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April 2018

A little paper big on community

FREE

# Neighbors

No. 158 Serving the inhabitants and environment of northeastern Connecticut and beyond





# April Programs at the CT Audubon Center in Pomfret

Grassland Bird Conservation Center  
218 Day Road, Pomfret Center, CT 06259  
(860)928-4948 [www.ctaudubon.org/pomfret-home](http://www.ctaudubon.org/pomfret-home)

**Focus On Birds** - featuring local artists David Stumpo & Nancy Barrett  
Exhibit opens April 1 thru May 31 at the Center, 218 Day Rd in Pomfret  
Come feast your eyes on the talents of avian watercolorist David Stumpo and wildlife photographer Nancy Barrett.  
Free admission.

**Toddler Trails and Tales**  
Tuesdays, April 3 thru 24 at the Center, 218 Day Rd in Pomfret  
from 1 – 2:15 p.m.  
Volunteer and mom of three, Melissa Telford will entertain your toddlers with stories, activities and fun along our trails. Wear clothes and boots appropriate for the weather. All children must be accompanied by an adult.  
Fee per child per day: \$5 CAS members; \$7 non-members.

**Woodcock Watch**  
Wednesday, April 4, 7:00 p.m.  
A sure harbinger of spring, this fascinating little bird puts on a riveting mating display at dusk. As long as the weather cooperates, we should hear & see them in action. Meet at the Center, 218 Day Rd in Pomfret. Fee: \$5 CAS members; \$10 non-members.

**After School Nature Club**  
Grades K – 6 from 3 - 5 p.m. at the Center, 218 Day Rd in Pomfret  
Thursdays, April 5, 12, 26 & May 3, 10, 17  
Do your kids need to blow off steam after school? The afternoons will be filled with fresh air, exercise, wildlife lessons and fun.  
Fee: \$60 CAS members for the 6-day session; \$70 non-members. More info & forms at [ctaudubon.org/pomfret-home](http://ctaudubon.org/pomfret-home).

**Survival 101: Fire Making**  
Saturday, April 7, 10 a.m. - Noon  
Learn how to build a fire using both ancient and modern techniques (with or without matches) in this continuing survival course taught by the Baranski brothers. Meet at the Center, 218 Day Rd in Pomfret. Fee: \$3 CAS members; \$7 non-members.

**Long Pond Bird Walk**  
Saturday, April 7, 8 a.m.  
Meet at the Center, 218 Day Rd in Pomfret and we'll carpool to this new Wyndham Land Trust preserve in Thompson. This property contains early successional habitat, mature conifer forest, a secluded 20 acre lake, and acres of submerged shrub lands. Bring a spotting scope or share with the group. Fee: \$7 CAS members; \$12 non-members.

**Return of the Sea Otter:** The Story of the Animal That Evaded Extinction on the Pacific Coast  
Sunday, April 8, 2 p.m. at the Center, 218 Day Rd in Pomfret  
In his newest book, author Todd McLeish journeys along the Pacific Coast from California to Alaska tracking the status, health, habits, personality, and viability of sea otters – nearly hunted to extinction in the 18th and 19th centuries. Todd will share stories of his adventures while outlining the natural history of these adorable marine mammals. Fee: \$3 CAS members; \$7 non-members.

**April Vacation Camp**  
Tuesday, April 17 thru Friday, April 20 at the Center, 218 Day Rd in Pomfret  
from 9 a.m. to 4 p.m.  
Info & forms at [ctaudubon.org/pomfret-home](http://ctaudubon.org/pomfret-home) or call 860-928-4948 to register.  
Limited to 20 kids per day. Fee: \$45 per day CAS members; \$55 per day non-members.

**Virginia Rail Bird Walk**  
Friday, April 27, 6 p.m.

We will set out with the goal of hearing and observing a Virginia Rail, along with other bird species. Meet at the Center, 218 Day Rd in Pomfret. Fee: \$5 CAS members; \$10 non-members.

**Nature Sketchbook Journaling**  
Saturday, April 28 at the Center, 218 Day Rd in Pomfret from 9 a.m. to noon  
Spend time outdoors on the sanctuary, sketching and painting nature. Roxanne Steed will teach drawing and watercolor techniques. Fee: \$10 CAS members; \$20 non-members. Call 860-928-4948 to register and for list of materials to bring.

**Early Morning Bird Walks**  
Tuesdays, April 3 thru 24, 8 a.m.  
With access to over 1,650 acres of land, we will seek out a variety of bird species. Wear drab clothing and bring binoculars or a spotting scope. Meet at the Center, 218 Day Rd in Pomfret. Fee: \$3 CAS members; \$7 non-members.

**Wednesday Noon Walks**  
April 4 thru 25 at noon  
Join 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. Fee: Free to CAS members; \$3 non-members.

**Beginners Bird Walk**  
Sunday, April 29, 8 a.m.  
If you are new to bird watching this is a good weekend to start! Some of the colorful spring birds are back and the leaves aren't out yet. Meet at the Center, 218 Day Rd in Pomfret. Fee: \$5 CAS members; \$10 non-members.

**Citizen Science Monitoring Program:**  
Vernal Pool Inventory Surveys Training Workshops  
Friday, April 6, 9 a.m. - Noon  
Saturday, April 7, 9 a.m. - Noon  
Field work: Fri/Sat mornings, Apr & May  
Cover photo: Wood ducks © Mark Hryciw | Dreamstime.

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ACOUSTIC ARTIST SERIES  
AMERICANA / FOLK  
LISA MARTIN  
Saturday, April 7th | 7:30pm



ACOUSTIC ARTIST SERIES  
FOLK / BLUEGRASS  
HORIZON BLUE  
Friday, April 13th | 7:30pm



JAZZ SERIES  
BRUNO RABERG "TRILOKA"  
Saturday, April 14th | 7:30pm



THEATER SERIES  
ORIGINAL PLAYWRIGHT  
"THE MEMORY PLAY"  
Sunday, April 15th | 3:00pm



ACOUSTIC ARTIST SERIES  
INDIE / FOLK  
KALA FARNHAM  
Saturday, April 21st | 7:30pm



ACOUSTIC ARTIST SERIES  
INDIE  
BELLE OF THE FALL  
Saturday, April 28th | 7:30pm

COMING UP IN MAY!  
5/04: MAURA GEIST (SPIRITUAL MEDIUM)  
5/11: VAL ROGERS, AMERICAN SONGBOOK (JAZZ)  
5/12: SEAT OF OUR PANTS (FOLK / BLUEGRASS)  
5/18: BRIAN SNEEDEN "LAST CITY" (POETRY AND SONG)

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

## RECURRING MONTHLY EVENTS

"TALENT SHOWCASE"  
Every 2nd Wednesday!  
Apr 11th | 7:00pm

"SOCIAL DANCE" w/KELLY MADENJIAN  
Every 2nd Thursday!  
Apr 12th | 7:00pm

"DRUM CIRCLE" w/BOB BLOOM  
Every 3rd Tuesday!  
Apr 17th | 7:30pm

"EC-CHAP INFORMATION EXCHANGE MEETINGS"  
Apr 10th | 7:00pm

"FRIDAY NIGHT FILM SERIES"  
'Just Like Being There' (NR)  
Apr 20th | 7:30pm

All proceeds go to support the "Eastern Connecticut Center for History, Art, and Performance"

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

Neighbors  
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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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# Losses and Lessons

By Loretta Wrobel

This April is the first anniversary of my mother’s death at nearly ninety-five years of age. The year passes as I grieve and celebrate the over seven decades of walking with her. At times it feels like she is with me and at other occasions I experience the void of her physical presence. Both of these feelings dance within me, leaving me sad, grateful, lonely, thankful and amazed by the range of my emotions.

I am understanding that I/we learn about grief through my/our personal experience. I grew up in a death-denying and a death-phobic culture. As a society we don’t talk easily about dying or death unless we sign on for some seminar or retreat where we examine our own beliefs, feelings, regrets and blind spots. It astounds me how we manage to avoid the simple yet obvious truth—we all will die.

I glance back at the past year as I tread gingerly on the profound loss of the last parent. It is hard to swallow that I am just starting to negotiate as an orphan at my mature age. I assumed I would not feel orphaned, as I was blessed to have my mother in my life for over seventy years. I would not have predicted the intense feelings churned up as the year progressed. Initially I was relieved because my mom was no longer suffering. I was deeply appreciative of her long life and all the memories I held. The close bond with my three siblings was profound. I never imagined I would feel such connection.

As the spring moved into summer I began to miss her simple presence. I expected to see her at her home as I cleaned out many years of remembrances. There were numerous precious moments sorting through pictures, younger sibs’ school papers from early grades, and hidden surprises. I unearthed my father’s steamship ticket from when he returned to America in 1939. His family had moved back to Poland when he was ten. I discovered my parents’ ancient baptismal records, both events occurring in the same church, although many years apart! Wild and unpredictable, my emotions fluctuated from giddy joy to abysmal emptiness as I processed my past.

All of this left me questioning how such a profound event receives so little attention. Death is always around us, but our society politely dismisses the profundity of loss. We offer three days off from our jobs for grieving. Seriously, does that imply that after three days, we return to business as usual? How casually we greet death, have a ceremony and move on to---what?

I know we can do better. Death is a part of life, not a single isolated event. Loss can rip and cut us open



and can wash over us without any warning. Memories can stop us in our tracks and create havoc with our functioning. As a culture it is critical we examine why we have shoved the death experience in a corner and not given it its proper place. Death visits all. By sharing our emotions and opening to our grief, we can help each other during our bewilderment, fear, and confusion. We question ourselves if we cry, feel immobilized, or thrown off course. These are perfectly normal responses to grief. Knowing these are normal responses, we can allow the feelings to surface. My experience demonstrates that when we try to figure this out alone, we do not choose self-acceptance. We question our weakness, fragility, inability to cope, and overindulgence in our feelings. We berate ourselves for having strong feelings.

It is bold, brave and courageous to hang out with our grief and embrace our sadness and loss. It is the most real truth we experience—knowing that we die. What I know from my own year of grief and loss is that having loved ones to share the intensity is the most beautiful peace I have ever known. I feel close to others who are also grieving and especially connected to my own family. As we expose our truths, we learn more about our unique selves, our sorrows and joys. I realize that I have grown in the manner I greet each day and relate to others. I am more aware of myself and the preciousness of our live on this special planet. It is a time of magic and discovery, when we accept how we are feeling and what we need. It may be to connect with others, to connect with self, to walk by the sea or in the forests, to be still, or to simply weep or laugh.

I marvel at how complex we are as humans. The more we pay attention, the more we awaken to all the beauty and wonder of our existence. I have heard my mother’s voice on a few occasions since her death. Am I hallucinating? Is it really her voice? Is her spirit communicating with me? Is it my needing to be comforted? Does it really matter what is happening? I only know it is an indescribable event that is like a spring rain washing over me. The learning continues, as I explore all of this with gentleness and esteem for death and life.

I am learning that the more I accept my grief, sit with it and welcome it, the more I ingest the richness of each day. I feel clearer and more available to all experiences, as if a gigantic windshield wiper cleansed my view. I did not anticipate any of this, as I had no knowledge of where this loss would carry me. I cannot describe these past twelve months as easy. I do know the death of my mother has significantly molded me into possessing a wholehearted reverence and appreciation for the mysteries of life and the magnificent power of connections. I continue to explore, grow and be intrigued by death and life. What an extraordinary ride, our life’s journey! May yours be equally rich and fruitful.

# Hear Ye! Hear Ye! Time to Dance!

Submitted by Debbie Gag

Mark your calendars for April 28th from 6:00-10:00pm for the 2nd annual Ashford Arts Council’s Delightful Dinner Dance!

