2003, if my memory serves me. Little League baseball, volunteer fire departments, the PTA, and many other groups of people work hard and have done so for many, many years, to make their communities better.

In New York City, there is a group called Transportation Alternatives, made up of bicyclists who advocate continuously for safe cycling practices and rules in the city. As we watch the governments of the world fail to address the degradation of the atmosphere and resultant climate change because of the profligate use of fossil fuels, we could all begin to advocate bicycle use.

The thought that keeps rolling around in my mind is that we have to see these groups of people as the way to change and strengthen our communities. There is no doubt that the money we sometimes get from the government often makes these jobs easier, but in the end it is our responsibility. That responsibility requires us to talk to each other, to engage in dialogue, discussion and debate. We have to listen to each other, find out what our communities need. In other words, we have to make democracy the center of our way of life. And sometimes, the government must simply get out of our way.

Sometimes, we find ourselves struggling to mitigate the consequences of decisions the government makes. Locally, Windham has made it more and more difficult for single room occupancy residences to offer affordable housing. The Hotel Hooker offered rooms for people who had nowhere else to go. Because it was seen as an eyesore on Main Street, the town worked to close it down. That was some 80 affordable rooms, and now they are gone. We have ordinances governing rooming houses, which may be beneficial in some ways, but they also make it more difficult to offer this type of affordable housing.

I am reminded of a time when Tony Clark and I

were in Hartford testifying at a legislative committee hearing on needle exchange and slowing the spread of AIDS. The committee members were lecturing the “experts” about the high cost of running needle exchanges, when Tony and I both stood up and said “You could save money by not arresting us! We’re doing it at no cost to you, just get out of our way.” We had been arrested several times at this point for possession of syringes while we traded clean needles for dirty ones right here in Willimantic with our neighbors, who were getting sick and dying at alarming rates.

As a brief footnote to that story, the law was changed and the needle exchange in Willimantic eventually got state funding, but that funding was withdrawn when the political winds shifted. I think Tony and I might have done better to find some friends and neighbors to help us keep the exchange going without the “help” of government.

Often, when I think of activism, I think of a million people marching on Washington. I have been at a great many huge demonstrations. They are exciting and always seem to bolster the spirit and commitment of people working for change. Now, I think, rather than hiring buses to get people to the big demonstration, we should go to the pub or coffee shop or co-op and talk to our neighbors. I think we might find that there is a lot we can do, right here in our community, to make life better.

Many years ago, Abbie Hoffman told me, “If you want to organize people, you have to find out what pisses them off.” That advice served me well for many years, but now I would change it a little. To be 21st Century Activists, I think we have to start with a conversation, not just to see what makes us angry, but to find out what hopes and dreams we might share. To put it in the language of 21st Century activists, we have to “occupy” our own communities, by listening to each other.

I have always believed one of the most revolutionary acts we can engage in is to speak with other concerned people, and – most important – listen to what they have to say. Activism today, it seems to me, is really finding the common ground. Let’s get together and talk about what kind of life we want our grandchildren to have, and what we can do to build communities to nurture those lives.

Mark Svetz is a Tutor at Quinebaug Valley Community College in Willimantic. You can read more of Mark’s writing at www.sarahwinterclothworks.com/writing.

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From the Ground Up - Buying Local in Connecticut

Connecticut's Oldest Farmers Market

By Dennis Pierce

What is the Willimantic Farmer's Market all about?

Inspiration. A trip on an early, misty Saturday morning was a culinary journey that got the creative juices flowing. Fresh broccoli for slaw (more about this later). Beets for Borscht?

Or maybe just pickled with local hardboiled eggs. Too many choices.

Food does far more for our health than we realize. It has the power to make us incredibly sick, but it also has the power to boost our immune systems, to keep our insides functioning properly, even to stave serious illness. It just depends on how your food was raised.

The farmers at the Willimantic Market raise their food simply. They don't add anything unnatural or harmful. What they do is simple – dirt, water, fresh air, and plenty of sunlight. That's it.

So make your life simpler. Instead of spending more time at a commercial grocery store, spend more time supporting the local community by purchasing delicious, nutrient-dense items that you can simply eat with your loved ones.

The Willimantic market thrives on inspiration. Stephanie Clark, Market Master and Kate Callahan, Assistant Market Master are the inspiration that is infusing new life into the market. Their positions are made possible by a USDA grant. On Saturday at the market you will find the results of their efforts with programing, newly added farmers and a nice place to bump into friends.

Did you know that the Willimantic Market is the longest running market in the State of Connecticut? Back in 1976 the market sprung up in a vacant lot on Main Street in the Thread City. It later moved to Jillson Square and then transitioned to the Pavilion across the street. When asked what were three wishes for the market Stephanie replied by saying: (1) revitalize the market (2) Have the market be a destination for more residents of the local community and (3) get the word out there that it is the most affordable open air market around.



The philosophy of this market is different. It is not just about having local food at a single location. Stephanie's vision is creating a venue that brings nutritious options to help with the network of a more sustainable food system.

The farmers at the Willimantic Market include: Bluebird Hill Farm, Pfalzgraf Pfarm, Rachel's Veggies and Berries, Russo's Roots and Sanatae Familiar Villa. The market opens at 8:00am sharp and closes at noon every Saturday. This year the market opened on May 23rd and will close on Saturday, October 31st. They accept WIC/Senior FMNP Checks and SNAP/EBT Benefits. The market also has a great web site that has recipes, programing dates and information about the vendors. www.willimanticfarmersmarket.org/ And now back to the broccoli slaw. This past Saturday, Kate was providing a food demonstration using ingredients obtained from the market and using Stephanie's Broccoli Coleslaw recipe. I asked if I could use it in the column and I received an enthusiastic, "Yes".



Nancy Rucker (at left), formally a teacher at Dorothy Goodwin School, talking to Evelyn Pfalzgraf of Pfalzgraf Farm at the Willimantic Farmers Market.
Dennis Pierce photo

Broccoli Coleslaw

Ingredients:

1 head of cabbage, shredded
3 carrots, shredded
1 crown of broccoli, cut into florets
2 – 3 scallions, chopped
¾ cup of mayonnaise
¼ cup of plain yogurt
2 tablespoons of sugar
2 tablespoons of apple cider vinegar
2 tablespoons of celery salt
1 tablespoon of dry mustard
Black pepper to taste

Directions:

Mix cabbage, carrots, broccoli and scallions in a large bowl. In a separate bowl whisk in the mayonnaise, yogurt, sugar, vinegar, celery salt, mustard and black pepper together. Pour the sauce into the large bowl of veggies and combine well. Adjust seasonings as needed and enjoy.

We are leaving the local strawberry season but don't lose hope, blueberries are right around the corner. Most markets will have local berries or you can pick your own at the many locations nearby. You can find "you pick" locations at <http://ct.gov/doag/cwp/view.asp?a=3260&q=399086> Summer is moving way too fast. Too much to do and too many great veggies available. If you are looking for creative culinary idea go to our back issues of Neighbors at <http://neighborspaper.com/> and look through my columns. If you



Kate Callahan, the Assistant Market Master for the Willimantic Farmers Market preparing a broccoli coleslaw at the market on Saturday, June 27th. Dennis Pierce photo

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.

Poetry in the Park

Submitted by Judy Doyle

The schedule for Poetry in the Park in Willimantic has been confirmed for July through August. This event is always held the 4th Thursday of the month at 6:00 pm.

The readings this year are focused on translations, featuring poetry read by translators.

July 23: Rabbi Jeremy Schwartz will read works by the Israeli poet Israel Eliraz.

August 27: Vietnamese poetry will be read by Kevin Bowen--a poet, Vietnam War veteran, and past director of The Joiner Center at UMass-Boston.

All Poetry in the Park events are held at the Julia de Burgos Park, corner of Jackson St & Terry Ave, in Willimantic. Should it rain, the readings will be held at Temple B'Nai Israel, 1 block north of the Park on Jackson St. (enter through their back door).



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The Science of Climate Change: It Didn't Begin With Al Gore

By Cathy Cementina

“As a cause for alarm, global warming could be said to be a 1970s idea; as pure science, however, it is much older than that.”



In this one sentence, Elizabeth Kolbert cuts through the politics of climate change. Many of those who deny that the earth's temperature is warming at an unacceptable rate as a result of our relentless use of fossil fuels base their denial on the assertion that the 97% of scientists worldwide who currently support that claim do so because of special interests. The general argument is that scientists want to retain their funding for climate research and so tailor their findings and results to support the case for anthropogenic climate change. Take away that special interest and the consensus of the world's scientists that the earth is dangerously warming due to accelerated release of greenhouse gases would dissolve.

I find that the most powerful argument against the notion that the scientific support for global warming is rooted in dollars is the work that scientists did as far back as the 1800s. At that time, there were no lobbying dollars, no government funds, no incentives to interpret or alter the observed data to provide confirmation of the causal link between fossil fuels and global warming. What did exist back then were basic human curiosity and a grasp of what the scientific method means. It is compelling what these early scientists induced about the relation between what we now term greenhouse gases and global warming. No Al Gore! No political stakes! No money to follow their claims!

John Tyndall was an Irish physicist working in the late 1850s. His research varied widely but his most enduring interest was in the science of heat. Tyndall built the world's first ratio spectrophotometer, a device that allowed him to compare the way different gases absorb and transmit radiation. When Tyndall tested the most common gases in air -- oxygen and nitrogen -- he found they were transparent to both visible and infrared radiation. Heat coming from the sun; heat radiating out from the earth. Other gases, such as carbon dioxide (CO₂) and methane, however, were not. CO₂ was transparent in the visible part of the spectrum, but partly opaque in the infrared (heat radiating from the earth outwards). Tyndall surmised that the selectively transparent gases were largely responsible for determining the planet's climate. These gases (now known as greenhouse gases) act as “a barrier across the terrestrial rays from the earth, producing a local heightening of the temperature at the earth's surface.” (Tyndall's description.)

Of course, Tyndall wasn't concerned about the presence of greenhouse gases. They were a good thing, after all, because they kept the earth from being a frigid globe. In Tyndall's words, if the heat trapping gases were removed from

the earth's atmosphere, “the warmth of our fields and gardens would pour itself unrequited into space, and the sun would rise upon an island held fast in the iron grip of frost.” Tyndall did his science at a time when industrialization was at its dawn and the emissions of CO₂ and methane into the earth's atmosphere were not out of step with what they had been for eons.

Tyndall came to recognize the influence of greenhouse gas levels on the climate out of sheer curiosity and patient observation. Following him, the Swedish chemist Svante Arrhenius decided to determine quantitatively how the earth's temperature would be affected by changing CO₂ levels. Why? Who knows? But it wasn't because research funds would support such work. And neither was it because such work itself was gratifying. In fact, Arrhenius described his year-long work of identifying the quantitative relation between CO₂ levels and temperature as “the most tedious work of his life.”

In his research, Arrhenius asked what would happen to the earth's climate if CO₂ levels were halved and also if they were doubled. He ascertained that, in the case of doubling, the average global temperatures would rise between nine and eleven degrees. This is astounding because it approximates the estimates of the most sophisticated climate models in operation today.

Most significantly perhaps, Arrhenius was responsible for a conceptual breakthrough. At the time of his work in the 1800s, Europe was leaping into its industrial age with factories, railroads and power stations burning coal and emitting smoke. Arrhenius recognized that industrialization and the earth's temperature were intimately related – and that the consumption of what we now identify as fossil fuels must, over time, lead to warming.

But Arrhenius thought that the buildup of carbon dioxide (what was then referred to as “carbonic acid”) in the air would be extremely slow, mostly because he thought the oceans would act as a vast sponge, soaking up extra carbon dioxide. Arrhenius had no insight into the extent to which we, as humans, would extract fossil fuels out of the ground in coming decades at a pace that outstrips any level previously known to man.

So here we have two scientists making careful observations and drawing evidence-based conclusions about the causal link between fossil fuel-based greenhouse gases and global warming -- and they did so out of sheer curiosity (and no doubt hoping it would earn them a living.) How political was that? It was not. Where were the generous research dollars that motivated their work and findings? They were absent.

Neither scientist saw their findings as posing a problem for the earth. Industrialization was a baby and neither CO₂ levels nor global warming had taken a significant leap. This we now know has all changed. The notion of greenhouse gases and global warming went underground until it resurfaced in the mid-1950s with the work of the chemist, Charles Keeling, who developed a precise way of measuring atmospheric CO₂. The equipment he developed

would ultimately be used by the U.S. Weather Bureau at its observatory in Mauna Loa on the island of Hawaii. CO2 measurements have been taken at Mauna Loa continuously since 1959 and the resulting pattern that is revealed is a line that markedly curves upward (the "Keeling Curve"). Single year fluctuations are visible but the overall upward trajectory of the pattern reflects the rising annual mean. If the curve continues – and there is no evidence that it will not – the CO2 level will reach 500 parts per million (PPM) by the middle of this century. When the Keeling measurements were started, the CO2 level was in the range of 310-320 PPM. As of May 24, 2015, the reading of the CO2 level was 403.88 PPM.

So has there been a commensurate upward trajectory of the temperature of the earth's surface? Following Tyndall's and Arrhenius' work, there should be. In fact, the world is getting warmer. The average global temperature on earth has increased about 1.4 degrees Fahrenheit since 1880. (Two-thirds of the warming has occurred since 1975.) Is that significant? You bet it is. A one-degree global change is significant because it takes a vast amount of heat to warm all the oceans, atmosphere, and land by that much. In the past, a one-to-two degree drop was enough to bury a large part of North America in a mass of ice 20,000 years ago. Reverse that direction, and you can imagine the consequences of a commensurate increase in global temperature.

Is this correspondence between CO2 levels in the atmosphere and the rise in the earth's temperature a coincidence? Tyndale and Arrhenius, with no research dollars to secure and no political gains to be had, would say no, it is a causal connection. And scientists since – in nations across the globe – have continued to confirm this essential link between what we humans do and how the earth responds. My invitation to climate deniers is to read some of the climate change research and understand the methodology. Then and only then will you be in a position to judge its truth.

Cathy lives in Coventry.

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Let's Join Mark and Wrestle For Democracy

By Len Krimerman

Mark Svetz's "*Wrestling with the Angels of Democracy*" (in last month's *Neighbors*) deserves to be read and re-read in every classroom, every family living room, every church, synagogue, or mosque, and both before and during every political party rally. And read again, more than once, by oneself.

I especially resonated with his rock solid charge that democracy is "more complicated than Democrat or Republican" and his vision of democracy's roots being "found in our own capacity of understanding and respecting our neighbors [and] in our very human power of empathy and compassion."

Overall, the article struck me as a welcome combination of a fresh hopeful Spring breeze and a gusty indignant Summer wind. He captured marvelously, that is, both the potential joy and beauty of American democracy and its current degenerate and ugly state. The natural question, I suppose, is how we can find a way out of the latter and into the former, how the promised vision can possibly displace, transform, or even mitigate the stale and unresponsive pseudo-democracy that so often makes us feel hopelessly ignored by "our own" government and unable to imagine changing it. (Why do we, as citizens, have so little to say about the ever-increasing military component of the federal budget?)

But is it really possible to "change City Hall", to recapture any of the corrupted institutions that supposedly represent and serve us? Well, just over 25 years ago, the whole of Eastern Europe was captive to brutal despotisms. But people took courage and defied the Berlin Wall and a host of police states even harsher and less democratic than our own.

And just last month, Barcelona's Los Indignatos joined Greece in rejecting the austerity measures imposed by the EU and Spain's big banks by voting out their major political parties. Instead, they elected Ada Colau, a veteran anti-foreclosure and anti-eviction activist, to be their new Mayor. To get a full and awesome sense of this unexpected transformation, check out her victory speech at <https://www.youtube.com/watch?v=BpoIvIII-eU&feature=youtu.be>. You'll find it charting a rich, diversified path from unresponsive politics as usual to a city whose priorities are shaped more and more by ordinary citizens who have become extraordinary makers of their city's

future.

