

November 2017

A little paper big on community

FREE

Neighbors

No. 153 Serving the inhabitants and environment of northeastern Connecticut and beyond



Riders on the Airline trail at the Lyman Viaduct in Colchester. Photo by Stan Malcolm. See more of Stan's photos inside and on his website: www.performance-vision.com/airline



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William Stallman



Finnish Society Makes Good Use of Grant

Submitted by Francesca Kefalas

The Finnish American Heritage Society of Canterbury recently completed a project to increase visibility and awareness of its facility, collections and archives with the help of a grant from The Last Green Valley, Inc. (TLGV).

Awarded in the fall of 2016, the \$2,500 grant was more than matched by the society’s own fundraising efforts and was for the creation of an outdoor sign and professional labels for its museum and archival items.

“Preserving The Last Green Valley’s unique history and culture to ensure it can be passed on to future generations is an important part of our mission,” said Lois Bruinooge, executive director of TLGV. “The Finnish American Heritage Society proposed a unique project that also helps us fulfill our mission. These grants can often mean the difference between a project like this getting done or languishing.”

The Finnish Hall Building, located on Route 169 in Canterbury, was built in 1924 by the Finnish American Education Association. While always owned by a group of Finns, the Finnish American Heritage Society formed in 1987 and has been steadily renovating and restoring the building since then. An addition that includes an office, the museum, a library and the archives was dedicated in October 1998.

“The Finnish American Heritage Society board and members appreciate the long-term relationship and support from The Last Green Valley over the past many years,” said Stanley Karro, the project director and vice president for the Finnish American Heritage Society. “We



A new sign on Route 14 in Canterbury increases visibility and awareness of the Finnish Society facility. To the right of the sign: Lois Bruinooge, Stan Karro. To the left of the sign: kneeling: Annalisa Brassard; standing: from left to right: June Leiss, Saul Ahola, Ethel Records, Steve Bousquet, Fran Kotowski, Sue Coupe. Contributed photo.

especially thank the organization for the most recent grant, which allowed us to acquire a new sign at the Finnish Hall in Canterbury and add better definition to our museum presentation with guidance and resources from the Connecticut Historical Society. Our recent Walktober art show event, called FACES at FAHS, allowed our visitors to better appreciate the history and current activities of our Finnish Heritage Society.”

The Last Green Valley National Heritage Corridor is the last stretch of dark night sky in the coastal sprawl between Boston and Washington, D.C. The Last Green Valley, Inc. works for you in the National Heritage Corridor. Together we can care for it, enjoy it and pass it on! To learn more about the organization, visit thelastgreenvalley.org.

PACKING HOUSE

1870

HISTORIC VENUE FOR PERFORMANCE & EVENTS

JAZZ SERIES

TIM RAY TRIO

Nov 4th | 7:30pm

TALENT SHOWCASE

OPEN TO ALL AGES

Nov 8th | 7:00pm

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INDIE

BELLE OF THE FALL

Nov 18th | 7:30pm

JAZZ SERIES

BRUNO RABERG

“TRILOKA”

Nov 19th | 3:00pm

- COMING UP IN DECEMBER!
- 12/01: MAURA GEIST (SPIRITUAL MEDIUM)

12/03: WINTER “FIRST SUNDAY AT THE MILL WORKS” (COMMUNITY)

12/09: KEVIN HARRIS PROJECT (JAZZ)

12/10: ECLECTICA (CLASSICAL) 3:00PM

12/12: EC-CHAP INFORMATION EXCHANGE MEETING

12/13: TALENT SHOWCASE (SHARE YOUR TALENT - CALL TO SIGN UP)

12/15: FILM SHOWING: “IT’S A WONDERFUL LIFE” (G)

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‘Woodstock: 3-Days of Peace & Music’ (R)

Nov 16th | 7:30pm

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This is our time on earth.
What are we doing with it?

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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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Let’s Go Local

By Loretta Wrobel

As November begins, after ten tedious and anxiety-producing months of the Trump dynasty, I vow to focus on my local community, and work at building community rather than staying mired in fear and despair. I am tired of holding my breath as I listen/read/hear the news of the day. The traumas, tragedies, and horrors of our present government, world, and crumbling foundations can cause emotional and physical unease in addition to severe helplessness and stress.

During the fall, many glorious community gatherings and happenings take place in the northeast corner of Connecticut. It is the perfect time to celebrate life in our piece of the world. I am sparked by the energy and popularity of the Willimantic Downtown Country Fair held at Jillson Square. Even though the weather threatened, it didn’t hamper the crowd from attending in large numbers to enjoy music, mouth-watering food, creative games and fine artists. The atmosphere was congenial, and the spirit was upbeat and celebratory.

In past years the fair was stationed in the parking lot next to Willimantic Food Co-op, but recently moved to the larger, more accessible space, and gained momentum. I felt pride in observing the vast array of craftspeople from our area and the stunning creations that were on display. People were laughing, savoring each moment and hanging with friends. This gathering honored the harvest, celebrated community, and demonstrated the strong connections that exist in our Quiet Corner.

I attended two events at UCONN’s Benton Museum. The October Salon entitled “Water- One Of The 21st Century Challenges” addressed the issues surrounding this precious resource. Several professors shared their insights and concerns, followed by provocative questions/comments from the audience. I was thrilled that a place of art collaborated with science/politics to address a controversial community issue. Much discussion has gone on regarding the water or lack thereof on the UCONN campus and the fact that UCONN is drawing water for their consumption from a reservoir in Tolland. I was elated to witness conversation about this salient issue, as water scarcity/lack of clean water is a key conservation issue. Being involved in ongoing discussion/debate is the best way to arrive at an agreeable solution. The sharing of views makes our towns/country stronger. Allowing for comments, complaints and diverse opinions is the cornerstone of any healthy democracy and university. In our present government healthy discourse is becoming scarce and rare. I delight whenever I see back-and- forth dialogue and tolerance of differing views.

The other Benton event was a talk co-sponsored by Joshua’s Trust. Robert Thorson circled Swan Lake near the museum. Dr. Thorson pointed out that this is not a lake but a pond due to the small size. The discussion centered on the use and abuse of our water resources, and the inside exhibit at the Benton featured water in all its manifestations. What a treat to witness a university setting up a program involving local land conservation/management issues. Kudos to the Benton and its director, Nancy Stula.

As an example of more community involvement, I recently attended a Regional Land Trust Summit at Joshua’s Trust Headquarters. The trusts are working diligently to conserve our resources and open space lands. Hundreds of volunteers are working without fanfare to maintain properties, keep invasive plants at a minimum, restore trails, design walks/talks, and keep the grant money flowing in order for their land trusts to survive. These individuals demonstrate a true labor of love for the land, for our resources, and a passion to keep space open to the public. Everyone then can enjoy and be healed by our wonderful



forests, fields, wildlife and waterways. Check out one of our land trust properties and be nourished and rejuvenated. The Last Green Valley sponsors Walktober, a month of free activities open to all and showcasing our fabulous environment. TLGV is a nonprofit organization representing thirty-five towns in eastern Connecticut and south-central Massachusetts. Walktober started as a week-end of events and blossomed into a month-long celebration of the Quiet Corner. These walks/talks/bikes/paddles are led by volunteers. The passion and devotion of these generous souls provides proof that we as humans can be compassionate, caring and not driven by the dollar. I cherish seeing so many folks loving our natural world so fiercely that they give up a morning or afternoon. This allows others the opportunity to bask in the beauty that surrounds us and be educated about the environment, wildlife and ecology.

This is what America looks like. People who freely share their knowledge and expertise to teach others about our mysterious planet and help them appreciate the splendor that exists in our corner of Connecticut. I am always relieved and thankful when I look to my neighborhood to see the kind souls that generously give. By joining together, we create a marvelous symphony of cooperation and connection. We feel inspired to continue the fight to save our planet from the greedy misers that only want to take, and have no respect for our lands, our resources or other people. We need to stand together and keep the humanity flowing and booming. You may even experience a spark of insight to create an organization, group, or event to add to the harmony and keep our local world thriving, sane and filled with adventure. Fortify yourself for the long haul so that you stay vibrant, healthy and resilient, as we have to bring forth the best in all of us to find our way through the minefield of white supremacy, hatred of the other, inequality, cruelty and disrespect. We can win this one if we band together.

Parish Hill High School Student Work at Hampton’s Top Shelf Gallery

Contributed by Janice Trecker

The November show at Fletcher Memorial Library’s Top Shelf Gallery will feature comic art from Parish Hill High High School. During October, Genevieve Govoni’s first period class had six visits from area illustrator and caricaturist Bill Dougal, who worked with the class on basic figure drawing and the conventions and techniques of comic art. He devised a little 17 stage story, providing an event for each of the 17 students to turn into a three panel drawing spread. Both the preliminary designs and the finished student work will be on display upstairs in the library starting November 1. There will be a reception for the students, their parents and the general public November 8 from 6:30 to 7:30 p.m. Refreshments will be served. The project was jointly funded by Parish Hill High School and the library which has a specialized collection of comics and graphic novels. The library is at 257 Main Street, Hampton. For more information contact the library at 455-1086.

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Photographs by Whitney Klare

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Dagmar Noll
Windham Town Council

Fresh Taste at Local Orchards

By C. Dennis Pierce

Food is an interesting subject that sometimes, we all take for granted. The pleasure of locally grown food when consumed resides in the mind, not in the mouth. If you understand that concept you understand that recipes, no matter how tasteful, they can only take us so far. One needs to understand the entire culinary experience in order to determine what really makes food and drink so enjoyable, stimulating and most importantly, memorable.

If one of your traditions is to visit one of the many “You pick” orchards in the area you will know what I mean. At the orchard when you are selecting that perfect apple and then biting into it and you experience the tartness so you can now comprehend what an incredibly complex multisensory experience eating a local apple is. To better understand this concept, look back on the last time you visited an orchard and had that experience of biting into a fresh, tart local apple. It might have been a warm fall day and you felt the heat from the sun. The orchard smelled like fall and with that there was a combination of the winy smell of apples that have fallen to the ground that have begun to decompose and that smell was mixed with the earthy scent of the ground moist from the morning dew. Your brain experiences the aroma of the apple, the crisp texture, the sound as you bite into the skin and that feeling as the juice drips onto your chin. All of these sensory experiences, together with your memories, contribute much more than the flavor itself. Tasting is really a cerebral experience that comes together in your brain.

So yes it is fall in the Quiet Corner. The leaves are slow to turn and we can use more rain. Farmer’s Markets are showing off their late summer crops and orchards have trees laden with fruit. If you ever wonder what farms are in your area or you are planning a Sunday excursion to visit some of Connecticut’s farms, get a hold of Connecticut’s Department of Agriculture’s Connecticut Farm Map. Tour your state’s destination farms using a colored, full-scale road map which lists by category, 207 farm businesses with detailed directions to their establishments and brief descriptions of their business. It includes Agritourism, Farmers’ Markets, Christmas trees, Pick-Your-Own, Orchards, Maple Syrup and many others. The map also contains information on Connecticut agricultural statistics, Farmers’ Markets, Cooperative Extension offices and Department of Agriculture contacts. Maps can be ordered at no charge by making a request to: The Connecticut Farm Map, Connecticut Department of Agriculture - Agricultural Development Unit, 165 Capitol Avenue, Room 127, Hartford, CT 06106

Another little known venue for obtaining Connecticut Grown and to create some great memories is a visit to Hartford’s Regional Market. This is an expansive and unique farmers’ market administered by the Connecticut Department of Agriculture. The market, which has operated for decades on the grounds of the Regional Market, continues to offer a shopping experience unlike any other available today.

In summer and fall, shoppers can find a wide variety of fruits and vegetables along with an assortment of other products such as cut flowers, honey, eggs, and maple syrup. Some items may be available through an extended season.

The greatest selection of vendors and products can be found on Saturday mornings, May through October. The market suggests that for a successful shopping experience, please bring your own wagon or cart to transport purchases back to your vehicle (carts are not available at the market), and bring a flashlight if shopping before sunrise.

Please also remember that most vendors do not offer credit card transactions and there is no ATM on the property. Farmers may sell out before the market ends at 9:00 a.m., so arrive early for best selection. Gates open at 5:00am. Arrive early for best selections. The market is located at 101 Reserve Road in Hartford, Connecticut. Please call 860-713-2503 or 860-527-5047 with questions or for more information.

Shopping at your local farmer’s market? Pick up some local vegetables to make the following recipe. Whether it is be a change from eating meat, or a dish to give to your vegetarian friend, you will be pleasantly surprised with your culinary results.



Fall Vegetable Shepherd’s Pie Makes 5 servings

- Ingredients:
- 2 pounds of sweet potatoes, about 4 cups, cooked and pureed
 - 2 cups of peeled and diced carrots
 - 3 cups peeled and diced butternut squash
 - 1 cup peeled and diced parsnips
 - 1 ½ cups peeled and diced turnips
 - 1 1/2 cups quartered mushrooms
 - ½ cup diced onions
 - ½ cup diced celery
 - 3 tablespoons of olive oil
 - ½ teaspoon ground nutmeg
 - 1 teaspoon chopped fresh rosemary
 - 2 teaspoons of salt
 - 1/2 teaspoon black pepper
 - ¾ cup vegetable stock
 - 3/3 cup apple cider
 - 3 teaspoons brown sugar
 - ½ teaspoon peeled and grated fresh ginger
 - 2 teaspoons maple syrup

Directions:

Preheat oven to 400 degrees.

Wrap sweet potatoes in foil and bake for one hour until soft inside. Set aside to cool. Do not unwrap. In a large sauté pan, sauté carrots, squash, parsnips, turnips, mushrooms, onions and celery in olive oil until onions are translucent. Add nutmeg, rosemary, salt and pepper. Continue cooking over medium heat for 5 minutes. Add vegetable stock, apple cider and brown sugar to the vegetables. Bring to a boil, then reduce heat and simmer until vegetables are cooked though. Roughly 25 minutes Unwrap and peel sweet potatoes. Transfer to a food processor and puree with ginger and maple syrup. Place vegetable mixture in a 1 ½ quart casserole dish and spread sweet potato mixture on top. Bake at 350 degrees for 15 minutes.

Vegetable Stock: Note... the following makes a lot but just freeze the rest in ice cube trays, when frozen, transfer the cubes to zip lock bags and leave in your freezer for later use.

- Ingredients
- 2 medium leeks, washed and chopped
 - 4 onions, chopped
 - 6 carrots, peeled and chopped
 - 1 small bunch of celery, chopped
 - 1 small bunch of parsley
 - 3 bay leaves
 - 2 teaspoons dried marjoram
 - ½ teaspoon dried thyme
 - 1 ½ gallons of water

Directions

Bring to a boil and then reduce to a simmer for one hour. Skim off any foam. Strain through cheesecloth.

As I end this column I will leave you with a quote from Julia Child, “You don’t have to cook fancy or complicated masterpieces just good food from fresh ingredients.” If you have a suggestion or a farm or a local grower you would like featured in a future column drop me a line at Codfish53@Yahoo.com. Peas be with you.

Joshua’s Trust November Events

Submitted by Angelika Hansen

Saturday, November 18 10:00 am Explore the fall forest in Hemphill Woods, Hampton. Learn how to identify trees without their leaves with Scott Matthies. Rain Date is November 19. Sign up at activities@joshuastrust.org.

Friday, November 24 10:00 am Join Anne Dunnack on her popular walk in Utley Preserve, Columbia, exploring its historic and natural history. Sign up at activities@joshuastrust.org

The Neighbors Paper
A little paper big on community

News from Hampton’s Fletcher Library

Fletcher Memorial Library
257 Main Street
Hampton, CT 06247
860-455-1086

Library Hours: Wednesday 12-8, Thursday & Friday 9-12, & Saturday 9-3
Web Site: fletchermemoriallibrary.org

FML Book Discussion Group
Wednesday, November 1st @ 6:30 p.m.
We will be discussing Middlemarch by George Eliot. New members are always welcome!

Medicare Information Sessions
Thursdays, November 2, 9, 16, & 30, 2017, 93
Open Enrollment for Medicare begins on October 15th. Every Thursday morning (except Thanksgiving Day), Rhonda Rooney, from the Quintel Agency, will give a presentation about this important topic. Free and open to all.

Parish Hill High School Art Opening
November 8th, 6:30-7:30 p.m.
Featuring comic strips produced by PHHS art students. 2nd Floor. Refreshments will be served.

Random Recollections
Wednesday, November 15th 6:30-7:45 p.m.
A way to hear local history, share your recollections of years past, a friendly way to share our life stories of Hampton, and a way to remember “the good old days”. All programs are open to anyone of any age who is curious about the way things were and want to share their own stories. Light refreshments will be served.

Author & Illustrator Fred Wills
Wednesday, November 29th, 4:30-6:00 p.m.
Author and illustrator Fred Wills will talk about and demonstrate his artistic creative process used in his new book, “Just a Girl Named Jessica”, which features his daughter who was born with Down Syndrome. He has appeared on the Today Show and many other major news outlets to share his story. This will be of interest to artists, writers, and those whose lives are touched by special needs people.

Hampton Heritage Quilt
November 1st – December 9th
The Hampton Heritage Quilt will be on display at the library. Ongoing silent auction for town inspired quilt ends December 9th with an open house at the library. All proceeds to benefit the library. Contact the library for more information – 860-455-1086 or fletchermemoriallibrary@gmail.com

The Hampton Hoot
November’s Hoot is cancelled
Join us on December 13th at 6:30 p.m. for the next Hoot. For those who love folk singing and/or playing traditional instruments. Strictly low-key, all about having fun, no talent required! Every second Wednesday! RSVP requested, but not required. Contact: Jaime@hotstringsuitar.com or 203 218-6199 or call the Library: 860 455-108.

Story Time, Song & Play
Every Friday Morning 10-11 a.m.
Story Time, Song & Play for children (ages 0-5) and their caregivers. This is an interactive program using a variety of musical instruments, rhymes, songs, finger plays, puppets, as well as a story or two. Our goal is to encourage a lifelong love of reading and learning.

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

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

The Neighbors paper
Black and white
And read all over!

Mead: Nectar of the Gods Arrives in Lebanon



9.24.17 Kevin West explains his Rose and Hops mead creation at the Charter Oak Mead Cup at the Lebanon Fair Grounds. Contributed photo.

By Tory Cefort

There is not a beverage that conjures up more images than mead, a fermented beverage made of pure honey and spring water. Whether you associate it with civilizations of central Europe, Druids, pre-Roman, Vikings and Teutonic raiders, ancient Celts, it is impossible to deny the magical hold that mead has always had on the imagination of Western civilization.

It was likely mead that Homer and others had in mind when they described “nectar,” favored beverage of the inhabitants of Olympus. Certainly mead played a role in the Icelandic sagas, in Beowulf, in the writings of the ancient Irish bards. It is mentioned in the Bible, in African tribal lore, even in the epic of Gilgamesh. Wherever man has lived, he has made mead, even in lands where the grape or grain grew in abundance.

But what is mead? As mentioned in general terms mead is wine made from honey. But there generality ends. Every region or people of the world who has produced mead has given it a different, customized spin. One need only look at the varieties of mead in the northwestern European tradition to begin to see that diversity.

There are still meads and sparkling meads, strong meads and small meads, dry meads and sweet meads. Spiced mead (metheglin, from which the English word “medicine” comes), fruited mead (melomel), mead mixed with grape wine (pyment) or with apple juice (cyser), even a blend of mead and beer known in Old and New England as “bracken,” the peoples of the Celtic/Anglo-Saxon world knew them all.