Ashford’s Knowlton Memorial Hall will be transformed with twinkling lights and a dance floor!

Everyone enjoyed themselves so much last year that we just had to offer it again!

The menu will have something for everyone including Vegetarian and Gluten Free options. BYOB (beer or wine).

The event will also have a Silent Arts Auction and Gift Baskets. The dinner dance features the upbeat and funky dance band, Blu Ja’nk (Bluesy Jazz and Funk) with Ashford’s own Larry Gag on Guitar, and John Boiano on Drums, Lon Hultgren from Mansfield on Hammond B3 Organ and Bass, and the amazing Rich McGee from Hartford on Sax. They will be sure to get you up off your feet with a smile.

This Delightful Dinner Dance will be the second one put on by the fledgling Ashford Arts Council. It is our only fundraiser and we are excited about the prospect of bringing more

and more enrichment activities to our community as we build our funds. For this year we have created a scholarship that will go to 2 graduating E.O. Smith seniors interested in pursuing a vocation or avocation in the Performing Arts or Fine Arts and have exhibited good citizenship qualities. These scholarships will be awarded for the first time this May during the Senior Night Awards ceremony.

We are in the visioning process to add a dramatic arts offering for our town, and are in the planning stages to offer a writing experience this summer where the participants will go to various locations like the Benton Art museum, UCONN greenhouses or Horse Barns etc. and write impressions. At the end of the day all will reconvene at a café to share what they’ve written. Later on this Fall we are planning an Artwalk event where artists are doing demonstrations that people can discover during their walk and then interact with the artists.

Our 3rd annual Holiday Artist Market will take place in November. We offer spaces to area artists for a very low cost, as our mission is to support the Arts and bring the Arts to our community.

We are excited to be bringing

artists to Ashford School this year and we are making that happen with Art teacher extraordinaire Danielle Boulanger, who was just awarded a grant for that purpose.

The Ashford Arts Council is an offshoot of Our Town Our Future; the organization that is working to make our town a better place to live in, and in participation with Windham Arts Org. We are very happy to continue what we started... enriching the lives of our beloved community by bringing the Arts to Ashford. If you would like to join our group, let me know!

Please come and support us and have a great time at the Delightful Dinner Dance.

Mark those calendars! Tickets may be purchased at the Ashford Town Clerk’s office. Tickets may also be purchased by contacting AAC Chair Debra Gag 860-933-2987 [debragag@hotmail.com](mailto:debragag@hotmail.com) or by messaging us on our Facebook page. Get them while they last! \$30.

If you would like to donate an artwork or gift basket, we would greatly appreciate it!

See you there!



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# I Love Me!

By Sarah Oshima  
Community Engagement Intern  
Eastern Connecticut State University

On Valentine’s Day, I was excited to help encourage students from Windham Middle School, understand the importance of loving themselves. I think it’s safe to say we all experience stress in some type of way. Whether it’s learning how to ride a bike or getting ready for an interview, we are all going through some sort of challenge in our lives. It can be a lot to handle, especially at a young age. The “I Love Me!” event held by the Center for Community Engagement through Eastern CT State University, for the afterschool program at Windham Middle School, taught students that a little bit of mindfulness can go a long way. It allows you to live in the moment and embrace what life has to offer. Loving yourself and being optimistic can never do any harm. We helped these students understand this by creating ten activity stations for them.

The first station was to write five short-term goals and how they are able to reach them. It was amazing to see so many! A few examples of the short-term goals were getting more exercise, good grades or making the sports team. The importance of creating a short-term goal is to become well organized. It is a step closer to achieving the goal because you are putting it in your brain to really think about it. According to recent studies, only 20% of the population sets goals, and as many as 92% of those goals are never reached. When it comes to making a change, the people who succeed are the ones who set realistic, specific goals. Making these goals a part of your daily routine will help the brain get used to the idea that this new thing is something that is part of your life.

“I am beautiful just the way I am,” “Believe in yourself,” and “Never give up!” are a few of the many positive sticky notes that was another way to create mindfulness. The purpose of doing this is to think more positively about yourself and well, in general. Replacing negative self-talk with positive self-talk improves a person’s overall mood because it makes you see the good things that you didn’t necessarily think about before. A student said, “I like the positive sticky notes the best because I was able to express myself.”

After that, the students were then asked to develop a positive self-talk shield. This was to help them protect their mind against those negative thoughts by practicing the positive self-talk. This was done by challenging themselves to say, “Is there anything that I can do that will help me be able to do this?” instead of “I’ll never be able to do this.” We often do not consciously take note of what we’re saying in our minds. Take time each day to listen to, or even write down what you’re thinking. This will help you be able to reflect and change anything that could use improvement.

Creating a self-care plan for the body, mind and spirit is also very helpful in learning how to be mindful. This was a productive way for the students to focus on the importance of taking care of themselves mentally, physically and emotionally. It prevents burn-out, stress and helps re-focus priorities. For example, a plan for the body would be to stretch, exercise and eat healthy. The mind needs a break by getting a good night of sleep. The spirit lives in the moment and takes time to reflect on. At this station, the students wrote everything down on paper to practice every day.

Next, was a guided meditation. This is where I



2.14.18 At the ‘I Love Me’ event at Windham Middle School.

Contributed photo.

was able to help the students! How special it was to talk and connect with them. I was surprised to see some were as stressed as a college student. After the meditation, one student said “I really like to meditate, I was finally able to relax.” Most students weren’t sure what meditation exactly was, but once they were able to practice it for five minutes, I think they realized they could use more of it. Meditation helps with memory, decision-making, and increases your ability to focus. It helps you gather your thoughts or even clear your mind which can unload some mental weight and emotions. Loving yourself includes listening to what your mind has to say. Since teens are under more pressure today than in previous generations, they can believe that they are doing things wrong. It makes it difficult to focus on the present. By doing just a half hour of mediation a day, it will ease the mind and be able you to see the situation from a rational point.

When you really want to start loving yourself, knowing you are as healthy and happy as can be is important, right? In this case, the amount of sleep is just as substantial as the amount of water you drink, the air you breathe and the food you eat. Sleep not only recharges the heart for the next day, but it also gives the body a chance to grow and repair itself. Sleep improves concertation, productivity and the immune system. At this activity station, students were able to really think about how they feel mentally and physically when they don’t get enough sleep. The CCE (Center for Community Engagement) Leaders helped them think of what they could do to change their sleeping habits so they didn’t feel that way. Such as, having a nightly routine, getting in the habit of going to bed earlier, exercising, or turning off the computer or television. At this station, the students made their own dream catcher. If you didn’t know, dream catchers were used by Native Americans to keep children from having nightmares. “Some say that good dreams pass through the hole in the center of the web while bad dreams are caught in the web.” – John Clide.

Give in to your creative urge! Another activity station was to express yourself through art. In this case, an abstract painting. Painting whatever comes to mind will make you see things about yourself they you may have not been aware of before. There were all sorts of beautiful

paintings; sunsets, rainbows, their favorite colors and flowers. Art is a therapy used to discover yourself in new ways, relieve stress and is just something fun to do with your friends and family. It was truly beautiful to see these students in their own element, so peaceful, open and friendly. There is this idea of self-exploration that can often lead a person to insightful conclusions about themselves, whether good or bad.

The students also made their own lavender bags. They can keep it under their pillow at night, or put it in their locker for a calming break in-between classes. Lavender is found in medicines for relaxation and is frequently used in aromatherapy to uplift mood and relieve stress. Generations of humans from all cultures, countries and climates have made use of plants and minerals in medicines and for relaxation. Lavender can also be used as a replacement for sleep medication. The refreshing aroma relieves nervous tension, depression, headaches and emotional stress.

Who else loves to squeeze their stress out with one of those stress balls? I know I do. With the help of some CCE members, the students actually got to make their own stress ball. They

learned to try not to shrug off any worries or concerns because it can affect your mood. To love yourself, don’t let your body feel that tension. According to livestrong.com, “Squeezing the ball activates the muscles of your hand and wrist; releasing the grip allows the muscles to relax. The repeated pattern of grip and release helps to alleviate tension and stress.” The stress ball can also be used to manipulate the nerves that are present in your hands. These nerves are connected to parts of the brain, especially the limbic region, that are associated with emotions. Manipulation of the stress ball can stimulate the nerves that are present in your hands. This stress ball can also be used simply as a distraction of the stress you are going through. I was amazed of all the benefits that a stress ball can do.

Dealing with anger is never an easy thing to do. Knowing what to do to calm yourself down when you’re mad can definitely make life a little bit easier. Just like knowing how to calm your best-friend or boyfriend down, it is important to know how to bring yourself back up. The students got to think about how they deal with their own anger and what they can do to make themselves happy. Anger management can be done by simply talking to others about the problem or issue. You may find out that you are not the only one going through that kind of emotion. Having comfort and guidance from someone else doesn’t make you feel as alone anymore.

The last station for the students was to create a healthy snack. Can’t forget the food! This was a way to show that there are plenty of other delicious options to eat instead of junk food. Chex mix, with the M&M’s, of course, is a great alternative. As you all have heard, you are what you eat. If you don’t get the nutrition and vitamins that you need, your body will let you know. It can affect your mood, emotion and even how you think.

Many people have this idea that middle schoolers have it easy, but childhood can be rough and it can really bear a weight for some kids, which is why I think this event is so important. Whether it be through making stress balls or encouraging positive self-talk and self-care, I think it’s really empowering to help kids discover coping mechanisms at an early age and find healthy ways to deal with anger and stress. I hope you learned as much as I did from this program, great job CCE members and volunteers!!

## WTG Presents ‘Clue: The Musical’

Submitted by Robin Rice

The Windham Theatre Guild is excited to present *Clue: The Musical* for it’s next Main Stage show. This fabulous fun family musical based on the famous board game opens Friday, March 23rd at the Burton Leavitt Theatre.

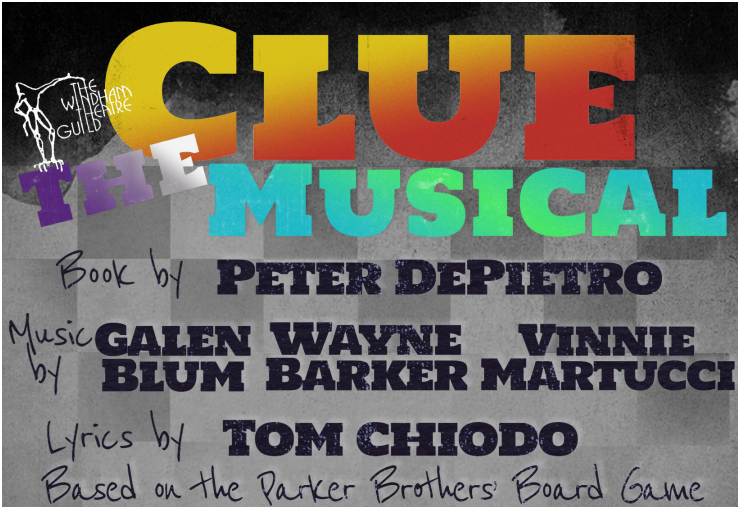
The internationally popular game is now a fun-filled musical that brings the world’s best-know suspects to life and invites the audience to help solve the mystery: who killed Mr. Boddy, in what room, and with what weapon. The audience receives forms to help them deduce the solution from clues given throughout the fun-filled evening. Three audience members choose from cards representing the potential murderers,

weapons, and rooms; there are 216 possible solutions! Only one hard-nosed female detective is qualified to unravel the merry mayhem. WTG first produced this show in 2004 and is excited to bring this family favorite back for a new generation.