But can this dramatic and revolutionary shift be replicated locally?

A better question might be, "What first steps can we take towards our own vision of a more genuine democracy?"

I have two suggestions, and a caveat. The caveat is that these are offered just as suggestions, and more to generate additional thoughts than to provide anything like the right answer to our question. To start a conversation than to complete it.

The first step, one that can be taken right away, is for people to join the Windham Hour Exchange, a local and growing place where everyday local democracy, based on mutual aid and respect, is not only possible, but alive and well. Marian (my wife) and I had a rich experience of this on the last Friday of last month. We have been members from the start of

the Exchange almost three years ago, and have benefitted from exchanges with several individual members. But on that Friday seven Exchange members arrived at our home in Ashford fully prepared and delighted to offer us help in everything from leaf disposal to beach clearing to garden planting to moving out summer



Area residents offering their labor in exchange for hours through the Windham Hour Exchange. Above, Lisa and Pat help plant the vegetable garden. Facing page, Kurt has just cleaned the fireplace, and is cutting back foliage. Contributed photos.

furniture, and much more. Since this was done through the Exchange, all seven received no money for their labor, but each accumulated three hours of credit, which they can now spend as they wish throughout our Exchange community of about 200 members.

Of course we felt grateful for all this needed labor, much of which we could not have done alone. But we also felt grateful for the opportunity to be part of a community based on mutual aid, for the diligent but easy-going pace of the work, and – most of all – for the wealth of friendship all of us gave and received. We see the Exchange as both a microcosm and a potential incubator of grassroots democracy.

My second and more long term suggestion is for those of us to Mark's notion of democracy's roots to become familiar with what is called the Participatory Budget (PB) process. Almost everyone agree with the slogan, "No taxation without representation." The PB goes a long step further, away from mere, and often unreliable, representation. Its slogan is "No taxation without citizen allocation."

That is, the PB works by providing control over the allocation of certain public revenues – our tax money! – to

it could reawaken the power and joy of everyday, neighbor-to-neighbor democracy.

P.S. I just started reading *Living Room Revolution*, a wonderful book by Cecile Andrews that explores the many paths available to “create experiences that evoke empathy, solidarity, fairness, and trust”, or as Mark put it, a new-old culture with “partners struggling to find a mutually comfortable position”. By living room revolution, Cecile means: “It all starts with local....And local starts with small groups, meeting in places like people’s living rooms, cafes, meeting rooms and auditoriums.” (From her website: <http://www.cecileandrews.com/>.) Maybe I’ll make her down-to-earth book the subject of another article.

Len Krimerman cofounded and writes for Grassroots Economic Democracy at www.geo.coop. He is interested in hearing your thoughts about wrestling with and reawakening democracy. You can reach him at editors@geo.coop, and the Windham Hour Exchange at http://www.accessagency.org/index.cfm?fuseaction=dep_intro&dept_id=28



citizen groups and their delegates. Virtually any non-profit and non-governmental organization, whether new or old – a neighborhood, a city-wide group of parents or artists, squatters, etc. – can submit a budget to secure public funds to address a perceived problem or unmet need. Typically, these budget proposals have called for more affordable housing, better infra-structure, additional facilities for public education and public healthcare, battered women’s shelters, etc. Since public funds are always limited, a citizen’s assembly or council made up of delegates from fund-seeking organizations, is typically established to make the hard decisions as to which budgets are to be funded and at what levels. Elected government representatives and other state officials play a supportive and educative role: they can attend but cannot vote in the citizen assemblies. Rather than ranking, approving, or rejecting budget requests, they assist citizen groups prepare thorough and well-researched budgets, and help facilitate conflict resolution, where needed.

Since Porto Alegre, Brazil introduced it in 1989, the PB has been implemented in over 1500 municipalities, including Chicago and New York City. It’s hard to think of an idea with as much concrete potential to bring together citizens and citizen-organized groups across a wide spectrum. In Porto Alegre, for example, it has assisted the start up of about one hundred housing and fifty worker cooperatives. With a little imagination, projects around which many diverse groups collaborate could be designed and supported by this democratic budgetary innovation, e.g., affordable housing constructed by a building cooperative paying its worker owners a living wage, which utilized renewable energy sources, offered studio apartments for artists, and provided sufficient arable land for local food self-reliance.

The PB embodies much of what Mark identified as essential to democracy. It would go beyond choosing between Republicans and Democrats, give us “the time and place to talk about the nuances of our choices”, and enable us to meet on equal terms with our neighbors and face some important public decisions collectively. And like the Windham Hour Exchange,



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Climate change, racism and homophobia...

What's the connection?

By Pheobe C. Godfrey

-Conservative radio host Michael Savage in response to the Pope's Encyclical May 24th, 2015, focusing on climate change, declared on the June 16 edition of his show:

"The pope is a danger to the world." He continued by calling the Pope a "great deceiver," "stealth Marxist," and "eco-wolf in pope's clothing," and comparing him to the false prophet in the book of Revelation "directing mankind to worship the Antichrist." Savage concluded that "we are living in global tyranny right now":

-Dylann Roof who shot nine black church goers on June 17th 2015, reportedly told them as he shot into the crowd, "You rape our women, and you're taking over our country, and you have to go."

-Chief Justice Scalia, who voted on June 26th, 2015 in opposition to the Supreme Court Ruling on gay marriage, identifies it as a "...threat to American democracy."



Social and gender theorist Rob Connell back in 1987 coined the term 'hegemonic masculinity', based on the work of the Italian Marxist theorist Antonio Gramsci. Simply stated hegemonic masculinity is a culturally specific way of organizing society: everything from ideologies, to institutions, to identities, all to ensure male domination. What is added to the preexisting idea of just plain old 'masculinity' and / or 'patriarchy' was the recognition that hegemonic masculinity allows for many 'masculinities' (as in subordinate ones) and that although an entire culture can aspire to the hegemonic version, few men might actually embody it. In fact, hegemonic masculinity is more of a cultural ideal, which although it is first and foremost about male domination of women, it also intersects with ideologies, institutions and identities based on race, social class, nationality, religion, body type / size ...etc. For example, if we take popular action films and look at how a lead male character embodies his masculinity we will see that he is mostly likely white (and if not then still upholding the norms of white supremacy), athletic, tall, aggressive, arrogant, 'lone wolf' / 'take-no-shit-from-anyone', heterosexual / sexually dominant, patriotic to the USA, Christian and even if he is a rebel he is still seen as fighting 'evil', as in subordinate masculinities embodying all that he is not. We can see this hegemonic masculinity in everything from truck advertising (driving over / dominating nature, truck power as an extension of ego), to sports (needing to be # 1 / aggressive / revering physical strength as the measure of greatness), to Wall Street (boasting a 'bull-market' and scoring high, wealth as the power to dominate others), to our foreign policy (USA #1 /

"nuke 'em" / "these colors don't run" / 'the great American savior'), to the practice of Christianity, ("Fags burn in hell" / "Women are to be silent in church"), to the rape culture on college campuses ("nice ass baby.." / "she asked for it" ... etc). As Connell and Messerschmidt state writing in an article years after the first one, hegemonic masculinity exists, "At a society-wide level" ... where "there is a circulation of models of admired masculine conduct, which may be exalted by churches, narrated by mass media, or celebrated by the state. Such models refer to, but also in various ways distort, the everyday realities of social practice". Put another way, although most men in a given society, regardless of their social status (including their race, class, body size, nationality, religion) admire the hegemonic masculinity, at the same time it 'distorts' and even perverts their own experiences as individuals.

Therefore, as they state these models of hegemonic masculinity, "express widespread ideals, fantasies, and desires..." that a given society constructs as the social ideal.

Having now explained the concept of 'hegemonic masculinity' I wish to turn to my epigraphs (quotes) and apply it to them as a way to better theorize what they mean and why particular individuals are thinking / acting / speaking as they are.

The Pope's Encyclical takes on global capitalism and the mantra of unlimited growth, consumption and environmental destruction as contributing to global climate change. For example he states, "The idea of infinite or unlimited growth, which proves so attractive to economists, financiers and experts in technology ... is based on the lie that there is an infinite supply of the earth's goods, and this leads to the planet being squeezed dry at every limit." In other words the 'hegemonic masculinity' that we see embodied in capitalism (the pursuit of profit through unlimited consumption, hence environmental destruction) is being critiqued by one in the role of what is expected to also exercise, or if not at least support, the same hegemonic masculinity. Additionally, the theme of 'our home' was expressed here when he states, "Never have we so hurt and mistreated our common home as we have in the last 200 years." Again by owning to our mistreatment of the Earth (usually gendered as 'female', as in Mother Earth), the Pope is failing to exhibit hegemonic masculinity. Therefore, when we look at how many who have made their media careers out of practicing hegemonic masculinity we can understand why they need to attack, insult and ridicule the Pope, much like why effeminate men have had to endure the same. By attacking the Pope who is a very powerful male in charge of a hegemonic institution because he isn't toeing the line, they are reasserting their own dominance. In referring to the Pope as if he were the one engaging in 'global tyranny' or that he is directing "mankind to worship the Antichrist" we can know that the Pope has threatened a sacred aspect of our society - hegemonic masculinity-which is of course responding exactly

in true character form.

The tragedy of Dylann Roof is not only that nine innocent people were slaughtered in their own church but also that what Dylann did is essentially no different than what we have recently seen so many 'boys in blue' do, or what we have seen our military do in other countries, or what we have seen throughout our history where white males (or again those male of other races who have agreed to support the status quo) enact a narrative of their white male supremacy by killing, maiming, torturing and oppressing other males and killing and / or raping other females deemed inferior either due to race, and / or class and / or nationality and / or religion, and /or sexuality ...etc. Additionally, his words / opinions are ones that have been used as justifications for racist violence, that allow the one acting out the hegemonic masculinity to be justified in his actions. Those nine innocent African Americans can be said to have 'asked for it' because they (regardless of sex) "rape our women" "are taking over our country". Time and time again these ideas / words have been spoken by white males just as they who speak them are the ones who are 'raping women', who are 'taking over a country'. However, because they are the ones in hegemony this domination is seen as normal, as just, hence so is the violence they commit. When we look at images of Dylann Roof we see not strength but rather a pathetic young man who clings to these empowered ideals as if they were his religion, which in many ways they are. Even if he were of large stature, his level of ignorance and distorted self-righteousness would still speak to his contemptible attempt to enact hegemonic masculinity.

Finally, we have the Supreme Court ruling making gay marriage legal in all 52 states. As a woman married to another woman, I am of course pleased that the absurdity of our previous situation (married in this state but not that) has been resolved. However, if I step back the whole idea that a government based on the Constitutional premise of separation of church and state previously didn't recognize people's right to marry whomever they chose is absurd. Of course there never has been genuine separation of church and state and probably never will be but it should nevertheless remain an ideal. Homophobia is of course a key attribute of hegemonic masculinity, in particular homophobia directed against gay / bisexual / transsexual men. This is why women are allowed much more freedom in their gender expressions than men. Myself and other women (regardless of their sexuality) can wear men's clothing with little fear of attack (its when we wear 'feminine clothing that we are more vulnerable), whereas men who chose to wear women's clothing and not fully 'pass' as women are in constant danger of attack. Masculinity is the valued gender and therefore it is accepted that women would want to be like men but it is a violation of our gender hierarchy for men to want to be like women. As a result when Chief Justice Scalia, says the new ruling is a "...threat to American democracy" what he is really saying is that it is a threat to the fantasy version that we claim has existed since 1776 and still does. That's the version that is claimed to have existed during 200 years of slavery and that didn't give women the vote until 1920 and that still allows for race and class to be the main

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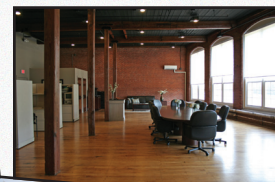


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Our Deck

By David Corsini

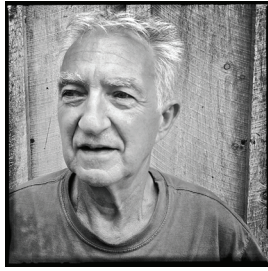
Our house in the hill section of Willimantic has a deck off the dining room facing east and south. On the deck we have a table and chairs where Delia and I eat whenever the weather permits. Because an awning can be extended to protect most of the deck from sun and rain, it is like having an outside room. Also on the deck there is a small table with two outdoor cages for our pet parrots and a smaller table that holds a dish in which we offer blueberries to yard residents. Close to the deck is a two element shepherd's hook. In the summer a flowering plant and hummingbird feeder hang from the hooks. In the winter the hooks support suet and thistle seed feeders. The deck overlooks our yard with a small pond.

On summer mornings, soon after I start the coffee, I put a small handful of blueberries in the porch dish. If I happen to forget, there will soon be a catbird, robin, cardinal or squirrel (depending who happens to be on duty) at the railing peering in to ascertain the problem of the empty dish. When Delia comes down for breakfast, the dish is often empty and a refill is needed because Delia and Eureka (our pet African grey) like entertainment with breakfast.

On summer afternoons, when the weather cooperates, we bring Eureka and Baby (our Senegal parrot) to their outside cages. They love to be outside and feel secure because the deck is about three feet above the yard and the awning protects them from above. But because cats frequent our yard, when the parrots are out, we monitor yard activity closely. As part of this monitoring, I have spent considerable time reading on the porch.

While spending time on the porch, I have become much more aware of the activity around our birdbath. Our birdbath is a two piece handcrafted thing of beauty. The birdbath per se is a round piece of granite that is 6 inches thick and 16 inches in diameter. From this piece a section 12 inches in diameter and 2 inches deep has been chiseled out. The granite pedestal is 17 inches tall. This birdbath was made by a man from Oneco, Ct who has since died.

We had this birdbath at our homes in Bolton and Windham Center. In those settings the bath was used frequently, but nothing compared with how it is used in its present Willimantic location. We finally seem to have found the perfect placement. The bath is situated under and beside an overgrown yew and overgrown privet bush so it is both shaded and protected. We have another smaller birdbath that is located on a stone wall out in the open. I occasionally see a bird use this but the most frequent visitors are squirrels for a drink. This spring and summer the most frequent users of the larger bath are robins and catbirds. We have two pairs of each species nesting in the area and each gets great pleasure from bathing.



Both species dunk their face, flap their wings, and twitch their tail. The water flies. Robins bathe for up to a minute and sometimes just hang out in the water. Catbirds seem to enjoy the full soaking just as much as the robins. Both species, after bathing, hop into a nearby bush to shake and preen and often return for a second dip.

The recommendations I have seen for birdbaths suggest a structure with a shallow beginning that goes to a maximum depth of 2 inches. The model for an ideal birdbath is the puddle. Our birdbath is not like that-- when full it starts out and ends at 2 inches. When the robins and catbirds are new to our birdbath, they look things over and are tentative. At first they hop in and hop right back out. But the regulars now just land and quickly enter the water. After a few birds have bathed and splashed water, the water level gets lower and, if I do not refill it immediately, smaller birds are comfortable in the bath. There are some interesting interactions at the bath. Occasionally a catbird will land on the lip of the bath when a robin is bathing. The robin quickly charges and drives the catbird away. But some robins are tolerant of house sparrows. Several times I have observed a robin and house sparrow bathing at the same time.

While catbirds, robins, and blue jays are single bathers, there are some species that enjoy a group bath. House sparrows and starlings frequently bathe in groups. Recently I observed five starlings bathing at once. There was no bickering and just a constant jumping in and out of the water like a group of preteen boys. After they were through playing, the water, what was left of it, was filthy. This was not a problem because one of my summer chores is to keep the birdbath cleaned and full. The birds so enjoy a full, clean bath that it is a pleasure to perform this chore. I often clean and fill the bath 3 times a day. I always fill it to the top because I like to watch the robins and catbirds enjoy it that way.