The home wine and beer making resurgence of recent years has also helped mead be rediscovered. In fact mead is often the first wine homebrewers try to make and the first brew that home winemakers attempt. Meadmaking follows many of the same basic rules and procedures as brewing beer from extract syrup, but the aging and conditioning is more like winemaking. The major difference is time, both in the brewing and the fermentation. Above all, making mead requires a considerable amount of

patience. Be warned that it will be several months before your efforts will be rewarded and for the high quality well refined, a batch may take a year of two before it is properly conditioned for the educated and discerning wine palate.

Those in Connecticut who may be interested in tasting this beverage of Kings, no longer have to travel to the old country or run out and purchase gallons of honey from local beekeepers to brew their own. Richard Gummoe owner of Connecticut Valley Distillery and Co-Owner of Nordic Moon Meadery in Ellington has done all the work for you.

Launching one of Connecticut first meaderies in 2015, the owners have been patiently waiting for their meads to reach peak perfection over the past two years. The owners unveiled their meads at the Lebanon Fair Grounds on September 24th at the Charter Oak Mead Cup, a blind mead judging and tasting competition where mead makers from around the country entered their finest meads to be reviewed by certified professional judges.

Nordic Moons’ Mead Master, Kevin West and Richard Gummoe together achieved first place in a number of mead categories including “Best-in-Show” for Kevin’s Hips and Rose a metheglin style semi-sweet mead made with orange blossom honey and locally gathered rose hips and rose petals.

You can learn more about mead made in Connecticut, competitions or the Nordic Moon Meadery tasting events. www.meadmag.com/2017/09/charter-oak-mead-cup-2017-results/ www.NordicMoonMeadery.com Facebook @NordicMoonMead



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Jailbird

By David Corsini

Years ago I gave an assemblage to a neighbor. This assemblage involved two old silver-plated dishes with glass centers attached to scythe handles like a set of flowers. Recently, this neighbor told me that one of the glass centers had broken and asked me to fix it. When I went to retrieve the piece, I noticed dents in the dish, clearly indicating that it had been hit by projectiles, probably from a sling shot. Although there had been misses, one shot had found the center piece of glass. This observation brought me back to childhood days and my adventures with sling shots.

As a child, I made sling shots. At first I used Y branches of trees and rubber from old bicycle tubes, but my technology improved. My best sling shot was made of a branch from a maple tree with “arms” that were symmetrical and an opening like a U rather than a V. The rubbers were strips of latex used in the manufacture of women’s girdles. This was an awesome weapon.

I don’t think I was a bad kid, but I do remember shooting out a couple of street lights and one of those gazing balls people have in their garden. And one day, from my open bedroom window, I shot a marble at the kid across the street and hit him on the leg. He jumped and had no awareness of what had happened. In retrospect, I cringe to think of some things I did and the harm I could have caused. So, with respect to the broken assemblage, I could easily imagine that in my youth, a target such as the glass center of the “flower” would have been irresistible. And as my thoughts drifted to my youthful days, I remembered other events in my life that could have resulted in a heap of trouble. I feel lucky that I never caused serious damage. Remembrances of my youth helped me to keep perspective when raising my own children and reacting to nuisance events of neighborhood kids. Recently, someone walked off with one of our solar lights. I can imagine my youthful self pretending to be the Statue of Liberty with such a “borrowed” light.

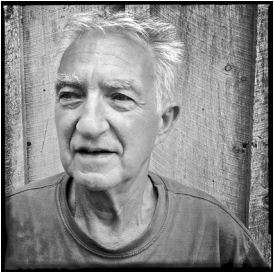
Even though in my childhood I had managed to remain below the radar, I later had two stints in jail. However, since each stint was only a one-night-stand, I am not sure they would qualify as “stints”. But, I have had my fingerprints taken twice and a mug shot taken once. How did I, a mostly law abiding guy, end up in jail?

My first night behind bars was in 1958 and the place of incarceration was a small town in South Dakota. It happened during the summer between my sophomore and junior years in college. That summer four of us Bowdoin students decided we would travel to Washington State to work in a pea factory. We had heard from older students that good money was to be made. One of my fraternity brothers, Bobby Tow, whose father owned a Chinese restaurant in Providence, R.I., had a 1954 Plymouth sedan that would be our transportation. Before we left on the trip, my father looked at the tires on the car, shook his head and bought us four new ones. No one thought to ask Bobby about car maintenance.

By the time we got to South Dakota, the car was using about as much oil as gas and the trail of exhaust was disgusting. When we asked Bobby about the last oil change, he seemed bewildered. It was determined that a “ring job” was essential and we were lucky to find a mechanic. As we waited for the car, I am sure we stood out as four vagrants. A policeman stopped to question what we were doing and what our plans were. As we explained the situation to the policeman, he asked if we would like to sleep in the local jail. Wow! Free room sounded pretty good to us, so we agreed.

It wasn’t until we showed up at the police station that evening that we learned there was one stipulation associated with our stay: We had to agree to be fingerprinted. We weren’t too happy with those conditions but the alternative seemed worse. The alternative seemed to be: getting arrested for vagrancy and spending the night in jail! So we got fingerprinted and spent the night locked in a cell. At least we had not been arrested and the price was right. We made it to the west coast but it was very difficult finding work. I remember one day making a very small amount of money picking raspberries and another very, very miserable day bagging grass seed in the back of a harvester. I have allergies to grass so my nose ran like a faucet and my eyes itched like crazy the whole day. Even though I needed the money, I did not go back for a second day.

When we got to Washington and checked with the pea factory, it turned out that it had not been a bumper year for peas. But we did manage to get jobs in the pea processing factory for two or three weeks. I remember my job



was throwing large trays of frozen peas into the hopper of a machine that separated the block of peas into individual frozen peas. The amount of money I made was not what I had expected, but at least I had enough to travel through California and get back home.

We had another close encounter with the police in Monterey, California. When we pulled into that town, the muffler on the car was totally shot. Police immediately stopped us and strongly recommended we get out of town. We soon got the muffler replaced and continued on to San Diego. One night we slipped over the border to Tijuana. There I remember being fondled by bar girls but was too busy holding onto my wallet to enjoy the experience.

I arrived back home with a beard, a bull whip, and memories that I wish I had written down. I did not make enough money to help my parents with my college expenses and my father hated my beard. But I was really happy to have made the trip.

My second stint in jail took place in Athens, Georgia in 1969. This time I was sprayed with tear gas, arrested, had a mug shot and fingerprints taken and was jailed for real.

When I completed my Ph.D. at the University of Minnesota in 1967, I wanted to begin my career in someplace different and accepted a position in the psychology department at the University of Georgia. Life in Athens, Ga. during the late 60’s, met my criterion of “something different”. During this time period there were both integration and anti-war issues.

I remember looking out my office window at the Georgia state flag which at that time strongly resembled the Confederate flag. I wrote a letter to the local paper to complain about that. I was soon called into my department head’s office and told that a complaint about my letter had been received. My department head was a Southern gentleman and I was not criticized per se, but was advised to be careful.

Jean, my wife at that time, had become involved with a childcare center at a local Black church where members were active in both integration and anti-war issues. While I cannot remember the exact details, a demonstration that did not have a permit was planned in downtown Athens. Jean wanted to attend and it was clear that there was going to be “trouble.” So, I agreed to go with her and we dropped off our two children to spend the night with friends who knew better.

As expected, a large group of us were tear-gassed and then placed under arrest. My wife and I, and others like us, were trying to calmly get into the paddy wagon to be taken away. But along with us there was a group of young men who were shouting and kicking at the police who were responding with their nightsticks. It was frightening and I tried to stay in the background. I was not very surprised by the turn of events.

At the jail my wife and I were separated. We were fingerprinted and mug shots were taken. I was held overnight in a bullpen with many others. With me were two graduate students who I knew well and several faculty members with whom I was acquainted. There were several disturbances during the night and the guards responded by spraying mace through the bars. There were rumors that faculty members were going to lose their jobs. I was concerned, but resigned to the situation.

We were released from jail the next morning and several days later represented in court by a fancy civil rights lawyer from Atlanta. All charges were dropped. As far as I could tell, there were no recriminations at the University of Georgia, but I came north to UCONN before issues of promotion or tenure were of concern.

I find it instructive from time to time to look back over my life. While many memories bring me joy, sometimes I remember things that are not pleasant. But the two nights in jail, and being a jailbird, are more amusing than unpleasant. Memories also help to provide a perspective for judging others. But, one of the main reactions I have when looking back is an appreciation of how lucky I have been in so many ways.

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

Home care for the disabled

By Kevin Pratt Jr.

I am a disabled individual with cerebral palsy. I am currently 44 years old. The last 24 years I have lived independently with help from a home care agency. In the beginning it was fantastic. I would get the help I needed every single day, no questions asked. If an aide called out of work there was always someone to take her place to make sure somebody like me was well taken care of.

Fast-forward to 2017 and the whole homecare dynamics has changed drastically. The rules are changing so much so that they want you to rely on other people to take care of you, whether it’s family members or friends. In my case I don’t really have friends or family members that could step in and help me at the drop of a hat. Even if I did they would want to be compensated for helping me out and because I am on a fixed income I cannot afford to pay somebody on a daily basis.

The current home health aid agency that is taking care of me wants to discharge me at some point, either by the end of this year or sometime early next year. What this means is they totally want to wash their hands of the care of me. In other words they want me to find a whole different agency to take over. The problem with that is every agency that I’ve looked into either doesn’t do hands-on anymore or they only do once a day coverage. Getting care for someone my age is a factor because I am not over 65 or they do not take my state insurance.

My worst fear is that I’m going to have to sign myself into a group home just to take be taken care of. That means I would have to start over my retirement and that I would be given an allowance every month. I would go from a 700 square-foot apartment to a bedroom that I would have to share with another client or patient.

Everybody preaches that you should have a backup - meaning a person that can help you at the drop of a hat. However, when you don’t have that available it makes things more difficult because you can’t force someone to help you.

I know I should’ve stated this in the beginning, but I am a disabled person that needs help dressing, bathing, and toileting every day. There are some things that I can do on my own, but for most things I need assistance. I understand that things change and all that stuff but when it’s going to affect your livelihood and your independence it makes me extremely worried. I cannot go and live with my father or my sister or my brother for that matter, only because their places are not accessible at all or should I say wheelchair accessible.

Even if these residences were accessible I would still have to give up my job and that part of my independence because there’s no transportation that would go out that far on a daily basis. My window of opportunity for working would be shorter because of the limited transportation. So as I sit here today I don’t know what to do. I’m still covered, as far as homecare, for the next 60 days. After that I don’t know what’s going to happen. I don’t know where to go or what I’m going to do. There are not many agencies that cover seven days a week, twice a day. That’s exactly what I would need in order to be happy and successful and not lose my independence. I don’t think fourteen hours of assistance each week is too much to hope for.

So the next time you see a disabled individual, try to put yourself in his or her shoes before you start judging them. All I’ve ever wanted is to have my independence, my own place, a job, and be active in the community. Is that too much to ask?



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Spaghetti Models

By Delia Berlin

In Connecticut, we don't see hurricanes very frequently. My husband of about 35 years, David, doesn't travel without me very often either. These two statements may seem completely unconnected. But they aren't, because for every hurricane, tropical storm and meteorological calamity we have experienced over our decades together, I was home alone. While in some ways this was at times overwhelming and terrifying, in others, it was a relief. For example, when we had a water well and multiple bathrooms, I could always count on a few more flushes all to myself.

As I write this, David happens to be traveling. Meanwhile, tropical storm Jose still wobbles near the coast of New England and hurricane Maria batters several more Caribbean islands, after already having devastated Puerto Rico and the Virgin Islands. Although by September 14th Jose was downgraded to a tropical storm, its projected track remained too close for comfort for days, before finally delivering just a minor glancing blow to southeast Connecticut.

It still will linger almost in place for several more days, affecting Maria's future path. In a year of epic cyclones forming in rapid succession, hurricane anxiety is common and these long-lasting systems can be nerve-racking.

Forecasting the path of hurricanes is not easy even in normal circumstances. In seasons featuring unprecedented conditions, it becomes still more difficult. Meteorologists run simulations by plugging in many variables into mathematical equations that represent approximations, resembling the actual movement of storms.

Usually, these simplified approximations or "models" cluster tightly for near-future forecasts, when most variables are well-known. But models tend to diverge for long-range forecasts, when many things could still change. That's why instead of a linear path, forecasters only predict a "cone of uncertainty" spanning the area most likely to be affected. Within that cone, there may be huge variations in impact depending on the actual track of the storm. This cone is usually drawn around individual line-tracks predicted by most models. When simultaneously plotted, these lines produce a bunch of lines commonly referred to as "spaghetti" models.

That's a left-brain description of hurricane forecasting. But whenever David is away, my memories of so many unlikely storms without him make me anxious. While I'm usually a rational person, on these occasions my right brain tends to add two more models to the forecast. Each one of those two produces tracks on opposite sides of the cone of uncertainty, widening the range of possibilities. Allow me to expand.

My first "solo" hurricane was Bob, while David was in China. We lived in a house in the woods and we had two pet geese living in a pen in the backyard. The geese had nice accommodations, including a wading pool, that were thoroughly cleaned daily. The hurricane was expected to make landfall in Connecticut in the afternoon, but by morning we already had high winds. Anticipating no power by the time I got home from work, I cleaned the goose pen and changed the water in the pool, which gave me some sense of readiness.

Getting to work in tropical winds was hard and getting back home was even harder, in spite of an early state closing. To my dismay, the nervous geese had chosen that day to carve a hole in the bottom of their pool, which was now completely drained. Already, there was no power. I found some large pig-feeding pans, donned rubber boots, and made repeated trips to the stream in the rear of our property with buckets to gather enough water to give each goose some sort of wading pool.

The storm seemed endless and was quite scary. At one point, from the living room window I saw a huge oak come down over our shed – a repurposed old outhouse where we kept the mower and garden tools. I remember being surprised by the speed of the fall. There was no



slow-motion drama, just one quick snap and the whole shed was flattened to the ground. The diameter of the root pad of the oak was twice as tall as me.

From his comfortable quarters in China, David apparently saw the eye of the storm pass right over our house on CNN international news. We were (or rather, I was...) without power for many days. Gradually, I took all the contents of the fridge to work, so someone could use them before they spoiled. I got a new wading pool for the geese and continued filling it with stream water daily, until the power came back. At least, thanks to the torrential rainfall, the stream had gotten a lot closer!

There was also a time when David left in winter and it snowed heavily each and every day of his absence, requiring as much shoveling as a lone person can possibly handle. And on another occasion, a freak electric storm hit our house and we lost cable, phone, alarm system, garage door opener and water heater... My young daughter was with me during that ordeal. Our house was full of windows and skylights and we didn't know where to go for safety. The geese were frantically screaming and running around in their pen. It was really terrifying. At that point, long before cell phones and wi-fi,

David was at a conference in Stockholm. Without a working phone land line, we were out of touch. Freaked out after several days of "no answer" at home, he called a neighbor and found out what had happened.

And then there was Sandy... We were living in Windham Center then and if I remember correctly, that time David was in Costa Rica. The storm seemed eternal and frightening. My power went out dozens of times, but amazingly it kept returning. Once or twice, the outage was accompanied by huge transformer fires that I could see in the distance along the road. I was sure then that the power would stay out for good,

but once again, the power returned. Perhaps because of our house's strategic position along a line that delivered power to two nursing homes (one on each side) I lucked out, and remained able to help many friends and relatives with their water needs for many days to come.

Ironically, there were times when we planned David's trips for dates that were not likely to feature meteorological troubles, to no avail. Once, he even left for an overnight birding trip to the Berkshires in the middle of the summer, when nothing but clear weather was in the forecast. We were living in Bolton then, and as I was returning from work on Route 6, the radio sounded an alarm, followed by the message "This is NOT at test" – a tornado had been spotted in our area! I barely made it into our house before the power went out in the midst of the scariest hail storm I've been through. That night, from his hotel room, David called me in disbelief as the news showed images of damaged cars and obliterated lawn furniture near our home town.

Another time, his birdwatching trip to Trinidad was scheduled for the very end of March to avoid snow season. I was feeling relaxed. But just a couple of days before David's scheduled return, there were signs of a late blizzard. Unbelievably, the forecast was correct. We got almost two feet of wet snow that made roads impassable and caused a lot of tree damage. As a matter of fact, David was lucky that his plane was able to land as planned and he only made it home thanks to his all-wheel drive. Young and encouraged by his return, I had already shoveled every path and then some by the time he arrived.

As Maria still remains a potential threat to Connecticut as it makes its journey to the north, my right-brain models compete, just because David is away. When anxiety wins, the more fatalistic "Murphy's Law" model shifts Maria to the west, bringing her closer to Connecticut. When my mood is bright and hopeful, the "Law of Averages" model shifts Maria to the east, taking her out to sea. By the time this gets published, David will be back home from his trip and we will know exactly what happened with Maria.

Meanwhile, I'm feeling hopeful. There can only be so many meteorological coincidences and think I've already had my lifetime's supply.

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The Three Rs of ‘Bench Culture’: Reuse-Relax-Rebel!

By Mark Svetz

I have been enduring a period of back pain lately. These periods of inactivity leave me daydreaming much of time about the street. One of the ways I have enjoyed the street is from a bench, and lately I have been thinking about building a bench in our back yard. So far, I haven’t overworked myself with these thoughts, but they did take me on a little flight of fantasy the other day. I recalled a sequence of events some 20 years ago in New York City which is stored in my experience bank as the “Bench Project.”

Sarah and I were living in lower Manhattan. There was a little park across the street from our building, between East 2nd Street and Houston, at Avenue C. It had been falling into disrepair for years. One sad day in the Spring, the last dilapidated bench was removed by the Parks Department. These benches were important to me. I thought of them as my “drawing room,” where I would sit and watch or swap stories with our neighbors. When the Parks Department truck hauled away that last bench, my relaxation was interrupted!

There were conversations with NYC Parks Department. Various officials gave me assurances that the park was slated for renovation. There were many arguments about benches in the meantime. Finally, there was a disclosure that the park was to become a City Green Space. This meant it was to be a garden to look at but never enter...and NEVER to sit in and relax!

You see, a bench – or a stoop, or a joint compound bucket – has always been a beacon for me, a place to meet, talk with, make plans with or simply enjoy the comings and goings of my neighbors. When I learned what the city had planned for this little park, I felt betrayed. If I had been able to ‘fast-forward’ about 20 years, I might have anticipated the Occupy Movement, and what the parks were to them: A rough and tumble back bench, where we could dialogue and ‘shadow’ our government. No wonder NYC wanted parks no one could enter!

As I seethed, an idea occurred to me. The streets were full of discarded construction materials awaiting pick up by the Sanitation Department. I decided to build a bench! I went out with our hand truck and scrounged boards for the job. I ended up with a great bench. If you were to look at it from the end, it was a lopsided X, with one of the upper arms serving as the seat, the other was the back, and the two lower arms of the X were the legs. It was very stylish, and I was delighted the next morning when I left our building and there was a man sleeping on it.

It was a wonderful feeling, but it didn’t last long. Later that day, I came around the corner and there were two men tossing my bench – not to mention my neighbor’s bed! – into the back of a Parks Department truck. I was seriously bummed. I knew the city would not accept the benches with open arms, but I really thought bureaucratic inertia would save my bench for a few months. It was back to scrounging through the trash to find more lumber.