Enjoy an evening or afternoon of intrigue and play along with your favorite characters from the board game as they come to life on the stage. Director/Choreographer Ava Molnar, Music Director Ken Clark, and a cast of 8 talented actors have put together a fantastic show which runs March 23rd through April 14th. Make your reservations today

*Clue: The Musical* runs March 23, 24, April 6, 7, 12, 13 & 14 at 7:30pm, and Sunday Matinee on April 8 at 2:00pm at

the Burton Leavitt Theatre, 779 Main Street, Willimantic. Ticket prices are \$22 for Adults, \$19 for Students/ Seniors, and \$14 for children under 12. All UCONN, ECSU & QVCC students (with ID) pay the discounted price of \$14. Group discounts are also available. Anyone who buys a ticket at the door on Thursday, April 12th will pay the kid’s price of just \$14. This special offer does NOT apply to tickets reserved in advance. Sponsored by Walmart



of North Windham.

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



# Church and Freedom

By P.K. Willey

In DePaw, Indiana, as a baby Charlie Prewitt was taken to Church. Later the family moved to Clarksville, and members attended the only church in town, called Christian Church, part of the World Council of Churches. Virginia was born and raised in Stanton, Kentucky and the sole Church, nestled in the Red River gorge, also called Christian Church. For both, Church was a short walk from home.

National public schooling from the 1960’s onwards makes light and little reference to the role of Christianity to freedom and democracy in New England. The advent of the Puritans in 1629, heralded an epochal change in human thinking.

The little colony that began in Massachusetts made a declaration of spiritual freedom from the ‘divine authority’ of Kings; Popes to priests, and their sanctioned hierarchies. This simple spiritual act, which the adept history and education scholar, John Taylor Gatto, references as ‘The Salem Procedure’ was extraordinarily revolutionary. For the first time, power that had been in the hands of ‘experts’ vanished. To paraphrase Gatto, the sole measure of someone’s suitability to be a Pastor was now in the hands of Church members. Gatto notes:

“This simple public shedding of traditional authority became an act of monumental localism. America became the only nation in human history where arrogant power was stopped from broadcasting truth without argument. America was a place where ordinary people could argue with authority without being beaten or killed.”

The Puritans had a unique individual requirement to call oneself a Puritan. One must have had a personal experience of the wrath, the Almighty Majesty, the love of God. The individual was tied to his Creator without any intermediaries.

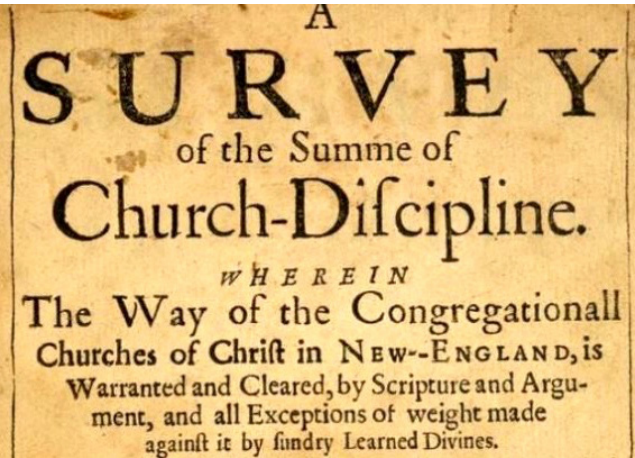
This new form of Christian expression evolved quickly, serving spiritual freedom, individual autonomy, and democratic thinking. However, Church vetting for membership and ‘freeman’ voting privileges crept in. People strongly resented the turn of events. Puritan Reverend Hooker, a dissenting preacher of Newtown, rose up and said, “the foundation of authority is laid in the free consent of the people.” (Wikipedia). Hooker left Massachusetts 1636, with 100 friends and their livestock, for what was to

become Hartford; in 1638 Connecticut was formed as a separate colony.

Throughout every Connecticut town, Congregational Churches built by local communities, sprang-up. A purely local affair, they met local needs in



The First Congregational Church in Mansfield Center, where Charlie Prewitt goes to this day. Contributed photo.



From a book by Connecticut's founding Father, Rev. Thomas Hooker. Contributed photo.

innumerable ways, producing a self-respecting, self-reliant, independent community of people unafraid to disagree in their responsibility and obedience to conscience. The culture of ‘Yankee Congregational-ism’ spread organically in the colonies. The choice to live in a community was more upon like-mindedness in spiritual matters than available housing.

150+ years after our Country’s Independence, the legacy of this freedom, to independently seek to know one’s Creator, and support those of like mind, each person his own authority on the truth within himself, was seen in its free New England style. The Prewitt’s moved to Connecticut, initially living in Willimantic. For many years they attended the First Congregational Church at 199 Valley St. Later, Charlie felt a spiritual disagreement with the Pastor that was there, and in the true spirit of spiritual freedom and he and Virginia moved their allegiance to the First Congregational Church on the corner of Browns Rd. and Rte. 195, where he goes to this day.

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# Generations of Chaplin Residents Join Together



In photo at left Chaplin Elementary School fifth grade teacher, Linda Caron, and her students assemble their Maypole. In photo above are Chaplin residents Eva Aubert, Walter Zlotnick and Charlotte Shead (l-r).  
Contributed photos.

Submitted by Virginia L. Siege, Chaplin resident

Many communities all over Connecticut not only delight in seeing the yellow daffodils peak up through their gardens and along the roadside each year, but also in planning festivals and celebrations to welcome Spring and the warmer weather. Although this winter has been a big challenge for many Northeasterners , the Quiet town of Chaplin with many of the 2200 residents are anticipating the longer and warmer days and the chance to organize outside activities with family and friends. The local citizens in Chaplin, Connecticut, are working hard behind the scenes pooling their resources and sharing their enthusiasm to sponsor a Spring time event called the Maypole Festival ---a revival of former events!

Where is Chaplin, Connecticut? Not everyone is aware of its history or location. The Chaplin Congregational Church sits in the Historic Village on Chaplin Street, north of Windham, not far from Eagleville Road off Route 6, and in this area an interesting story near what is now known as Chaplin Village. At that time the Deacon traveled far to Mansfield to worship each Sunday. So, upon his death he charged an ecclesiastical society to create a meeting house with only \$1,500! The society was successful and this property became the town Church, built around 1809. Within a 30 year period after the Chap-

lin Congregation Church was constructed, all 25 homes around Chaplin Street were built and many of these homes are now part of the protected Historic District in the Village. For those that love history the grave sites of Benjamin Chaplin and his family members are located nearby at the Chaplin Cemetery. To this day, a fully engaged Senior Center and active Library surround this area. The nearby property at Edward Garrison Park has been preserved to accommodate public events and welcome the residents from all surrounding towns.

It is the custom for local schools to support town events and the 5th grade students and their teacher, Linda Caron, from the Chaplin Elementary School have been busy bees these past few months as they construct the 10 foot maypole with its colorful streamers. At the festival, all children are invited to hold the streamers and dance and sing as the Band plays on!

The bond of the community is evidenced by the support of Charlotte Shead, who lives in the Historic District and whose family has resided in Chaplin for generations. Charlotte, a town Historian, remembers a long time ago when her Father owned the general store on Chaplin Street. She describes how, on a typical Saturday night, the back room of the store was traditionally transformed into a party event, to have an enjoyable evening and to unite the community. Charlotte also honors the memory of her

husband Donald G. Shead, Sr. whose profession was as a bridge engineer for the State of Connecticut and who had proudly served in the U.S. Army in 1946. Her close friend Eva Aubert, a resident in town still sleeps in the same room she was born in. Eva’s house was built in 1730. The Auberts donated an old “shanty” in 2008 to the town in memory of family members who were in the Railroad business. Another supporter of the Maypole event is Walter Zlotnick , also a respected member in the community and Board Member at the Chaplin Senior Center, and who is looking forward to the revival of a town festival.

The Chaplin Economic and Community Development Commission, Chaired by Irene Schein, has organized the event and with the support of Dave Stone from the Recreation Department and many families of Chaplin, hope to have a lively celebration of the rich past and present of the town.

The Maypole festival welcomes the public to join in on the fun at beautiful Garrison Park for dancing, games, food, music, baseball games, tee-ball, yoga, and many children’s activities! The Festival is Saturday May 19th from 11-3pm (or later) at Edward Garrison Park at 495 Phoenixville Road, (Route 198). Info: <https://www.facebook.com/Chaplin-Maypole-festival>

# Get Ready to Spring Outdoors! News From Hampton’s Fletcher Library

Submitted by Francesca J. Kefalas

The third annual Spring Outdoors event, to be held March 20 to June 21, 2018, is shaping up to be a special time in The Last Green Valley National Heritage Corridor. Like Walktober, Spring Outdoors features a variety of adventures from strolls to long distance hikes and paddles to bikes and more!

Spring Outdoors began in 2016 as a way to celebrate nature’s return from its winter slumber in The Last Green Valley National Heritage Corridor. In just its first two years, Spring Outdoors, which is a program of TLGV, bloomed into an event featuring more than 210 adventures attended by more than 18,000 people.

“We live in such a special location,” said Lois Bruinooge, TLGV executive director. “Spring Outdoors is a celebration of what makes the National Heritage Corridor an extraordinary place.”

The Spring Outdoors schedule is now online and will be updated throughout the season. Check back often for new programming and weather updates.

Applications to host a Spring Outdoor Adventure are still available. Visit <http://thelastgreenvalley.org/explore-the->

[last-green-valley/spring-outdoors/](http://last-green-valley/spring-outdoors/) or email [fran@tlgv.org](mailto:fran@tlgv.org) to learn more. Hosts must either be members or partners of The Last Green Valley.

“Our partners help make this happen,” said Lois Bruinooge, executive director of TLGV. “The collaboration we create together puts a spotlight on the national heritage corridor and benefits everyone in it.”

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

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Submitted by Deborah M. Andstrom

Top Shelf Gallery-April & May  
Hampton resident Ethel Engler’s paintings will be on display in the library for the months of April and May.  
Hampton Maple Festival  
Saturday, April 14th, 10 a.m. – 1 p.m.

Celebrate the maple season with tastings and products from three of our Maple Farms, plus a library maple bake sale, which includes homemade maple ice cream. The festival will be held outside at the library.

Bobcat Program  
Saturday, April 28th, 10:30 -11:30 am.  
Wildlife biologist, Paul Colburn presents: “Bobcat: Connecticut’s Secretive Wild Cat”. This program is for all ages interested in this fascinating animal. Learn about the CT Bobcat Project, a DEEP study of the bobcat’s ecological niche in CT.  
FML Book Discussion Group  
Wednesday, April 4th @ 6:30 p.m.

We will be discussing Manhattan Beach by Jennifer Egan. We always welcome new members!

Six Week Tai Chi Workshop  
Thursday Mornings, starting March 22nd, 9:30-10:30 a.m.  
Hampton resident, Rich Haldas,

will lead a six week Tai Chi Workshop on Thursday mornings from 9:30-10:30 a.m. starting on March 22nd.

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!

Drop-In 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.

Library Hours: Wednesday 12-8, Thursday & Friday 9-12, & Saturday 9-3  
Web Site: [fletchermemoriallibrary.org](http://fletchermemoriallibrary.org)



# The Pitfalls of Responsibility

By Delia Berlin

Recently, I complained separately to two friends about my mother’s tendency to pick me first, among her four children, only when she needs something important. Both of my friends had exactly the same response: “I don’t blame her – I also would pick you!”

The first time, the response surprised me. The second time, it shocked me. I had to ask for an explanation. I was told that I was a highly responsible person and therefore a natural choice for important things, such as serving as a health proxy, safeguarding crucial documents, or executing wills.