Recently I watched several young titmice at the bath. They were very cautious and jumped around the edge as if trying to get a perspective on the depth of the water. Then they would fly over the water getting only their feet wet. After leaving and returning several times, they would finally risk a quick immersion. The next time they came, things went more quickly. Chickadees sometimes come for a drink and will skim across the top but, when the bath is full, it is too deep for them. After bigger birds have splashed some of the water out, it is shallow enough for the chickadees to bathe.

One day, when the bath was full, I observed a house sparrow repeatedly diving head first into the water and "swimming" to the other side to jump out. I rated one of his dives at 8.5. That sparrow had potential.

Some birds come primarily for a drink. Chipping sparrows, song sparrows, goldfinches, mourning doves and phoebes have come for drinks. Cardinals come to drink and bathe but not as frequently as the robins, catbirds, and blue jays.

The deck is also a perfect spot to watch the sky and other parts of the yard. When we dine on the deck in the summer, we watch the acrobatics of chimney swifts, turkey and black vultures, the occasional swallow, and hummingbirds. Red-tail, red shoulder, Cooper's, and sharp-shinned hawks occasionally put in an appearance and on several occasions we have observed a bald-eagle. In late August we keep our eyes peeled for migrating nighthawks and are rewarded.

The yard has a small pond with goldfish and water lilies and this pond is the site of considerable bird activity. In the spring, before the ferns and plants grow to block the view from the deck, we watch the robins come to gather mud and grass for their nests and song sparrows as they bathe in puddles on the pond edge. Although we see great blue herons fly over from time to time, because we are quite attached to the gold fish and green frog in the pond, this is one species that is not welcome in our yard. And beyond the pond is my office under which skunks and woodchucks live. I have no idea how they work things out.

When we moved from 2 ½ acres and a pond in Windham Center to .2 acres in Willimantic with a "puddle", I was concerned that wildlife viewing would be severely limited. I have been pleasantly surprised with the nature activity in our yard. The small pond, bird seed feeders, and the birdbaths have brought lots of activity. However, if we did not have the deck as a comfortable setting for spending time, we would be much less aware of that activity. Spending time outside on the deck enriches our lives.

Eastford Independent Fire Company News

On Tuesday, June 2nd, the Eastford Fire Company held its Annual dinner and business meeting. The event began at 6:00 p.m. with the company group picture, followed by dinner prepared and served by Julianna and Dwain McNeal.

As part of the dinner, a "Memorial Table" was displayed to honor those Firemen, EMS, Fire police and auxiliary members who passed this last year. Sixty markers and fire department flags are on display at the Grove Cemetery on Rte. 198 in Eastford.

Certificates of Achievement and pins were awarded to members by Chief Gordon Spink, Jr. A history of the past year's accomplishments was read by President Jeannine Spink. The culmination of the evening was Election of Officers. Officers for 2015 - 2017 are as follows:

Chief: Gordon Spink, Jr.

Deputy Chief: Doug Beaudoin

Captain: James Roy

Fire Lieutenants: John Paquin, Ryan Yakis, Nate Fabian, Matt Yakis

Fire Police Captain: Lincoln Budd

EMS Captain: Jeannine Spink

EMS Lieutenant: Debi Johnson

President: Jeannine Spink

Vice President: James Roy

Secretary: Debi Johnson

Members-At-Large: Dwain McNeal, Jen Pedersen

A special congratulations to EMS Captain Jeannine Spink for being awarded EMT of the Year by Day Kimball Hospital.

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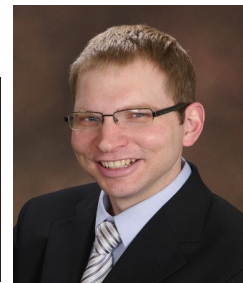
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Summer Sun: Bad for our skin. Good for our health.

By June Hyjek

Summer is finally here, and along with it, the welcome warm sunshine. We slather on the sunscreen, as we've been told, to block out and protect us from those damaging UVB rays. But when we do so, are we then damaging our health in another way? We need the sun for more than just its warmth on our skin. Sunshine is important to our overall well-being because it's our main source of Vitamin D, which is critical for our bone density. Vitamin D also balances our hormones, boosts our immune system and improves brain function. Now, here's the catch. It's when our skin is exposed to the sun's UVB rays that the Vitamin D is formed on the skin, but that doesn't happen when we use sunscreen. So is the summer sun good or bad?

What a quandary! We're told to use sunscreen to block UVB rays, and yet, when we do so, we may end up deficient in Vitamin D. In fact, Vitamin D deficiency is soaring in the U.S., with 75% of teens and adults lacking in the proper levels of this critical vitamin. Those deficits are increasingly considered to be the cause of many conditions from cancer and diabetes to heart disease. (Archives of Internal Medicine, 3/23/09)

So what do we do to enjoy the sun safely while still maintaining our Vitamin D levels? Here are a few tips:

Avoid the hottest parts of the day. The sun's rays are the most damaging from 10 am – 3 pm, so get your Vitamin D in the morning or late afternoon sun and protect yourself more during peak hours. Just 30 minutes of off-peak sunshine each day should give you enough Vitamin D.

Cover up for protection. Lightweight clothing can help protect you instead of baring your skin to the damaging rays (or to the chemicals in the sunscreen). Coolibar, Cabela's, Columbia, Oakley and Solombra are good brands for sun protective hats, shirts, pants and accessories.

Your food can help. A by-product of getting UVB rays is that the radiation increases free radicals in your body. You can counteract that by eating antioxidant-rich foods,



including berries, green tea, garlic, leafy greens, peppers, carrots and walnuts. Also eat plenty of foods high in Omega 3s, like salmon. Avoid processed foods, vegetable oils, grains and sugars, which will lower your tolerance for the sun. (It's not a bad idea to avoid these foods anyway!)

Supplement your food. While I'm not a big fan of taking supplements, sometimes they can be valuable on a short-term basis to support your health. Taking additional Vitamin D2 may offset the potential deficiency, while D3 (about 5000 IU/day) can help protect against sunburn and skin cancer. By melting ¼ cup coconut oil in a cup of herbal tea each day, the medium chain fatty acids and saturated fats are easily absorbed into the body and used for new skin formation and to

protect against sunburn. Add Fermented Cod Liver Oil to the coconut oil for increased sun protection. Astaxanthin is a potent antioxidant supplement used for anti-aging and can also act as an internal sunscreen (adults only; not for children).

As always, be sure to consult your doctor before changing your diet or adding any supplements.



After-sun care is important. Be sure to add nutrients back into the skin after exposure, with products like aloe vera, and shea butter. Replenish that dehydrated skin by drinking plenty of water.

With these tips, you will be able to enjoy time in the sun, stay protected and still get your daily dose of Vitamin D. So go outside! Have fun! We all deserve it after the long, difficult winter we've had!

As a MindBody Coach, Certified Hypnotherapist, Reiki Master and award-winning Author, June Hyjek offers extensive experience in helping clients manage their pain and stress, working with them to move through life's transitions with grace and peace. She is the author of "Unexpected Grace: A Discovery of Healing through Surrender" and a meditation CD, "Moving into Grace." Her book and CD offer hope, comfort and insights to help us move through the difficult times we all face in life. (www.aplaceofgrace.net or www.junehyjek.com) Look for her Holistic Health Column in each edition of Neighbors. June welcomes comments and suggestions for topics and can be reached at june@aplaceofgrace.net.

Letters and emails

Dear Editor,

According to a recent article in *The Willimantic Chronicle*, Hartford Healthcare is cutting 418 full and part time positions, including 119 at Windham Community Memorial Hospital (WCMH). I find this disturbing, especially considering the bloated compensation of the executives and administrators. For example, the compensation of the CEO of Hartford Healthcare was \$1.83 million in 2011, and grew to \$2.11 million in 2012. I wonder what percent of WCMH's staff 119 positions represents? Will WCMH release a list of the 119 positions being cut? I hope so. It's really difficult for an ordinary person like myself to learn much about WCMH. According to *The Chronicle*, there was a recent presentation about the hospital at the Eastern Connecticut State University library by a consultant, and hospital CEO David Whitehead, but as far as I know this was for an invited audience, not the community.

Regards, Chuck Morgan

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Neighbors

A little paper, big on community

How to Start A Bakery, Part Two

By Andrew Gibson

The day before the bakery opened, the baker said “I quit” in a two word e-mail sent somewhere from the depths of New Jersey. And that was that. What happened? I thought we had a plan. Plan. Splan. He later said he was burned out.

My son, Eric, took the hit. He now had the work of two. It takes two bread bakers to make the operation work. Eric is the production manager. In addition to baking, he has charge of all the bits and pieces: ordering, delivery, everything. He is the tactical guy and I’m the strategist.

Tactic and strategy are intertwined. An injury to tactic wounds strategy. In this case, the baker kept the recipes and wouldn’t return calls. We think he may have been afraid we’d call him bad names. He’d have been right. You might be surprised how much bakeries depend on their recipes. Anyway, it took a while to round them up. The inescapable moral? Make copies.

Eric started about a year ago. He was tossing packages around at FedEx while working on a Special Education certification. I told him I’d pay him better and I’d give him more flexible hours while he finished. The guy who quit concentrated on baking while experimenting with cookies. I needed a body to feed his yawning, and now abandoned, ovens. Eric couldn’t do it all, not with the Farmer’s market season ramping up.

Meanwhile, Elizabeth Wolter, had been plying me with pastries. Elizabeth is a local, except for some excused absences, and has been around this area for a long time. I got a phone call one day from a mutual friend telling me that, one way or another, I had to hire Elizabeth to do something. This was six months before we moved and six month before I had a passing thought about pastry. Pastry is Elizabeth’s joy. It shows. She lives to make pastry.

As moving time approached, I thought I’d hire her gradually as her pastries sold. But, the baker crisis required more than piece work. I knew what bread could do. I had no idea what pastry could do. I had to move fast. I said to Elizabeth, “How’d you like a full time job?” thinking I’d move her into bread. She took the job and the rest, for those of you who have been in the bakery, is history.

She never baked a loaf. Not one. What she did do was bake herself into fatigue with an amazing set of pastries. Ever had her coconut cake? Her apricot rouladen? The hermits, the apple strudels, the tarte aux fruit and the tarte aux citron? Then there is that flourless chocolate cake with pinot in the ganache. Are you kidding me? This woman is great.

But I still needed a bread baker.

There has been a virtual parade of job seekers coming through our front door since the bakery opened. Most were of the “I just love to bake” variety who probably were great

at home with a boxed cake. But in a bakery? Probably not so much.

Home and commercial are two different animals. For one thing, we don’t use mixes. Not with anything. Everything is from expensive scratch. We use butter in our cookies, not shortening. We use real extracts for flavoring, not imitations. Our chocolate isn’t filled with wax. The word ‘Gourmet’ is in our name for a reason. We are a hand-made, high quality and a no preservatives shop. We are unique: if someone else makes it, we probably won’t. No, we don’t make doughnuts. We’re next door to a doughnut shop, for heavens sake!

Some seekers spoke no English. Some had no teeth. Some had no clue. I don’t know how they thought they’d work out. Must be the throw-spaghetti-against-the wall school of job application. To work successfully in a bakery you have to hit the ground running independently, know how to read a recipe, know how to deviate from the recipe and know how to pump out the goodies with out supervision.

You don’t need to raise your hand to go to the bathroom. You do need to find out, however, who is hogging the baking soda. We just don’t have the time to supervise. Or listen to a translator. And you can’t pinch-hit at the cash register without teeth. You just can’t.

I’d ask some of them them, “You know how to make a croissant?” they’d invariably hesitate and then say, “Yes!” confidently thinking I hadn’t picked up on the hesitation. We developed a protocol: anyone who responded to a ‘help wanted’ ad or showed up at the front door was required to return and bring in something that they had baked (along with a resume), something that we might sell in the bakery and something that they could do easily over and over. No one ever took me up on the croissant.

When the seeker brought in his/her sample, we’d taste and if they jumped that fence we’d invite them back, hand them some recipes and see how they did while in the bakery. How many questions did they ask? Were they efficient? How much help did they need? Was their creation credible? Do they have a concept of ‘special’? Most never got to the initial sample stage much less beyond it. Practically no one got to the bench test stage. The protocol produced a couple folks who work very part time in pastry as we see how they do.

But it still didn’t get me a bread baker.

Eric is a wrestler. No, no, not the WWF. Real wrestling. He is active in the Silverback Wrestling Club and is the wrestling coach for Coventry High School. For reasons I’ve either forgotten or never knew, one day he brought a puppy home from practice by the name of Bam-Bam, more formally known to his mother as James Fiasconaro.

Bam-Bam looked seriously out of place. In fact, he was seriously out of place. He’d never baked so much as a slice of toast. But Eric saw something in him. Turns out, Bam-Bam who didn’t know a baguette from a three-layer cake, is a

sweetheart of a guy who learns fast. Not everyone does. Bam-Bam is different. He is now independent enough to take over as Eric goes on vacation. It quite honestly says something about kids in wrestling, how they organize their lives, their values, a lot of things. It will be interesting to see how Bam-Bam develops.

Now I have the beginnings of a baker. So, where does all of this lead us at least in the short run? Two things pop to mind:

Bialys (bee-AH-lees) is one place. Bialys could be our ticket out of obscurity and into the halls of the great. Unique. Special. Delicious. No one else in Eastern Connecticut makes them. Those little suckers are wonderful. But they are new to just about everyone here. They are common in Queens but that doesn't count for much up north.

A bialy is a cousin twice removed from a bagel. They are Polish-Jewish in origin (think: Bialystock, Poland) but that was a long time ago. Now they are just Polish. Anyway, you take some dough, make a six-inch circle, flatten the circle, heap on some caramelized sweet onion and poppy seed and bake under weights. Too much weight and you get a tortilla. Too little weight and you get, well, bread. Do it right and the result is sweet onion-y, chew-y, and crunch-y. These things are a revelation.

When do you eat them? Probably whenever you'd have a bagel. Breakfast. Afternoon snack. With dinner. They don't seem specific to any specific meal.

Elizabeth and I liked the idea. Eric produced the idea. And James is taking over. Synergy. It almost brings a tear to the eye. We bake some every day.

Then there is focaccia (fo-KA-cha). There is an affinity between the bialy and focaccia. Both are flat. The charm of focaccia is that it dreams of becoming a bun someday.

Focaccia dough is made with abundance of olive oil so it is already special. Then the dough is flattened in a sheet pan. Then you take your fingers and poke it all over. Then you top with shredded cheese or garlic or onion or olive. Then you bake. It rises a bit during baking.

What do you get? A broad loaf of bread about an inch thick. You slice it into wedges or thin strips like bread sticks, dunk it in herbed olive oil or swipe on a bit of soft goat cheese. It's great. Terrific companion to any meal. Including burgers.

Burgers? Right! There are few more boring foods than hamburger buns. Am I making this up? When was the last time you said you had a really great burger bun? Ever? Most are mass-produced, tasteless, full of air and have zero character. Their sole function is to keep catsup off our fingers. You'd never eat one all by itself unless you were starving. As bread goes, they are awful. We buy them automatically just because we always have. But there is an antidote: Focaccia. It is your Sherpa guide out of the burger bun wilderness.

Slice a whole focaccia horizontally. Cut into four-inch (or so) squares. Voila! You'll get 8 or 10 Buns! Buns of distinction! Buns with flavor! Buns to rejoice over! You may never return to the hamburger bun aisle at the supermarket again. And your friends will worship your cleverness.

I once had a sandwich shop manager tell me that he

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didn't want to use bread that was better than the deli meats inside his sandwich. (Trust me: He still doesn't). You run that risk when you use focaccia as a bun.

That's our story for now. Eric, Elizabeth and Bam-Bam say 'Goodnight'.