I just want to tell you how wonderful NYC is, when it comes to finding almost anything you need in the street. One morning, as an example, I was walking to work at Cooper Square, about 7-10 blocks from our Avenue C apartment, and I saw a really new futon on top of some trash cans. I called Sarah to get the hand truck and meet me on E. 7th Street. We brought home a nice futon, which we slept on until my mother died a few years ago. This ‘Bench Project’ is also a tribute to the wonderful, unofficial recycling/reuse program that goes on in the city.

Eventually, I found some folding wooden chairs which I was able to modify with a plank across the seats, forming a cool, clunky bench. Stung by the fleeting triumph of my last bench, I decided to bolt this one to the sidewalk. I got some lead anchors, my drill, some brackets and bolts and went out into the street with my latest bench.



I drilled holes and bolted the bench to the concrete, and felt good. Mindful of my nemeses in the Parks Department, I glued a sign to the bench: *“Please Do Not Remove: This bench is for the enjoyment and relaxation of our neighbors.”* Time would tell.

Not much time, as it turned out. It might have been the very next day, but in any event, the second bench quickly went to way of the first. The third bench in this series took a while. I was able to find materials over the next month or two, but I wanted to figure out a way to make the triumph last longer. It was ironic that the Parks Department provided just the thing to satisfy my quest. Between the second and third bench, the city had completed this City Green Space, which, as promised, was a beautiful garden with a stout fence all around it, keeping me and my neighbors out.

Now, when we moved to NYC, the first job I found was as a bike messenger, working for a small service called Portable People. I was hired by the owner, despite his concern about my age and inexperience, when I told him “I just rode my bike through the Rocky Mountains! I think I can handle Manhattan!” He laughed and said “All right. Come in tomorrow at 8 and I’ll set you up. Bring a big lock!” I bought this really big – and expensive – chain and padlock to lock my bike during deliveries. I realized that I could use that big chain to lock my new bench to the stout fence around the Green Space!

This time the bench lasted a couple weeks. People sat on my bench and drank coffee, talked, slept, made dates and probably cried over lost love! The back rest was even tagged! Nothing lasts forever, and my third bench went to way of the others eventually. The parks department used really big bolt cutters to cut my chain. My bench and my – very expensive! – chain and lock were gone. Bummer about the chain.

There is a sidebar to this story. Quite some time later, Sarah and I were having a cup of coffee in one of the community gardens people made in vacant lots around Alphabet City (avenues A, B, C and D in Lower Manhattan). We were sitting on some rocks and saw my first bench nestled amongst some shrubbery! We sat on the bench and, I have to say, I have never enjoyed a cup of coffee more.

Another time, we found my third bench, broken in the trash. I’m not sure how these benches ended up where they did. Neighborhood connections being what they are, I assumed somebody in the Parks Department salvaged my benches and gave them to friends in the neighborhood. The really nice thing about this third bench – this is the one that got tagged, remember? – is that the back was intact, and I still have that board in my bicycle shed here in Willimantic, graffiti and all!

I didn’t get to make another bench. I had a lot of fun, however, and I count the experience as a small victory. I did, after all, build at least one bench for the relaxation and revolutionary potential of the neighborhood. A job well done, as I look back.

I think I’ll use that tagged board in the bench for our back yard. The graffiti will remind me of past victories, something we all need these days.

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

Letters and Emails

The Fence Around the Green

As the November voting approaches, the Windham Town Council is working hard to move forward with it’s development of Jillson Square into a big time contender in the small time outdoor concert market. The photo at right, posted on Facebook by a citizen, shows the line of the portion of the fence to be built at the south (Main Street) end of the Square. It was laid out about October 15. The \$78,783 fence contract was let to Durham Fence Co. on a 26 September motion by Windham Town Councilwoman Lorraine McDevitt, second-



ed by Councilman Mike Lessard. Although the town has not released a site plan for the development, a cell phone copy of it was posted on Facebook by a citizen. This also is shown below. Additionally, drawings for the large band shell that will sit at the Valley Street end of the Square was posted. An article in the Chronicle described the band shell as being 72 feet wide and 36 feet deep. Although the Windham Economic Development Commission has promoted the project with input from local arts and entertainment interests, I don’t think the project has been adequately vetted with many of Windham’s ordinary citizens. I find many, including local performance and visual artists, who are outraged at the action of the Town Council on this project. At this point it seems the only possible hope of reversing it, other than a cease and desist order that has been threatened, is to defeat, in November, those who support and promote the project. These include mayoral candidate Victor Funderburk, and council members who are candidates: Dennis O’Brien, Mike Lessard, and Lorraine McDevitt. Council candidate Ernie Eldridge, who is currently mayor, has done nothing of which I’m aware to reveal his position about the project. There are others on the Town Council who support it, but they are not running for election. There are also other candidates for mayor or town council that, in my opinion, should clearly state their position on the project now. These include mayoral candidates Anita Stebesyan and Jean DeSmet, and town council candidates Ernie Eldridge, John Wylie, Randall Prose, Rose Reyes, Corey Krohn, Dagmar Noll, and Dawn Niles.

There has been way too little public input on how the Green should be developed. The citizens of Windham themselves do not have the right, under the town charter, to initiate a referendum. Therefore town council should initiate a referendum in which citizens could select one of three choices about development of Jillson Square: 1. Do nothing, 2. Build a small band shell at the south (Main Street) end of the Green where it will have less visual impact, or 3. Build a large band shell on the north (Valley Street) end and fence everything in to protect it and keep out non-paying audiences during concerts.

If you believe this project has been inadequately vetted, or if you are opposed to the project, please copy the names mentioned above and take it with you as you consider how to vote in November.

Chuck Morgan

Ed. Note: Chuck’s letter was written on October 16, 2017.

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“It’s Not Always Bad to Cut a Tree” Or: Confessions of an Overt Coverts Coordinator

By Robert Enright

At least two of my grandparents were Irish immigrants. My parents were New Yorkers, and I was born in the City. We first lived as a family in what was then known as “White Harlem,” an Irish enclave in Morningside Heights, Manhattan. Eventually we joined the migration to the suburbs; I grew up in Rockland County, northwest of New York. Country living for us meant that the neighbors at least had to shout at each other a little before we could hear them fighting.

By the late 70’s I’d fetched up in Connecticut, first to study law, then to practice it. By the late 80’s my wife and I had acquired land in Mansfield, and we built a house on it. All told, we wound up owning about 110 acres, mostly “wood lot,” in New England parlance.

I’m providing these biographical arcana to explain somewhat the answer to a question that I’m occasionally asked: “What are you going to do with all that land?” My answer has typically been a proud and triumphant “Nothing!” For over twenty years -- and counting -- I’ve lavished it with benign neglect and luxuriated in its passive enjoyment. The forest means this: Space, solitude, silence, and sylvan scenery. And, don’t forget, I own it; no person nor government, not to mention empire, can dislodge me from it, not without a legally cognizable reason, followed by operation of good-old fashioned Anglo-Saxon due process of law.

As I lean on age seventy, though (I’m arguably “pushing it” next year, at sixty-eight), I’m starting to think that, legalities aside, I don’t truly “own” anything, not to mention land. After I’m gone, no matter what, the land will persist. Even if the woods were scorched and the earth exposed, vegetation would regenerate, and even bare soil would yield, slowly but inexorably, its native crop of rocks and stones.

I also started to think about whether I’m going to be leaving the land in better shape than when I acquired it. While I’m only the land’s transient custodian, can this grandson of barely-educated Irish immigrants do better than that? Why settle for “custodian” -- how about “steward?”

I decided that I needed to know more about forest “improvement,” so I reached out to the Connecticut Forest and Parks Association. This led to my participation, along with other landowners with the same interest, in this year’s Coverts Project Seminar at Great Mountain Forest in Norfolk, held under the auspices of CF&P and the University of Connecticut. (“Coverts” means a niche or sheltering place for wildlife.) Over the course of a long, intense weekend, seminar participants, deemed “coordinators,” attended lectures by academics and other experts on such topics as forest and wildlife ecology, silviculture and forest management practices, and specific means and methods by which woodland habitat can be preserved and enhanced. Every day we took to the field to observe sites where various forest management practices were being implemented. The lecturers were not only impressive for the depth and breadth of their knowledge and experience, they also knew their way around tools and equipment; we saw how a portable flame-thrower can be used for do-it-yourself eradication of Japanese Barberry, consensus Public Enemy Number One, as far as invasive species are concerned (and a particular concern for me; it’s proliferating on my land).

If the overarching theme of the Coverts Seminar was conservation of forest habitat through sound (read: scientific) management practices, then the overarching lesson for seminar coordinators, if perhaps simplistically and somewhat facetiously put, was this: “It’s not always bad to cut a tree.” Indeed, the lecturers, again, impressive in their training, knowledge, and experience, presented a convincing and unbiased case that forest sustainability just about invariably entails cutting (or “harvesting”) of trees.

Now comes the hard part, for this aging child-of-the-sixties, all-but-tree-hugging, hopefully do-gooding landowner. Up to now, the main reasons for owning land, namely, enjoyment of scenery and preservation of habitat, belong to the same club; they shake hands and pat each other on the back. What happens, though, if, as it turns out, mere neglect is not necessarily “benign,” and implementation of sound forest management practices operates to the detriment, even partial destruction, of the aesthetics of passive enjoyment?

I saw what happens when woodland is even partially cleared of trees, although in a way that is rigorously calculated to advance the purpose of forest sustainability. This is called “disturbance.” After the heavy equipment has done its work, what remains is a ravaged landscape that consists of “slash” -- residual litter of felled limbs, branches, and tree cover -- stumps, segments of trunks, and

torn-up vegetation.

Any landowner who is convinced that stewardship means adoption of sound forest management practices must stare this reality in the face and take a long, hard look at it. That landowner might just have to accept the fact that stewardship means sacrifice -- at least for years, although by no means forever -- of aesthetic pleasures on the altar of tried-and-true conservation principles.

I am that landowner, although I expect that my ambivalence about the intangible “cost” of forest sustainability will never altogether subside. The next step is already in mid-stride: A forest management plan. A forester has examined the property -- a government grant paid for this service, by the way -- and at this writing I await a report with recommendations (one of which likely involves harvesting of mature trees). In the meantime, I’m considering choices, pending the results of the evaluation. I learned, for example, that the New England cottontail rabbit is beleaguered. If acreage is cleared, then I might just be giving this critter a break. Not only that, I learned that creation of habitat for the New England cottontail is “really for the birds,” that is, it also enhances the prospects of a number of bird species that are somewhat beleaguered.

So I’ve been disabused of the unfounded belief that mere neglect is benign. I’ve adopted this goal: Forest sustainability, through sound management practices, into the indefinite future (pending, of course, the environmental apocalypse that I expect will happen in my lifetime). And I understand that it’s all right to cut trees -- under “scientific” circumstances. This isn’t a truth that many would hold to be self-evident, but I’m convinced of it --- even though I have to keep reminding myself of that conviction.

In a subsequent article I hope to discuss the results of the forest management plan and implementation of recommendations that arise from it.

Christmas in Coventry Village

Submitted by Ruth O’Neil, Coordinator

Coventry’s Christmas in the Village will be held on Sunday, Dec. 3, 2016, from 12 noon to 4 P.M. This annual town event brings community members and businesses together to welcome the holiday season. Activities during the afternoon include horse and wagon rides, storytelling, live musical performances by local artists and students from the Song-a-Day Music Center, pony rides, crafts, an interactive dance demonstration by students of The Can-Dance Studio and, of course, a visit from Santa.

The PTO in conjunction with the Coventry Arts Guild will host a Youth Art Show and Contest at the Booth and Dimock Library.

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

A formal dedication of the newly-restored historical Shoddy Mill building is scheduled during the afternoon. New this year will be an Enchanted Village, organized by the Coventry Parks and Recreation Department. This feature will include many fun activities for children of all ages, including cookie decorating, a selfie photo booth, make and take crafts and more.

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

Also, coinciding with Christmas in the Village is the multi-day Eastern Connecticut event, Artists’ Open Studio. Two Main Street studios, Timberman Studio and Maple Brook Studio and Forge will be open to the public on the 6th. Visit aosct.org for more information on the Artists’ Open Studio.

Christmas in the Village began in 2003 by the Coventry Village Improvement Society. This is the 14th year for the event.

Visit Coventry’s Christmas in the Village’s Facebook page for detailed schedule information or to make a donation, or call the coordinators at 860-918-5957 or 860-617-3588.

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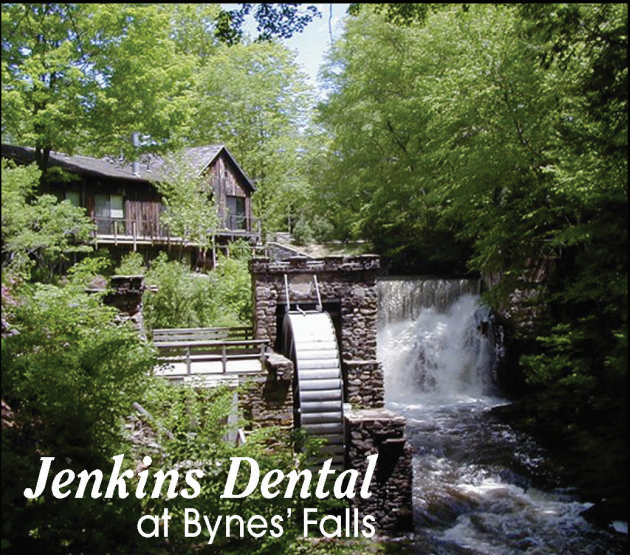
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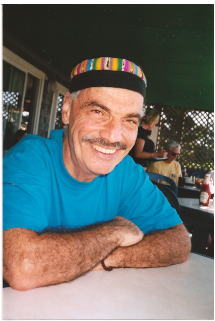
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Moral Signposts and Paths of Separation

By Len Krimerman

Bucky Fuller once wrote: “*You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.*”

And Albert Einstein told us that: “*We can’t solve problems by using the same kind of thinking we used when we created them.*”



Separatist Perspectives and Moral Compasses

Both of these statements express a “separatist” perspective: if things need changing, detach yourself from them, identify better goals, invent new paths – and walk away from what doesn’t work or is full of problems.

As fellow *Neighbors* writer Mark Svetz put it, things in the USA have lost their “moral authority” or “moral vitality”, so it’s well past time to find our own “moral compasses or signposts”. (See his straight talk, hard-hitting September, 2017 article in *Neighbors*: “Beyond Capitalism: Let’s Find Some Moral Signposts”.)

Mark makes the case, with abundant concrete evidence, that “capitalism” has today become a form of plunder and inequity – within this country as well as in its sweat shops and corporate encroachments on small businesses and family farms throughout the globe. (See article in Reuters about soy bean crop damage in Arkansas this summer from Monsanto’s herbicide weed killer.)

And he calls for “each of us” to “consult own moral compass to lead this country in another direction”. This, I think, is very similar to the separatist mantras of Bucky and Albert, calling for detachment from what is now entrenched and deficient, as well as new models and novel kinds of thinking.

In June, I wrote in *Neighbors* about an amazing separatist turnaround within public education. In that case, young learners and their adult allies have begun to liberate themselves from decadent and illegitimate forms of authority in our nation’s schools, demanding and developing forms of “personalized learning” (NG2) and “youth participatory action research”. The shift here is from heavy-handed administrator and teacher control to full-scale support for the development of learner initiative and agency.

But is anything like this educational shift possible in our economy, given the seemingly limitless resources and lethal track record of corporate capitalism? Actually, and perhaps surprisingly, YES! Here’s what I wrote about it back in 2015-16:

A New and Different Sort of Economy

What I have called a “Grassroots Democratic Economy”(GDE) is taking shape here in the belly of the beast (and elsewhere, but my focus is mostly on the USA). There is evidence of a rising tide of democratically and locally run initiatives, a tide that appeals to and is increasingly directed not by governments or corporations, but by the people who live and work within the enterprises they have created. For example:

• *New York City’s 2014 approved budget allocates \$1.2 million for developing and supporting worker-owned cooperative businesses.* (Yes! Magazine, posted 6/27/14) [Note: recently, the NYC Council approved a \$3.1 million allocation for 2017.]

• the *Southern Grassroots Economies Project*(SGEP)... is building networks across the US South to promote and launch sustainable cooperative economies. Our work is inspired by the rich history of social justice struggle in the South and looks to the example of the worker-owned cooperatives of Mondragon, Spain and Emilia Romagna, Italy for guidance....The individuals and organizations within the SGEP are working to create a culture of [democratic] community-based ownership in the South—a culture that will fundamentally alter our relationship with business, work, and community wealth. (<http://sgeproject.org/about/>; see also <http://www.geo.coop/content/southern-cooperative-movement-0>)

• *Workers in Maine Buy Out Their Jobs, Set an Example for the Nation*
On remote Deer Isle, Maine, the movement for a more just and democratic economy won a major victory this summer(2015). More than 60 employees of three retail businesses - Burnt Cove Market, V&S Variety and Pharmacy, and The Galley - banded together to buy the stores and create the largest worker cooperative in Maine and the second largest in New England. (<http://www.geo.coop/gleanings?page=4>)

• *The Highlander Center, a training center for social movements with deep roots in the South, just launched its “Appalachian Transition Fellowship”*— a program to mentor and support 14 young Appalachians as they work on economic development projects throughout the region. Their goal is to accelerate the creation of a diverse economy by working on projects that create jobs and livelihoods in the wake of coal’s decline. (Yes!, posted 7/17/14)

• “*The worker cooperative movement has hit a new stride. Re-emerging in the 1960s, cooperatives tend to elicit thoughts of natural food stores and specialty bookshops but the movement has grown to include tech companies, co-working spaces, international businesses, large factories and much more.*” (<http://www.shareable.net/blog/16-worker-coops-redefining-the-cooperative-movement>)

• Moreover, the GDE has created a “secondary” support network, specifically designed to assist startups as well as providing guidance to established enterprises throughout most of the nation. Here’s a partial list:

- The Democracy at Work Network (DAWN) of the USF-WC; national focus
- Cooperation Texas in Austin
- Colors Coop Academy of Detroit
- Green Worker Coops of New York City
- Cooperation Jackson of Jackson, MS
- Worcester We Own It in Worcester, MA
- SELC Worker Coop Academy, WAGES, Arizmendi, and NoBAWC of the San Francisco Bay Area
- Ohio Employee Ownership Center and Cooperative Development Center at Kent State in Ohio
- Center for Workplace Democracy in Chicago
- New Orleans Cooperative Development Project in New Orleans
- Portland Project for Cooperative Innovation in Portland, OR
- Philadelphia Cooperative Alliance (PACA) in Philadelphia
- NYC NoWC of New York City
- <http://www.theworkingworld.org/us/> also in NYC, but with a cross-border focus as well
- www.cpcwnc.org/ in western North Carolina
- <http://valleyworker.org/>Valley Alliance of Worker Cooperative, western Massachusetts and southern Vermont
- The Cooperative Fund of New England

This network of support helps ensure that the new enterprises emerging from GDE initiatives will receive financial and technical assistance designed to help them as start-ups, and keep them alive and well down the road. When I became part of a worker owned chicken processing factory in Willimantic, run by its 40-50 workers during 1975-1979, no such network was available. When a huge corporate poultry processing company hugely lowered its prices, our family of workers – calling itself International Poultry or El Pollo Criollo – couldn’t compete, and the plant closed. Today, one or more of these support enterprises would be available to assist us find ways to compete, or other products or services to provide more sustainably.