My mother hasn’t been the only one selecting me for such needs. Over time, I have been (or still am) health proxy for several relatives, appointed guardian for some family children in the event of their parents’ deaths, will executor, trust committee advisor, etc. – responsibility is associated with trustworthiness. Some friends also have told me that when they die they hope to come back as my pets, given the doting care my birds receive. Should I feel burdened or honored by these views? Actually, I feel both.

As part of a teamwork exercise, I once took the Myers Briggs Type Indicator (MBTI) test. The MBTI is one of the most common personality instruments in the world. According to my MBTI score, my personality can be roughly described as “the most responsible” – not a bad thing on first impression. But upon close examination, responsibility isn’t always so good, at least for the bearer. Now that a generational crunch often places competing demands on me, I have been thinking a lot about this topic.

There is much I could say about the pros and cons of a sense of responsibility. But out of concern for the feelings of others who may feel alluded to, there is also much I won’t say. Here, I will just focus on illustrating how being “the most responsible” is not always a good thing.

Many years ago, when my father was terminally ill with metastatic colon cancer, he bought four excellent bottles of Bourgogne wine. This particular vintage from Baron Rothschild’s vineyards was touted as suitable for additional aging in bottle. My father was hopelessly romantic about “the future” and hated the idea that he would most certainly miss the turn of the century. He had been looking for ways to participate in the millennium celebrations in absentia. So, full of enthusiasm, he gave one of these bottles of wine to each one of his children, instructing us to toast to his memory as we ushered in the year 2,000.

I suspected at the time that the turn of the century was a bit too far, even for this excellent wine, but I obliged. Fearful that the wine may get forgotten or confused and consumed earlier by accident, I dutifully wrapped it in paper marked with detailed instructions. Over the following years, I carefully moved this bottle each time I changed homes. The bottle lived with me in three houses and with two different husbands.

Finally, as the momentous transition approached, I had conversations with all of my siblings about the wine, wondering if we should try to get together for the occasion. To my shock, I found out that I was the only one who still had her bottle. Not one of my siblings even remembered my father’s ceremonious gesture and request. One had no memory of this at all and even came close to accusing my father of favoritism, insisting that only I must have been given a bottle.

Shock turned to pondering. Should we all share my bottle? I was willing, but nobody seemed interested, so I would have it at home, with my husband. And then, on New Year’s Eve, came the moment of truth. The wine was totally and completely undrinkable! In fact, it was so decayed and full of solids that it couldn’t even be saved for cooking or used as vinegar. Oh well...

The irony of this story is that responsibility doesn’t always pay off. Due to my heightened sense of duty, I was probably the only sibling who didn’t get to enjoy an exceptional bottle of wine. But the consequences of such lessons remain unlearned. I couldn’t have been forced to drink that wine before its time, even if I had foreknown the final outcome. It was a wish to be honored and carried to completion. And after all, the wine served its purpose. I did have a toast to my father’s memory, even if not with that wine, and a few laughs at his expense, something he would have enjoyed.

Another quality associated with responsibility is punctuality. If you are a responsible person, you take people’s time seriously and therefore, don’t want to waste it. You also respect commitments and meet deadlines without fault. On-time is better than late, and early is even better. But is it, really? Not always. Sometimes you end



up wasting a lot of time, waiting for others who are not similarly inclined to punctuality. And in the time it takes you to complete your work ahead of deadlines, often things change – sometimes work may need updating because of it, sometimes it may no longer be relevant or necessary. I found myself in these situations many times. This is a problem, because my own time is also important.

Responsibility also carries the risk of building up resentment. When something unappealing needs to be done and nobody wants to do it, “the most responsible” person usually gets stuck with the task. “Doing what needs to be done” comes naturally to “the most responsible” – it’s a central part of their being. On many occasions, this involves tending to undesirable tasks while watching others play. Over time, foregoing fun for duty can take its toll.

It is probably a good thing that not everyone who takes the MBTI test scores in “the most responsible” category. The MBTI identifies other common pitfalls of his personality type, and I admit that I recognize some of those in myself too. One of them, for example, is seeing “interpersonal schmoozing as doing nothing” instead of a necessary aspect of working with others. If your sense of responsibility prevents you from having fun until all your work is finished, one can easily imagine resenting others’ activities that don’t visibly advance task completion.

My own sense of responsibility may not be optional. But I can put it to good use and also protect myself from feelings of resentment and lack of control. For starters, I can surround myself with relationships that won’t exploit my sense of duty. Much like generous people can be abused by greedy friends, highly responsible people are a great find for those in constant need of mother figures. At some level, I must have known this from a young age, because almost all my elective relationships are with people who share in responsibilities and allow me a chance to play too.

But nobody really “makes” anyone do anything. We are all in charge of our own behavior. During a recent discussion with my husband about a related dilemma, he pointed out that while I could behave differently and forego fulfilling a responsibility, this would require changing myself. “And that is who you are” – he said. His comments weren’t entirely impartial, I must note. The thought of his wife morphing into a self-indulging unreliable person must have been unsettling. But of course, still he was right.

## Coventry Spring Arts Show at Restored Tracy Shoddy Mill

Submitted by Ruth O’Neil, for the Coventry Arts Guild

The Coventry Arts Guild will open its 2018 Spring Members Show at the newly restored Mill Brook Place.

The show, known as “Spring at Mill Brook Place” will open on Sunday, April 15 and run through April 29. An opening reception will take place on the 15th from 1 to 5 with refreshments and music by Coventry Arts Guild members Ruth O’Neil and Jim Hammitt (RJ) .

Some of the featured works of exhibiting Arts Guild members include the calligraphy of Kathy Lepak, the paintings of Richard White and the pyrography of Aline Hoffman, all Coventry residents, among others.


The exhibit will also be open on Thursday, April 19 and 26 from 6-8:30 P.M. as well as Sunday, April 22 and 29 from 1 to 5. The show is free and open to the public. Donations to support the efforts of the Coventry Arts Guild are graciously welcome.

Mill Brook Place is located at 1267 Main Street (Rte 31-Main Street) in Coventry. This exhibit represents the first major event to be held at the Mill Book Place. Formerly known as the Tracy Shoddy Mill, this building as a long local history and now completed renovated, is the newest community space in Coventry.

The Coventry Arts Guild is committed to providing opportunities for artists to share their talent with the community as well as being a primary art resource in the greater Coventry area.

For more information on this upcoming event, call 860-634-4648. For more information about the Coventry Arts Guild or to become a member, email info@coventry-artsguild.org visit CoventryArtsGuild on Facebook.


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# The Importance of Knowing Yourself Through Your Words

By Grace Preli

*There are so many things we die not knowing, don't let yourself be one of them.*



The Vernal Equinox is upon us and with it, the energies of spring have arrived! Yay!! We might have snow on the ground and a stiff breeze out of the North but I swear I can smell the approaching warmth of summer on the wind. There is incredible movement around us right now. Everyone is waking up, birds are returning, buds sprouting, and animals and people are coming out of their winter hibernation.

For me, spring is a time of course correction. It's a time to re-check in with the intentions that I set in the winter months. It's a time to see what has worked, what no longer does and what needs tweaking in order to bear healthy fruit. What seeds am I going to plant now? What do I need to do to make sure my ideas are sprouting in the ideal environment? What adjustments do I need to make for the coming season of preparation, planting and growth? The farmers are pruning the trees, greenhouse growers are planting seedlings and dairymen are assessing livestock. Farmer or not, we can all tap into the energies of spring and use them to set about preparing the ideal environment to sow our seeds, re-set our intentions and plant our ideas.

The past few weeks I've been seeing ways that I can improve the quality of my metaphorical soil, what critters have got to go? I've been noticing little things, in myself and in my peers and fellow humans that to me, indicate places where deeper work is required. Just like an iceberg you might only see the tip of the insecurity. As it often is, it's the little things, that when left unchecked lead to bigger problems. The time is now to till a bit deeper, pick a few more rocks out of the garden and make sure you've got plenty of room for healthy roots to go deep.

I think one of the easiest and most effective way of creating a loving and gentle environment within ourselves (and by extension, our world) is to make a conscious effort to root out and reduce the use of words that put YOU down. How can you create a supportive environment for yourself, your goals and your ideals, if your day to day life is littered with self-talk such as "I'm a failure, I'm stupid and I can't do THAT."

Self-talk is super important and in my experience is the litmus test for accurately seeing where I am. Am I using supportive and kind words to describe myself, my process and my day to day experiences? Am I being gentle and nurturing with myself through my actions and words? Make note of the words you use! Make note of the way in which you think and talk about yourself internally, to the mirror, or to a friend. I know people who constantly put themselves down and most of the time they aren't even aware of it. Be aware! If you're constantly word vomiting, then what do you need to do to cure the underlying sickness? It is NOT helpful or productive to put yourself down by word or deed.

I've been hyper aware of my word choice since I was a wee one. There was a time and place for all words in my family, even swear words were allowed in moderate and supervised doses before we learned how to wield them appropriately and honorably and they became words like all the rest. (We were allowed to, on occasion and all together, yell and scream whatever words we needed to in order to get them off our chest, often for 15 or 20 seconds in the car at a stoplight or after a long day.) I remember two things were off limits: 'You're stupid' and the word 'hate'. 'You're stupid' is a quick judgement and it immediately shuts down, belittles and dishonors that person. 'You're stupid' takes away someones power and even as a kid, I knew that there were better ways of expressing my anger, frustration, sadness, my whatever, without resorting to putting another person down. To this day, stupid is a word rarely found in my vocabulary.

This is why it's SO noticeable to me when people call themselves stupid! I'm super aware of people who say things like "ugh, I'm so stupid" or "ugh I'm so dumb" or "ugh god, I'm such an idiot". So many people don't even know what they're saying! Do you really think you're stupid? If not, pick another word and develop a continual awareness for the way in which you describe yourself. If you do think you're stupid (which is okay, all feelings are valid and able to be worked on!) then you need to go deep. Figure out why you think you're stupid, what behaviors and processes need to change so you can begin to see yourself differently. If you can't see yourself differently immediately, try to find a word that describes yourself in

a different way. Maybe you're not really meaning to say stupid, but rather, forgetful? Then you can work on your feelings surrounding your forgetfulness and that will lead you to choose another word and another until one day down the line, you realize that the word you're looking for to describe who you are is your name. I'm not stupid! I'm Grace! And sometimes, being Grace, I forget to submit a form on time or I forget my friend's birthday, but I'm not stupid, I'm me! I would encourage everyone to be aware of their word choices.

The other word we weren't allowed to say as kids was the word hate. After 9/11 my mom told us that hate is a strong word and that there doesn't need to be any room for hate in our lives, so please kids, pick another word. If we did say the word hate, we were given the hairy eyeball and told to pick another word. To this day, this pattern is still with me and during the rare occurrence when I do unthinkingly say the word hate, I immediately and out loud say that it is a strong word and that I need to pick a different word. Often times it takes me a second or two to think of a new word and every single time, the person who I'm talking to usually remarks on my process of stopping to choose a new word. I often stop myself in mid conversation if I say something that isn't kind or gentle. It's like I have a built in app running all the time in my brain that keeps me from saying something negative or derogatory about myself. If I do, I'll stop mid conversation and say "wait, I don't mean that" or "actually \_\_\_\_\_ is a more fitting word."