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

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A Quiet Corner Film is Born, Part XI

Rules for Filmmaking and Life

By Dan McGinley

The legendary Werner Herzog presented twenty-four rules concerning filmmaking (and readily apply to other aspects of life). I have followed or experienced several, and it's time to address this bible for indie bohemians. Here are the first ten, to be followed by the rest in my next article:

Rule 1: Always take the initiative.

This can be difficult when the initiative concerns tracking people down, getting them to commit, and worst of all, putting aside time to arrive and find them unable to perform or even absent, usually with other cast members on the way. You have to take a deep breath and step back as our very real lives get in the way of creative pursuits. There's no paycheck at this level, and from what I understand, generous pay isn't even a guarantee; they can be difficult and medicated enough to blow shoots, time, and money. A dedicated cast is key, and fortunately we have a pretty good cast. The few times things have fallen apart are not a big issue, but they are a learning experience. You just never stop making the film.

Rule 2: There is nothing wrong with spending a night in jail if it means getting the shot you need.

Still working on this one. We've had police come by twice to see what we were up to; once outside a bar set in Danielson, and once in a sprawling Putnam cemetery. The state police in Danielson were no problem, and Putnam police just wanted to investigate reports of a child screaming at night in the cemetery. Fair enough. Our little actor can really project with feeling.

Rule 3: Send out all your dogs and one might return with prey.

Everyone on the cast is crew and anybody we know can be asked to be in the film at any given time, or know somebody who can do something. A friend at work named Ron saw a tavern for sale, and a call to the real estate agent not only got us the tavern for a vital location, the agent acted in an opening scene and absolutely nailed it. Ron also has a son who plays in a great band, and one of their bluesy, sorrowful songs are now in the film. The dogs are out there sniffing around night and day. It can also apply to multiple cameras or

improved scenes. Something great and unexpected may come of it. The dogs are out there searching and sniffing.

Rule 4: Never wallow in your troubles; despair must be kept private and brief.

Pertaining to the film, yes. Absolutely. A setback is private, brief, and often full of colorful language. Pertaining to other things like the recent death of my father? All you can do is continue to the best of your ability. He was involved with a soundtrack song and gave so much encouragement, not to mention being a great father, that I owe him the best work possible. You deal and keep moving in filmmaking and in life. His passing crushes me, but also drives me.

Rule 5: Learn to live with your mistakes.

This applies to life in general, yes?

Rule 6: Expand your knowledge and understanding of music and literature, old and modern.

As we are making a movie based on blues legends and steeped in blues music, this is pretty vital to our cause. So many people never heard of Robert Johnson or Ike Zimmerman, but almost everybody has heard Eric Clapton playing "Cross Road Blues" or love the Rolling Stones, who also cover Robert Johnson. All of these talents are connected to the dawn of blues popularity, preserved in volumes of literature and music, old and modern. This soundtrack can range from a rusty jaw harp to a raging electric guitar played through multiple effects and edited to perfection. It can be a single, longing voice or an entire choir (both are in the film). Be a sponge and wring it back out for all to see. Just don't be . . . Sponge Bob. Sorry. Really sorry . . .

Rule 7: That roll of unexposed celluloid you have in your hand might be the last in existence, so do something impressive with it.

We use digital, but it still applies. As I pour over hours and hours of footage, it's amazing what gems I find in outtakes to use with planned footage, sometimes with very little editing. Every second is fair game, and I'm always hunting while editing.

Rule 8: There is never an excuse not to finish a film.



Lately this is my favorite, and a steady beat; from getting equipment to scheduling time while working full-time on second-shift, to ignoring the very real concerns of loved ones who think it's a fruitless venture, to people who can cause the filmmaking process to drag on and on into yet another year, then ask when the hell it's going to be done. Commercial music is way beyond our means, so I have to recruit local talent and beg for their time, selling this film with a promise that there could be a paycheck someday. We have about twenty minutes of decent footage to present, but sound-tracking the music will be another intense venture adding even more weeks to the overall process.

Next time you're in a conversation with some stranger, go ahead and mention that you're a filmmaker. If you're a sketchy-looking guy with long hair like me, and the stranger is another guy, you may get that funny look followed by, "'Porno?'"

The first time I was actually offended by this, but now I just ask if they wear boxers or briefs. They find an excuse to go away . . . I hope.

Actually it's best not to mention the film at all, unless it's a long flight and you can't get away from it in your head. It could also be one of the "dogs" you send out. Mention your indy film, and next thing you know, the person you're talking to can help, or knows someone who can.

You just. Never. Stop.

Rule 9: Carry bolt cutters everywhere.

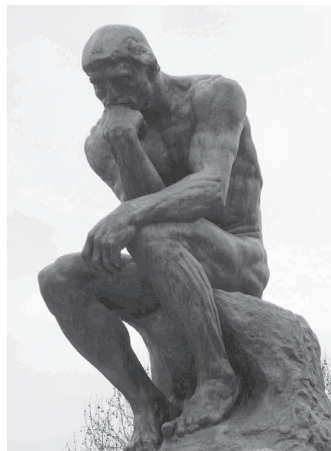
The Think and Do Club Wants You!

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!

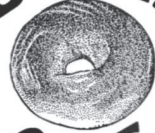

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Fortunately we haven't resorted to bolt cutters yet, but using a huge cemetery without permission and carrying a handgun down private roads is getting close. I better start shopping . . .

Rule 10: Thwart institutional cowardice:

Pretty deep stuff, but I know exactly what he means. Some people hide behind the institutional hierarchy and scoff at the scruffy little Jack Russells getting things done out there. They would rather make deals in the back of a limo than shoot a great scene in the pouring rain at night. That limo ride has just maxed-out their credit card. Then there are people who will jump to the song of any studio, and let them direct which way the film goes. No different than people in a workplace kissing management butt. Cowardly bullies. Watch them recede in your rearview mirror and put the pedal down hard; there's no governor under that sandblasted hood. The end results will represent your sincere efforts. Be relentless.

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Eastern Connecticut from the Trails

The Magic of Goodwin State Forest



Article and photos by Jace Paul

Isn't it wonderful that summer is at last underway? I've been hitting the trails regularly now that the weather is generally felicitous and, happily, I've seen a few of you out there as well. If you haven't hiked yet this season, now is the time to get out into eastern Connecticut and enjoy all our parks have to offer. If you need a jumping off point, I recommend visiting the Connecticut Forest and Park Association's website (<http://www.ctwoodlands.org/>) or dropping by The Last Green Valley's office on Main Street in Danielson. Both organizations provide group hikes, nature classes, and other opportunities to enjoy the outdoors. You can also visit the DEEP's website for state forest and park information, trail maps, and helpful information on local wildlife.

Local organizations and community groups are crucial to the maintenance and success of our state's trail systems. One such organization is the Friends of the Goodwin Forest, who maintain the eponymous park named after the early conservationist James L. Goodwin. Goodwin, who attended the Yale Forest School (now called the Yale School of Forestry and Environmental Studies), purchased a large plot of land in

Hampton Connecticut for the purpose of growing Christmas trees. His farmstead grew over time to include apple orchards and a great variety of conifers, and he created the 135-acre Pine Acres Lake that serves as a magnificent centerpiece for the park. Goodwin donated the sum of his property - about 2,000 acres - to the state of Connecticut in 1964, and his ramshackle farmhouse became the Goodwin Conservation Center.

The DEEP and the Friends of the Goodwin Forest have picked up the torch of Goodwin's passion and created what I have no qualms about calling a treasure for our state. The park's impeccable maintenance and finely appointed trails are evidence of a deep love for this forest and the ecology of the region.

The trail system is modest, but rich with diversity and beautiful New England scenery. From the parking lot on Potter Road just off Route 6, you can access the spur of the Natchuag Trail heading north to the forest of the same name. This blue-blazed trail winds along the western edge of Pine Acres Lake, then veers northwest to briefly join with the Airline Trail. Follow it further northwest and you'll come to a fork and Black Spruce Pond, also created by Goodwin. On the shores of the pond, you can watch a stunning variety of wildlife. Bring your

binoculars to see inland cormorants, geese, and green herons. Beaver are also present here and, if you're patient, you can catch a glimpse of them from the shore.

A yellow-blue trail heads east of the parking lot if you prefer to explore this part of the park. The yellow-blue trail forks about two-tenths of a mile south of the lake. Take the blue-white trail to stick the the shoreline or the yellow trail to access a web of trails in the eastern half of the park. I recommend following the yellow trail for a breathtaking stroll through a quintessential hardwood forest. There are occasional information plaques and birdhouses to attract avian visitors abound. As you travel north, you'll pass a sprawling meadow girded by an old stone wall. When I last hiked this stretch in early June, it was an experience that thrilled every sense: the singsong of birds, the scent of honeysuckle and clover, a beautiful view from the north of the meadow, and the gentle embrace of a late-spring breeze.

Just past the meadow is the confluence of five trail systems at a clearing aptly called "The Grand Junction." Here, adjacent to a colonial stone foundation slowly returning to the earth, there is another information stand and a very comfortable place to drop your pack and drink from your canteen.

The yellow trail continues east to make a loop around Brown Hill (elevation 725 feet). There's a small marsh to enjoy along the way. You can also head north either on a red or red-white trail, both of which eventually reach Cedar Swamp road. Take the red trail, however, for the quickest route to Governor's Island, where a bird-viewing platform provides a panoramic view of the lake. You can then backtrack to the blue-white trail and head north for a long return to the parking lot by way of the Airline trail or the blue-blazed Natchaug trail. Or, head south for a faster route along the shore - but be advised, this is a densely vegetated and very rocky trail.

Two other trails of note are the Forest Discovery Trail and its companion, the Children's Discovery Trail. Both are quite short, but offer guided tours of the forest environment. Both are accessed across the street from the main parking lot. Also located here is the Richard D. Haley Native Plant Wildlife Gardens, a beautifully landscaped area that features both common and rare plant species of Connecticut.

The Conservation Center offers programs and activities for adults and children - many of them completely free. There are also picnic tables and a pavilion for gatherings on the west side of the lake.

With so many opportunities for exploration and discovery, Goodwin State Forest is a perfect place to take a friend or your family out to discover the serenity and edification our parks have to offer.

See you out on the trails.

Jace Paul is a writer and photographer who lives in Willimantic. He is the author of two books of verse: Eggshells & Entropy, and King's Road to Pleasant Street (and Other Poems to Nowhere,) and a number of screen projects including the series "AP Life."

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26 Neighbors

Looking Up:

A Night in the Field

By Bob Grindle

On a Friday night in mid-June, a very small group of local star-gazers (a mere seven of us, actually) met in a recently hayed field located on a Joshua's Trust sanctuary. The day had been a bit unsettled, with clouds and sun sharing about equal billing, and I had received a few phone calls asking if we were still planning the evening star gazing. Unless the cloud cover becomes complete, or it starts to rain, I had told everyone, we would definitely be outside with telescope and binoculars. It wouldn't get dark until after 9 o'clock and you couldn't see stars or planets before then no matter how clear the sky was. There would be no moon until the wee morning hours and our location was completely free of light pollution, so even partial cloudiness should allow for some good dark sky watching. That's pretty much how it worked out.

Many potential night sky watchers were put off by the chance of a 'cloud out', I'm afraid, and were hoping for a rescheduling to Saturday night, when there was a chance for better weather. Too many times, though, I've put off something, waiting for an improvement in the weather that didn't happen, and so I've adopted a sort of variation on the common 'carpe diem' theme which I call 'carpe noctem', or seize the night. Those who did show up on Friday night, ranging in age from 15 to 72 years old, men and women, were treated to views of Jupiter with four of its moons, Io, Europa, Callisto and Ganymede that none of them had seen before. As the night grew darker and everyone's night vision grew more acute-- especially in those with the younger eyes-- the number of stars increased from a few, to a few dozen, to hundreds, with Vega, Altair and Deneb clearly outlining the summer triangle. We will schedule more of these star outings in coming weeks and hope to arrange one around the peak of the Perseid Meteor Shower on August 11, 12 or 13. The trouble with that is that it is mid-week and the Perseids don't get really good until nearly midnight or later, and that would make for a really late night indeed...especially for those who must rise early. My e-mail address is rgrindle1209@gmail.com, so if anyone is interested in being contacted about future night sky viewings, please feel free to contact me.

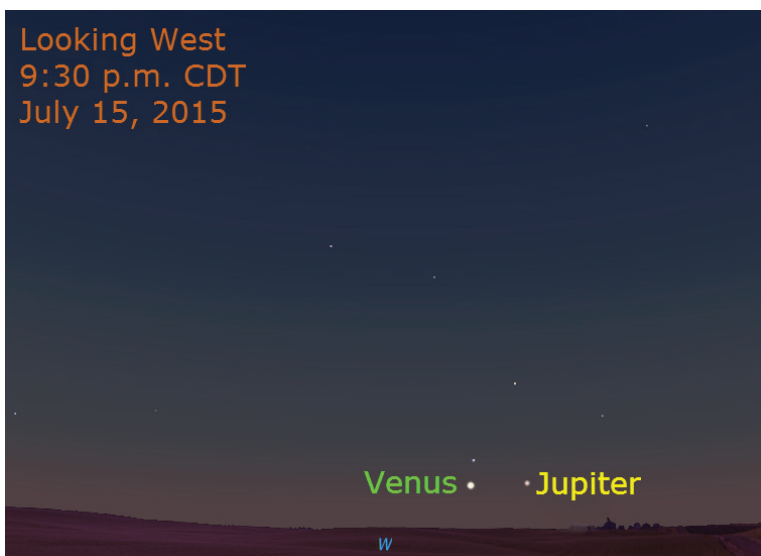
Venus and Jupiter will still be visible through July,

and rather spectacularly, too, as they grow nearer the Sun and brilliantly drop off the western horizon in August. Saturn, placed squarely between Scorpius to the east and Libra to the west, should be easy to see with the naked eye by early August, pretty much in the center of the sky, low on the southern horizon. Night sky viewing will be particularly nice in mid-August because there will be no moon to wash out the stars and it should be comfortably warm as well. With a modest telescope it will be likely to see both the rings of Saturn and six or more of its veritable rabbit hutch population of moons.

Mid-August, however, brings the one event that seems

to stick in everyone's memory banks best of all: the Perseid Meteor Shower. There is something about the phrase 'a shooting star' that turns every head and fills many of our imaginations with a sort of breathless awe, as if somewhere in our collective past as a species we actually thought these brief streaks across the night sky were stars falling from the sky. In recent years we have learned that on a few occasions in our planet's history these 'shooting

stars' had a cataclysmic impact on the planet and would have lived on in myth and story for centuries. Maybe it is the simple understanding that, star or not, these magical streaks of light across the sky are made by cosmic stuff that has possibly been drifting about in space for billions of years. In my lifetime I've seen thousands of meteorites shooting across the night and I never get tired of seeing them yet again.



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. This publication would not be nearly as unique without submissions from local residents who care about each other and their community.

T. King, Publisher

Joshua's Trust July-August Walks

Submitted by Angelika Hansen

Sunday, July 5: 9:00 am Dr. Greg Anderson will lead a hike of 90 minutes at the Knowlton Hill Preserve, featuring the trees seen from the trails. He will describe the growth habits, ecology, history, uses, identification and conservation of the trees found here. Some questions you have always wondered about will be answered: How are the flowers on trees pollinated? Do evergreen trees have flowers? How can you identify trees by their silhouettes? Why does a tree die if the bark is cut all the way around? Which trees are being lost and which gained? Do ents speak elvish? The hike will be moderately hilly. Directions: The Preserve is one mile south of Rt. 44 on Knowlton Hill Road. Starting from the intersection of Rt.44 and Rt. 195 drive east on Rt. 44 approximately 3 ½ miles and turn right on Knowlton Hill Rd. The parking area is one mile on the right. Meet at the parking area and park only on the east side of the road. Use 74 Knowlton Hill Road as an approximate GPS location. For information, email, gregory.anderson@uconn.edu\.