The GDE and its notion of a regional and national network of support organizations, is also prominent in Europe, as evidenced by a new project, calling itself “Co-op Starter”, and supported by the European Commission, the executive arm of the EU:

COOPSTARTER – A EUROPEAN NETWORK FOR THE DEVELOPMENT OF SUCCESSFUL YOUNG COOPERATIVE ENTREPRENEURS
The current economic crisis is hitting European businesses hard, and younger generations are paying most of the bill. We are convinced that now more than ever cooperatives are the business model of the future and they are key to sustainable prosperity. As cooperative organisations, we feel a great responsibility to find ways to contribute to a solution to unemployment, especially for young people. Therefore, 8 partners from across Europe have created the project CoopStarter in order to make the cooperative business model known to younger generations, and to accompany people willing to set up a cooperative through the start-up phase. With this website, we want to encourage and inspire young entrepreneurs to carry out their business ideas, and provide them with the tools to make them successful. Coopstarter is a network of business support organisations that every day, all across Europe, accompany and support young professionals who want to start or develop a cooperative business. (See: <http://starter.coop/>)

The GDE, then, is much like YPAR and NG2 – it is building a new and far more just, democratic, and inclusive economic model; it “thinks” differently from capitalist economies, inviting, and enabling, more and more ordinary folks to become agents, rather than spectators, of economic life. Just as many educational rebels have successfully detached or separated from compulsory mis-education, GDE can give both hope and authority to those who have been silenced, excluded, obstructed, or otherwise oppressed by capitalism.

But Challenges Abound

Needless to say, however, further GDE progress will not be a cakewalk. Roadblocks of many sorts have materialized and will continue to challenge the GDE pioneers. As Mark points out, “our government” is not neutral between capitalism and more humane and inclusive alternative economies. Neither does it foster the active agency and authority of its allegedly self-governing citizens; it limits them to being spectators of governance, without real voice or power.

So the question arises: can a GDE diminish the dark power of capitalism without also separating from what passes as “democracy” in our largely lame and corrupt political institutions; and what would that actually look like? Certainly, more – much more – than casting votes for candidates who rarely if ever talk with us in any depth about the decisions they make for us!

More to come in December.

Tara Betts to Read at UConn

Submitted by Lauren Cenci

The University of Connecticut’s Creative Writing Program is pleased to announce that Tara Betts will be reading her poetry at 6:30 pm on Wednesday, November 1, 2017 at the Barnes & Noble Bookstore in Storrs Center.



Tara Betts is the author of *Break the Habit* (2016) and *Arc & Hue* (2009). She has additionally self-published small runs of several chapbooks, including “Circling Unexpectedly” (2013), “Switch” (2003), and “Can I Hang?” (1999). Her most recent chapbook, *7 x 7: kwansabas*, was published by Backbone Press in 2015. Betts is also one of the co-editors of *The Beiging of America: Personal Narratives About Being Mixed Race in the 21st Century* (2017).

Betts’ work has appeared in *Poetry*, *American Poetry Review*, *Essence Magazine*, *NYLON*, and numerous anthologies. She was commissioned by the Peggy Choy Dance Company to write a series of poems and monologues for “THE GREATEST!: An Homage to Muhammad Ali” in 2011 and 2013. These writings were published on Winged City Press in April 2013 and were mentioned in the *New York Times*. Betts was named as one of *Essence’s* “40 Favorite Poets” in 2010. After winning the 1999 Guild Complex’s Gwendolyn Brooks Open Mic Award, she represented Chicago twice at the National Poetry Slam in 1999 and 2000.

Betts graduated from Cave Canem and has had residencies from the Ragdale Foundation and Centrum and Caldera, and an Illinois Arts Council Artist fellowship. She holds a PhD in English from Binghamton University as well as an MFA in Creative Writing from New England College. She currently teaches at the University of Illinois, Chicago.

This event is a benefit for the Covenant Soup Kitchen in Willimantic, Connecticut. Audience members are invited to make a monetary donation after the reading. Those who are unable to attend but still wish to contribute are welcome to leave a cash or check donation in the mailbox of Professor Sean Forbes in room 208 of the Austin Building.

The Creative Writing Program aims to introduce and engage both undergraduate and graduate students in various writing courses including fiction, poetry, creative non-fiction, drama, screenwriting, and more. These courses are offered to students of all majors in order to engage and include all that are interested in joining this growing creative writing community at the University of Connecticut.

The reading is free and open to the public. The UConn Bookstore is located at One Royce Circle, 101 Storrs Center, and can be contacted at 860-486-8525. For more information, visit the Creative Writing Program’s website at www.creativewriting.uconn.edu.



Stan Malcolm of Marlborough has taken thousands of photos along the Airline Trail in eastern Connecticut. You can see his photos on his website: www.performance-vision.com/airline

Protect Yourself Against Identity Theft

By James Zahansky, AWMA

After the recent news of the Equifax security breach that has compromised personal information to over 143 million consumers, identity theft protection is becoming more and more relevant.



Identity thieves can empty your bank account, max out your credit cards, open new accounts in your name, and purchase furniture, cars, and even homes on the basis of your credit history. And what will you get for their efforts? You'll get the headache and expense of cleaning up the mess they leave behind.

Check yourself out

It's important to review your credit report periodically. Check to make sure that all the information contained in it is correct, and be on the lookout for any fraudulent activity.

You may get your credit report for free once a year. To do so, visit www.annualcreditreport.com. If you need to correct any information or dispute any entries, contact the three national credit reporting agencies: Equifax, Experian, and TransUnion.

Following the recent breach, Equifax has offered the public one free year of its identity theft protection service, TrustedID Premier.

Keep your receipts

When you make a purchase with a credit or debit card, you're given a receipt. Don't throw it away or leave it behind; it may contain your credit or debit card number. And don't leave it in the shopping bag inside your car while you continue shopping; if your car is broken into and the item you bought is stolen, your identity may be as well.

Save your receipts until you can check them against your monthly credit card and bank statements, and watch your statements for purchases you didn't make. When you do not need them anymore, shred any papers that may contain confidential information.

Helpful hints

Unfamiliar phone calls may be dangerous too, don't answer them along with opening e-mails from people you don't know, especially if you download attached files or click on hyperlinks within the message, can expose you to viruses, infect your computer with "spyware" that captures information by recording your keystrokes, or lead you to "spoofs" (websites that replicate legitimate business sites) designed to trick you into revealing personal information that can be used to steal your identity. These are called phishing emails, designed to look real but could be malicious.

Be cautious especially from emails from one of the three credit companies and verify it is secure before any response. If you wish to visit a business's legitimate website, use your stored bookmark or type the URL address directly into the browser. If you provide personal or financial information about yourself over the Internet, do so only at secure websites; to determine if a site is secure, look for a URL that begins with "https" (instead of "http") or a lock icon on the browser's status bar. There are also companies

that will provide a credit monitoring service to safeguard against criminal activity.

How to Recover

When your identity is stolen, it may be less overwhelming the faster you act. To minimize your losses and prevent further stolen property, contact your credit card companies first. Credit card companies are getting better at detecting fraud; in many cases, if they spot activity outside the mainstream of your normal card usage, they'll call you to confirm that you made the charges. But the responsibility to notify them of lost or stolen cards is still yours.

Next, go to your bank as quickly as you may be able to. If your debit (ATM) card is lost or stolen, you won't be held responsible for any unauthorized withdrawals if you report the loss before it's used. Otherwise, the extent of your liability depends on how quickly you report the loss. If you fail to report an unauthorized transfer or withdrawal that's posted on your bank statement within 60 days after the statement is mailed to you, you risk unlimited loss. If your checkbook is lost or stolen, stop payment on any outstanding checks, then close the account and open a new one. Dispute any fraudulent checks accepted by merchants in order to prevent collection activity against you. You then may want to call the fraud number of any of the three national credit reporting agencies: Equifax, Experian, and TransUnion are the three major credit bureaus. You need to contact only one of the three; the one you call is required to contact the other two.

Next, place a fraud alert on your credit report. If your credit cards have been lost or stolen, and you think you may be victimized by identity theft, you may place an initial fraud alert on your report.

If you become a victim of identity theft (an existing account is used fraudulently or the thief opens new credit in your name), you may place an extended fraud alert on your credit report once you file a report with a law enforcement agency.

Once resolved, most instances of identity theft stay resolved. But stay alert: Monitor your credit reports regularly, check your monthly statements for any unauthorized activity, and be on the lookout for other signs (such as missing mail and debt collection activity) that someone is pretending to be you.

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T. King, Publisher

Community Events Abound at East Brook Mall

By Corey Sipe

While East Brook Mall is known as Northeast Connecticut’s go-to place for shopping, movies, recreation and dining all under one roof, it is also the home of many community events. Between now and the end of the year, some of these include Halloween activities, a holiday arts and crafts festival, and monthly antiques shows which will continue into next year. The Mansfield mall at 95 Storrs Road, also known as Route 195, currently is home to 30 tenants. While a lot has changed since the enclosed mall first opened in 1975, including renovations and expansions, its commitment to serving the residents and non-profit organizations of Connecticut’s Quiet Corner has not.

Two of the mall’s anchor tenants, Michaels and Questers’ Way, are working together with the mall to sponsor “The Halloween Experience at East Brook Mall,” for the first time. It will take place in the former “Art of Home and Kitchen” store, inside the mall, across from Subway. While planning began in September, setup in the 5,328-square-foot space started in early October. A Halloween-themed selfie booth, face painting, Halloween crafts, games, and other activities geared toward younger children will take place in the front half of the former store, which will be run by Michaels. Questers’ Way will operate a “Haunted Way,” geared toward older children, in the back half of the space. “Haunted Way is a warehouse type maze, designed to be a haunted version of Questers’ Way. Look closely and you will see haunted representations of each of our neighborhoods: The Inner Muse Studio, Out of the Box Lab, Adventure Birthday Parties, Game On, Move U, Crossroads Café, and KLC Dojos (Martial Arts Center),” said Christine Liscum, Education Director at Questers’ Way, adding that Haunted Way will include spooky lighting, themed decorations, and costumed volunteers. “Our resident music director, Adam Summerer, is working on putting together a spooky compilation for Haunted Way... We like using a personal touch, and you will see that throughout the display,” she said. Summerer also serves as Game On Director at Questers’ Way. Liscum said Questers’ Way collected over 500 boxes from various mall stores, which were used to create the haunted maze. Since it is a bit scary, she said that anyone 10 years old and under must be accompanied by a parent through the maze. “The Questers’ Way team members have put a ton of thought into creating a fun and thrilling experience for the community,” Liscum said. She added that mall officials will be handing out candy and frisbees to all children as they leave the Halloween Experience. The multi-day event will take place Thursday, Oct. 26, Friday, Oct. 27, and Monday, Oct. 30, from 4 p.m. to 7 p.m. and Sunday, Oct. 29 from 2 p.m. to 5 p.m. While there is no admission charge, folks are asked to donate monetarily or bring non-perishable food items to assist the Covenant Soup Kitchen in Willimantic, a non-profit organization providing food and basic services to those in need in the Greater Windham Community. Liscum said that the Halloween Experience is “our gift to the community and the Covenant Soup Kitchen.” She added that “based on the feedback we receive, we’ll consider doing something even bigger and better for next year.”

Mall Halloween fun does not end there. Mansfield resident John Murphy, Communications Director of the Center for Community Engagement, CCE, at Eastern Connecticut State University, said that the office works with the East Brook Mall in sponsoring “Malloween” which will take place on Saturday, Oct. 28 from 12 p.m. to 2 p.m. This free program is designed for local elementary and middle school aged kids. Children are invited to join Bella the Clown in a costume parade around the mall. Kids will receive trick-or-treat candy from participating tenants, receive balloon animals, and make Halloween crafts with the help of CCE student leaders and student volunteers who are encouraged to dress in costumes. This is the fourth year CCE has co-sponsored Malloween. Liscum said children are invited to visit the neighborhoods of Questers’ Way during Malloween. Murphy said that “Malloween allows children to enjoy Halloween when they can’t go out. In a lot of towns (in our region), the houses are far apart,” adding that kids are usually dependent on adults to drive them to different houses for trick-or-treating unless they live in an apartment complex. He explained that Malloween “gives kids another opportunity to enjoy Halloween. If kids are dressed up as a character, it’s fun to do it more than once, anyway.” Murphy added that Malloween is beneficial for children socially. “The kids are awesome. They all quickly become cousins creating a real family feel. There are a lot of different kinds of kids there because the mall acts as a hub; they meet other kids that they might not otherwise connect with.” Malloween is just one of approximately 60 special events that CCE



Adam Summerer, Game On Director at Questers’ Way and resident music director, is startled by a scary clown in the Haunted Way haunted maze. Contributed photo.

is involved with in an academic year. CCE is inviting volunteers to assist them as they help with Halloween Trick-a-Trunk at Mansfield Community Center in Storrs, later that day, Oct. 28, from 4 p.m. to 7 p.m. and Trick-or-Treat on Main Street in Willimantic, Halloween night, from 3:30 p.m. to 6:30 p.m. To read more about CCE, visit www.easterncct.edu/cce. Both of those events are free and open to the public. Visit www.mansfieldct.gov/halloween to read more about attending the Storrs Halloween activities and go to www.willimanticdowntown.org/Halloween for more information on attending the Willimantic event. Liscum said that some Questers’ Way and KLC Dojos team members will volunteer at both events. She said that children are welcome to trick-or-treat at Questers’ Way, which will feature free kid-friendly activities, on Halloween from 4:30 p.m. to 8:30 p.m. Echoing support for these Halloween activities was Jennie Arpin, Director of Human Services for the Town of Willington, who said “I think that it is wonderful that our communities put on events that allow kids to celebrate Halloween safely.”

After the Halloween festivities end, many folks are going to be kicking their holiday shopping in full gear. To help with those needs, East Brook Mall will be hosting its Fourth Annual Holiday Arts and Crafts Festival on Saturday, Nov. 11 from 10 a.m. to 5 p.m. The Windham Arts website, www.windhamarts.org, lists several local vendors who will be coming to the festival. Mansfield resident Elaine Duchaineau, whose business, Elainethesun, will be selling handcrafted items. She said that this is her first year at the festival. “I create bags, pillows, mug rugs, and lots of other items, using upcycled fabrics. I also hand embroider jean jackets, with happy, whimsical designs. For the holidays, I make stockings, ornaments, and pot holders,” she said. Upcycling is the creative reuse of materials. Duchaineau said that some of her creations are for sale at “Over AndOver CT” on Route 6, near the junction of Route 316, in Andover. As for Lisa Sanders, of Lisbon, she will be at the festival selling her artwork from Flower Branch Studio, a business she has owned since 2000. Sanders said that her studio is in Foundry 66 in Norwich. “This is my first time participating at this fair. I am doing four others in November and all are local to the area,” Sanders said. Orlando Paulino, owner of Wholly Goat Farm in Hebron, said this is also his first time participating in the festival. “We make all-natural goat milk bath products which consist of our line of soaps, lotions, lip balms, and body butter. The goat milk also comes from our own herd of goats, he said.” Products from his farm are also for sale at Nature’s Health Store and The Hoot in Mansfield. He has been in business for a year and a half. Some of the other festival vendors include Lebanon-based Annalyn Jewelry with handmade jewelry and decorative boxes, Caricatures by Dougal Art, of Lebanon, a caricature art and video vendor, and Glastonbury-based TeachArt2Me, which will offer make-and-take crafts for kids as well as kids gift items, face painting, glitter, and henna tattoos. Scentsy consultants Tanya and Melony, of Andover, will sell wickless candles, World Tree Creations will be selling handmade soap and crafts. Boxes to Suit Your Fancy will offer decorative boxes, and Katie’s Goddess Line will feature all-natural wellness products. The festival is being sponsored by Windham Arts and will be held in the middle of the mall concourse. Murphy, who also serves as Program Director for Windham Arts, said “The purpose of the festival is to do it before all the big holidays and it’s a way to keep money local and allow artisans to sell their work and be

better known. It’s a way for people to be more personal in their gift giving, something homemade.” The Windham area has a “contingency of people that want to keep money local by shopping local. When they shop, they think local all the time,” he said, adding that some folks go to the mall specifically for the festival. Additionally, those who like to shop local can enjoy several locally-owned and operated businesses in the mall including Smith-Keon Jewelers, BSP Threading and Tailoring, Questers’ Way, and Asian Bistro. “It (the festival) keeps people coming to the mall and helps businesses generate traffic, but for us, it’s a community program,” he said. The mall has a user agreement allowing non-profit organizations to utilize concourse space for free as long they as they meet certain insurance requirements. He said that the \$35 vendor charge allows Windham Arts to help publicize the event and pays for part-time staff to help with setup and cleanup. While vendors can bring their own tables to the festival, they have the option of paying \$15 per table rental fee which Windham Arts uses to pay the cost of renting tables and their transportation between the rental facility and mall. At press time, 11 vendors have signed up, but Murphy is hoping that 20 will register. He said that 14 participated in last year’s fair. Those who want to participate in the festival, should register on the Windham Arts website by Nov. 9. For questions, call Murphy at 860-377-7166 or e-mail john@windhamarts.org. Windham Arts, a state-supported organization, aims to promote and support artist development in 36 towns in Eastern Connecticut.

For additional unique gift giving, consider a gift from yesteryear. Windham Mayor Ernest Eldridge said that the monthly antiques shows, sponsored by the Town of Windham’s 325th Anniversary Committee, have returned. Eldridge serves as co-chair of the committee along with Dawn Niles. The shows will be held in the middle of the mall’s concourse on Nov. 18-19, Dec. 9-10, Jan. 20-21, Feb. 17-18, Mar. 17-18, and April 21-22. Vendors will be selling their wares Saturdays 10 a.m. to 9 p.m. and Sundays 12 p.m. to 5 p.m., which mimic mall hours. An antique show was also held at the mall on Oct. 21-22 for the first time this fall. “Some (dealers) did extremely well but people have to know that it’s there,” Eldridge said, adding that he expects more customers and dealers for November, December, and January as the cold weather means that only indoor antique shows can be held. “We have between 15 and 20 dealers signed up, but we can make room for more although it is a bit of a challenge with the Christmas kiosks there. There will be plenty of room after the first of the year though,” he said. Dealers are charged \$40 for a 10x15 booth space and those interested should call Eldridge at Eldridge Auction House at 860-450-0525. Proceeds, until the end of the year, will benefit the town’s 325th Anniversary programs which will include a firetruck parade with Santa Claus, First Night bonfire, and a holiday toy drive. Next year, all proceeds will be donated to Windham/ Willimantic Cares which provides toys for children in need. Eldridge said that about \$1,500 was raised during antique shows held for six days this past January through March and he expects even more will be raised for this 14-day run over seven months.

Other community events the mall has hosted included Collective Goods for Opportunity Works Inc., of Rockville, a non-profit organization that raises money by selling books, electronics, home goods, and kids gifts to benefit individuals with disabilities as well as home improvement business and health expositions, and early childhood fairs. They have also been the home for American Red Cross Blood Drives, mobile mammography examinations, holiday stuff-a-cruiser events for the Mansfield Resident State Trooper’s Office, and provided space for the Windham Textile and History Museum in Willimantic to hold their annual holiday gift wrapping events. The mall also maintains a “Community Events” display case in the concourse between Papa Gino’s and Kohl’s. For more information about East Brook Mall, visit www.eastbrookmallct.com.