Being able to stop and pause at any moment whether in speech, or thought or action to assess and consciously tune in to what you are doing, saying or thinking is super important and a small yet significant way of making a marked difference in your life. Your idea of YOUR worth is going to impact what you feel capable of manifesting, creating, or working towards. Your idea of yourself is going to draw you to similar patterns. If you're constantly putting yourself down, you're going to be drawn towards people and instances that you feel put down in. If you are always saying that you can't afford something, then you're going to feel lack and scarcity and you're going to continue to NOT be able to afford things. If there's a problem, stop and assess. If you notice yourself using self-talk or words that don't resonate or align with your goals and ideals, pause and reflect. It's okay if you're feeling any type of way, we're humans! The goal is to identify what your words are pointing you to. Just like the iceberg, you see what lies above the water and you know to steer clear. Allow your self-talk to point you to what you need to look out for, have an awareness of and maybe change.

The key to kind change is gentleness, and not all needs to be changed. A lot can be worked with and expanded upon by simply having an understanding of who you are and of the way you work. We don't need to go around changing all of the parts of ourselves. Sure, there are probably areas we would all like to work on and work through, but most of our growth can come through simply having an understanding of ourselves. By identifying who you are, you know how you work. You know your strengths and weaknesses, you know what comes easy and what might take more effort, you know your patterns and habits and you know those you might find it time to change.

When we have a growing understanding of our words, then we will be blessed with a constantly evolving understanding of who we are as individuals. We are responsible for our words. The words I am using reflect who I AM. By getting to know my words, I get to know myself! There are so many riches to be found in knowing who I am! As the days lengthen I find myself working just like the farmers to prepare my fields, take account of my seeds, my tools, my livestock and get down to the business of planting my seeds, my goals, my ideas. It takes a conscious effort but I feel well rewarded for taking the time to see who I really am within my words and actions. Knowing who I am helps me lay a healthy foundation on which to build my goals, ideals and desires and it helps me course correct along the way to make sure I'm in line with what I need and want. Happy Vernal Equinox and a very merry spring to all!! (:

*Ed. note: Writer mini 'Autobio.': Grace Preli is a creative and spunky 22 year old. She is, among other things, a painter, a writer, a creator and a healer. She is inspired daily by people and their individual and collective journeys. For her, each day is a chance to grow, change, love, respect and create with herself and our world, a beautiful, kind and gentle place.*

## 93 days

By Kevin

93 days. That's how long it took to get back on the schedule at work. Now you may be asking yourself, 93 days, why did it take so long for them to bring me back on the schedule? That's a question I would love to have answered because I think the 93 day hiatus was deliberate. They only put me back on the schedule when they needed me. They didn't do the right thing and tell me that they were going to wait this long. To do so would have been the right thing to do, but they did not do that.

In my 93 days of being absent from work I've had a lot of time to reflect on things that I should've done and did not do. Should I have been a little more assertive? Possibly. However, every time I inquired, I was told that they were just cutting hours and it wasn't just me that it was happening to, which is very true. I was not the only one affected by this, but the other people affected did not have as long of a hiatus as I did. Do I think it was deliberate? Absolutely. I think it was the plan all along because in the 93 day hiatus I got screwed out of money in December 2017. I did not receive my last quarterly bonus for the year. Granted it probably would not have been a lot of money, but when you are a single guy living alone and could use money to pay bills or buy food, every little bit helps.

In my absence I've had a lot of time to reflect and to be perfectly honest I don't know if I want to go back. Yes I enjoyed the people I work with and the customers that actually take the time to get to know me because I've been part of the company for over 23 years. No one ever really forgets my face even when I'm out in public a.k.a. movie theater or restaurant. And it's not a bad thing. It can be a little annoying at times, but it's appreciated when people take the time to ask. When you have a break as long as I've had your mental state changes. The whole thinking process changes. Do I feel that it's personal? Yes, I do, even though I was not the only one affected. My thought process is this - I always showed up on time and I never called out sick. I've never really done anything egregious as long as I worked there. I know things change and rules change. I get all that. Companies change all the time but not necessarily for the better. Do companies and businesses respect loyalty? I don't think so.

My point for writing this is that I want people to know that I did not get fired. That my 93 day hiatus was not my doing. Should I have been a little more assertive? Possibly, but I don't think it would have changed anything. At the end of the day they're going to do what they want to do. I was told that if I did not change my availability I was going to be matriculated out of the system. Now starting March 17 I have to do the schedule that I don't particularly want to do. I wish I could have my old time slots. There are exceptions to every rule and I should have been a part of that exception considering I have worked for the company for 23 years. I get things change, but when this affects a person physically and emotionally it's a little harder to swallow. I often wonder if I had not changed my availability would I have been matriculated out of the system. Or was all that just a line just to get me to do what they wanted me to do.

Please don't misunderstand me. I love my job and I love working, but is it too much to ask for a little respect in return? Especially after this long period, I don't think it's too much to ask. It's good to be a little assertive, even if you are afraid of stepping on toes. As long as you have done your job correctly and honestly there should not be any backlash.

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

## To all our contributors- Thank You!

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



# Natural Approach to Springtime Allergies

Dr. Nick Edgerton

Spring has sprung! Pubescent green shoots of life emerge from the discolored thawing crust. The beauty of colors conquers the barren lawns and fields. The aroma of lilacs and other flowers fill the air. Nostalgic memories accompany these sights and smells. This is a wonderful time of year with a fresh potential for life. However, for too many people, these memories include sneezing, a Kleenex box, a running nose, and reddened-itchy eyes. There are many natural ways to reduce the symptoms associated with springtime allergies.

Most importantly let’s discuss the role of nutritional choices and their effect on allergies. Eating is a task that humans do every day, multiple times a day. Many people do not think much about their food choices, other than the appearance and taste. With this, people consume foods that are inflammatory and potentially allergenic on an individualized basis.

‘Allergenic’ needs to be further classified as allergy versus sensitivity. An allergy is an immediate full-blown immune reaction to a compound and the symptoms can be severe such as anaphylaxis. For example: peanut or shellfish allergy. These types of allergies are usually well defined very early in life due to exposure reactions. They can be measured by blood tests looking at immune biomarker IgE. A sensitivity reaction is a milder immune response to a molecule. This may occur over a 36-hour period after contact, and present as various symptoms such as fatigue, headache, skin blemish, or indigestion. These can also be measured in the serum as IgG.

Looking at food sensitivity results, people can change their food sensitivities, but not their allergies. This also means one may insidiously develop a food sensitivity later in life without realizing the symptoms. Foods that are consumed daily are often the culprits of food sensitivities. Take for instance wheat/gluten and dairy. These food groups have become staples in the standard American diet (SAD), they are found in mostly every meal, every day.

There was a study that evaluated the chemical response in intestinal cells when subjected to the gluten protein (gliadin). This study looked at several groups: celiac disease, non-celiac gluten sensitive, celiac disease remission, and non-celiac non-gluten sensitive subjects. The results showed an increase in inflammation via intestinal permeability- aka leaky gut- in all subjects (PMID: 25734566). Clinically speaking, when patients go through an elimination and reintroduction of gluten, they claim to feel better when not consuming gluten products.

The above example repeats itself with dairy products. Again, clinically speaking, many patients find improvements across several metrics of quality of life when eliminating dairy. Dairy is considered by many traditional diets to be congestive to the head, ears, eyes, nose, throat (HEENT) system. According to Traditional Chinese Medicine (TCM), this congestion can bog down the immune system and lead to sinus issues, worsening allergies, and frequent colds.

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Anyone suffering from chronic sinusitis, allergic tendencies, headaches, or other HEENT symptoms should work with a qualified practitioner and explore an elimination diet trial. For some it may be gluten and/or dairy, but for others it may be corn, soy, fructose, eggs, etc.

We’ve talked about what to avoid if you are dealing with allergies, but there are also things you can supplement your lifestyle with to reduce allergy symptoms.

Quercetin is a food supplement that is very popularly used for sinusitis. Quercetin is a naturally occurring compound in several common whole foods you should be cooking with: red onion, apple, peppers, dark berries, and cruciferous vegetables (broccoli, kale, cauliflower).

Another favorite to have in the house is nettle leaf tea. You may find an alcohol-based tincture or capsules to be easier to use. However, making a strong cup of tea is certainly helpful. Remember, 1 tea bag is for taste, 3 tea bags are for medicine- or if you are using loose leaf nettle leaf then 1 tbsp per 6-8 oz of hot water. Actually, a lot of the plants that are first to grow in early spring, like nettles, happen to be great to use for springtime allergies. Dandelion leaf is similarly a good example.

There are also ultra-dilute tinctures of regional pollens that are very helpful for many people. This type of product is called a ‘nosode’ and falls in line with the theory of homeopathy.

There are a few other age-old naturopathic tricks to help reduce one’s allergenic burden. One being the use of local honey from the previous year’s harvest. This will give a profile of local flora pollen in small doses to help educate the person’s immune system. If this aggravates symptoms, then one should discontinue or reduce the amount of honey they are using.

Another naturopathic aphorism is to crack one’s bedroom window in the late winter, early spring - when the weather is tolerable. This allows micro-doses of pollen to enter one’s living space and slowly educate the immune system. It is known that kids who spend more time outside have less allergies than kids growing up in a more sterile, indoor environment. This goes along with the hygiene theory, which says a sterile environment does not educate the immune system and leads to a hyperactive immune response to otherwise normal daily stimuli.

When suffering with seasonal allergies one should consider some of these lifestyle changes. Relying on antihistamines lead to feeling overly fatigued and reduce digestive ability. This can lead to symptoms of bloating and indigestion or even lead to small intestinal bacterial overgrowth (SIBO). I recommend working with a qualified practitioner and finding the right nutritional program for you first, and then consider other possible treatments.

*Dr. Nick Edgerton ND, LAc, is a naturopathic doctor and licensed acupuncturist practicing at Collaborative Natural Health Partners, LLC. He is an in-network provider with most major health insurance companies and is accepting new patients. Please call 860-533-0179 for an appointment.*

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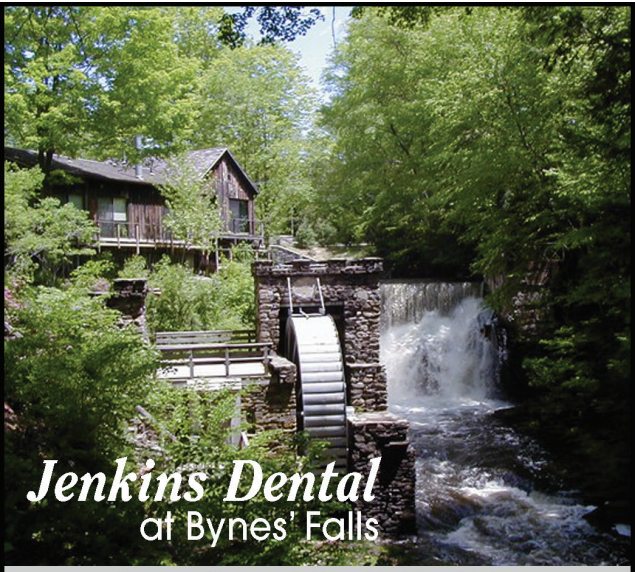
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# A Student Again

By David Corsini

I retired in 1997 after 30 years of university teaching. After that I consulted for a few years, spent one day a week helping my aging mother who lived in Massachusetts, and began a second “career” as a folk artist and writer for *Neighbors*. In addition to these ongoing activities, there was a daily swim, a major moving event from Windham Center to Willimantic, occasional nature related trips with Earthwatch, not to mention my open heart surgery and an appendectomy. One thing I had planned to do in retirement was to audit a course, but there never seemed to be time.

Then, many years ago I stopped consulting, in 2014 my mother died, I lost the energy to plan another international trip, and recently I experienced a decline in motivation to make more art. If I was ever going to audit a course, it seemed like it was now or never.