Wednesday, July 15: 9 am Join Marcia Kilpatrick on a guided tour in the 143 acre Friedman Memorial Forest in Ashford. The land is forested and the perennial Bebbington Brook runs thru the western third of the property. There is a new boardwalk to help traverse the swampy areas. There are many splendid large trees including a white oak with a 12 ft+ circumference. In an area of stone walls there is a heavy growth of the ground cover, Prince's pine, Lycopodium obscurum. Related plants go back 300 million years to the Carboniferous Period where some of its relatives were trees. Directions: Take Bicknell Rd off Rt. 89 to the end, left on Bebbington Rd. Look for small parking lot w. Joshua's Trust signs on the right side of the road. For information/updates, call Marcia Kilpatrick at 860-455-1226.

Wednesday, August 12: 1:00 pm Please, join us for a summer walk at Dunham Woods. This Joshua's Trust property features a boardwalk through a shaded marshy area that will be a nice contrast to the heat of the summer. We will connect to a Mansfield conservation area, Dunhamtown Forest Preserve, and hike as far as an old graveyard, returning on a Dunham Woods loop trail, the "back end" of Dunham Pond This an easy to moderate walk in a place rich in wildlife and plant life as well as history. We will also cross Rt. 275 for a quick visit to Owen's Mere, a ½ acre pond Joshua's Trust property to see what creatures are out and about. Walk is cancelled for heavy rain and/or lightning. Directions: Park on south side of South Eagleville Rd, 1.2 miles west of Rt. 195 – 2 miles west of Separatist Road. Parking for 3 – 4 cars, For Information call George Jacoby 860-450-0845

Deadline for September-October issue of Neighbors is Friday, August 21, 2015

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Clarifying Gandhi # 6: Was He Racist?

By P.K. Willey, Ph.D.

This article is the last part of *An Open Letter to Arundhati Roy by an American*. We do not realize the great power of our words. Gandhi's granddaughter, Ela Gandhi informed the author that due to misrepresentation of Gandhi, deliberate slander and defamation of his unending effort to be true to his conscience, the peace movement in South Africa, which struggles for a people's unified nonviolent and mutually beneficial coexistence, has been severely damaged. Fired by an unjustified sense of betrayal, enraged crowds defaced a statue of Gandhi's form there in April, 2015, while others carried signs said 'Racist Gandhi must fall', and twitter hashtags zipped around with similar messages.

While Arundhati Roy may not be the only person portraying Gandhi in grossly mistaken ways on the world stage, she is famous, seen as a 'people's voice' against 'empire tactics', and her words taken in without much reflection, due to her stature. Her charges of 'racist Gandhi' has made its mark on the popular mind there. It is important to bear in mind Arundhati's words regarding her own scholarship, and research on any given subject: "I do not write from a position of authority. I write from the position of a writer who engages with things that she feels are important to her, and to the society that she lives in."

Truth matters.

Dear Arundhati Roy, [...] *letter concludes:*

Besides trying to convince people that Gandhi supported the caste system, you have declared him to be racist, based upon quotations you have taken from his early days in South Africa. You omit whom he was addressing, and why.

You expressed that you feel it is important for African Americans and South Africans to come to your view that Gandhi held them as inferior. Not only did Gandhi correspond with George Washington Carver, seeking his advice on soya in the diet, but he also sought to inform the Indian public about the conditions that African Americans were facing. This was in part to help them extend their field of sympathy and empathy, to recognize the role that skin color as a central issue of human equality was playing in political decisions across the board. In 1929, at age 56:



Gandhi returned to India from South Africa wearing the jail cap, which later became, and remains, an outward symbol of Gandhi's ideas, upon those who seek or claim to follow them.

Even in the United States of America, where the principle of statutory equality has been established, a man like Booker T. Washington who has received the best Western education, is a Christian of high character and has fully assimilated Western civilisation, was not considered fit for admission to the court of President Roosevelt, and probably would not be so considered even today. The Negroes of the United States have accepted Western civilisation. They have embraced Christianity. But the black pigment of their skin constitutes their crime, and if in the Northern states they are socially despised, they are lynched in the Southern States on the slightest suspicion of wrong-doing.

He corresponded with President F.D. Roosevelt on the issue of racial equality in the US, suggesting that US involvement in the fight against Nazi-ism seemed more than a little hypocritical considering what was going on at home to African Americans. From the 1930's he had many meetings with African Americans who made the arduous trip to India seeking his advice on how to deal with the US racism. He was impressed with their deep spirituality, and with great foresight saw that it was through the African American that the message of Ahimsa, nonviolence, would be delivered to the western world. The African and African American contemporaries of Gandhi who met and corresponded with him did not find him to be racist, but rather, a deeply concerned human brother.

His effort to unite Indians with Africans socially was expressed also in his advice to South African Indians to avoid creating Indian-only schools and neighborhoods, to include African children. Later, both Gandhi and Tagore jointly issued strong messages to the Indians in South Africa who were becoming pawns to the British divide and conquer policies, and behaving just as racist to Africans as the whites were to them.

Wherever he lived, the doors were open for people of all races and religions to be part of his life and effort, and they eventually were. His communities in South Africa had former indentured laborers, and later African and Chinese inmates, mixing with with Christian, Judaic, and Moslem adherents.

Did you know that the Gandhi *topi* (cap) that is still popular in India was brought by Gandhi when he returned – it was the hat that the African prisoners had to wear in the South African jails. When Gandhi began Phoenix, his first community in South Africa, all men in Phoenix wore the jail uniform. It was simple to make, durable, and met the requirements of rural

farm life. When his community inmates questioned dressing like the Africans, he countered by asking why they would want to look differently from them. In India, wearing the *topi* was to become synonymous with Gandhi's political life, and is still today worn by political leaders espousing Gandhi's views.

Politically, he never saw the African cause on the same page as the Indian. Compared to Africans, Indians were few, and saw themselves as British Indians. Africans did not yet have the colonial brainwash – they did not consider themselves citizens of the British Empire. He later built his home – the 'kraal' in Johannesburg – in imitation of a traditional round South African home. To have a house designed after those of the native Africans, by a person of his position and wealth at that time, was a huge statement socially and politically. He was the first in town to see superiority and a spiritual view in the native architecture.

Did you know that Gandhi was the legal arm and lawyer for many indentured laborers in South Africa? He was the first legal representation they had. The first upper-class brit-wannabe that cared about their struggles. He took on all kinds of cases, representing poor Indians for free, standing up for women, children, and against injustice towards labor of all sorts. He arranged for translators so that those who couldn't speak English or Gujarati could be heard in court. Which other Indian bothered? What made him bother?

His dawning awareness of the conditions of all Indians was what led him on sanitation drives, caused him to work in Indian "locations" (slums) when the plague was on, with no thought for himself. He urged sanitary awareness, and took it upon himself to see it through. These are not the actions or behaviour of a person afflicted with class-thinking or racism. He was a person who, throughout his life, used the advantages of his education and connections to leverage assistance for the disadvantaged.

South Africa war work

When you make aspersions that Gandhi supported killing Africans because of his ambulance corp work in the 1899 Anglo-Boer war, and then again in the 1906 Bambata Rebellion (Zulu Uprising for Independence), you neglect to note that his Ambulance Corp was the only medical relief that reached the suffering and mortally injured Zulus; no European would even touch them. Gandhi's group was gratified to be able to help the Zulus. His experiences of being able to serve the suffering and

disgust with the senseless bloodshed in both wars strengthened his resolve to wholly dedicate his life to service, leading to his vow of lifelong effort towards brahmacharya.

Your ideas on Gandhi and Women

You have stated that Gandhi was regressive in his attitude and thinking on women. In South Africa itself, 1901 unveiled Gandhi's commitment to gender equality. Indian women labourers, again from the indentured classes, were paid half the salary of men, and a new Immigration Amendment Act sought to jeopardise that earning. Gandhi was found appealing to the courts on their behalf.

I can only suggest that you examine as a whole, Gandhi's work with women, and their influence upon him and his on them. He recognized that it was women, not men, who would be able to lead the way out of war madness through non-violent – pure – satyagraha campaigns. He credited his wife with teaching him the methods of satyagraha. He became extremely sensitive to the subtle psychological coercion of male-female relations.

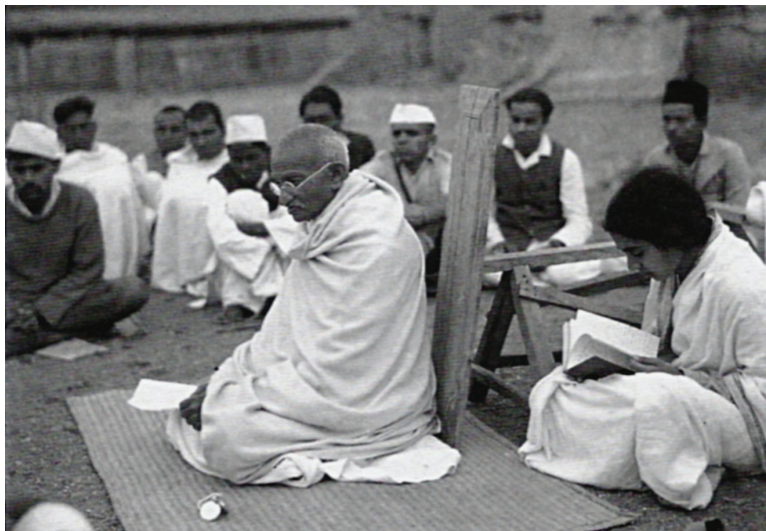
It is a fact that women around him felt completely at ease, they felt no subtle threat from him in any way. Of course, he was an Indian male, who received that type of pampering from the women around him.

At this point in my life, I am taking the philosophy of one of our American folk singers, Pete Seeger to heart, when he said, "Us and our little teaspoons over thousands of years." Gandhi's views, when examined rigorously, have so much to offer for the real 'greater common good'. I feel it is important, whilst the world around us continues its nuclear meltdown, destruction of the oceans, whilst the last trees are being pulped, and babies born deformed, earth bombed, families torn, war ever looming over us in one way or another, I somehow feel, that the ideals that Gandhi tried to serve should be clarified, and presented to our minds again. Thoughts are another type of food, and our food, both mental and physical, determines our health, as individuals and as a society.

Until later, I hope, and God Willing,
Yours Sincerely, P.K. Willey

Our next examination of Gandhi will start looking at his use of speech, and later, silence. Site: www.earthethics.org. in To assist the national and international people's discussion about what our ethics are, and how to impart and express them.

Photos contributed by P.K. Willey.



Gandhi in meeting with ashram inmates. Note the *topi* caps on several of the men.

2015 Steeple Chase Bike Tour

Submitted by Mary Falotico

Willimantic, CT – Steeple Chase Bike Tour organizers, Perception Programs and the Windham Area Interfaith Ministry (WAIM) announce their new partner, The Windham Region No Freeze Project, for the August 15 event. Perception Programs' Ruth Gordon anticipates increased awareness of and participation in the annual bike tour as a result of the partnership. "The No Freeze Project is the perfect complement to Perception Programs and WAIM. We are all Windham agencies, serving those in our community when they are most in need of help. It's a good fit," said Gordon.

Additionally, for the first time, the Steeple Chase will offer a 5 mile walking route. Route master, Ron Manizza, has selected a quiet 5 mile section in Mansfield for walkers to enjoy in response to requests organizers have received over the years.

These changes are the latest enhancements to what is already one of the most scenic and well organized tours in Connecticut. Steeple Chase gets its name from the fact that each rest stop is either located at a church, or staffed by a local congregation. Volunteers at the stops offer tasty homemade treats to fuel riders for the 20, 35, 50, 62.5 (Metric Century), or 100 mile routes that wind around rivers, woods, pastures, and farmland in beautiful Northeastern Connecticut. Other free offerings include bagels and beverages at registration, lunch, and a commemorative t-shirt and water bottle. Incentive prizes are awarded to top fundraisers.

Steeple Chase is a fundraiser for Perception Programs, WAIM and the No Freeze Project. The entire event is organized by staff and volunteers from the three agencies, so approximately 90% of funds raised go directly to the organizations. "Steeple Chase is our biggest fundraiser," says Victoria Nimirowski, Executive Director of WAIM. "It's a great community event that attracts people from all over Connecticut and beyond. We depend on it to support our work with over 8,000 people annually."

Participants can increase their chances of taking home a prize by signing up with a group from their company, cycling club or faith community to participate in the Corporate/Club/Faith Community Challenge. Since 2008, there has been a friendly rivalry between Steeple Chase's top two contributors: Colchester Dental Group and Thread City Cyclists, and they extend a challenge to any other groups that are interested in taking them up on it. "It would be great to see someone step in and surpass both of our clubs' efforts, and raise \$10,000 for these three great organizations," says Ron Manizza.

Rain or shine, Steeple Chase begins and ends at the ECSU Athletic Complex, 69 Mansfield City Rd., Mansfield, CT on August 15th. Pre-registration is \$25 for individual riders and \$75 for families or groups (day of registration \$30 and \$85) and riders are asked to raise additional sponsorships.

Pre-register at www.perceptionprograms.org, active.com, bikereg.com, or by calling Ruth Gordon at 860-450-7122. Steeple Chase sponsors and donors should contact Ruth

directly.

Perception Programs (PPI) promotes the well-being of the residents of Northeastern Connecticut through preventing, treating, and reducing the harm from substance use, co-occurring mental health disorders, criminal behavior, HIV disease and associated at-risk behaviors. Through the expertise of dedicated staff, PPI serves over 7,800 individuals (adults and adolescents), and their families. PPI ensures accessible, culturally competent, and cost effective services to promote our clients' recovery, individual responsibility, and public safety. Services are provided to all, regardless of their ability to pay. PPI also provides services to schools and community groups.

The agency objective is to reduce clients' at-risk behaviors and to promote their mental and physical health, family and social supports, lawful behavior, employment, educational goals, and overall community health and safety. PPI provides a seamless continuum of care, from residential treatment to sober housing, for our clients.

For information, call us at 860-450-7122, or visit us on the web at www.perceptionprograms.org

The Windham Area Interfaith Ministry's (WAIM) mission is to uplift and unite our community by providing caring services and resources to meet our neighbors' needs with dignity and respect. We offer services that address basic needs and increase the individual's and family's stability. WAIM services include the distribution of donated clothing, furniture, appliances, linens, and other material goods to under-resourced individuals and families; adult mentoring; emergency financial assistance for heat, electricity and other basic needs; seasonal programs and a community garden. With a small staff and approximately 25 volunteers each day, WAIM reaches more than 8,000 people annually from Windham and twelve surrounding towns.

For information, call us at 860-456-7270, or visit us on the web at www.waimct.org

The Windham Region No Freeze Project, Inc. is a not-for-profit agency dedicated to the survival of homeless adults who are in the Windham Region. We provide safe temporary shelter; we strive to address unmet needs including food, clothing, hygiene, case management, emergency and transport funding; we facilitate regional community and social service agency collaboration to these ends. Organizers of the No Freeze Center want to provide a clean, safe and warm alternative.

The Windham Region No Freeze Hospitality Center is a Community Coalition founded in 2003 by individuals dedicated to making sure no one is left out in the cold. Our goal is to provide basic overnight shelter from cold weather for homeless persons over the age of 18 from November 15th through April of each year. No one is turned away; all we ask is that our guests respect the volunteers and each other.