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Fasting as Medicine

Dr. Kaley Burns

“Instead of using medicine, rather fast a day.” – Plutarch

Note: Before trying any method of fasting or nutrition regimen, it is advisable to check with your health-care provider for guidance and clearance.

We’ve been told since we were children that we need to eat three square meals a day. However, new research shows that we don’t need to be eating throughout the course of the day, and it might even be undermining our health.

We all need food...

It is well documented that consuming nutritiously dense food is beneficial to our ability to function optimally. When we consume food, a hormone called insulin-like growth factor (IGF-1) drives our cells to reproduce and facilitate growth.

But hunger is not going to kill you...

Every day you already practice a variation of intermittent fasting. Whenever you go to sleep at night, you fast. In the fasted state, the body can break down unnecessary cells, making fasting an important part of the mammalian advantage.

Background

The concept of intermittent fasting or the “Longevity diet” is rapidly gaining attention. There are a few different ways to engage in this practice. Alternate Day Fasting (ADF) and the Two Day Diet (also known as the 5:2 diet) are a few examples. Daily fasting, however, is really starting to produce results and prime further research. In this practice, eating is done only during an 8-hour window and fasting occupies the remaining 16 hours of the day. This practice has been found to be important for genetics, blood sugar, metabolism, lean mass regulation, and hormone balance.

One of the biggest misconceptions about intermittent fasting is that it is a diet. It is actually a nutritional lifestyle. This regimen does not include calorie counting, food weighing, or the elimination of major food groups. However, for this method to be an effective addition to a healthy life, it is necessary to eat mainly whole foods, decrease processed foods, avoid added sugars and watch your portion sizes. The main difference with this method is the timing of meals.

Don’t we need breakfast?

Yes, studies have shown that breakfast eaters tend to have healthier habits. People who skip breakfast tend to smoke more, drink more alcohol and exercise less. However, studies show that it makes no difference whether people eat or skip breakfast. If healthy food choices are made during the remainder of the day, breakfast is not necessary. Additionally, it has been found that even if skipping breakfast makes you eat more at lunch, it is still not enough to compensate for the breakfast that was skipped. Essentially, there really is nothing “special” about breakfast.

So why prolong fasting?

Our bodies are actually designed for periods without food. Our ancestors did not eat three scheduled meals each day or graze on snacks all afternoon. Furthermore, it benefits our digestive tract and organs to have this period of rest to revitalize.

Studies have indicated that periods of intermittent fasting result in various anti-inflammatory responses such as positive changes in the overall composition of gut microbiota, increased immune cell response, decreased risk of cancer, reduced insulin levels, decreased blood pressure, decreased oxidative stress, increased utilization of fat, increased insulin sensitivity, and production of β -hydroxybutyrate (a compound that blocks part of the immune system involved in inflammatory disorders such as rheumatoid arthritis, or Alzheimer’s disease.) Fasting also appears to switch on a number of DNA repair genes. The expression of IGF-1, the hormone mentioned earlier, is decreased with intermittent fasting. While we need this hormone for growth, IGF-1 can contribute to weight loss resistance. Moreover, IGF-1 can also speed up the aging process. A few studies even show that fasting before and after chemotherapy can improve the effectiveness and reduce the toxicity of the treatment.

Other than the health benefits, intermittent fasting has great lifestyle benefits, such as increased mental focus and productivity, increased energy, and spending less time and money prepping and buying food. Overall, this lifestyle change simplifies eating and reduces the stress and obsession over food.

How do you get started?

Most people begin by skipping breakfast and breaking their fast roughly 6 hours after waking. One reason for this is that it is easier to fall asleep at night if you are satiated rather than hungry. More sleep translates into better health and release of hormones overnight. Another reason this works well is that we are a dinner-oriented society. Many of us have dinner meetings or dinner dates during the week. You may be thinking, “I am going to be starving!” However, the majority of your fast is spent during sleep. During a 16-hour fast, you are essentially just skipping breakfast. For example, if your last meal was at 7:00PM, your first meal would be at 11:00AM the next day.

Not As Hard As It Sounds

The main concern people have about fasting is lower energy levels. You will be hungry and you will be tired. You will probably also experience some “hanger”. But this only lasts for the first week or so. After this initial phase, your body will adapt to the new eating lifestyle. You will actually have more energy and focus by the time your body gets used to it.

While this is an unconventional way of eating, there is a little more to it than just skipping breakfast. I actually practice daily intermittent fasting, and I’ve been doing it for about six months. I feel much better and have plenty of energy to get through my day. Additionally, I have a more profound gratitude for my food and the culture of eating.

My routine is to eat lunch around 11:00AM, which is usually the more substantial meal of my day, and then I make sure to be finished eating by 7:00PM each evening. I drink herbal tea and lots of water during the fasting period. In addition to the timing of meals, I also tend to eat vegetables as my main source of carbohydrates. Starchy carbohydrates such as breads and pasta are infamous for fostering cravings. I also am sure to get plenty of protein, which is vital when breaking the fast.

The final aspect to my regimen is a good portion of healthy fats. While the research supports that the fasting is key, I believe it is also significant to consume healthy foods. The main goal for your two meals and snack during the 8-hour window is to have protein each meal, a few veggies and some source of healthy fat. The beverages that can be consumed during fasting include: black coffee or herbal tea (with no cream or sugar, but you can use MCT or coconut oil and some cinnamon), and water (plain or with juice of a lemon or mint).

Great, but Not for Everyone

Intermittent fasting is a more progressive way of eating. Above all, it is important to keep your own personal health goals in mind as they relate to your well-being. If a routine like this jeopardizes your enjoyment or health goals, it simply may not be worth continuing. Intermittent fasting is a great approach to dining, but it is not for everyone.

Dr. Burns is a licensed Naturopathic Physician at Collaborative Health Partners. In addition to being an ITCA certified triathlon and endurance coach, Dr. Burns is certified in Fundamental IV Nutritional Therapy and Rocktape Functional Movement Techniques. Particular areas of interest for Dr. Burns include nutritional counseling, autoimmune conditions, gastrointestinal disorders and metabolic concerns. She is accepting new patients, please call 860-533-0179 to make an appointment.

Resources:

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The Neighbors Paper Black and White And Read All Over!!!

Fighting Climate Change With Your Fork

By Emily Recupero

In our society, we forget that things have to die in order to sustain us, that the large-scale production of food has environmental consequences, and that the Earth’s resources are in fact, finite. Our egotistic and close-minded culture leaves no room for these thoughts, or any thoughts concerning how our lifestyle choices have a substantial impact on the Earth’s ecosystems, animals, and each other. A major disconnect present in our society exists within the relationship between what we eat, where it comes from, and what or who is affected as a result of its production. The overlooked, mass meat and dairy production in the United States overwhelmingly contributes to the degradation of ecosystems, substantial exploitation of natural resources, pollution of waterways, deforestation, excessive amounts of greenhouse gas emissions, world hunger, and animal suffering. If you find that you don’t care about any of these things, you should. Your existence and the existence of the human race are contingent upon the preservation of the environment and its species.

The United States wouldn’t have flourished, let alone survived without the Earth’s natural and biological resources. We are unaware of what sustains us and allows us to expand our empire, yet we consistently and unapologetically take and destroy where we see fit. We feel unappreciated and used when other people take from us or treat us unfairly, so why do we fail to see that this is exactly what we’ve been doing to our own home? In truth, western culture was born on the belief that all that came before us was simply leading up to our existence; that the planet and everything on it is here for us to take without consequences. To put things into perspective, the planet is 4.5 billion years old, so humans have only been alive for less than 0.001% of the Earth’s history. During this time, we have become addicted to an exploitative lifestyle that is sustained by the misconception that land, water, clean air, and species are overflowing.

The majority of society is unaware that the production of what we consume is destroying and eating up all of the Earth’s resources. It is our culture of greed and domination which makes us ignorant to the negative global impacts of what we eat. Agriculture, and meat and dairy production contribute about a third of global greenhouse gas emissions and are major causes of climate change. Pesticides used on crops we consume and feed to animals, along with animal waste from factory farms, seep into aquifers and waterways. This pollutes fresh water, damages marine ecosystems, kills aquatic life, and also causes people in residing areas to get sick. There is also an indisputable connection between the steak on your plate and the cutting down of trees. Though few would think it, the demand for beef is the greatest contributor to deforestation, as rainforests are carved out and burned down to make land for cows.

Being more conscious of our food choices won’t only mitigate environmental damage, but it will help to alleviate world thirst and hunger. That’s right. There is a direct correlation between large-scale agriculture, and water

and food security. Domestically, we consume about 10% of fresh water, while agriculture is responsible for about 70% of global usage. In 2010, the National Geographic conducted a study which revealed that it takes 1,799 gallons of water to make one pound of beef, 576 gallons to make one pound of pork, and 468 gallons for one pound of chicken. It doesn’t stop there. Of all of the grain grown globally, a full third is used to feed farmed animals, and in the United States, over 70% is used. There’s about 800 million people around the world who are malnourished. The grain fed to animals in United States’ factory farms alone could feed all of those who don’t have enough to eat, and all of the world’s cows consume enough crops to meet the dietary needs of 8.7 billion people. I know, I’m throwing a bunch of numbers at you. But think about how much meat you alone have consumed in the past week. Now take into account these statistics...how do you feel about it?

For a long time, I never considered any of this information, mostly because I wasn’t aware of it. But the more informed I became, the more I acknowledged the choice I had to make. Along with the environmental impacts, learning about the animal cruelty on factory farms was what really pushed me to choose a vegan lifestyle. Globally, tens of billions of animals are slaughtered each year. Many of us say that we love animals, but when we have burgers, bacon, wings, or seafood on our plate, we only see the product, not the animal. I know this because I was there before and that is exactly what I did. However, we cannot allow ourselves to be blind and numb to the abuse. We shouldn’t push away any empathy we might have for animals, just because we like the taste of them. We are capable of so much more than this. Human beings are inherently compassionate; we are not born selfish or indifferent. The culture of exploitation is not “human nature” or in our DNA. We are meant for more than how we are currently living and are all capable of compassion, respect, and mindfulness.

How we live and what we eat does matter, but there are so many ways you can make a change besides going vegan. You can eat more organic food, which doesn’t contribute to water pollution, preserves local wildlife, and conserves biodiversity by avoiding toxic chemicals. Eating local food is an easy way to reduce your carbon footprint since it uses much less energy that would otherwise be used for transportation. I don’t expect everyone to go vegan and I’m not telling you to. What I am doing is inviting you to be more conscious of where your food comes from and to try to reduce the meat and dairy on your plate. We each have a choice to either take or to give in all aspects of life. I am still on my own journey of awakening and have many more miles to go, but the farther I travel the more connected to the planet I feel. Individually and societally, we have so many unrealized possibilities to discover. We need to experience more than we are limiting ourselves to, acknowledge all the Earth gives us, and truly find out what it means to be human.

Ed. note: Emily is a junior at the University of Connecticut.

Hampton Heritage Quilt Silent Auction



Pat Boss and the Hampton Heritage Quilt she created. Contributed photo.

Submitted by Deborah M. Andstrom, Librarian

The Fletcher Memorial Library, 257 Main St, Hampton, will hold a silent auction for a beautiful Hampton Heritage Quilt, created by Pat Boss, a local quilter and long time sewing enthusiast. The auction will run from November 1, when the quilt goes on display at the library, to December 9, when the winning bid will be announced at a library open house from 10 a.m. to noon. Bids may be made by phone, email or in person, and all proceeds go to benefit the library.

The project, inspired by other historically themed local quilts, includes images of both town churches, the library, and the Burnham- Hibbard House. The architectural landmarks are set around a central image of the town’s welcome sign, and the sky blue of each scene is repeated in the pieced panels that fill out the design. Ms. Boss has added body and depth to the historic structures with felt under layers, and the three foot square quilt is suitable for wall hanging.

Ms. Boss has been sewing since she received her first Barbie doll, and still makes clothes, slip covers, and drapes as well as quilts. She does the quilting by machine and reports that the best part of making a quilt is selecting the color palette for the design.

For more information, contact the library at 860-455-1086 or contact Anne at annesgarden@aol.com.

Artists’ Open Studios Welcomes You

Submitted by Suzy Staubach

Connecticut’s oldest and largest annual open studio event, Artists’ Open Studios of Northeastern Connecticut, will be held Friday, Saturday and Sunday November 24, 25 & 26 and Saturday and Sunday, December 2 and 3, from 10 am to 5 pm each day. The self-guided art adventure features ninety highly accomplished artists, many with national, even international reputations. Artists invite you to view their work, learn about their processes, hear about what inspires them and, if you like, shop. The tour includes twelve group shows and forty individual studios.

Participating artists create in many realms including fine art, pottery, oils, watercolors, acrylics, woodcarving, furniture, sculpture, weaving, quilt-making, jewelry, fiber art, drawings, photography, glassworks, metal works, pyrography and mixed media. Pieces range from the practical to the whimsical, from small to monumental.

Studios and group shows are located in picturesque 18th and 19th century houses, charming outbuildings, historic town halls, along rural roads, and in the heart of the small mill towns Eastern Connecticut is known for. Printed tour guides with maps are available at many area businesses and online at aosct.org.

AOS is an opportunity to spend time visiting with artists who live and work in the beautiful Quiet Corner of Connecticut. The free art tour is open to all. Spend a day or spend a few days on the Tour. Area eateries, inns and B&B’s offer pleasant and convenient food and accommodations.

For a map and complete listing of artists visit <http://www.aosct.org>.

Contact: suzy@willowtreepottery.us
860-287-8056 <http://www.aosct.org>
Facebook: <https://www.facebook.com/aosct.org/>

Programs at the Connecticut Audubon Society in Pomfret and Hampton

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

Annual Holiday Nature Store Opens Sat., Nov. 18th to Fri., Dec. 22nd, 10am-4pm The Center at Pomfret, will be full of gifts for all ages with “Mother Nature” in mind. Stock changes daily. Author Katherine Hauswirth will be here on opening day to sign her new book titled The Book of Noticing.

Wednesday Noon Walks November 1st – 29th at noon Join Connecticut Audubon Society volunteers for fresh air, exercise, good company and naturalist lessons along the way. Seniors and parents with babes in backpacks welcome. Meet at the Center, 218 Day Rd in Pomfret. Free to CAS members; \$3 non-members.

Toddler Trails and Tales Tuesday, November 7th from 10:30

a.m. to noon Stories, activities and fun along our trails. Meet at the Center, 218 Day Rd, Pomfret. Wear clothes/boots appropriate for the weather. Children must be accompanied by an adult. Fee per child/per day: \$5 CAS members; \$7 non-members.

Become a Citizen Science volunteer monitor – Introductory Wildlife Tracking Hike Saturday, December 2nd from 9 a.m. to 1 p.m. Meet at the Center. Registration required at 860-928-4948. Fee: \$25 CAS members; \$35 non-members.

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

Nature Sketchbook Journaling Saturday, November 18th from 9 a.m. to noon Spend time outdoors sketching and painting nature at Trail Wood – 93

Kenyon Rd in Hampton. Roxanne Steed will teach basic drawing & watercolor techniques. Call 860-928-4948 to register & for list of materials to bring. Fee: \$10 CAS members; \$20 non-members.

Second Sunday Walk Sunday, November 12th at 2 p.m. Stretch your legs and breathe in the fresh air. Bring binoculars & camera if you are so inclined. Meet in the parking lot at 93 Kenyon Rd in Hampton. Free to CAS members/\$5 non-members.

Full Moon Walk Saturday, November 4th at 7 p.m. Trail Wood is beautiful by moonlight. Pull yourself away from the demands of the day & listen for denizens of the night. Meet in the parking lot at 93 Kenyon Rd in Hampton. Free to CAS members/\$5 non-members.

Kids to Carrots Danced to the “Willimantic USA” Song

By Elizabeth Huebner

The weather was dicey the Saturday of the Willimantic Downtown Country Fair. The early morning rain had left the ground wet, but by 8:00 a.m., Jillson Square was abuzz with activity—people were setting up the performance area, the food, and craft booths, and the kids’ activity area. The weekly Farmers Market vendors and customers framed the Country Fair and added more buzz. One of the highlights of the day was to be a salsa food competition. Another was to be the premiere performance of my new choreography to the “Willimantic USA” song, written in 1957 by popular songwriter Jesse Greer.

This upbeat song puts me in the mood to march around the block, and though it has some outdated lyrics, it presents our town in a positive light. I created a repeatable structure that a grandmother could do with her grandchildren—no high jumps and yet fun enough to engage a little one.

So after months of preparation, I was ready. The dance steps done, the song memorized and the “Willimantic USA” banner, made from an old white tablecloth and other fabric remnants, was finished. The “group participation dance” project was slotted for 1:00 p.m. on the entertainment schedule at the Country Fair. Everyone participating would learn and perform the dance on the spot. Anyone could potentially join in, even if English was not their primary language. I wanted a group of 20. This would be no mean feat, I discovered, as some of my friends were unable to come due to prior engagements and others were just plain afraid of dancing in public.

I arrived early and talked to everyone I knew already at the Fair, asking them to come and dance with us. Two people carried the banner through the aisles of booths at 12:45, collecting participants like the Pied Piper. We did it—we ended up getting 18 people, including the Willimantic “carrot person,” numerous teenagers, a man on stilts, and a boy about 8 years old.

The crowd was enthusiastic. We started out learning WILLI moves—reaching our arms up wide for the “W” and then bringing them in to reach up together to make



the “I,” bringing them in again, and then thrusting one arm up and one arm out to the side two times to make the “L’s,” with a final “I” move to complete WILLI. Then we began the dance, with everyone holding hands and walking around in one big circle to the words “Look at a map of the United States and you’ll find Connecticut.” During the next line, “Take a look at the map of Connecticut and you’ll find the place of my birth,” we changed direction and created an inner and outer circle.. We changed directions again and formed a third inner circle during the next line of the song, “It’s the grandest place on earth.” Now was time for the WILLI moves we had practiced. After that, we partnered up and shook right hands without letting go and left hands without letting go. We are all set up to stroll around the circle with our partner. For the grand finish, we got back into one big circle and made a gymnastic “ta-da!” gesture with our arms reaching high to the last line of the song, “Willimantic USA.” Everyone was laughing, because what we had done was not perfect—but everyone in this brave and adventurous group helped everyone else through the dance.

This year is Willimantic’s 325th birthday. I want to both celebrate our town’s birthday and use my skills as a dancer to encourage community interaction. My goal is to repeat this experience with as many groups as I can to do this group participation dance. I want to teach this dance to students in school, in after-school programs, and to clubs this year as a volunteer project. I want to celebrate our connection to each other as humans, our innate love of movement, and our desire to have fun. Contact Elizabeth Huebner at huebner.ccat@gmail.com if you would like to have your group sing and dance together.



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Early Working Tools for Conscience

By P.K. Willey, Ph.D.

It is in the family fold that our first great ethical teachings take place: cooperation, duty, patience, honesty, reliability, self-sacrifice of personal interest, loving kindness, and so much more. The following small snippets from Gandhi’s early life practically illustrate ways the formation of Earth ethics began in him, creating tools for working with conscience. Numerous occasions and situations arose in his childhood to force him into direct action with his own conscience. Only a few can be mentioned. Of these, the use of the Fast as a moral weapon to evoke a response through conscience is significant.