As I live within walking distance to Eastern Connecticut State University (ECSU), it made sense to try there. I went to the Office of Continuing Studies and Enhanced Learning to find out about auditing a course. I expected that I would be given a catalogue and a schedule for spring classes. Surprise! Surprise! While I had been “sleeping”, everything had gone on-line—there were no hard copy catalogues or course schedules. When I asked the student worker how to find what courses were offered, she said it was easy and showed me how to activate “EWEB” on the ECSU home page. She quickly showed me how to look for courses and it did seem easy enough. Since I was not sure what course I was looking for, I could not ask for more specific help.

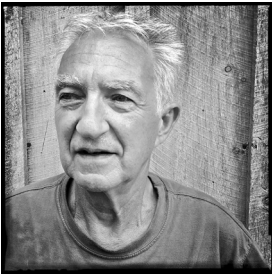
I was told I would need a university ID. Here I was in luck because I already had obtained an ID to use the pool in the sports center. I was given papers that needed to be completed after selecting a course and obtaining permission to audit from the instructor.

At home on my computer I eventually found EWEB on the ECSU home page, but things did not look the same as I had been shown at the counseling center. Looking for courses that were offered in the spring semester and a description of the course was not as easy as promised. I kept getting myself into blind alleys that I could not figure how to back out of. So, I would exit everything and start again. After stumbling around in the ECSU EWEB universe, I found a course called Tropical Ecology that met once a week on Tuesday afternoon. I am interested in ecology and the tropics and the once a week meeting time seemed perfect.

I showed up to the first class and asked the professor if she would give me permission to audit. She looked puzzled by my request, indicated that I might not know what the course was about, but invited me to stay for the first class. It turned out that the course was a seminar attached to a 10-day fieldwork experience that was scheduled for Costa Rica in May. The class would be going to a biological research station called Selva Verde. It turns out that Selva Verde is very near the La Selva research station where I had been with Earthwatch in December 2016. My heart was racing- perhaps I could get back to the jungle. When I told Delia what I had stumbled into, she thought it was a great opportunity. I sent an email to the professors to see if they thought it was appropriate for me to go with them to Selva Verde and, after a meeting with them, I was in. I completed the course enrollment materials. The course was free to me as a senior but the trip to Costa Rica, of course, would not be.

The class was taught by two professors and had 14 students. The students were junior and senior biology majors in their late teens or early twenties. It was a little strange to realize that most of these students had not yet been born at the time of my retirement. The class was conducted in a seminar format in which we discussed material from Tropical Nature and selected research reports. The research papers we read had to do with poison dart frogs, leaf-cutter ants and coral snakes. The statistics used to analyze the results of the research were somewhat different from ones I had been used to in the social sciences, but I could understand the basics of what was presented.

As the professors tried to elicit comments from



the students about the readings, there were long periods of silence. It was déjà vu from my teaching days. It was so uncomfortable that I, who was always reluctant to speak up in class, made a few comments to get the ball rolling. The classroom had not changed much since I had been away.

While the most significant aspect of the course would be the 10 days in the jungle, there was knowledge to be gained before going and a proposal to be developed for a small research project to be conducted while there. A central purpose of the course was to introduce students to the process of biological research. A main class requirement was to design a research project and execute it in Costa Rica. To facilitate the development of research projects, class members were put in small groups. When I had spoken to the professors about joining the class, they had asked if I wanted to be part of a research team or just



Boa constrictor.

Contributed photo.

be a general facilitator of all the projects. I agreed to be a member of a team.

But when I was assigned to be a member of the strawberry frog research group that included three other students, things changed. When faced with the reality of arranging meeting times with three university students, I choked. I then asked for and received permission to develop my own research project. What follows is a status report on my project.

Several of the research papers we read studied whether birds tended to avoid models of poisonous frogs and venomous snakes. These studies typically involved setting clay models of critters in the jungle, leaving them for a period of time, collecting them, and examining them for evidence of bird pecks. The evidence suggested that birds avoided “dangerous” models. One question raised by the research was how do birds learn to avoid potentially dangerous “food”. One way could be that immature birds learn from adult birds when adult birds “mob” dangerous objects.

Mobbing is the behavior of animals when they warn others about a possible predator. Typically, birds fly about in the vicinity of the predator, change positions often and, most importantly, make loud calls. Chickadees, blue jays, and crows in our area are well known for mobbing owls, hawks, and sometimes cats. Since I am interested in birds, and mobbing could relate to how birds learn to avoid poisonous and venomous critters, I have begun thinking about a pilot study on mobbing.

I began by doing a Google search focused on mobbing and tropical birds. I found a few references and was able to access the studies and print them out. Also, I went to the ECSU library to ask for help in the literature research process.

When I was a graduate student and faculty member, I used to search in hard copy reference material that would give abstracts of articles. When I found an article of interest, I would then search in the library for the journal which had the full article. Sometimes the library did not carry the journal in question and sometimes the particular issue of the journal in question could not to be found. If I was lucky enough to find the journal and the article was important, I would look for a copy machine. Then, if I had enough nickels, I would copy the article. Needless to say, there were many flaws in this system.

In the new literature research process, searching is online with a computer. When one finds a reference

to an article of interest, often with a few clicks one can examine the entire article. Almost all research journals are now only online. However, some research articles can only be viewed by establishing a link with a library that has access to the journal in which the research report appeared. From speaking with the ECSU reference librarian, I could understand the potential for extended searching beyond what was publically available or available within the ECSU system. However, to do that I would need more help. I did learn that Google Scholar was a better search engine for my purposes and I have been successful in using it.

I am in initial stages of designing a pilot study on mobbing by tropical birds. I have found three research articles I find particularly relevant. One study done in Costa Rica made audio tape of the calls by an owl known to prey on birds and an audio tape of three species of birds mobbing an owl of that species. The scientists then played these tapes in different locals within Costa Rica and compared how many birds and of what species responded to the tapes. They found that more birds responded to the tape of birds mobbing an owl than to the owl calls themselves. They also found, in the course of their study, that 58 species of birds responded to the tapes. I have sent an e-mail to the primary author asking for a copy of the mobbing CD he used.

In another study a scientist in Wisconsin made two audio tapes of chickadees. One tape was of typical chickadee calls and the other was of chickadees mobbing a stuffed screech owl. These two tapes were played in different habitats and it was found that many more birds were attracted to the tape of mobbing chickadees. In this study, 85 birds of 24 species were attracted to the taped mobbing calls. I have written to this scientist to ask for a copy of her mobbing tape.

And then I found a research report of birds mobbing a live boa constrictor that was in a tree at a tropical research station in Costa Rica. The research station is the one I had visited and is very near the research station our class will visit. These authors report that 25 birds of 16 species came to mob the boa constrictor. So, I am on the lookout for a model of a boa constrictor. If anyone has one I might borrow, let me know. Please, no feather boas!

So, at this point, what my pilot study will involve depends on the materials I am able to obtain. I soon will make a presentation of my ideas to the class and ask for their help. There are many possibilities and I am eager to try something. Stay tuned.

## Letters and Emails

To the editor-

This is an answer to Loretta Wrobel’s first paragraph in the March *Neighbors*. Our society needs to slow down and catch up to ourselves. Today we live so fast families seldom sit down together at meal time without those damn smartphones. Both Mom and Dad have to work to keep a roof over their heads. No time for family life. This is our major problem. Not so much the gun. If there was more family time Mom and Dad would see the future of their children and their ups and downs. It seems to me government and big business have planned or started this trend 20 years ago. This is how I feel. I’m 80 years old and as a youngster I do not remember such goings on then as today. A lot more family time back then. Also, automobile commercials on TV with cars going as fast as possible. What is this telling our young generation?

James P. Balkus, Windham Center

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# Chives - My Harbinger of Spring

By C. Dennis Pierce

It is unseasonably cold outside. And what’s with all that snow? Farmers in New Hampshire and Vermont refer to the late season snow as poor man’s fertilizer. With the recent snow falls, I’m trying to console myself with the thought of all the benefits this stuff has for the garden. “Poor man’s fertilizer” is what the old Yankees called snow and there is considerable truth to that expression. Snowflakes, as they form and fall, absorb nitrates from the atmosphere and then release these nutrients into the soil as the snow melts. I have read that that as much as 5 to 10 lbs. of nitrates can be infiltrated into each acre of soil as a result of the snow fall.

I shy away from visiting my back-yard garden. The weeds and dried out plants have to be pulled, the dirt turned over, but oh so gently not to disturb what lies beneath the surface. I did peek the other day and I observed the sprouting of chives which reside in the closest corner of a raised bed. Chives for me are the harbinger of Spring. We take chives for granted maybe topping our baked potato or as a garnish to a dish. Chives are beneficial to our health. Chives are a nutrient-dense food. This means they are low in calories but high in beneficial nutrients like vitamins, minerals and antioxidants. From my research on the internet I was surprised to learn that one tablespoon containing three grams of chopped chives provides one calorie and less than 1 gram of fat, protein, or carbohydrate. They provide three percent of the daily value of both vitamins A and C. One tablespoon contains 131 international units (IU) of vitamin A and 1.7 milligrams of vitamin C. A tablespoon of chives contains 6.4 µg of vitamin K, 3 µg of folate, 3 milligrams of calcium, 1 milligram of magnesium, 2 milligrams of phosphorus and 9 milligrams of potassium.

Even though it is spring we are still a way off from the transition of winter farmer’s markets to the move outdoors. That said, you might want to visit your local markets website and sign up for their emails that will alert you on what’s happening and what is being offered each week. If you have never been to a farmer’s market here are some suggestions. When visiting a market...

- Make sure you understand what’s in season so you have the right expectations.
- Take advantage of the market’s info booth or talk to the market manager on duty.
- Come prepared with a shopping cart or bag and small bills.
- Know that bargaining is not really part of the picture.
- Stroll through the market first. This not only helps you find good deals, but it also helps you see what’s in season, what’s new and fresh, what’s good quality.
- Be respectful of the produce. “Don’t squeeze the Charmin”.
- Talk to the farmers and staff.
- If organic certification is important to you, ask about it.
- Show a farmer how you used their produce. If you make jam or pickles, think about sharing a jar with the farmer you bought the produce from.
- Granted this is not the time to start planting you might want to experiment with growing tiny greens by a well-lit window or if you do not have the patience for that there are many farmers markets that offer local greens that have been grown in a hoop house or green house. So, to get a taste of spring try out the following recipe that contain chives which provide that subtle onion flavor. Let’s face it chives will never to the star of the show but they are one heck of a supporting actor.

Red Leaf Salad with Ranch Dressing  
Serves 6 – 8

Ingredients:  
6 oz. ciabatta or baguette, cut into 1” pieces



- 1/4 cup olive oil
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. white wine vinegar
- 3 cloves garlic, mashed into a paste
- 1 1/4 cups plain full-fat Greek yogurt
- 1/2 cup buttermilk
- 2 tbsp. finely chopped chives
- 2 tbsp. finely chopped parsley
- 1 tbsp. finely chopped tarragon
- 1 tbsp. finely chopped thyme
- 1 1/2 tsp. Dijon mustard
- 1/2 tsp. dried dill
- 1/4 small yellow onion, grated
- 2 heads red leaf lettuce, trimmed and torn into 2” pieces
- 1-pint cherry or grape tomatoes, halved
- 1/2 small red onion, thinly sliced

Directions:  
Heat oven to 400°. Toss ciabatta with oil, salt, and pepper on a baking sheet; bake until golden and crisp, 10–12 minutes.