For information, call us at (860) 450-1346, or visit us on the web at www.windhamnofreeze.com

A Blessing

By Robin Lubatkin

In your bed, waiting for sleep to come,
 may the spirits of your departed beloved ones surround you
 and protect you
 kissing the air with sweet soft breath
 whispering assurances that you are safe and not alone.
 As you go through your day
 watch for signs of their ongoing love and presence,
 a breeze wafting across your tired face on a hot summer day
 when the air is otherwise still,
 a red-tailed hawk feather sticking straight up from the ground
 like a wild and strange flower.
 Treat yourself with patience and kindness.
 Give yourself permission
 to weep and rant and rail.
 Allow yourself time
 and time again.
 May you feel the connection that exists between you
 and all those who are your walking companions on this
 mournful journey
 their hands are reaching for you
 their arms are ready to enfold you
 feel their weight against your body, your body bent from the
 harsh winds of sadness,
 lean into them
 and breathe ... it will be all right.



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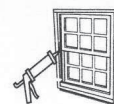
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Practical Permaculture:

The Ethical Foundation

By William Hooper

Now that the growing season is well underway, let's shift from our previously more technical focus and explore our roots, because understanding our own basic principles allows growth. At its foundation, permaculture isn't just producing more vegetables, or thumbing your nose at the status quo; it's creating viable systems for meeting human needs, particularly needs for food and energy, grounded in intentional ethical stances. These ethics, all equally important and working in concert, are earth care, people care, and fair share.

Earth Care acknowledges we all depend on the planet for our lives, and caring for the planet can be justified as self-interest, but permaculture reaches higher than utilitarian pragmatism. Biodiversity, and the species creating it, cannot be measured merely in immediate utility or convenience to humans, but instead have inherent worth.

Earth care also implies stewardship. Unlike some 'green' thinking, where 'saving' the earth means fencing off sections of it somewhere else and never touching them, permaculture implies active engagement. This may mean just conscientious observation or deliberate planting and land alteration with a goal of systemic improvement. There is also a bioregionalist focus on stewardship for one's own county, town, and backyard not in opposition to other people in other places doing the same thing, but replacing a globally broad and often meaninglessly shallow 'save the earth' approach with a deep and local 'take serious, engaged responsibility for my (local) home' approach. This helps avoid a common pitfall for well-intentioned people in the first world, who battle tirelessly for things like distant rain forests while never seeing that their own local meat-eating, palm-oil heavy lifestyles are driving the destruction to begin with.

A central earth-care theme is also soil health, as discussed previously in this column. Everything ultimately grows from, depends on, and returns to the soil. This gives rise to most of permaculture's techniques, including some discussed here – it all goes back to soil care.

With People Care, permaculture makes meeting deep human needs central to its mission. This means not merely producing the healthy food, clean water, safe shelter, renewable energy, and so forth to meet fundamental human requirements, but also the basic human needs for loving community, regenerating play, meaningful work, and connection to something greater. People cannot 'save the planet' on empty stomachs, and addressing 'sustainability' without addressing poverty, racism, and so forth is addressing branches while ignoring roots.

By proving pragmatic tools for local-scale production of food by emphasizing reduced consumption and a community focus over isolating hyperindividualism, and by providing a

framework emphasizing accepting feedback from the system and acting based on it, permaculture provides tools not for merely propagating the status quo, but instead transformative new directions. When you grow food with your own hands and share it directly with neighbors doing the same, artificial distinctions based on color or creed or wealth become more difficult to maintain. You eat, they eat; you need food, they need food; you all share a table, and 'they' become 'we'. It is no accident that nearly all religious celebrations, across the planet, involve a communal meal.

This focus also brings challenges. We must care for ourselves in order to care for others, and other species – 'put on your own oxygen mask before aiding others', as airlines remind us every trip; it's not an option to simply exhaust ourselves 'saving others' until we are unable to help any longer, and therefore consider ourselves guilt free for just being self-centered. We must also accept responsibility for our local condition. While acknowledging the omnipresent role and importance of circumstances, we must still accept our own duty and capacity to effect change, no matter how small it seems at first, in the world directly at hand.

Caring for people also means care for the nonmaterial aspects of life. By valuing happiness, joy, and deep contentment, instead of pleasure, indulgence, and temporary 'highs', permaculture shifts our goals. Let us grow from love received and from love given, engaging work yielding tangible benefits, and sharing healthy food and social recreation, rather than amusing ourselves to death with resource-expensive, health-degrading, and frequently isolating pursuits. How many people's happiest memories are watching television by themselves?

Fair Share, the final notion, helps focus the other two. We must produce a surplus, in order not only to provide for ourselves, but also to provide for others. Part of producing a surplus is planning to always produce a little more than our own needs. A common metric is to plant 10% more than your own family will eat, to create a 'tithable' portion for neighbors, soup kitchens, folks whose own crops fail, and so forth. At the same time, if we limit our own consumption, we reduce how much we need to produce to begin with, and living below your means is a cheap way to be rich.

By beginning to limit our own consumption not only in quantity but in kind, we rediscover a world of luxuries largely forgotten. The first local watermelon of summer is a special gift. If I simply buy a watermelon every week at the supermarket regardless of season, careless of source, what was previously a special treat becomes one more standardized piece of background noise. My older relatives point out that soft drinks used to be a single 8-ounce glass bottle, which was a treat at the end of a day's work; now, they're 20 ounce bottles and infinite-refill mega cups, and we grew ever more obese

while wondering where the specialness went.

Even average wealth, in the industrialized world, provides access to a level of information, a variety of foods, and an availability of globalized entertainment that would astonish a Caesar or Pharaoh or King of old. And yet unlimited, constant access seems to bring as much envy, dissatisfaction, greed, and personal destruction as it has brought happiness. If we choose to limit our consumption, to share more of it, to make things special, our accumulated riches might bring us the happiness they promised when we gave much of our natural wealth in trade for them.

From these foundation pieces, permaculture builds principles, techniques, strategies, and a way of planning and doing. It does not proffer a single 'right answer' to all problems, but equips us with the language and tools to positively transform and evolve our own world and our own, not only for the improvement of ourselves, but for the betterment of the whole system in which we are, always and forever, inextricably a part.

My own work within permaculture allowed me, in the spirit of making use of the resources at hand, to use the raw materials of my own earlier life. From the creeping dread and hopelessness about the world, to the early experiences with forest and garden, and destruction and creation, through the college studies in chemistry and biology and history, to the adult experiences grappling with vocation, masculinity, fatherhood and husbandhood, permaculture provided a language and skillset and goal-orientation to combine all of those parts into fertile soil in which grows hope, direction, and positive effort. It holds the possibility of similar transformation for other individuals and the world we share.

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

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Disbelief

By Tom Woron

In the summer of 1975 I was in a state of disbelief over the events of the previous months. What had happened seemed unreal. Here it is forty years later and the names of the different places are still clear in memory. Phuoc Binh, Phuoc Long, Ban Me Thuot, Darlac, Hue, Da Nang, Kontum, Pleiku, Quang Tri, Tay Ninh, Binh Long, Phnom Penh, Xuan Loc, and especially Saigon.

As a kid growing up in the 1960s and early 1970s I heard the word "Vietnam" all around but did not understand what it meant. It wasn't until the fall of 1972 when I was in the

fifth grade that I finally learned that Vietnam was a country in Asia divided in two at the 17th parallel. North Vietnam was under communist rule, with the city of Hanoi as its capital. South Vietnam had a non-communist government with the city of Saigon as its capital. Since the 1950s communist North Vietnam was trying to conquer non-communist South Vietnam by force in order to unify Vietnam into one country under Hanoi's communist rule.

There were also South Vietnamese communists (the Viet Cong as they were known) fighting to overthrow the Saigon government. United States military forces had been in South Vietnam for years fighting along with the Army of the Republic of Vietnam (ARVN, the South Vietnamese Army) to prevent the country from being overrun by the communists. The conflict was known as the Vietnam War.

Communism is a political ideology and form of government that allows no individual freedoms of any kind. Therefore it was seen as a threat by the United States and it had to be prevented from spreading.

The administration of President Lyndon Johnson began sending United States military forces to South Vietnam on a large-scale beginning in early 1965. The administration believed that American combat troops on the ground and bombardment of military targets in North Vietnam from the air would convince the other side to quickly give up their ambition of conquering South Vietnam. That was not going to happen.

After many years of combat with inconclusive results, tens of thousands of American casualties, strong protests in the U.S. against American involvement in the war, and many political restraints on the war's prosecution, the United States, South Vietnam, the Viet Cong, and North Vietnam signed a



peace treaty in Paris on January 27, 1973. I sat in front of the TV watching the signing of the peace accords ending the Vietnam War.

Ending it?

Believing that the signing of a peace treaty meant the end of any war, I was a bit puzzled in the few days after January 27 when the news media was still reporting fighting in Vietnam. I asked my mother about it and her answer was that "some of them (the Vietnamese) were still just a little trigger happy, that's all." United States military forces left Vietnam by late March. The war was over so I thought.

As the months went on in 1973 I was still hearing and reading about fighting in South Vietnam and United States aerial bombing in Cambodia, a small country neighboring South Vietnam. Apparently the anti-communist government of

Cambodia was involved in its own war against communist rebels.

The bombing by the U.S. Air Force in Cambodia was intended to help Cambodian government forces prevent a communist takeover of that country. It began to seem like the war didn't really end.

During the early summer of 1973 the United States Congress passed legislation stating that ALL American military intervention in Cambodia was to end on August 15. U.S. military participation

did indeed end on that date however, the fighting between communist and government forces in both Cambodia and South Vietnam continued.

When the Paris Accords were signed in January 1973 President Richard Nixon promised the president of South Vietnam that if Hanoi violated the treaty, the United States would respond swiftly and forcefully. This basically meant resumed aerial bombardment of North Vietnam and United States military forces re-entering the war.

During 1973 and 1974 President Nixon was embroiled in the Watergate Scandal. The end result was his resigning the presidency in August 1974. Violations of the Paris treaty by Hanoi's forces began on a small scale almost immediately after it was signed. However with the American president distracted by the scandal, the fighting in Vietnam intensified as the months went on. The day in August 1974 that The Hartford Times newspaper carried the big headline about President Nixon resigning, an article on the lower half of the front page headlined that North Vietnam had alerted its military forces in South Vietnam to prepare for a large-scale offensive.

That offensive was not long in coming. In early January 1975 the North Vietnamese captured Phuoc Binh, the capital of Phuoc Long Province in South Vietnam. It was the

first entire province that the North Vietnamese forces overran since their major offensive in 1972. There was no reaction from the United States.

In 1972 the might of U.S. airpower was the key factor in helping the ARVN drive back the North Vietnamese offensive of that year. When the United States withdrew its military forces from South Vietnam in early 1973 it did so under the belief that the ARVN was sufficiently trained and equipped to resist and drive back any major attacks by communist forces on their own without U.S. military participation. This belief was terribly wrong.

After the defeat in January, the ARVN made preparations to recapture the lost province. However, by that time United States military aid to South Vietnam had been reduced significantly. The enemy that the ARVN faced was well led and heavily armed. Added to this was the realization that United States airpower was not going to be there this time to support them, the ARVN suffered a severe drop in morale.

Realizing that with the fall of Richard Nixon, the United States had no stomach for re-entering the war, the North Vietnamese leadership saw that with the superior strategic position of their forces along with the favorable weather conditions of the dry season, it was the perfect time for a full-scale invasion of South Vietnam. Not to lose the opportunity, they went ahead with it.

In March the NVA (North Vietnamese Army) attacked and captured Ban Me Thuot, another provincial capital in South Vietnam's Central Highlands. At that point the South Vietnamese president ordered the ARVN to retreat back to what was believed to be more defensible positions along the coast and further south. The retreat was intended to buy time for the ARVN to re-group and begin a counter attack to drive the NVA out of the lost provinces. More than half of the country in the northern part and Central Highlands was surrendered without a fight.

What was to be an orderly retreat turned into a disaster that spelled doom for non-communist South Vietnam. South Vietnamese civilians fleeing the communist advance clogged roads making ARVN military operations impossible. ARVN commanders issued confusing orders that resulted in widespread panic, disarray and the loss of their ability to command and control their army. Many ARVN divisions simply disintegrated. Their soldiers fled the battlefield in the face of the communist advance and thousands more were taken prisoner by the communists. In late March the NVA captured the important historic city of Hue in the northern part of South Vietnam. Within days the NVA took control of Da Nang, an important coastal city.



By now an interested seventh grader, I read the daily Hartford Times. In each day's paper a map of South Vietnam showed more of the country colored black which indicated the areas the North Vietnamese had conquered. The weekly news magazine, Time, showed similar maps of South Vietnam but the communist controlled areas were colored red. Each week there was more red.

Once April came the situation in South Vietnam was extremely grave. It was a big surprise to the North Vietnamese how fast the South Vietnamese defenses were crumbling. They

expected their offensive to go on for all of 1975 and hoped to achieve victory some time in 1976. They now planned to be in control in Saigon very soon. By mid-April the NVA had taken control of almost two thirds of South Vietnam. For 2 weeks some ARVN units fought heroically at Xuan Loc just north of the capital of Saigon. They defeated the communist forces and

drove them back. However with superior numbers, leadership and weaponry the NVA eventually overwhelmed the ARVN units at Xuan Loc which was Saigon's last line of defense.

At the same time all this was happening, the news out of Cambodia was equally as bad. The Cambodian capital of Phnom Penh had been surrounded by the communist rebels for months and was under daily siege. Believing that the United States would never allow another country to fall to communism, I kept thinking that the Cambodian government forces, with American military aid, would turn the battle around and drive the communists back. I was in for a shock on April 17 when the front-page story of The Hartford Times was that the Cambodian government had surrendered to the communists. Cambodia was now a communist country.

The next day's newspaper had a map showing all of Cambodia and most of South Vietnam colored black. The map seemed to show that the South Vietnamese capital of Saigon was now surrounded. Despite the fact that Cambodia had fallen to communist forces I thought that the U. S. would absolutely not let South Vietnam fall. I thought the South Vietnamese would somehow turn the tide of the battle or American forces would re-enter the war to save the Saigon Government. Neither happened. With Saigon under fire, the United States hastily evacuated American embassy personnel as well as many South Vietnamese who had worked with the Americans. The next day North Vietnamese tanks crashed through the gates of Saigon's presidential palace. On May 1st the newspaper's front-page headline read, "Reds Take Charge In Saigon." (Communists were often referred to as "Reds" in those days.) It had happened. South Vietnam had surrendered to the communists on April 30. I could not believe it!

Running with Dr. Rachel

Staying Safe on the Run

By Rachel Tambling

Lately, the news has been filled with cases of runners in bad situations – interactions with motorists that went poorly and stories of serious harm seem more common. In the majority of situations, runners have done everything they could to avoid harm, but we can never be too careful. In this Running with Dr. Rachel, I will provide basic tips for safety while running and walking.

First, stay alert to your surroundings. I know many runners enjoy running with music piped directly to their ears through a variety of noise-cancelling headphones. It is safest to run without music, fully able to hear the world around you. If you must run with music, consider leaving one headphone out of your ear and keep the volume to the lowest possible level. This will enable you to hear things going on around you, and help you stay alert for dangers that may be difficult to see. You'll also be a good running citizen when you can hear the instructions and prompts of those around you.

Run against traffic when on the roads, or on sidewalks when available. By facing oncoming traffic, you can observe the driving habits of cars near you. You can also react more quickly to danger you see coming.

Look both ways before crossing streets (and train tracks) and make sure the driver of the oncoming car acknowledges your right of way before entering the roadway. You may have the right of way, but you still need to obey traffic signals that apply to pedestrians. Cross only in designated crosswalks and be courteous of drivers. Consider using hand signals or pointing in the direction you wish to go. This lets motorists know where you're headed next.

Wear bright clothing and clothing with reflective details for dusk and dawn runs. If you must run in very low light, wear a headlamp, or a vest with flashing front and rear lights. Vests with built-in LED lighting are inexpensive and easy to find on the internet. Wearing one if you must run in low light will make you significantly more visible to others. Carry or wear identification. I use a RoadID, a small wrist band (also available as a shoe tag, ankle band, and comfort wristband on RoadID.com) that includes my basic information.