Gandhi grew up in Kathiawar, the western-peninsula of Gujarat. The British Empire put this area under formal over-arching control in 1822. Small kingdoms within India remained in place from British East India Company days (1602) until nationwide unification; nonetheless kingdoms had to answer to British overlords for their actions.

Kathiawar had a tradition of gaining redress for grievances and injustices known as ‘tragu’. ‘Tragu’ employed physical self-sacrifice through the use of the Fast, (refusing nourishment) and self-inflicted pain, sometimes even resulting in bloodshed or self-immolation. For people without recourse to political agencies to ensure justice, appealing to conscience was often the only way that they could approach those who ignored their concerns. ‘Tragu’ gave some measure of power to a defenseless, largely illiterate people. For example, a poor vegetable shop owner whom the village headman had run-up a long-standing unpaid account with for so long the shopkeeper could no longer make ends meet, could begin `tragu’ sitting on the doorstep of the headman’s house. The headman could ignore it for some time perhaps, but the steady, silent suffering, seen and discussed by all who walked by, often broke through human indifference and callousness, until he was touched enough to feel remorse or public shame and pay-up the bill.

Of course, some would use `tragu’ as a form of blackmail and for unrighteous gain. To that extent the effectiveness of the proceeding was dulled for all, with earnest petitioners often having to fast almost unto death for redress, as the defendant sought to brush off their tragu as being an immoral one in the hope that they would ‘break’ the Fast and eat. Fear of `generational curses’ if the petitioner was to die on their door step also made `tragu’ effective. Battles of will and conscience from ancient times!

When Gandhi was 13 years of age, December, 1882. there was a well publicized `tragu’ event, known as the Kanera massacre. Undoubtedly, this left an impression on young Gandhi’s mind. An historical account leaves this story:

... some 200 mahiyyas [subcaste] sat for a tragu on the hillock of Kanera [now in Rajasthan] in a peaceful and passive protest against imposition of a tax by the Nawab [Governor] of Junagadh. One male member from each family of the caste was participating in the protest, and a young girl of 9 or 10 had brought her baby brother because the family had no other male member. The sit-in continued for a month. On the thirtieth day, a police party fell upon the crowd, killing 81 persons on the spot including the young girl. Their heads were severed from their bodies and were taken to Junagadh for identification. The incident created a furore all over Kathiawar and the Political Agent [British] severely reprimanded the Nawab and his Diwan [Prime-Minister].”

The use of the Fast as a tool to touch conscience was throughout the atmosphere Gandhi grew up in. Gandhi’s mother, Putlibai had a profound influence: loving, tender, intensely religious. Throughout life, he regarded her as the epitome of saintliness. Both Gandhi’s mother and his wife Kasturba were followers of a Vaishnava caste sub-sect known as Pranami Vaishnava, a synthesizing blend of the ethical principles found in Islam and Sanathana Dharma (Eternal Truth), the indigenous religion, known today as Hinduism. Pranami Vaishnavas worshipped Krishna, yet avoided idols, held as basic tenants the essential unity of all religions, gender equality, the equal brotherhood of man, and stressed one’s personal relationship to God as having more usefulness than rituals.”

The ways that Mother Putlibai sought to re-create herself into ethical harmony, left indelible impressions



Mother Putlibai: Her ethical tools to further love were used by Gandhi throughout his life.” Contributed photo.

on young Gandhi’s mind. When young Mohandas or any of his siblings fell ill, or morally erred, Mother Putlibai would immediately undertake a Fast as a prayer to God for atonement, petition or self purification—perhaps all this and more. As a Mother she felt in some way responsible for the actions of her children. The fast also served as a continuous prayer for their health and moral well being. A calling out of intention. This heart-felt appeal to God directly implied a relationship of life dependency upon an unseen, all-pervasive Being who could receive prayers and petitions, deeply impacted young Gandhi. He was to use the same principle much later.

The actual science behind intentions and the power of the heart to affect our material world is now being mapped through electromagnetic wave and resonance recording. Innumerable studies and research abounds which finally connects the vast fields we occupy, demonstrating what we all deeply know. We are part of one whole. See: www.HeartMath.org

Gandhi found public confession of moral wrongs to be effective; a thorough washing of his conscience. On several occasions, Gandhi did things which bothered him. Once, brother Karsandas got into debt. Gandhi shaved off a piece of Karsandas’ gold amulet to get him out of potential troubles. This willful deceit of family ideals and usurpation of their collective wealth gave him no peace until he could make a confession to his parents: He had violated within himself the grand scepter of scrupulous honesty.

There were other thieveries, which scraped his conscience enough that he mentioned them in his autobiography – smoking and stealing coins from a servant’s pocket to buy cigarettes. He experimented with eating meat, under the influence of a friend who convinced him that his physical weakness was due to the family vegetarian diet. Again, the deliberate deceit of his parents before truth within himself made him stop. In his ashram communities he was to employ the same strategy, open confession, to help him live with himself.

On one occasion, before 12 years of age, an ‘untouchable’ child Uka, came to the house to clean toilets; Mother Putlibai forbade Gandhi from playing with Uka on the grounds that it was ‘polluting’ and would require a bath. Gandhi argued with Mother Putlibai, a shocking thing for an Indian son to do. Later someone advised that he could cancel out the ‘Uka’ pollution if he touched a Muslim passing by, a weird mind-flip of steeped-in cruel superstition that canceled the necessity of a bath. From then an inner revolt began evolving against this bizarre aspect of India’s rigidly stratified secular culture. Decades rolled by and saw Gandhi refusing to attend marriages unless they were of mixed castes; eventually in his ashrams he made ‘untouchables’ the wedding priests.

Another woman who ethically influenced his childhood was his Ayah, nanny. A sensitive boy, young Gandhi developed a childish fear of ghosts and demons. The Ayah counseled him to say the name of God, as Rama, to dispel the ghosts and overcome his fear. At the time, Rama-nama, chanting the name of Rama, was a seminal teaching, a tool in the library of ethical awakening practices, but one which later would bring him great inner solace and to the doorsteps of inner peace, a means to restrain and control his thought processes.

Betrothed at seven and married at 13, Gandhi came to oppose child marriage and sexual expression; he would later recognize its debilitating effect on the minds and bodies of the youths involved. He saw the development of sexual passion in children as blinding the child to the vitalizing benefits of restraint in their lives. When his first child was born, it lived only a few months. Gandhi attributed this to his mind being in the grip of his own passion, his insistence on having sexual relations with his wife when the stage of her pregnancy and his own common sense forbade it.

Gandhi’s father and grandfather before him worked for one of these small kings as Diwans.³ There were court intrigues, and the Gandhi family fell from kingly grace, but later regained itself. Gandhi’s effort to become a lawyer was a family decision, meant to insure their position in the courts and society. Family conditioning and identity can often be cumbersome as well as supportive. In Gandhi’s case, it was both at different times, but there that he awoke to valuable tools to work with conscience.

Thankful

The painters brush strokes the sky
with a rainbow of color captured
only by the attentive eye.

The creator draws a magnificent portrait
with the ease of a master
that eternity could never restrain.

So drink in the glory of his work,
let it consume you and
touch your very soul.

Breath in the beauty of each new day
and gratitude will find
a wonderful place to stay.

Lynda Bowen

Six Ways to Bring Warmth Into Your Home this Fall

(StatePoint) With the shorter days and cooler nights of fall can come the urge to hibernate. But first prepare yourself and your home for the season with these cozy and warm accents that will make time spent indoors cozier.

1. Incorporate Metallic Décor. While you’re breaking out the pumpkins, cornstalks and cornucopias, take a different approach this season and incorporate copper or brass accents. These metallic items will elevate décor, and the orange and yellow tones will complement the changing leaves outside. Try picking out a unique candelabra or vase or small decorative pieces to style the room.

2. Makeover the Fireplace. Fireplace season is on the horizon, so start thinking about new ways to make it the focal point of a room. Try painting it with a subtle white-wash for a look that will instantly revive brick and brighten the space. Before you get started, prep the fireplace by scrubbing brick with a wire brush to remove any residue. Then, tape off any areas you don’t want painted with a quality painter’s tape like FrogTape brand painter’s tape, to prevent paint bleed and achieve professional-looking results.

3. Layer, Layer, Layer. Bare floors can make your home feel chilly. Warm up a space by layering area rugs on hardwood floors or to an already carpeted area. Not only will this add color and texture to a room, the extra cushioning will ensure feet avoid the cold, so you can keep your slippers tucked away.

4. Update the Guest Bedroom. With the holidays on the horizon, there’s no better time to give your guest bedroom a cozy update. Surprise overnight guests by painting the room a moody green or blue that is on trend and sets a relaxing tone. Don’t forget to incorporate little touches like books or a plant on the nightstand to make them feel at home.

5. Update Window Coverings. Heavy drapes keep out drafts and make a room feel luxurious. Switch out summer sheers for curtains with a heavier weight, or layer drapes for an elegant look.

6. Don’t Underestimate the Power of White Paint. Vibrant doesn’t always have to mean using bold colors. Make a space feel brand new again by repainting wood trim a crisp white color. It may seem like a tedious task, but with a little effort, you can completely transform a room. Start by filling in any imperfections, sanding and cleaning the surfaces to be painted. Then, you’ll want to tape off the wall next to the trim so your handiwork looks like that of a professional. For this job you’ll want a quality product like FrogTape painter’s tape, treated with patented PaintBlock Technology, to help ensure your work looks professional and allows you to achieve the sharpest paint lines possible. When painting trim, opt for a semi-gloss paint to make elements stand out. For different project inspirations, visit FrogTape.com

Grab your pumpkin spice latte and start adding little touches like these to your home, for a cozy and stylish season.

Unity, Creation, and Clarity

By Cathy Cementina

There was a thoughtful article in last month's Neighbors urging us, during these fractured times, to bind together and care for each other insofar we are all united under one God and are of one Creation ("A Radical Cure for a World Gone Astray"). Though the message of unity is needed at this time, I would want to interject that the reason we as human beings are or should be united is not because we live under one God. Rather, it is because we share 99.9 percent of our genes with each other, and therefore differences and divisions between us take a back seat to what we hold in common. The fact of our shared genetic base stands as the primary rationale behind and motivation for treating others as we would like to be treated, and working with others for a common good.

In fact, by referencing religion as the rationale for unity, one introduces an unnecessary complication into the message because religion itself has been -- and continues to be -- a primary source of division between us. Why? Because there is no universal consensus on, nor shared evidence for, this thing we call God. Consequently, people can (and do) define this Supreme Being or Consciousness or Energy any way they wish, opening the door to conflict between differently conceived Gods and practices of worship. And as comforting as it is to maintain that all religions at heart share the same single, metaphysical truth, we know that from the individual practitioner's perspective, this is simply not the case. Individual Muslims, Christians, Jews, see clear lines separating their religions, their God, their scriptures, and their practices from others'. Indeed, to dissolve differences between faith communities into a *Perennial Philosophy* perspective in which all express a common truth is, in a sense, to gloss over the reality that the religious practitioner adheres to. And if it is said that this common metaphysical base is essentially the message of love or compassion, this is not saying much. Such a message can emerge from the simple fact of living and caring for others as one cares for oneself.

The point was made in the *Neighbors* article last month that we need to acknowledge that there is one Creator who made heaven and earth and that this common Creator binds us all, as well as the natural world. That this should be the catalyst for bringing us together. Again, this is a heartwarming message. But there is no scientific

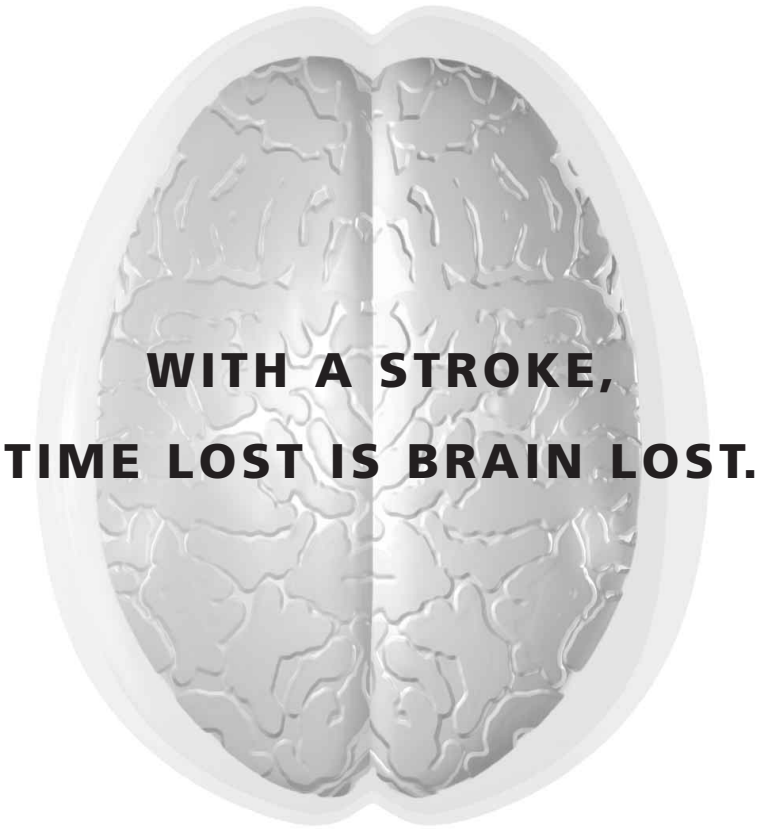


evidence that confirms the need for or reality of a Creation; nothing in the laws of physics that demands an agent to initiate the expanding universe from its initial state of utter density known as the Planck sphere.

The Planck sphere is a state in which distance and time are so small they cannot be measured; no information is accessible from within it. It is akin to maximum entropy or chaos. Years of experimental physics and observation have confirmed that this is the initial state of the universe as far back as we can ascertain. A state of non-information; a state of non-order. In the words of physicist Victor Stenger, "If a supernatural creation occurred at this point, it was a creation without design, since the universe was without order." So is this what people of faith are referring to when they thank God for his Creation? I don't think so. Because then we would be thanking God for creating something akin to a black hole. But then, did a Creator initiate the expansion out of this condition of maximum density to produce the myriad of life forms and order that we have come to know as our universe? Again, nothing demands that this be so and there is no evidence indicating as much. The common view among cosmologists today is that an uncaused quantum fluctuation led to the inflation which preceded the appearance of matter and structure. All this is to say that there are scientific explanations for the emergence of our universe that do not rely on an appeal to a supernatural Creator, a God outside of our universe. Empirical data and the theories that successfully describe those data indicate that the universe did not come about by a purposeful creation. And physicists to this day have not ruled out the reality of a universe with no beginning and no end in space or time. Indeed, as Stephen Hawking notes in *A Brief History of Time*, "So long as the universe had a beginning, we might suppose it had a creator. But if the universe is really completely self-contained, having no boundary or edge, it would have neither beginning nor end; it would simply be. What place then, for a creator?"

To return to the message of last month's article on unity: Indeed, let us bind together and recognize how very much we share in common with all others on this planet. But let's not complicate this message by saying that the rationale for doing so is because of our common Divine Origin, when that Origin and that Divinity have no grounding in what we now understand about the universe in the 21st century.

Cathy lives in Coventry.



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The Think and Do Club Wants You!

Submitted by Edmund Smith

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

What kind of things do we talk about?

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

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

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

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The Neighbors Paper
A little paper big on community

By EC-CHAP

Someone slow down that clock! The past month at The Packing House has just been a whirlwind of top-notch performances by world class artists including: the Don Braden ‘Trio of Liberty’; singer/songwriter and keyboard-ist Bob Malone; the Greg Abate Quartet; Jacqui Naylor and Art Khu; and closing the month on October 28th, Kris Adams with Tim Ray and Special Guests! The EC-CHAP Board would like to thank its members, partners, and all those who came out to join us for these great shows. We are truly grateful for your support!

Our schedule for November will take us through the 3rd week of the month, and then a break for the Thanksgiving holiday. This month we are introducing a Sunday afternoon performance with Bruno Raberg’s “Triloka” on Sunday, November 19th at 3:00pm. Bruno’s work blends jazz, classical, and world music themes (details below). We also have plans to offer a Sunday afternoon performance in December featuring Ecelectica, a classical ensemble.

Take advantage of an opportunity to share your creative talent with us our “Talent Showcase” on November 8th (and every 2nd Wednesday of the month). We recommend calling 518-791-9474 in advance to get on the schedule, although you can sign up at the door if you wish (time permitting). And if you’re not performing – no problem - please consider joining us to see and hear local and regional artists share their craft. Its free and its fun! EC-CHAP will be holding our monthly “Information Exchange” meeting on Wednesday, November 15th at 7:00pm in The Packing House. If you’re interested in learning more about EC-CHAP and how you can become involved, please join us. We’ll discuss our mission and program plans, and seek your input on a variety of topics. We would like to understand what expectations you hold for your regional cultural center. Refreshments provided.

We encourage you to visit our website at www.ec-chap.org or www.thepackinghouse.us for additional program details, ‘soundbites’, videos, and artist bios. The Eastern Connecticut Center for History, Art, and Performance (EC-CHAP) is a 501.c.3 nonprofit volunteer member-based cultural organization. All proceeds from programs, donations, and partnerships go directly to EC-CHAP to support operations and program costs.

The members of the EC-CHAP Board wish you and yours a safe and enjoyable Thanksgiving holiday!

November PERFORMANCES AND FILM SHOWINGS

Our line-up for this month includes:

EC-CHAP’s Jazz Series:

Tim Ray Trio. Saturday, November 4th, 7:30pm

Tim Ray is perhaps best known as Lyle Lovett’s pianist for over 15 years, but he has been an active and in-demand jazz artist since 1978. He also tours and records with the internationally acclaimed vocalists Tony Bennett and Jane Siberry, and often performs with the leading jazz musicians in the New York and New England areas. His busy performance schedule has included numerous tours throughout Europe, Asia, and the Middle East, and has included performances at Carnegie Hall, the White House, and most of the major jazz festivals in the U.S., Canada and Central America.



Tim is a recipient of a grant from the National Endowment for the Arts, and has performed numerous times on The Tonight Show (Johnny Carson, Jay Leno), Late Night with David Letterman, and other national broadcasts.

Tim teaches jazz piano and improvisation privately, and is currently on the jazz faculty of the Berklee College of Music. Tim Ray will be joined by John Lockwood on bass and Mark Walker on drums. Doors 7:00pm / Show 7:30pm. Tickets \$17.00 Advance (online) / \$20.00 Door. Special student pricing \$10.00 at the door (with valid I.D).

EC-CHAP Acoustic Artist Series:

Belle of the Fall (Indie). Saturday, November 18th, 7:30pm

Back at The Packing House by popular demand, Belle of the Fall continues to demonstrate a thoughtful approach to song writing and performance. Their unique sound, sweet harmonies, and musicianship differentiates these artists from many.



Tracy Walton- 2014 and 2015 New England Music Award nominee Best Male Performer. An accomplished bassist and songwriter who has written for Alfred Books and taught at the National Guitar Workshop. Tracy is a Taylor guitar artist.