Stir vinegar and garlic paste in a bowl; let sit 5 minutes. Whisk in yogurt, buttermilk, chives, parsley, tarragon, thyme, mustard, dill, onion, salt, and pepper; set dressing aside. Toss reserved croutons, lettuce, tomatoes, and onion in a bowl; drizzle with dressing.  
I am not alone in my search for honest food and for a sense of community. Life has come full circle from the markets of our agrarian past. And it’s none too soon. By buying local we find pure sources of food harvested at its prime. The local growers, who are committed to the sustainable agriculture and organic production, understand it is the way to our ecologically sound future. In buying CT Grown we fortify our own health but also support those stewards of the land who take its ecology seriously. I leave you with a quote from Thomas Jefferson, “I have often thought that if heaven had given me a choice of my position and calling, it should have been on a rich spot of earth, well-watered, and near a good market for the productions of the garden.”

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.

## April at The Gardiner Hall Jr. Museum

By Pamm Summers

March brought a very pleasant change to the museum with the additional support of an EC-CHAP member, Joan Taraskiwica. Joan brings an abundance of teaching and museum experience, visual perspective, and design ideas to improve our museum for the future. She is also very knowledgeable, personable and just plain fun to talk to. She has already brought great ideas for making our wall displays more informative and eye catching. It looks better already.  
The month of April will find us working on ways to set up a research center in the museum. Visitors will not only be able to view artifacts, but one could also have a means to look up information in more depth and breadth. We hope to add a small library, desk space, a computer, maps, site plots, and floor plans of interest. These additions won’t take place in just one month but are longer term goals we hope to reach. These changes are cause for great excitement here at the museum.  
Also, back in March I tested the game for The Packing House with members of the EC-CHAP board to very favorable reviews! We will do one more test run open to EC-CHAP members and get their critiques to improve it if need be. We’ll keep you informed of our progress (I’ll warn you, you’ll laugh til you cry this game is so fun).  
So, stop by and see what we are doing to improve The Gardiner Hall Jr Museum. We always like to meet a new friend!

# What is a New Englander?

By Angela Hawkins Fichter

If someone has newly moved to New England from anywhere else in the US, he may wonder just what a New Englander is like. If he moved here from the south, he will find that no one comes over within a week of his move to give him a baked goodie and to say, y’all drop by anytime. Actually, if you have ever lived in the south, you will recognize this as friendliness, and not really an open invitation to drop by any day of the week and any time of the day. It’s just a very friendly welcome to the neighborhood. In the 1950’s in the north they had welcome wagon ladies who dropped by. Now there is the internet and the assumption that only those who have impaired computer skills would actually want to meet and circulate with neighbors and make new friends. In fact, churches in the south have a lot more holy rollers than those in the north, and the parishioners are more outgoing and friendlier than the New England ones are. That’s why religious people in New England are known as the Frozen Chosen.  
To define a New Englander you have to come up with a definition. The other day I was in the library. I was one of three people in line to see the librarian and check out books. The woman ahead of me was vigorously discussing with the librarian a question she had about a book she was returning. She asked the librarian if she had ever had the same feeling that she had had when reading this book that was all about how to do something. She said: a book about how to do something is just not like actually doing the thing. You mean it’s a book about sex, I asked. The librarian, the questioner, and I all burst out laughing. The third person in line, behind me, said, “*Not* in a library.” That made it apparent that the librarian, the questioner and I were not born in New England, and the shocked third lady in line was a New Englander, meaning she was a prude or puritanical. Actually, it’s kind of ironic that everyone thinks of the Puritans as so strictly religious and prim and proper, because some historians have carefully searched birth records of early Puritans and found that over one-third of the times a first baby was born to a Puritan, it was born only six months after marriage.  
Considering the fact that they did not have neonatal nurseries in hospitals (or even any hospitals) in the sixteen and seventeen hundreds, it is amazing that the vast majority of those premature babies survived. More likely the early birth after marriage happened because of premarital sex and a shotgun wedding, just not something admitted or openly talked about.  
Another definition for New Englander would be someone who is thrifty, who does not throw out something he might use in the next century. This is also known as not buying something you are looking at in a store because there must be a store someplace else in New England where you can buy this cheaper. In other words, a cheapskate.  
And how about the term stubborn? A New Englander is someone who does not give up. He figures he can never be wrong as long as he keeps to his point. After all, sometimes a New Englander is called a Swamp Yankee. This is not someone who lives in a swamp, like a muskrat, but rather, someone who is thrifty, stubborn and prudish. I went to a New England restaurant recently for a take-out lunch. I ordered a sandwich and two desserts, one for today and one for tomorrow (we must be optimistic and give ourselves something to look forward to, after all). At this restaurant they give the customer a playing card once you make your order, note the playing card on the order, and then deliver the order to the customer with that playing card. After a bit the waiter gave me a bag and asked me what playing card he was holding in his hand. That should have been my clue, but I was hungry. I said I don’t know, and he snatched my playing card, dropped a bag on the table, said good-bye and left. When I got home, the bag only had my sandwich in it, no desserts. I was just cheated out of the \$5.50 the two desserts cost me. Why not drive back to the restaurant and complain? It was pouring out and the drops were verging on freezing rain. But how could I have failed to check the inside of the bag before leaving the restaurant? After all, I was born and raised in NY, and we from the Empire state are cautious. I didn’t check the bag because I have lived in New England for so long now that I have become trusting. Sigh. I guess I could visit NY for a day or so and relearn to suspect all vendors as guilty until proven innocent.  
So was the waiter lazy, incompetent, or planning to keep the two already paid for desserts for himself? I don’t know, but I can assure you that the fact that a skunk mysteriously appeared in his basement recently had nothing to do with me.



# Pumpkin Hill Forest Going to China?

Submitted by P.K. Willey

It was Jan 9, 2018. Location: Chaplin Town Hall. Public Hearing Question: Should the Chaplin Public Works Director, Dave Stone, cut down 30 trees on the sides of the road going through the Pumpkin Hill Forest, PHF, that appeared badly affected by 2 years of gypsy moth caterpillar infestation? Following Dave was the CT Department of Energy and Environmental Protection (DEEP) presentation and Q and A, on their *clear cutting plans* for the PHF.

Enter: The Lorax. Along with others, I hastily wrote my letter to Dave Stone, relating childhood experiences of living through a gypsy moth infestation in Chaplin (‘69 - ‘71, I think), and how the majority of trees managed to survive the brutal feasting although it went on for 3 years. We had no summers then, everything was stripped bare, even the lawns. The endless crunching by billions was audible. I urged careful examination and consideration before the death sentence was cast for all 30 trees. Were they really dead? Could they heal themselves? Trees move slower than we do. They heal slowly and beautifully – ever seen the scar from a limb the tree has starved out and dropped? Gorgeous bandage work!

Dave invited me to come to the town hall the following week. He read my letter and others into the public record. Then, the DEEP presented information on their plans to log the forest on Pumpkin Hill. Plans so devastating to the forest that it made Dave’s 30 trees look like they were a minor detail.

For those not in the know, Chaplin, and local towns have been feasted upon for the past 2 years, all the way into munched out Rhode Island. Last year (2<sup>nd</sup> year), we had a welcome reprieve during the ‘high lunch’ days – cool, rainy conditions had evoked a fungus lethal to the caterpillar. Millions if not billions of the diners died in right-angle postures. I was grateful to Nature for the kind respite our beautiful leafy bowers received. The trees worked arduously setting out new leaves from post midsummer on.

PHF represent 1 of only 4 places in CT where the Cerulean Warbler has been found to nest. They need more than a lone oak – they need an entire forest in order to live. Everyone knows by now, that forests are intricately interconnected interdependent holistic organisms, each part supporting the others. That because of forests we have streams, good water tables, and that water is the source of life. We all know that, right? The work of Dr. Suzanne Simard, well encapsulated in her exciting TED Talk, *How Trees Talk to Each Other*, (check it out! [www.youtube.com/watch?v=Un2yBgIAxYs](http://www.youtube.com/watch?v=Un2yBgIAxYs)). besides proving that old large trees serve young saplings as Hub or Mother Trees, providing nutrients, information (ever wonder why small saplings are doing so well in the shade of their Mother Hub tree? She’s feeding them!) also informs us that the soil itself, the earth, is an interconnected brain of the forest, serving as data and nutrient transport systems, and tons more. When we walk outside on earth, we are stepping onto Nature’s Internet Web that also delivers foods and medicines. That solves the mystery of why when one type of bamboo flowers in one part of the world in 40-60 year cycles, it flowers *all over the world* at the same time.

My questions to the DEEP sought verifiability of tree death before action: Were these trees dead? Could they have survived? Could they have come back another year? Can they heal themselves? Could selective pruning be done?

The DEEP has the ‘care’ and ‘management’ of CT state forests. However, they discussed the forest in terms of ‘board feet’. For those living near these precious reserves, we are beginning to see that the DEEP is more interested in selling board feet of lumber, than careful scientific management of eco-systems and habitats. The devastation in the Natchaug Forest is there for all to see. The viable ‘board feet’ have been hauled off, the wreckage of tree crowns, and limbs left to rot in high piles. There is no genuine ‘management’ in this, and its important not to deceive ourselves about it.

The DEEP is looking to make money off our local forests, and does. They sell the largest trees for slaughter, excuse me, ‘harvest’ to the highest bidder, who comes in with earth destroying machinery, and gets the big trunks out. The DEEP doesn’t seem to know anything about the roles and functions of trees that Dr. Simard discovered over 30 years ago. Their science is out of date and it doesn’t seem they are keeping up with science, although they have the latest in GIS technologies.

Destroying an ecosystem doesn’t take much time. I spoke to a woman who lives on Pumpkin Hill, the forest was her back yard. She is depressed and devastated by what happened in the fall there. Older, she told me that in her lifetime she will not see those forests restored.

The rural folk in our ‘last green valley’ between New York and Boston, have that happy frontier spirit. Inexhaustible nature, at our disposal. Rev through it on four wheels. Only it isn’t, and it needs to be in our care and responsibility for not only future generations but the very functioning of our watersheds, animal habitats, our own clean air, peace, and quiet.

I tried to speak with the DEEP representatives who were at the meeting. I felt disheartened by their somewhat ‘take it or leave it, it doesn’t matter to us’ attitude. They were willing to answer questions, but, our concerns clearly didn’t matter to them.

So now, there will be 3 places left in all of CT for the Cerulean Warbler. For close to 50 years, if the DEEP can leave their ‘managed forests’ alone, people will not see or experience the beauty and interactive peace of large swaths of forest on Pumpkin Hill and in the Natchaug state Forest.

I felt like the Lorax, pleading for consideration of the forests, of the trees, of a whole that is so badly affected by damage to parts, pleading for time for the trees to heal themselves, at least another year before deciding they were dead.

It fell on clearly uncaring ears. We aren’t in their back yard. But the DEEP is in ours. In the ‘small talk’ after the meeting was over, I heard that most probably loggers from out of town, bidding the highest, would get the board feet contract and sell the wood to companies supplying China. China? I squawked! Yes, they pay the most.

So, think of that, dear Neighbors, when you see the logging, and the dreadful rape of the forests, homes and habitats. It’s modern day colonialism – our forests, water, resources, gone to the highest bidder. We the people, who live here, get worse than next to nothing for the destruction of our forested lands.

How can our small towns get our forests back from the State and manage them ourselves with our people in mind? There were no young people there besides Dave Stone...the rest of us, 6 or 7, had grey heads...Since then, Dave Stone re-examined the 30 trees On Pumpkin Hill in his jurisdiction, and reduced his kill list to from 30 - 15. He lives here. It’s his home too.

*Sadly reported by your local Lorax.*

## Calling All Songwriters

Submitted by Myrna Riquier

A new TV show is getting underway at the Charter TV Studios. The show’s focus will be on songwriting and a call is being sent out for songwriters who may wish to participate.