At minimum, include your name, date of birth, and the contact number of someone who can help in the event you are medically incapacitated. I have a medical condition, so I've paid extra to obtain a RoadID with a special code that enables first responders to access my medical information online in the event I'm unable to speak for myself. In a pinch, you can write this information on the inside of your shoe.

Carry your cell phone, and a small amount of cash. You never know when you might need a ride, a tasty beverage, or a donut mid-run.

Vary your running routes. Run in familiar areas if possible, but try to avoid taking the same route over and over again. Make sure someone knows where you are going and what time you will be home. I share this information with a



loved one or fellow runner (who knows this is important). There are also several run tracking apps available that provide real time tracking for runners to be shared with individuals you identify. Among the most popular are the RoadID app and RunSafe. Both have alerts that can be customized for use in the event of an emergency. Run with someone when you can, or in populated areas.

Be cautious about where and how you post your routes on social media, including run tracking apps. If you run often enough, you'll be tempted to start tracking your runs with GPS and posting them to Gamin Connect, Strava, Nike Plus, or some similar social sharing site. Be sure that your security settings are at least somewhat private, or don't post runs that start or end at your house. Protect your personal information. Be wary about posting routes on other social media sites if your privacy settings are loose.

Be nice to other people. Avoid verbal altercations. Mind your manners and be a good citizen.

Carry something that makes noise, or practice whistling. You may need to get someone's attention, or alert wildlife to your presence. Being able to make a loud noise is good.

While we can't fully protect ourselves from the unknown, we can all take basic steps to reduce risks while still enjoying the sport we love. I hope that you stay safe out there.

Each column will feature tips and training advice inspired by reader questions. Send your questions to Coach@DrRachelRuns.com – to see your questions answered in print.

Music for Life

By Ruth O'Neil

What About School Band?

July and August ... the school year has wrapped up. Families are putting away the past year's backpacks, lunch boxes and report cards and pause from the academic demands of the last ten months.

Some families may have children, who, come September, may be entering a grade where they may choose to join the school band. It may be 4th, 5th or 6th grade ... depending on the particular school system.

This can certainly be a wonderful experience for those students who express an interest, are curious, or

who may have already taken formal private lessons! For some students, the school band experience may be only for one year, before they realize that it is not something to which they are inclined. For others, it may (hopefully) be the beginning of a lifelong involvement in some aspect of music performance.

Be sure that your child is allowed to select the band instrument that they want to try. Some band directors only allow a certain number of particular instruments in the band ... say, six flutes, eight trombones, etc. ... and once those "quotas" are filled, a child must select a different instrument if they want to participate. For all you know, your child may not be given the chance to learn the instrument for which they are best suited!

Should you rent or buy an instrument? That is certainly a question for considerable thought! Rental programs offer a chance to try out an instrument without a major expense. Here at Song-a-Day Music Center we offer a full band instrument rental program along with many used and new instruments for purchase. Many school systems have rental companies with which they work, but families should have a choice, so never hesitate to investigate alternative rental plans. The specifics of a rental program vary depending on the company. "Rent-to-own" plans tend to charge a top retail price for an instrument which you pay toward with each monthly payment. Some rental plans offer a sizeable discount if the instrument is purchased during the rental period.

The best approach to any rental plan is to compare and pay attention to detail. Make sure you understand the equity you are accumulating with each month's rental payment. Be wary of any plan that does not disclose ALL of the terms and conditions before you make a commitment!



Candlelight

By Lyla Maus

You will remember to relax?
It is, after all, a precious day.
A lit candle has only so much wax.

Approach today as if it is lax,
Loosened of everything but childhood play.
You will remember to relax?

Think not of life's progressive tax,
Taxing more the body the further it grays –
A lit candle has only so much wax.

When did you send your last fax?
Clichés all fade to history essays...
You will remember to relax?

Any film, perhaps the original Mad Max,
Tricks us with the ability to replay.
A lit candle has only so much wax.

So bury the hatchet, but save the ax –
And take a stronger swipe at the day.
You will remember to relax?
A lit candle has only so much wax.

Song-a-Day Music has an experienced repair technician that can restore an instrument that you may already have. Although many schools typically have a band orientation night, Song-a-Day is also glad to offer families a chance to come look and see a variety of band instruments. We also have the supplies students need to maintain their instruments and method books required by various school systems.

Good luck to you and your child as you both embark on this new musical phase together ... and may the band experience be one that fosters a lifelong love of making music. For more information or if there is any way we may help, please feel free to contact us at Song-a-day Music Center, 860-742-6878 or www.Songadaymusic.com.

This is first article in what is intended to be a regular feature of Neighbors, written by Ruth O'Neil, owner and director of the Song-a-Day Music Center in Coventry.

**Neighbors-
Black & white
And read all over!**

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

Of Mushrooms, Earthquakes, and a Livable Wage

By Edmund Joyce Smith

The Think and Do Philosophy Club has been in existence since last fall, when we convened our first meeting within a local warehouse in the company of thousands of books. There is a story to that place, too— but not to be told here. The Club resulted from some conversation between me and a friend, Eugene Woloszyn, about the possibilities of building a group based on intelligent discussion of all the topics deemed important by its members. This, of course, would not include such topics as what the Kardashians are wearing, or how to make homemade bread... unless they were framed within an appropriately philosophical context.



‘What rubbish! What the hell is ‘the appropriate philosophical context?’ I hear (or do I imagine hearing?) readers of this article grumble to themselves. The heart and soul of philosophy rests upon the question ‘what is’, otherwise known as truth. Among the types of questions we like to ask to get to what is, is the question ‘why’. Why is there something rather than nothing? Why are humans constituted as the type of beings we are? Why is the political and economic system the way it is? Why is it (or isn’t it) possible to be happy in a world of suffering and injustice?

Of course, framing questions differently may not entail the use of why. Many things we need to know fall within the ‘how’ category. How do we change the system to create justice and abundance? How can we overcome racism, sexism, and class society (or can we?). In ancient times, a movement known as stoicism endorsed passivity and endurance of existential evil as the wisest course. To be resigned to ‘the human condition’ as a fixed, inalterable state is to be a stoic; to insist on changes, believing in their possibility, is to promulgate reform, or even revolution.

Theories of social change are topics that frequently arise in the TDPC (Think and Do Philosophy Club). Is the system salvageable or do we need an overthrow of the moneyed elite? Can gradual change widen to greater and greater progress, or are we deluded by ideological chicanery? The topics of economic and social justice constantly return as themes informing our discussions, from the issues such as a livable wage, to the struggle for racial justice, to the seemingly endless wars, and beyond. Within these discussions, there is no O’Reilly style mud-wrestling, no barking talking heads shutting each other down through empty-headed demagoguery. There are only passionate people of good will trying to get to the bottom of things.

For my own part, having a penchant for issues of social and economic justice, I also am sensitive to the fact that life is not just about changing the world around us but about changing the worlds within us. As Bob Marley so

succinctly put it, we must ‘emancipate ourselves from mental slavery’— perhaps the hardest part of any social change. We have confronted questions of ultimate origins, of god or not and its impact on cosmology, of science and metaphysics. The meetings are charged with a quiet excitement, the feeling of being a part of it is akin to a spiritual state, if for no other reason than for the comfort in sharing the best of who we are.

To attend a TDPC meeting is to be ready to learn and to teach. Many presentations have been made by individuals with unique experience and/or training. We have had a professor of physics present on global warming, a Nepalese writer and activist present on the recent earthquakes from an intimate cultural perspective. We have heard from historians about obscured and hidden histories and from musicians about music’s amazing power. People have checked in from various strata within the pyramid of power. Topics have covered, among others:

Global warming, racism, organic gardening, healing plants, evolution, the nature of the Federal Reserve, the livable wage movement, Zionism and the Palestinian Question, the nature of being (and nothingness), human nature, electoral politics, disability rights, a livable wage, metaphysics and epistemology, eastern religion, education and parenting, and..... mushrooms! The list grows with each week. Sometimes members prepare a topic, sometimes they unexpectedly develop as new shoots off of existing branches. Every time it is new, vital, and rewarding.

The Origins of ‘Think and Do’

In our discussions over names, the question of thinking as an activity came up. Do we only want to be about thinking, as in some abstract process that has no bearing on the state of the world or our roles within it? The quote of Marx’s, ‘philosophers have only interpreted the world; the point, however, is to change it’ resonates with all those who have had their fill of empty armchair discussions about pie-in-the-sky solutions to problems of life on this planet. On the other hand, admonitions to change the world ring hollow for those who have seen laws, regimes, and even cultural norms change without notable changes in the people who effected these transformations. A case in point would be the persistence of deep-seated racism among those who feel their way of life was vanquished with the South’s defeat in the civil war, so painfully brought to mind in the recent massacre of blacks in Charleston. Are these die-hards more amenable to change, or more apt to become entrenched, with such external responses as the removal of the Klan flag from the heights of government buildings in South Carolina? Perhaps external change produces contradictory effects, galvanizing and polarizing populations. On the other hand, internalized contradictions highlight the role of the self in effecting change—an interesting contrast.

In our meetings, the acquisition of new information,

the challenge of novel perspectives, as well as the fealty between group members has urged re-thinking upon us all, which in turn culminates in tendencies to modify our comportment through life itself. To hear of another governmental crime is to take a mental footstep away from being blind-sided again; to learn of the healing power of adaptogenic plants is to feel less in thrall to the medical-pharmaceutical complex. None of this may eventuate in organized responses, but then again, it may. So we retain the terms 'think and do' not as a recipe, but to recognize a natural relationship in human activity.

The Think and Do Philosophy Club is an open organization. We have no offices and we have no charter. The only prerequisites for membership is a willingness to listen and to speak respectfully, to observe the need for all to contribute as they see fit, and to maintain a supportive view towards diversity of opinion and topic. We creatively encourage the use of books, media, performance, and the arts generally in the service of furthering discussions. We have recently developed the capacity for teleconferencing, enabling a virtually unlimited set of participants to call in from any nook and cranny of the world to join or even lead a discussion. We are planning to develop a calendar of planned topics, reserving time for 'free-style' conversations.

For further information, see our ad in *Neighbors*. Remember: what's yours is *mind!*

Phoebe Godfrey continued from page 15

determiners in the functioning of our criminal justice system and that has a poverty level the highest in the industrialized world and where women are still paid less than men for the same jobs. In short, the 'democracy' he is talking about is the one defined by hegemonic masculinity and in this regards he is right – it is threat and thankfully so.

In applying hegemonic masculinity to these three recent social events, my goal is to show how not only is there a constant power struggle going on in terms of how our society is organized but that it is never clear who / what ideologies / institutions / identities will prevail and what transformations will occur in the process. The Pope has launched a much-needed global conversation on climate change and critique of capitalism. The killing of the nine 'martyrs' has heightened the need for national reform on race/ racism beginning with the Confederate flag. The Supreme Court ruling, although a direct victory for all same-sex couples seeking 'legally sanctioned' marriages, should open up more discussion on the treatment of LGBTQ folks nationally / globally, as well as the need for national health care and other ways of accessing social benefit. To achieve all these socially progressive, hence positive developments in terms of the struggle for authentic democracy, we must continue to deconstruct hegemonic masculinity and allow for many other ways to be male, female, both and neither. Hence, we must continue to question what it ultimately means to be human on a finite planet.

For all quotes see *Hegemonic Masculinity: Rethinking the Concept* by R. W. Connell & James W. Messerschmidt in *GENDER & SOCIETY*, Vol. 19 No. 6, Dec. 2005 (829-859)



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Nahaco Summer SingJam Music Series

By Tom French

You are invited to come share the music of your heart by beautiful rippling waters, or to simply come and listen to others as you feel the evening breezes sweep in from the lake and watch the golden sun set to reveal a universe of its fellow stars. Nahaco Park, is located on the southeast shore of Crystal Pond in the Towns of Eastford and Woodstock, and is jointly owned and maintained by both towns. The park address is 305 Crystal Pond Rd. Woodstock (or via Weeks Road in Eastford). Folding chairs or perhaps a blanket are suggested. The sessions will meet outside the main pavilion by the shore, but we'll move inside when rain or bug conditions demand some shelter. If you have never been to Nahaco, this is a great opportunity to become a part of this rustic natural setting. The SingJams are scheduled for every Tuesday, 6:30-8:30, from June 23rd through August 25th.

The SingJam is free and is designed for all people and all ages. Summer is a time of travel and busy weekends, so we picked a weekday with hours that will permit kids and adults to enjoy an early evening of music each week. Come as often as you are able; and join in whenever you arrive. The spirit of the SingJam is perhaps much like summer campfire singing, but it also offers a chance for players of any kind of acoustic musical instrument a chance to get together with other instrumentalists and singers. Band or orchestra instruments, along with guitars, accordions, banjos, mandolins, fiddles, harmonicas, tin whistles, drums, or any other instrument that you may play regularly or just occasionally are welcome. How about a comb, kazoo, jaw harp, or spoons? Whatever shows up will help set the tone of the evening. If you play several things, bring them all, and don't forget that your voice and body are also instruments.

The kind of music we will be singing and playing is whatever you wish. If you never heard an animal sing or play it, then it must be folk music. So we will be doing the folk music that includes popular tunes, musicals, rock, blues, spirituals, classical tunes, foreign and ethnic tunes, along with full variety of recently composed and historical songs and tunes that people simply call "folk". If you like it, suggest it; we'll do it. We'll have some tunes to get things rolling, but we want your musical ideas. Each evening, everyone will have a chance to pick a song or tune, which you can lead yourself or ask another to lead for you. Maybe you enjoy singing alone. Maybe your family sings a favorite and would like to perform it together. Maybe you know a tune on your instrument. You'll have an audience. Perhaps others will know your song or tune and join in with their voice or instrument. Perhaps we'll all learn it. All of us can learn a chorus and you or your family can take the verses. Maybe we'll have a balladeer to sing a story. Instruments can help out with chords or do tune breaks. No doubt, we'll create our own original renditions.

We will be outside and in the dark, where reading

will be difficult. Tunes and songs from our memories, which are simple with lots of repetition, will be the most useful to us. To help instrument players, we'll keep close to basic chord harmonies and tunes that can be easily improvised upon. And if you are bit shy, darkness helps. Being together in a circle of fun with a lot of other people helps. As the weeks roll by, you will probably feel much more brave as a performer than you thought was possible. Expect things to happen. Certainly you'll find new musical friends, but bring some of your friends for a musical time together. Expect music to find a new place in your life. Maybe you'll meet an instrument player who can help you get started on an instrument that she or he plays. Maybe you'll find new ways to use your own instrument. And if you came to listen, maybe you won't be able to resist joining in and making your own music. (I rarely have time to just listen as I'm sure making my own music is about 95% of the fun.)

Finally, the SingJam will include a weekly email of tunes and songs that will go out to everybody on the SingJam Group Email List. Think of this as a chronicle of a summer of music in 2015. We'll provide song lists, song words, and playing suggestions for instrumentalists (hopefully providing tunes for computer viewing or references to where music can be found on the internet). Some weeks we'll include the requests that nobody knew the week before. Others will be able to find out what happened when they were away on vacation. In this world of every imaginable kind of music and endless new songs and tunes, during our 10 weeks together, and with requested repeats of tunes, we hope to find our very own personal common body of music. I'm looking forward to all the musical surprises that you have in store for the Nahaco Summer SingJam. For questions or to join the SingJam Group Letter: tomfrench@charter.net or 860-974-0197



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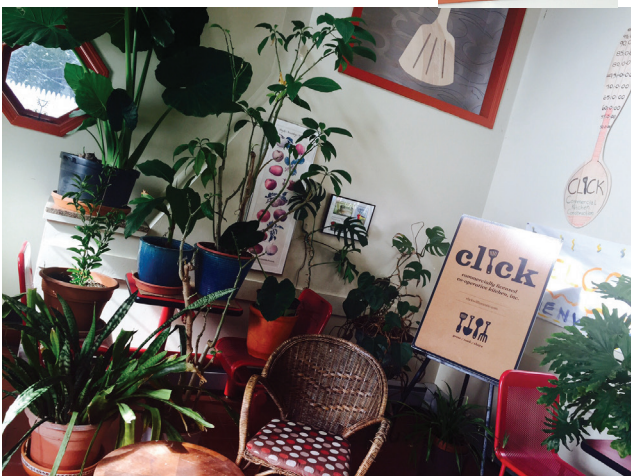
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CLiCK Grand Opening!