Julia Autumn Ford- CT Music Award Nominee Best New Artist 2014 and Song of the Year 2015. Her debut solo album has gained her well deserved attention as a singer of rare talent. “It’s almost freakish how good she sings. I watched her and it was hard to process that it was actually coming out of her mouth.” Joe Michelini, River City Extension.

Acoustic folk duo Belle Of The Fall has proven that musical soul mates do in fact exist.” Vents Magazine Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

EC-CHAP’s Jazz Series:

Bruno Raberg “Triloka” (World/Classical/Jazz). Sunday Afternoon, November 19th, 3:00pm

Bruno Raberg is an internationally renowned bass player and composer. Since coming to the US from his native Sweden he has made nine recordings as a leader, about 30 as a sideman, and has performed/recorded with numerous world-class artists including George Garzone, Sam Rivers, Donny McCaslin, Kenny Werner, Chris Cheek, Ben Monder, Ted Poor, David Gilmore, Mick Goodrick, Bruce Barth, Jim Black, Matt Wilson. Råberg has toured throughout Europe, USA, Japan, Africa, India and Central America.



The Triloka Ensemble, which features Råberg’s compositions for strings, shows the unique, intimate and creative musical language he has developed. The music is personal, evocative and truly original and it uses rhythmic and melodic structures from traditional Carnatic (S. Indian) music. Triloka means “three realms” and could be an analogy to the overall influences on this recording which are S. Indian music, jazz improvisation and classical. The result is compelling music that showcases Råberg’s compositional prowess and his musical companions’ inventiveness, musicality and accomplished solo work.

What the critics say about the Triloka – Three Realms CD:

“Lush orchestral waves and a quietly mesmerizing solo from Råberg introduce “Triloka—Three Realms....

Råberg’s compositional élan—the deft weaving of multiple voices through the prism of classical and folkloric pastures—and the individual freedoms that permeate this contemporary, yet timeless sounding music. Never less than compelling” Ian Patterson – All About Jazz

“Triloka is a captivating album with an almost orchestral flair to it; at times dark and foreboding, yet at other times playful and light.” Marithe Van Der Aa – All About Jazz

Doors 2:30pm / Show 3:00pm. Tickets \$15.00 Advance (online) / \$20.00 Door. Special student pricing \$10.00 at the door (with valid I.D).

EC-CHAP Film Series:

“Woodstock: 3-Days of Peace & Music” (R). Thursday, November 16th, 7:30pm

Over four days in August 1969, 400,000 young Americans (‘half a million’ by the time Joni Mitchell penned the theme song) traveled to farmland in NY State for a music festival. Facilities could not cope. (The ticketing was an early casualty.) But The Who, Janis, Sly and the Family Stone and Jimi were on fire. It rained. There was mud. There were sex and drugs galore. No violence was reported.

A year later Warner Bros released an epic 70mm multi-screen documentary, brilliantly edited by Thelma Schoonmaker, assisted by Martin Scorsese. ‘Three days of peace and music’ became the tagline for an epoch. As much as studio commodification of Woodstock was called out at the time, ‘peace’, meaning opposition to the draft, was fundamental to the film’s drawing power worldwide and to its heady influence on a generation.

Almost 50 years later, there could be no better way of exploring the mythology than a giant screen experience of this newly mastered director’s cut of the movie that did everything to cement it. As pure documentation, it’s surprisingly clear-sighted, beautifully shot, richly textured, informative and often funny. (Source: NZIFF)

NOTE: This is a long duration film (255 minutes). A 15-minute intermission will be added. Doors 7:00pm / Show 7:30pm. Suggested donation \$5.00.

Tickets, Reservations, CANCELLATIONS, and Contact:

Tickets for all shows and program registrations can be purchased online at www.thepackinghouse.us/upcoming or at the door. Check our website frequently for new additions.

Table reservations and cabaret seating available. Unless specified otherwise, all performances will feature Bring Your Own Beverage & Food “BYOB&F”™ - wine & beer ONLY (I.D.s Required). Snacks and soft drinks will also be available. Doors open 30-minutes prior to show time.

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

Did you know that The Packing House is available to rent for your event? Whether it’s a business meeting, a creative project, or a private function, we can support your needs in our historic setting. Call anytime for details. The Packing House is located at The Mill Works, 156 River Road, Willington, CT 06279. Parking is located onsite and across the street. For questions, program or rental information and table reservations, please call 518-791-9474. Email The Packing House (info@thepackinghouse.us) or EC-CHAP (info@ec-chap.org).

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

Fall “First Sunday at The Mill Works” and the Gardiner Hall Jr. Museum

By Pamm Summers

Thank you to all the visitors who came by for the Fall “First Sunday at The Mill Works”!

We had a very good turnout at The Gardiner Hall Jr Museum during our First Sunday on October 1st! Many people were interested to hear of the Hall family’s involvement in Willington’s past. From the firehouse, the ice house and it’s conveyor belt, to the train depot, and Rosa’s Hall’s interest in running the Thread mill just to name a few. We were especially fortunate to have Alice Hall Cassells stop by and share pictures and video, as well as reminiscing about the family when she was growing up. Our next First Sunday at The Mill Works will be on December 3rd from noon to 5:00pm. Will you be able to stop in for a visit?

This month we were also the proud recipient of additional artifacts that Tyler Hall has loaned us to put on display. Tyler brought us several yard tools that were used to maintain the grounds of the Hall properties as well as wooden shipping crates and Gardiner Hall’s personal letter sorting/storage boxes. Thank you, Tyler, for sharing these items with us! These items are in the process of being cleaned and cataloged, and will be on display very soon.

I have corrections to make to last month’s article, another good thing from having Alice in the Museum on

First Sunday. Rosa Hall was not responsible for building the church in Willington. Gardiner Hall Jr. built the church in memory of his daughter, Clara, who died at a tragically young age. And secondly the building of the Hall Memorial

School was a joint family project in which, Rosa was one of the participants. I am so sorry for the misinformation.

The Museum will be closed on Wednesday, November, 22nd for Thanksgiving. We will reopen on Wednesday, November 29th and on Tuesday, December 5th we will begin opening on Tuesdays from 9:30am to 11:30am and closed on Wednesdays.



Share Curiosity. Read Together.



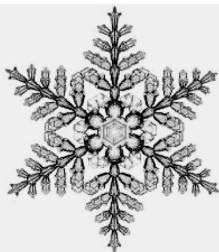
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Without your submissions of writing, poetry, artwork and photographs, this little paper would not exist. T. King, Publisher

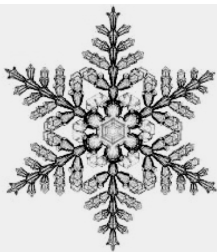


We invite you to our Gala Holiday Auction!

December 2, 2017, 6:30 p.m.

Temple Bnai Israel

Willimantic, Connecticut



Dear Friends,

On the evening of December 2, 2017, we will hold our gala event of the year - a festive and fun silent and live auction.

Our auction serves as one of our major fundraisers. Proceeds from this gala will allow us to continue our active, open, welcoming (and oldest, at 108 years) presence in Northeastern Connecticut. The Temple is known for its welcoming atmosphere within our community and beyond, and is a center for inter-faith learning.

Ernie Eldridge, Mayor of Willimantic, and a dynamic auctioneer for over 31 years, will be our auctioneer extraordinaire. Some of the exciting live auction items are on the roster include a:

- weekend at a vacation home in Gloucester, Massachusetts
- week at a vacation home in South Carolina
- Jason Wu designer handbag
- plethora of other goods and services

Viewing of items for the silent auction will begin at 6:30 p.m. The live auction begins at 7:30 p.m.

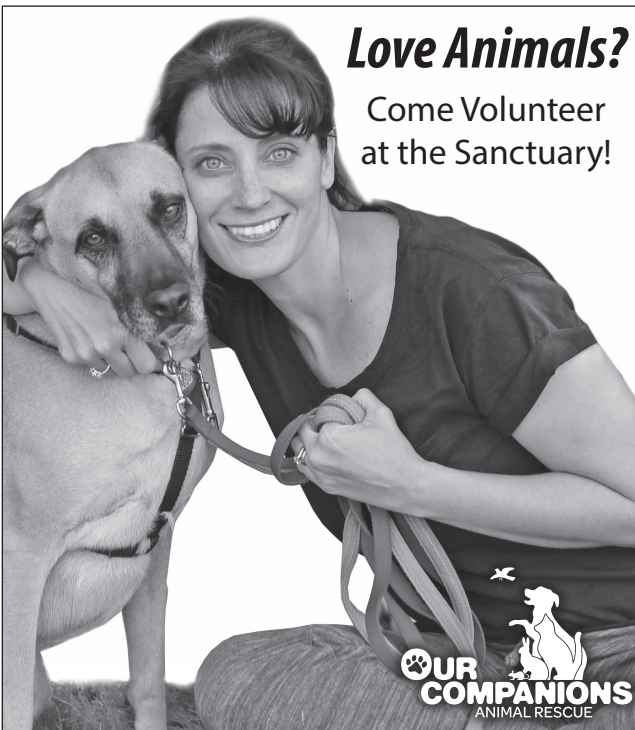
Hearty hors d'oeuvres will be served. Admission is \$10.00/person.

Please join us!

Temple Bnai Israel
383 Jackson Street
Willimantic, CT 06226
860-423-3743

Questions? e-mail office@templebnaiisrael.org
www.templebnaiisrael.org

If you are unable to attend, but would like to make a donation, please visit our website or send a personal check, made payable to Temple Bnai Israel, to P.O. Box 61, Willimantic, CT 06226



Love Animals?

Come Volunteer
at the Sanctuary!



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

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



10.23.17 A panoramic photo of the recently completed mural in the Amston section of Hebron along the Airline trail. The mural was sponsored by Senior Friends of Hebron, Inc. and Hebron Ace Hardware. It was painted by community volunteers. Tom King photo.

How Art and Poetry Can Help People Deal With Challenging Times

(StatePoint) Whether you are dealing with personal tragedy and loss in your life, or are concerned about current events, some experts believe that creating and appreciating art can help you cope with the emotional fallout of challenging times.

“Art and poetry can be a beautifully effective outlet for dealing with tragedy or loss,” says J. Chester Johnson, a critically-acclaimed poet, essayist and translator of over four decades and author of the recently published book, “Now And Then: Selected Longer Poems.”

Johnson, who worked on Hurricane Katrina recovery efforts and was a regular volunteer in the months following 9/11 at St. Paul’s Chapel (the Ground Zero relief center for recovery workers), wrote the iconic poem “St. Paul’s Chapel,” published worldwide, about endurance in the face of terror. His poem remains the memento card for the thousands of weekly visitors to the Chapel that survived the 9/11 terrorists’ attacks at Ground Zero, and more than a million poem cards have been distributed to-date.

When one needs hope and healing, here are some ways you may find it through creativity and art.

- Art therapy is a common treatment for those suffering from post-traumatic stress disorder, adverse physical health conditions or psychological impairment. The creative process often gives patients an opportunity to explore feelings and develop self-awareness.

- For those dealing with trauma, depression or other crises, keeping a journal is a way to regularly connect with one’s feelings. It also offers opportunities to be creative through verse, which Johnson says can be beneficial. “Acts of violence and mayhem often result in words being produced that describe, give solace or inspire,” he says.

- When your mind is racing or you feel anxious, consider picking up an art project that allows you to relax. Whether it’s knitting a scarf or simply coloring, such activities can allow your mind to take on a meditative state.

“Acts of violence and mayhem often result in words and art being produced that describe, give solace, or inspire,” says Johnson. “Poems occur where things happen and that’s where many people find comfort and assurance when dealing with challenging experiences.”

And when such challenging experiences as natural disasters or terror attacks are experienced by many people, the sharing of comforting words and images often becomes widespread. “After 9/11, poems by W. H. Auden and Galway Kinnell that touched the depth of the responsive feeling to the terrorists’ attacks, circulated over the Internet,” points out Johnson. “At that time, my ‘St. Paul’s Chapel’ was also posted on many websites, sent from friend to friend and appeared on many a refrigerator door.”

More information about Johnson and his poetry is available at jchesterjohnson.com, which offers details on his new book, “Auden, the Psalms, and Me,” a memoir and literary and historical commentary on the retranslation of the Psalms for the Episcopal Church.

If you are facing a personal or public crisis and are looking for ways to cope with loss or trauma, consider how you may heal through art, poetry and creative expression.

The Neighbors Paper
Black and White
And Read All Over!!!

Holly Day Fair

A traditional Holiday Fair will be held at the Congregational Church of Union, Route 190 (Buckley Highway), Union, CT on Saturday, November 18, from 10 a.m. to 2 p.m. Admission is free. The church is handicapped accessible.

The fair will feature a variety of quality hand crafted Christmas gifts and decorations; Crafters and vendors tables; Home baked holiday pies, jams, pickles and jellies; Cookies by the pound;



Homemade candies & caramel apples; Teacup raffle of gift baskets and gift cards; Tombola, Silent Auction including a fully decorated themed tree and antiques; Children’s activities include, Write a letter to Santa, Picture with Santa, decorate a cupcake, Face painting, a variety of games, and an ice fishing game!

We will have beautiful fresh wreaths, swags and cemetery boxes; Beverages and lunch will be served throughout the day. For more information please contact Heather at yorklass39@cox.net. Check us out on Facebook and Instagram or our website, www.unioncc.com

Home Projects to Transform Your Yard Into a Refuge for Birds

(StatePoint) Millions of wild birds are killed each year flying into windows, including private homes. Birds face other dangers, too, in your yard, whether they are migrating or flying locally.

Everyone, but especially those who enjoy having birds visit their yards and gardens, should take steps to make their homes a safer place for birds.

“Birds are part of a healthy ecosystem. Turning your home into a refuge for birds is good for the environment, saves lives and can add beauty to your garden,” says Spencer Schock, founder of WindowAlert, a company that offers decals and UV Liquid that are highly visible to birds but barely noticed by people.

Schock is offering three home projects you can do to help protect birds.

- Do some planting: Creating a bird-friendly yard does not have to be at odds with your desire to have a beautiful garden. Plant trees, shrubs and flowers that provide birds with the nourishment and shelter they need. The good news is that there are many beautiful varieties of bird-friendly vegetation. To be a good environmental steward, opt for species native to your region.

- Make Windows Visible: Preventing birds from striking your windows is easier than you may think because birds can see certain light frequencies that humans can’t. An easy way to make your windows visible to birds in a way that won’t disrupt your view outside your window is by applying UV decals and UV liquid to your windows. Consider those from WindowAlert, which are proven to effectively alter the flight path of birds and prevent window strikes. While the ultraviolet coating will look like etched glass to you, it will be quite visible to birds. For best application techniques, visit windowalert.com.

- Monitor the Cat: If you have cats that like to spend time outdoors, be sure to monitor them to prevent bird hunting. If possible, consider keeping birds safe by creating an outdoor area for your cat to roam that’s enclosed. If you’re handy, you may try building this area yourself, but keep in mind, read-made structures are widely available, too.

With a few simple steps, you can convert your garden and yard into a veritable safe haven for birds.

How to Incorporate Learning Into Your Child’s Daily Routine

(StatePoint) Young children don’t need to be in a classroom to learn important skills. And the earlier you get started, the better. Here are some great ways to incorporate fun learning experiences into your child’s day.

Bath Time

Don’t miss the opportunity to make bath time a fun and engaging experience. Count rubber duckies together, sing “Head, Shoulders, Knees and Toes,” complete with corresponding choreography, and read books -- just be sure they are of the waterproof variety! Even just talking to your children during this time can be educational, helping them pick up new vocabulary and develop language skills.



Play Time

With careful consideration, your play area can serve double-duty, being a station for fun while encouraging a child’s curiosity and love of learning. Consider innovative learning toys that actively teach important skills, such as counting, shapes, colors and the alphabet, while introducing the problem-solving, creativity and social skills children will need to thrive as they grow.

Certain toy brands, such as LeapFrog, have created a variety of learning tools that are also fun to play with for young kids. For example, their new Scoop & Learn Ice Cream Cart can help children build memory and sequencing skills while they create ice cream cones with a scooper that recognizes colors and flavors. The brand also has a combination laptop and touch screen tablet called the 2-in-1 LeapTop Touch, which is designed to help kids learn letters, numbers and music.

“Childhood is a time of discovery, so seek out toys designed to foster children’s natural curiosity,” says Dr. Clement Chau, director of learning for LeapFrog. “Toys should provide a range of experiences that build a strong foundation of learning.” Dr. Chau also recommends Step & Learn Scout, a pet pup that teaches kids letters and counting while they develop gross motor skills and get some exercise, as well as the Stack & Tumble Elephant, for building hand-eye coordination while learning songs, numbers and phrases.

Mealtime

Mealtime is the perfect time of day to teach kids about their health, as well as good nutrition habits. You can teach kids about the five food groups, as well as vitamin basics, so they learn that what they put into their body can have a positive impact on their growth and wellness. Kids can also develop motor skills by helping you in the kitchen. From pouring to mixing to measuring, there are many kitchen tasks perfect for little hands.

Bedtime

Help kids wind down before bed with some great books. Read to your children until they can read to themselves. You’ll be forming a lifelong habit of learning. The right tools and habits can make it easy to seamlessly incorporate education into your child’s daily routine.

Hampton Fall Festival A Success Keep the Home Fires Burning



Riding in the hay wagon at the Hampton Fall Fair.
Contributed photo.
By Roger Burten

The 2017 sequel, the Second Annual Hampton Fall Festival, was a complete success! Lots of people showed up during the whole day and enjoyed the many events. As advertised, there was the famous Fletcher Memorial Library book and delicious bake sale (which sold out), hay rides for all, live music, a country dance, a Scouts’ rope bridge to cross, many vendors of gifts and crafts, the becoming-famous Hampton fire department BBQ, chili and cornbread, a 50-50 raffle, an amateur’s-only photo contest, and much more to keep folks of all ages happy to be there.

So, a word to the wise (my mother’s old expression), next Fall time, when you see the announcement of the 3rd Annual Hampton Fall Festival, circle the date on your calendar! Come buy some books, eat some great food, listen to some terrific music and enjoy a fun day in the picturesque village of Hampton CT.

Bazaar and Craft Fair

Saturday November 4

Columbia Congregational Church,
325 Route 87, Columbia
10:00 am to 3:00pm.

Homemade crafts, baked goods
lunch featuring corn chowder
in Deacon’s Diner.
Contact 860-228-9306 for more info.



The Windham County 4-H Foundation was recently awarded a \$2,000 grant from the Last Green Valley’s small grants program for sharing and preserving our heritage. This award joins a \$5,325 grant from the Connecticut Trust for Historic Preservation and the 1772 Foundation which we received in March of 2017. These two grants allowed us to go forward with contracting repairs to the historic fireplace on the main floor of the lodge and to the chimney which were originally built in 1954 by famed local masons, the Wilcox brothers.

The need for flue, ventilation and other repairs have prevented us in recent years from using the fireplaces for 4-H traditions that go back to the start of the camp program. Dan Armstrong and his crew from Armstrong Chimney and Stoves company in Taftville, CT arrived on October 16 to do the necessary repairs. They were completed around noon on the 20th, just in time to welcome 40 teens to the lodge later that afternoon.

The saying carved over the mantle says it all: “1954, Dedicated to Youth through the Generosity of Many”. The generosity of these three organizations continues the tradition of generosity that has fueled our foundation for the last 63 years and has helped us to preserve a historic resource that is the focal point of our lodge.