On Saturday, June 20th, Willimantic's Commercially Licensed Co-operative Kitchen (CLiCK) held its Grand Opening. In photo at left Maraiiah Popeleski, George Hernandez, Susan Johnson, Phoebe Godfrey and Mae Flexer (l-r) surround the citation issued to the kitchen by the Connecticut legislature. Congratulations to everyone involved. This was a long process involving many volunteers and donations. It is another example of why the greater Willimantic area is so special. All photos contributed by CLiCK.



CLiCK is located at 41 Club Road, Windham, Connecticut. For more information visit their website: clickwillimantic.com

Our Community Calendar

Compiled By Dagmar Noll

July 1, Wednesday

Kids: Summer Reading Program: Every Hero Has a Story, 11:00a.m. Explore the science behind superheroes with activities involving gravity (Spider-Man), solar energy (Superman) and flight (Wonder Woman). Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

Theatre: Peter Pan, 2:00p.m. & 7:30p.m. \$50. Connecticut Repertory Theatre, Harriet S. Jorgensen Theatre, UCONN, Storrs. Tickets: 860-486-2113. crt.uconn.edu

Clean-Up: Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Airline Trail at the intersection of the trail with Ash Street, Willimantic. Bring a bicycle for a post-clean-up ride on the trail! Info: bevishistory@yahoo.com

July 2, Thursday

Theatre: Peter Pan, 7:30p.m. (See 7/1).

July 3, Friday

Theatre: Peter Pan, 8:00p.m. (See 7/1).

July 5, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Joshua Cleaver. Route 44, Ashford, across from the town offices.

July 6, Monday

Music: Jon Cap Magic & Comedy Family Show, 11:00a.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

July 7, Tuesday

Music Share: Nahaco Summer SingJam Music Series, 6:30p.m. - 8:30p.m. Free. All ages may come together to share tunes. Bring voices and instruments to Nahaco Park, 305 Crystal Pond Road, Woodstock, CT. Info: tomfrench@charter.net 860-974-0197

July 10, Friday

Book Discussion: "Fludd", by Hilary Mantel, 2:00p.m. Newcomers welcome. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org
Clean-Up: Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the intersection of routes 66 and 14 and Ash Street in Willimantic. Info: 860-423-1878 bevishistory@yahoo.com

July 11, Saturday

Puppetry: The Nature of Nature, 1:00p.m. & 3:00p.m. \$7. For family audiences. Ballard Institute Theater, 1 Royce Circle,

Storrs. Info: 860-486-8580 bmp.uconn.edu

History: Hysterical Historicals, 1:00p.m. Casual gathering and sharing for Willimantic History lovers. Feel free to bring along artifacts and photos for show and tell. Windham Textile & History Musum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

July 12, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Lugnauts. Route 44, Ashford, across from the town offices.

July 13, Monday

Skill Share: Jon Cap Magic & Comedy Workshop, 11:00a.m. Learn to perform your own magic show along with balloon sculpting. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

July 14, Tuesday

Kids: Tot Time for Ages 3 & Under, 10:30a.m.-11:15a.m. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

Skill Share: Theorem Painting, 6:30p.m. - 8:30p.m. Learn the historic art of painting and stenciling on velvet. Create a painting ready to frame. \$18. Register: 860-423-1878. Windham Textile & History Musum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

Music Share: Nahaco Summer SingJam Music Series, 6:30p.m. - 8:30p.m. (See July 7)

Live Music: Quiet Corner Fiddlers, 7p.m. Apollo Restaurant, Rt. 32, Windham. Info: 860-423-5403 qcf.webs.com

July 15, Wednesday

Kids: Summer Reading Program: Every Hero Has a Story, 11:00a.m. Be a Superhero. Make a mask, power cuffs and other gear to outfit yourself like a superhero. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

July 17, Friday

Theater: Into the Woods, 7:00p.m. \$22. Windham Theatre Guild, Burton Leavitt Theatre, 779 Main Street, Willimantic. Info: 860-423-2245 www.windhamtheatreguild.org

July 18, Saturday

Heritage: Experience Eastford, all day event. Vintage car show, craft fair, live music, touch-a-firetruck, frog jump contest, band concert, outdoor movie at dusk and more. All are welcome! Events all over Eastford all day.

Puppetry: Hotel Moliere 1:00p.m. & 3:00p.m. \$7. For family audiences. Ballard Institute Theater, 1 Royce Circle, Storrs. Info: 860-486-8580 bmp.uconn.edu

Theater: Into the Woods, 7:00p.m. (See 7/17)

July 19, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Mark Davis. Route 44, Ashford, across from the town offices.

Theater: Into the Woods, 1:30p.m. (See 7/17)

Kids: Family Day at the Museum, 2:00 – 4:00p.m. \$5pp, \$20/family. Discover and experience spinning, weaving, dying, printing and washing laundry 19th century style. Windham Textile & History Musum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

July 21, Tuesday

Kids: Tot Time for Ages 3 & Under, 10:30a.m.-11:15a.m. (See 7/14)

Skill Share: Basket Weaving, 6:30p.m. - 8:30p.m. \$18. Learn to weave a wall basket. Register: 860-423-1878. Windham Textile & History Musum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

Music: Nahaco Summer SingJam Music Series, 6:30p.m. - 8:30p.m. (See July 7)

July 23, Thursday

Poetry: Poetry in the Park, 6:00p.m. Rabbi Jeremy Schwartz reads works by the Israeli Poet Israel Eliraz at Julia de Burgos Park at the corner of Jackson Street and Terry Ave in Willimantic.

Book Discussion: “The Invention of Wings”, by Sue Monk Kidd, 7:00p.m. Storrs Friends Meeting House, 57 Hunting Lodge Road, Storrs. Info: 860-742-6511 C2pattee@aol.com

July 24, Friday

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

Theater: Into the Woods, 7:00p.m. (See 7/17)

July 25, Saturday

Puppetry: Alladin, 1:00p.m. & 3:00p.m. \$7. For family audiences. Ballard Institute Theater, 1 Royce Circle, Storrs. Info: 860-486-8580 bmp.uconn.edu

History: Walking Tour of Atwoodville, Mansfield, 4:00p.m. \$8. Explore the village and mill site. Sponsored by the Windham Textile & History Museum. Info: 860-456-2178 www.millmuseum.org

Theater: Into the Woods, 7:00p.m. (See 7/17)

July 26, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Gypsy Hearts. Route 44, Ashford, across from the town offices.

Theater: Into the Woods, 1:30p.m. (See 7/17)

July 27, Monday

Painting: CoLoR UnCoRkEd, 7:00p.m. - 9:00p.m. \$35. A lead

calendar continued on page 44

WANTED

The Gardiner Hall Jr. Company:
Original Photographs, Artifacts, & Oral Histories

The Friends of The Mill Works, a nonprofit group organized under Windham Arts, has established a local museum focused on the development and operation of the Gardiner Hall Jr. Company. The objective of this permanent installation is to examine the historical impact and contributions this company has had on the Town of Willington and its residents over a period of more than one hundred years. The museum will be located at The Mill Works, formally the home of the Gardiner Hall Jr. Company.

The Friends group 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 Friends are also interested in conducting interviews with folks that may have worked for or had a relationship with the Hall Company. The intent of this collection is to create an opportunity for the residents of Willington and surrounding towns to learn about the technical innovations, production methods, and the application of unique management practices that shaped the local area.

If you possess any related items, have knowledge of any, or are interested in sharing thoughts or reflections about the Hall Company, please contact The Friends of The Mill Works:

Email: info@friendsofthemillworks.org
Phone: (860) 836-7516 or (860) 487-3827

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www.tonysgarage.com

44 Neighbors

Community calendar continued from page 43

artist provides step-by-step instructions for the painting of the night, or you can create your own! Supplies included. BYO drinks and snacks. Kerri Art Studio & Gallery, 861 Main Street, Windham. Register: www.kerriquirk.com

Music: Nahaco Summer SingJam Music Series, 6:30p.m. - 8:30p.m. (See July 7)

July 28, Tuesday

Kids: Tot Time for Ages 3 & Under, 10:30a.m.-11:15a.m. (See 7/14)

July 30, Thursday

Theater: Into the Woods, 7:00p.m. (See 7/17)

July 31, Friday

Kids: Summer Reading Program: Every Hero Has a Story, 11:00a.m. Hero the Police Dog. Trooper Zella and his partner, Hero, from the Tolland County Police K-9 Unit, will give a demo of Hero's special skills. Pompey Hollow Park, Ashford. Info: 860-487-4420 www.babcocklibrary.org

Theater: Into the Woods, 7:00p.m. (See 7/17)

August 1, Saturday

Puppetry: Superheroes, Villains, and Spaceships, Oh My!, 1:00p.m. & 3:00p.m. \$7. For family audiences. Ballard Institute Theater, 1 Royce Circle, Storrs. Info: 860-486-8580 bmp.uconn.edu

History: Hysterical Historicals, 1:00p.m. (See 7/11)

Live Music: Judy Handler and Mark Levesque, 6:00p.m. - 8:00p.m. Free. Prudence Crandall Museum, intersection of Rt. 14 & Rt. 169, Canterbury. Info: friendsofprudencecrandallmuseum.org

Theater: Into the Woods, 7:00p.m. (See 7/17)

August 1, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Mack and Melanie Johnston. Route 44, Ashford, across from the town offices.

August 4, Tuesday

Music: Nahaco Summer SingJam Music Series, 6:30p.m. - 8:30p.m. (See July 7)

August 7, Friday

Kids: Summer Reading Program: Every Hero Has a Story, 11:00a.m. Heroes Are Cool. Make a tie-dye creation for yourself or your favorite "every day hero". Please bring a white, 100% cotton t-shirt to Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

August 8, Saturday

History: Wizard of Oz Exhibit Opening, 10:00a.m. - 4:00p.m. \$7. Featuring the collection of Luzella Roos of Windham. Windham Textile & History Museum, 411 Main Street, Willimantic. Info: 860-456-2178 www.millmuseum.org

August 9, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Jeff Perkins. Route 44, Ashford, across from the town offices.

August 11, Tuesday

Music: Nahaco Summer SingJam Music Series, 6:30p.m. - 8:30p.m. (See July 7)

Live Music: Quiet Corner Fiddlers, 7p.m. Olivers Grill, Rt. 6, Windham. Info: 860-423-5403 qcf.webs.com

August 12, Wednesday

History: Transcribe Letters from the Civil War, 6:30p.m. Volunteers wanted at the Jillson House Museum, Windham Historical Society, 627 Main Street, Willimantic. Info: 860-423-7285 www.windhamhistory.org

August 14, Friday

History: 3-Day Trip to Gettysburg, PA, thru Sunday. Sign up by July 3! \$399 per person includes two nights stay (double occupancy) and five meals. Sponsored by the Windham Textile & History Museum. Info: 860-456-2178

Kids: Summer Reading Program: Every Hero Has a Story, 11:00a.m. Wrap-up party ice cream social. Babcock Library, 25 Pompey Hollow Road, Ashford. Info: 860-487-4420 www.babcocklibrary.org

Clean-Up: Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to High Street around the entrances and exits to Route 6, Willimantic. Let's make a good impression on the ECSU students arriving this fall! Info: 860-423-1878 bevishistory@yahoo.com

August 16, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Joshua Cleaver. Route 44, Ashford, across from the town offices.

August 18, Tuesday

Music: Nahaco Summer SingJam Music Series, 6:30p.m. - 8:30p.m. (See July 7)

August 19, Wednesday

History: Clean a Grave from The Civil War, 6:30p.m. Bring a gallon of water to the Windham Center Cemetary. Info: 860-423-7285 www.windhamhistory.org

August 23, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Smart Play. Route 44, Ashford, across from the town offices.

Fundraiser: Willimantic Victorian Neighborhood Association Annual Fundraising Garden Party, 4:00p.m. - 7:00p.m. Info: wvna555@gmail.com

August 25, Tuesday

Music: Nahaco Summer SingJam Music Series, 6:30p.m. - 8:30p.m. (See July 7)

August 26, Wednesday

History: Transcribe Letters from the Civil War, 6:30p.m. (See 8/12).

August 27, Thursday

Poetry: Poetry in the Park, 6:00p.m. Vietnamese poetry read by Kevin Bowen, a poet, Vietnam War veteran and past director of The Joiner Center at UMass-Boston. at Julia de Burgos Park at the corner of Jackson Street and Terry Ave in Willimantic.


August 28, Friday

Clean-Up: Willimantic Trash Mob, 5:00p.m.-5:30p.m. Help tidy up town! Bring gloves and bags to the Old Willimantic Cemetaery and the VFW lawn. Park in the Stop & Shop lot, West Main Street, Willimantic. Info: bevishistory@yahoo.com

Painting: CoLoR UnCoRkEd with Debra Gag, 7:00p.m. - 9:00p.m. \$35. A lead artist provides step-by-step instructions for the painting of the night, or you can create your own! Supplies included. BYO drinks and snacks. Kerri Art Studio & Gallery, 861 Main Street, Windham. Register: www.kerriquirk.com

August 30, Sunday

Community Food: Ashford Farmers Market, 10:00a.m. - 1:00p.m. Entertainment by Lugnauts. Route 44, Ashford, across from the town offices.



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Photos wanted!
See your photos in print!
Email them to: neighborspaper@yahoo.com

46 Neighbors

Where to find Neighbors

Ashford

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

Bolton

Bolton Post Office
Subway-Bolton Notch

Chaplin

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

Columbia

Saxon Library
Columbia Package

Coventry

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

Eastford

Eastford Post Office

Coriander

East Hartford

Raymond Library

East Windsor

Geisslers Market

Hampton

Hampton Post Office
Hampton Library
Hampton Gen. Store

Lebanon

Green Store

Mansfield/Storrs

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

Willard's

Tony's Garage

Mansfield Center

Mansfield Library
Angellino's Restaurant
East Brook Mall
HST Realty
Lawrence Real Estate

Mansfield Depot

Thompson's Store

North Windham

Bagel One
Subway
No. Windham P.O.

Pomfret

Vanilla Bean Rest.
Pomfret Post Office
Baker's Dozen

Putnam

Antiques Marketplace
Putnam Library
Subway

Scotland

Scotland Library

Scotland Post Office

South Windham

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

Stafford

Middle Ground Cafe
Subway

Tolland

Birch MountainPottery
United Bank
Tolland Library
Tolland Post Office

Vernon

Subway shops
Nature's Grocer

Willington

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

Windham/ Willimantic

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

Windham Center

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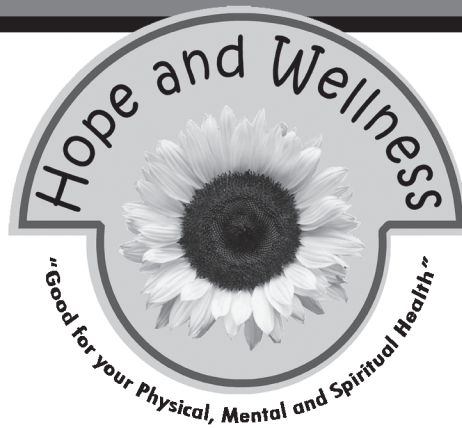
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