Please thank and patronize
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Thank you. T. King, Publisher

Learn About Scams

Submitted by Elaine Wilmes-Pandolfo

The Ashford Senior Center located at 25 Tremko Lane is hosting a program regarding Common Scams on November 10th at 1:00pm. Lora Rae Anderson from the State Department of Consumer Protection will give a 20-25 minute presentation, then open the floor for questions. The program is free and open to all interested individuals.

If you have any questions, please contact Senior Center Coordinator Sheila Grady (860-487-5122). Light refreshments will be provided.

Ashford Arts Council’s Holiday Artist Market

A Free Event!

30 skilled, talented and accomplished Artisan/ vendors will fill Ashford’s historic Knowlton Memorial Hall and Reading Room, the lovely New England field stone structure built in 1924, formally Ashford Town Hall.

Demonstrators spinning wool ,weaving, a wildlife painter, and fine jeweler are also part of our event in the charming and historic Old Post Office on the premises.

Live Music on Stage/supporting
local musicians

Conto Lino’s Authentic Southern Italian
Mobile Food Trailer/ GOOD EATS!

When: Nov. 18 from 10:00 am - 4:00 pm
Where: Knowlton Memorial Hall
(The Babcock Library)
Rte 44/25 Pompey Hollow Road
Ashford, CT 06278
An Ashford Arts Council event!
We are an offshoot of Ashford Our Town Our
Future in partnership with Windham Arts Org/
CT Office of the Arts
For more information Contact Debra Gag/
Chair 860-487-0032

In Celebration of Veterans’ Day Please Join Us for 2017’s MUSICAL TRIBUTE TO HEROES Featuring:

THE GLENN HANSEN ORCHESTRA

The Glenn Hansen Orchestra, a professional, unique and intricate swing band, brings together music, history and talent. Many of the musicians in this orchestra formerly played for such greats as Judy Garland, Frank Sinatra, The Tommy Dorsey Orchestra, The Isley Brothers and Wayne Newton, just to name a few. The talent has toured widely, playing in casinos, night clubs, stadiums and even the White House. This musical showcase features talented vocalists leading the orchestra through an electrifying performance which will leave you excited and energized. If you enjoyed last year’s program, you will love 2017’s program. Plan on joining us for coffee and pastries in the church hall after the concert, talk to the orchestra members and spend some time viewing the work of the talented and extraordinarily creative Veteran Artists as they display their visual and graphic creations while you discuss their art with them.

7:30 pm, Saturday, November 11th, 2017
St. Albans Church
254 Broad Street
Danielson, CT. 06239

You are all invited to join the Orchestra for Coffee and refreshments in the Church Hall, following the Performance

For further information, Contact Vincent Iovine, Show Director at
viovine10@gmail.com or Text 860-377-4695

This Concert is free to everyone, but donations are greatly appreciated.
All proceeds will Benefit Service Programs for Connecticut Veterans



Saturday, November 18, 2017
10am – 4 pm

Knowlton Memorial Hall

Route 44 @ 25 Pompey Hollow Rd.
Ashford, CT

30 skilled, talented and accomplished Artisan/vendors
Demonstrators on the premises spinning wool ,weaving,
a wildlife painter, & fine jeweler
in the historic Old Post Office

Live Music on Stage

Conto Lino’s Authentic Southern Italian Food Trailer

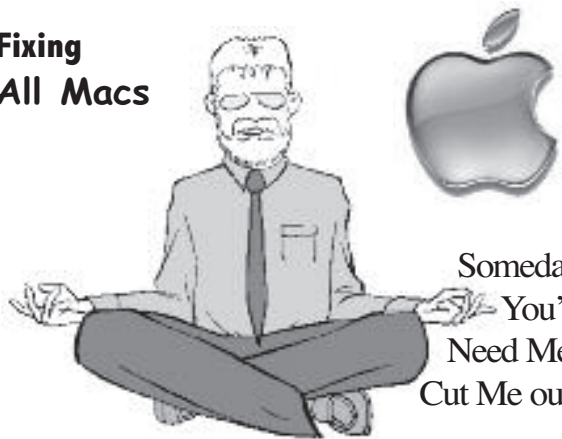


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All your Apple Macintosh Mac,
iMac and iPhone Questions

Even I Fell For This One



Suppose you're surfing and suddenly you see a notification that software on your computer needs to be patched. Sounds urgent, right? You don't want to be wandering the Web with outdated software, and you might be inclined to click through the update process without a second thought.

That's exactly what the criminals behind a new malware campaign targeting Mac users are counting on. Researchers found the MacDownloader malware hiding inside a fake Adobe Flash update installer.

Run it, and midway through the bogus installation process you'll be alerted to the discovery of some nasty adware on your Mac. There's no adware, of course. It's just the next step in the scam.

Click to "remove" the adware, and you'll be prompted to



enter your admin password. Once MacDownloader has your password it tries to establish a connection to a remote server so that it can transmit data. What kind of data? The contents of your Keychain: usernames, passwords, PINs, credit card numbers... whatever private information a Mac user has stored in it.

Fortunately, MacDownloader doesn't appear to pose a major risk to Mac users at the moment. The remote server it tries to connect to has been taken offline, so there's nothing controlling its activities at the moment. It's quite likely, however, that its authors will fix the flaws that security researchers discovered in its code (and poorly-written dialogues) and release an updated version.

Instead of trusting a mysterious pop-up window that appears on your Mac, here's how you should check to see if your Flash player needs an update. Press command and space bar to bring up Spotlight, then type in "Flash Player" and click on the system preference for it. Click on the "Updates" tab, and then click "check now." It will tell you if it's up to date or now.

If you've already fell for the scam, you can usually remove it by downloading a trial software from <https://www.malwarebytes.com/products/>. Use the trial to remove the unwanted software and be sure to change the software to your mac (administrator) so no one can get in the through the web.

Remember that MOST messages saying they found a problem, ARE the problem waiting to be installed.

Which iPhones & iPads can get iOS 11?

The devices that'll be able to update to iOS 11 are:

iPhone 8 Plus	iPad Pro 12.9-inch (2017)
iPhone 8	iPad Pro 12.9-inch (2015)
iPhone 7 Plus	iPad Pro 10.5-inch
iPhone 7	iPad Pro 9.7-inch
iPhone 6s Plus	iPad Air 2
iPhone 6s	iPad Air
iPhone 6 Plus	iPad 5th generation
iPhone 6	iPad 4th generation
iPhone SE	iPad mini 4
iPhone 5S	iPad mini 3
iPod Touch 6th gen	iPad mini 2

The latest update as of this article is: **iOS 11.0.3 Problems and Fixes**

Despite Apple's extensive testing and the public and developer beta programs, there are still inevitably problems with the new version of the iPhone and iPad software. As we hear of them we will outline them here, along with any fixes that have been suggested.

If you are having any issues with your iPhone or iPad let Apple know. There have been reports of not being able to connect to the WiFi network, the device filling up its storage too quickly, the screen freezing or buttons becoming unresponsive, and Message syncing issues with iCloud.

iOS 11.0.3 was released on 11 October 2017. It fixes:

An issue where audio and haptic feedback would not work on some iPhone 7 and 7 Plus devices

An issue where touch input was unresponsive on some iPhone 6s displays because they were not serviced with genuine Apple parts

WiFi & Bluetooth issues with iOS 11

Users have been confused to find that when they toggle Bluetooth and Wi-Fi off in iOS 11 Control Centre on their iPhone it doesn't actually turn off the functions.

Apple explains that this is so that the following applications can have access to the functions AirDrop, AirPlay, Apple Pencil, Apple Watch, Continuity features, like Hand-off and Instant Hotspot, Instant Hotspot, Location Services. What it means is that even if you think you have turned off WiFi or Bluetooth you haven't really, and functions like AirDrop will still be available.

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



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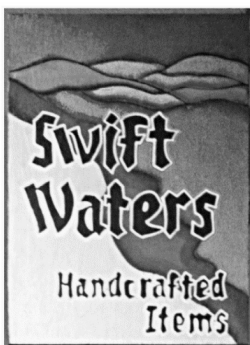


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Ac Council | KEEP AMERICA BEAUTIFUL

Our Community Calendar

Compiled By Dagmar Noll

November 1, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. Authentic West African Rhythms, all ages, all levels. Drum provided if needed. BENCH SHOP, 786 Main St, Willimantic. Info: 860-423-8331

November 2, Thursday

Kids: Let’s Build A Fort!, 4:00p.m. - 5:00p.m. Build a fun fort in Goodwin Forest out of forest materials. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

November 3, Friday

Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. Exercise your right to assemble. Event followed by letter and postcard writing to our government officials. Peace & Protest Corner, Jackson Street at Valley Street, Willimantic.

November 4, Saturday

Running: CT Veterans’ Day Patriot Race, 9:45a.m. Patriot’s Park, 124 Lake Street, Coventry. Tickets: www.ctveteransdayrace.com
Puerto Rico Aid: Hurricane Maria Relief Aid, 12:00p.m. - 8:00p.m. \$1 of each dish sold will go to the fund. Garo’s Place, 856 Main St, Willimantic
Community Food: Storrs Farmers Market, 3:00p.m. - 5:00p.m. Mansfield Town Hall, 4 S. Eagleville Road, Storrs. Info: storrsfarmersmarket.org
Live Music: Tim Ray Trio (Jazz), 7:00p.m. \$17.00. The Packing House, 156 River Road, Willington. Call in advance to reserve a table: 518-791-9474 Info: www.thepackinghouse.us
Hiking: Beaver Moon Night Hike & Campfire, 7:30p.m. - 9:30p.m. Bring a flashlight or headlamp. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

November 5, Sunday

History: August First: A West Indian Jubilee in America, 1:00p.m. Free. Adults and children 8+. Lecture on abolition celebrations on August First, West India Day. Biology/ Physics Building, Room 130, UCONN, Storrs. Info: 860-486-5690 www.mnh.uconn.edu
Travel Writing: A Season at the Grand Canyon, by George Jacobi, 1:00p.m. - 2:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. Non-sectarian, Buddhist-style sitting and walking meditations, teaching and sharing. Info: 860-450-1464 dmangum617@gmail.com

November 6, Monday

Lecture: Climate Change in the Arctic, 7:00p.m. - 8:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov

November 7, Tuesday
*** ELECTION DAY ***

November 8, Wednesday

Live Music: J. Collin, Allysen Callery, Frozen Corn, Baseball Camp Nurse, 7:00p.m. - 9:00p.m. Willimantic Records, 744 Main St, Willimantic. www.willimanticrecords.com
Live Music: Talent Showcase, 7:00p.m. Free & open to all ages. The Packing House, 156 River Road, Willington. Call in advance to sign up: 518-791-9474 Info: www.thepackinghouse.us
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 11/1)

November 9, Thursday

Kids: Mystic Paper Beasts 10:30a.m. Storytelling with mime and masks. Willimantic Public Library. 905 Main Street, Willimantic. www.willimanticlibrary.org

November 10, Friday

Kids: Dances with Leaves: An Autumn Adventure for Young Explorers, 10:00a.m. - 11:30a.m. Ages 4-7. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 11/3)

November 11, Saturday

Evergy: Eastern CT Green Action, 10:00a.m. Monthly meeting. Buchanan Auditorium, Mansfield Public Library, 54 Warrenville Rd, Mansfield
Hiking: Long Distance Guided Hike, 12:00p.m. - 3:00p.m. Free. 5-7 mile hike. Friendly dogs welcome. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Kids: A Plymouth Thanksgiving: Stories & Foods, 2:00p.m. \$5. Includes an activity, craft, story and snack. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org
Community Food: Storrs Farmers Market, 3:00p.m. - 5:00p.m. (See 11/4)

November 12, Sunday

Lecture: Living in Harmony with Mother Earth, 1:00p.m. - 2:00p.m. Presentation by Mohegan Tribe Elder Chris Harris “Turtle”. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Meditation: Willimantic Mindfulness Sangha Meditation,

7:00p.m. - 8:30p.m. (See 11/5)

November 13, Monday

Kids: Mother Goose Mondays, 10:30a.m. Story time for ages birth-3 years old. Willimantic Public Library. 905 Main Street, Willimantic. www.willimanticlibrary.org
Energy: Solarize Windham Workshop, 7:00p.m. - 8:30p.m Find out if your home is good for solar and how you can afford it, with a no-obligation solar assessment. St. Paul’s Episcopal Church, 27 Plains Rd, Windham. www.solarizect.com/Windham

November 14, Tuesday

Kids: Cupcake Decorating, 6:30p.m. Willimantic Public Library. 905 Main Street, Willimantic. Register: 860-465-3079 www.willimanticlibrary.org
Live Music: Quiet Corner Fiddlers, The Apollo Restaurant, Rt. 32, Windham, 7-8:30pm.

November 15, Wednesday

Hiking: Senior Walk, 12:00p.m. - 2:30p.m. Free. Easy walk not just for seniors. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Reading: Goodwin Book Club, “A Year in the Maine Woods”, by Bernd Heinrich, 3:00p.m. - 4:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Kids: LEGO Fun!, 4:00 – 5:30p.m. Ages 7+. Willimantic Public Library. 905 Main Street, Willimantic. www.willimanticlibrary.org
Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 11/1)

November 16, Thursday

Hiking: Senior Walk, 10:00a.m. - 11:30a.m. (11/15)
Kids: Thursday Evening Stories & More, 6:30p.m. Story time for ages 4-7 years old. Willimantic Public Library. 905 Main Street, Willimantic. Register: 860-465-3079 www.willimanticlibrary.org
Film: An “Woodstock: 3 Days of Peace & Music”, 7:30p.m. \$5.00. The Packing House, 156 River Road, Willington. Info: 518-791-9474 Info: www.thepackinghouse.us

November 17, Friday

Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 11/3)

November 18, Saturday

Skill Share: Spinning Bee, 10:00a.m. - 1:00p.m. Drop in with your spinning wheel or other fiber art. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org
Fair: Holly Day Fair, 10:00a.m. - 2:00p.m. Free. Congregational Church of Union, Route 190, Union.
Community Food: Storrs Farmers Market, 3:00p.m. - 5:00p.m. (See 11/4)
Live Music: Belle of the Fall (Indie), 7:30p.m. \$15.00. The Packing House, 156 River Road, Willington. Call in advance to register: 518-791-9474 Info: www.thepackinghouse.us

November 19, Sunday

Community Food: Coventry Winter Farmers Market,

11:00a.m. - 2:00p.m. Coventry High School, 78 Ripley Hill Rd, Coventry. Info: www.coventrywinterfarmersmarket.com
Energy: Walk for Warmth, 1:00p.m. - 4:00p.m. 2-mile walk through the Streets of Willimantic to raise funds for an energy assistance fund. WAIM, 866 Main St, Willimantic
Live Music: Bruno Raberg “Triloka” (World/Classical/Jazz), 2:30p.m. \$20.00. The Packing House, 156 River Road, Willington. Call in advance to regiaster: 518-791-9474 Info: www.thepackinghouse.us
Live Music: Take Note! A cappella ensemble, 3:00p.m. - 4:30p.m. Fundraiser for Eastern CT Green Action. First Church of Christ, 549 Storrs Rd, Mansfield Ctr.
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m.

November 20, Monday

Kids: Mother Goose Mondays, 10:30a.m. (See 11/13)

November 22, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 11/1)

November 24, Friday

Rally: We the People Weekly Rally, 5:00p.m. - 6:00p.m. (See 11/3)
Film: Dr. Strangelove, or How I Stopped Worrying & Learned to Love the Bomb, 7:00p.m. UU Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867

November 25, Saturday

Skill Share: Gardeners Roundtable, 10:00a.m. - 11:30a.m. Workshop for experienced gardeners to share best practices and pitfalls. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov
Skill Share: Tree Identification by Bark, 1:00p.m. - 2:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534

November 26, Sunday

Community Food: Coventry Winter Farmers Market, 11:00a.m. - 2:00p.m. (See 11/19)
Hiking: Long Distance Guided Hike, 12:00p.m. - 3:00p.m. (See 11/11)
Meditation: Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m.

November 27, Monday

Kids: Mother Goose Mondays, 10:30a.m. (See 11/13)

November 29, Wednesday

Skill Share: Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 11/1)

November 30, Thursday

Nature: The Art of the Sit Spot, 4:00p.m. - 5:30p.m. Age 12+. Discover the lost art of the Sit Spot. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov
Kids: Thursday Evening Stories & More, 6:30p.m. (See 11/16)





Capt. Nord Yakovleff (center) and wife, Peggy, of Ashford, recently took a neighbor, Dave Sibiga fishing. They spent the day on the couples boat, the Binary Star, off the coast of southeastern Connecticut. They caught several togs/blackfish. Contributed photo.



Wood ducks along the Airline trail in Hebron. Photo by Stan Malcolm. To see more of Stan's work visit his website: www.performance-vision.com/airline

Where to find The Neighbors Paper

- | | | |
|---|---|---|
| <p>Ashford
Ashford Spirit Shoppe
Wooden Spoon Rest.
Terry's Transmissions
Ashford Post Office
Babcock Library
KSK Market
Hope & Wellness</p> <p>Bolton
Bolton Post Office
Subway-Bolton Notch</p> <p>Chaplin
Chaplin Post Office
Zlotnick's Conv. Store
Pine Acres Restaurant</p> <p>Columbia
Saxon Library
Columbia Post Office</p> <p>Coventry
Highland Park Market
Meadowbrook Spirits
Coventry Laundromat
Subway
Booth and Dimock Library
Song-A-Day Music</p> <p>Eastford
Eastford Post Office
Coriander
Basto Flooring</p> <p>Hampton
Hampton Post Office
Hampton Library</p> <p>Lebanon
Green Store</p> <p>Mansfield/Storrs
Holiday Spirits
Bagel Zone
D & D Auto Repair
Storrs Post Office</p> | <p>Mansfield Senior Center
All Subway shops
Starbucks
People's Bank
Storrs Comm. Laundry
UConn Bookstore (2)
UConn Student Union
Tony's Garage</p> <p>Mansfield Center
Mansfield Library
East Brook Mall
HST Realty
Lawrence Real Estate
Mansfield OB/GYN</p> <p>Mansfield Depot
Thompson's Store</p> <p>North Windham
Bagel One
Subway
No. Windham P.O</p> <p>Pomfret
Vanilla Bean Restaurant
Pomfret Post Office
Baker's Dozen
Weiss & Hale</p> <p>Putnam
Antiques Marketplace
Putnam Library
Subway
Putnam Post Office
Ben's Beans</p> <p>Scotland
Scotland Library
Scotland Post Office
Scotland General Store</p> <p>South Windham
Bob's Windham IGA
Landon Tire
So. Windham P.O.</p> | <p>Stafford
Middle Ground Cafe
Subway</p> <p>Tolland
Birch Mountain Pottery
United Bank
Tolland Library
Tolland Post Office</p> <p>Willington
River & Rails Diner
Willington Pizza I
Willington Post Office
Willington Library
Key Bank
The Packing House
Franc Motors</p> <p>Windham/Willimantic
Clothespin Laundromat
Schiller's
Willi Food Co-op
Willimantic Pharmacy
Main Street Cafe
Design Center East
That Breakfast Place
All Subways
Super Washing Well
Willimantic Public Lib.
Windham Senior Center
Elm Package Store
Not Only Juice
Windham Eye Group
Willimantic Records
Grounded Coffee Shop
34 North Street</p> <p>Windham Center
Windham Post Office</p> |
|---|---|---|

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