It is currently planned to film a dozen episodes of the upcoming new weekly show called Songwriter Showcase. Each show will have a songwriter guest who will be interviewed by alternating hosts, Nelson Hiller and Jim Sharpley. The guest will perform some self-penned tunes and will talk about how the songs got to be written.

Discussions will address numerous subjects related to the business aspects of songwriting such as licensing, copyrights, co-writing and publishing.

If you would like to participate in this show as a songwriter guest, or if you wish to help with its production, contact the producer, Myrna Riquier at 860-455-9400 or [natchaugmusic@gmail.com](mailto:natchaugmusic@gmail.com).

All shows will be produced in North Windham by volunteers who have completed the intern classes that the Community TV studio offers to area residents.

CTV Channel 192 is a public access network on Charter’s cable TV lineup. The TV station offers free training and free use of their Community Television studio including their portable video production equipment for local residents to create and air their own public access television shows.

Residents can also help with special productions of the station, both in the studio and at remote locations. Find all the info you need at their web site: [CTV192.com](http://CTV192.com) or call the studio at 860-456-8500.

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By EC-CHAP

This month, the EC-CHAP “Information Exchange Meeting” is scheduled on Tuesday, April 10th at 7:00pm in The Packing House. These monthly meetings serve as a great opportunity to learn more about EC-CHAP and a time to share your thoughts and feedback. Refreshments provided.

As we indicated in last month’s article, we have been seeking and collecting feedback from members, performance goers, and friends regarding programming ideas and improvements. We also expect to launch a formal survey in the near future, and we hope that you will take a few minutes to let us know what you would like to see from EC-CHAP - your regional Cultural Center.

As a reminder, you can subscribe to our monthly email, “The Packing House Performance Update & EC-CHAP News” directly from The Packing House homepage at [www.thepackinghouse.us](http://www.thepackinghouse.us). Please note that this communication will be delivered from the EC-CHAP email address, [info@ec-chap.org](mailto:info@ec-chap.org). We mention this as some folks informed us that they were not receiving our monthly update. After looking into this, we found that the email was ending up in their spam / junk mail. As a result, please allow communication from this email address.

We are pleased to inform you that EC-CHAP is continuing to expand our program offerings!

Last month we added a monthly Social Dance Series with Kelly Madenjian on the 2nd Thursday of the month from 7:00pm – 10:00pm.

This month we are introducing the first performance in our theatrical series on Sunday afternoon, April 15th, 3:00pm. This original work, “An Experiment in Performance: The Memory Play”, was written and produced by Jeremy Geragotelis, and features regional actors Oliver Kochol and Kelly White.

Next month, we will debut our new Poetry Series, with Brian Sneedeen sharing his recently published collection of works, “Last City”. Brian is a resident of The Mill Works Creative Community and doctoral student at UCONN. Join us on Friday, May 18th, 7:30pm for “Last City: An Evening of Poetry and Song”

We have a lot more to share... We encourage you to visit our website at [www.ec-chap.org](http://www.ec-chap.org) or [www.thepackinghouse.us](http://www.thepackinghouse.us).

Till next month! Peace, EC-CHAP Board

#### April PERFORMANCES AND FILM SHOWINGS

##### EC-CHAP Jazz Series:

**BRUNO REBERG “TRILOKA” (World/Classical/Jazz).**  
Saturday 14th, 7:30pm



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 anal-

ogy 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 7:00pm / Show 7:30pm. Tickets \$15.00 Advance (online) / \$20.00 Door. Special student pricing \$10.00 at the door (with valid I.D).

**THIMBLE ISLANDS SAXOPHONE QUARTET (Classical / Jazz / Standards).** Sunday Afternoon, April 29th, 3:00pm.



The Thimble Islands Saxophone Quartet (TISQ) will offer a Sunday afternoon performance as a debut appearance at The Packing House.

TISQ is made up of 4 virtuoso saxophonists having an average of 30 years of professional musical experience, who join in a thrilling ensemble with the unique arrangements by Frank Vasi. The program will feature George Gershwin’s Rhapsody In Blue, Mozart’s quartet “The Hunt”, Bernstein’s Westside Story, along with the music of Duke Ellington, Thelonius Monk, Miles Davis, Samuel Barber, Louis Armstrong and Frank Vasi.

“Given the saxophone’s late arrival to the classical music scene, the works of the great classical composers lack its sound, a void Vasi fills by making new arrangements and transcriptions.” - Christina Hennessy, Ct Post

“It was truly joyous to listen to your Sax QWartet perform the concert... The Mozart was an exquisite brilliant, most inspirational piece. I was certain folks would hop out in the aisles to dance to the jazzy Gershwin tunes and lost count of the number of encore pieces you graciously offered. We were totally mesmerized by this exceptional musical journey.” - Betty Jane Schiller, Yale University

Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door. Special Senior Price \$10.00 at the Door

##### EC-CHAP Acoustic Artist Series:

**LISA MARTIN (Americana / Folk).** Saturday, April 7th, 7:30pm

We are pleased to have Lisa Martin return to The Packing House! Lisa’s original song writing, creative arranging, and heartfelt vocals provide a mix of exceptional musical talent. Martin has performed regionally in the northeast and in parts of the mid-west. She has opened for many nationally touring artists including Melanie, Patty Larkin, Vonda Shephard, Livingston Taylor, Aztec Two-

Step, Steve Forbert, Ellis Paul, John Gorka, Vance Gilbert, David Wilcox, Toshi Reagon and many others and has headlined at the legendary Iron Horse Music Hall, in her home territory of Northampton, MA. ([www.lisamartin-songs.com/](http://www.lisamartin-songs.com/))



Highlights of her regional performances include the Newport Sunset Festival, the Hear In Rhode Island stage at the Newport Folk Festival, the Providence Folk Festival, Ladies ’n Lyrics concert series, the Midwest Music Summit and the Northeast Regional Folk Alliance Conference. She also performs in and around Nashville TN from time to time including an appearance at Antique Archaeology from the TV show “American Pickers”. Founder of the New England Women Songwriters Collaborative, and Co-founder of the Western Mass Songwriters Collaborative, Martin continually seeks opportunities for songwriters to showcase their music and grow their audiences in addition to giving back to the community. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

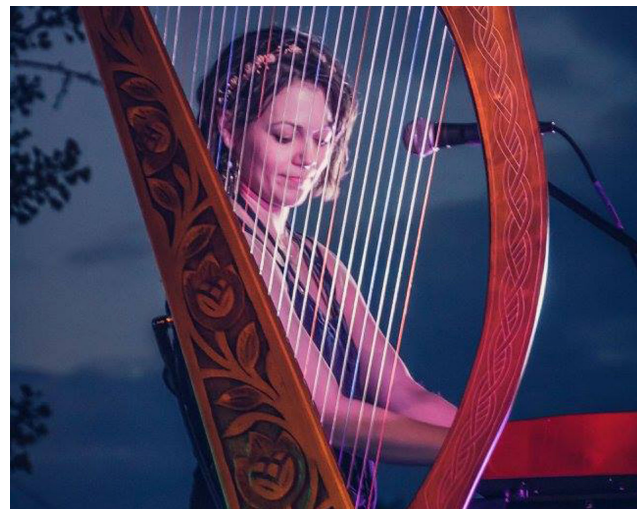
**HORIZON BLUE (Folk / Bluegrass).** Friday, April 13th



Horizon Blue is an acoustic Americana (folk, country and blue grass) musical group. Their performances are family friendly, conversational, and inviting. The original and well-known songs they perform have a storytelling aspect and are well received by audiences of all ages.

Horizon Blue features Monique Hill (vocals, guitar, mandolin, banjo and dulcimer), Peter Hill (guitar and mandolin), Mark Annulli (bass) and Rich Johnson (dobro). Monique is the principal songwriter. Monique’s songwriting credits include a charting international release in England, Germany, and Japan. Horizon Blue will be releasing their debut album Solstice at this concert! Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

**KALA FARNHAM (Indie / Folk).** Saturday, April 21st.



Kala Farnham is a multi-instrumentalist singer/songwriter hailing from the Quiet Corner of CT. Kala’s signature songwriting has been described as a reinvention of the folk tradition made popular by artists such as Joni Mitchell and Joan Baez: she has been praised for her classical undertones and playful dose of Broadway theatricality



onstage, and a lyricism that springs to life with creative storytelling, cultural references, and rich metaphor.

Her first full length studio album, “Anahata: Wake Up Your Heart”, was nominated for “Best Americana Album” in RI’s Motif Music Awards alongside a nomination for “Best Female Americana Vocalist”. In 2015, she was selected to be an Official Showcase Artist in Folk Alliance International’s SERFA Music Conference. October 2016 marked the release of her 2nd studio album, “Samadhi: Home Is Where You Are” as well as another Motif nomination for Best Americana Album. Kala is an alumni of the Johnny Mercer Songwriters Project and the winner of the 2017 Rhode Island Songwriters Association Performing Songwriter Contest. Doors 7:00pm / Show 7:30pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

BELLE OF THE FALL (Indie). Saturday, April 28th, 7:30pm



They’re back! 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 Micheline, 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 Friday Night Film Series:  
“Just like being there” (NR). Friday, April 20th, 7:30pm



Just Like Being There (2013). A documentary about gig posters. Directed by Scout Shannon and produced by Johanna Goldstein.

“In the gig poster community, creating artwork is more than just a career - it is a way of life. These artists are at the forefront of an expansion of the gig poster genre. In a community with strong roots, dating back to the 1960s, this expansion is controversial - refreshing to some, sacrilegious to others.” - IMDb

“Scout Shannon’s documentary on the rise of gig posters, Just Like Being There, offers a glimpse into the art of poster making, as well as the commercial recognition and benefits now being reaped by many of the artists. Their success may not be necessarily skyrocketing – it is an indie endeavor, after all – but the medium is certainly getting more attention and their work is being championed by bands, galleries and websites.

Indie bands are highlighted because they go hand-in-hand with independently produced posters, and in turn, they are usually limited works for a limited audience, albeit a growing one.” - popMATTERS

This film is a part of the EC-CHAP Friday Night Film Series. Doors open at 7:00pm / Showing at 7:30pm. Suggested donation \$5.00.

NEW OFFERING! EC-CHAP Theater Series:

EC-CHAP is excited to debut our new Theater Series! Our theater series provides a platform for new playwrights and actors to demonstrate their craft; for experimentation; and a unique environment for experienced theatrical production.

An Exercise in Performance: The Memory Play. Sunday Afternoon, April 29th, 3:00pm

An Exercise in Performance: The Memory Play is a theater-piece that asks some big questions about love, forgiveness, and the process of erasing one’s past. Using radical methods of storytelling involving text, sound, and movement, the piece draws back the curtain on a worn friendship with a hard expiration date.

As a woman packs up her life to move far away, she takes one final look at the laughter, the thrill, the pain her greatest friendship gave her. What’s left when she finally drags her last box of clothes to the trunk of her car? Another person, left alone to atone for everything that went wrong.

This original production was written and produced by Jeremy Geragotelis, and stars regional actors Oliver Kochol, and Kelly White. This performance will be followed by a talk-back session by the producer and cast. Join us for an special afternoon of original theater! This program is hosted by the “Eastern Connecticut Center for History, Art, and Performance” (EC-CHAP). Doors 2:30pm / Show 3:00pm. Tickets \$12.00 Advance (online) / \$15.00 Door.

EC-CHAP Monthly Recurring Events:

“TALENT SHOWCASE” – 2nd Wednesday. Doors 6:30pm / Show 7:00pm.

Our Talent Showcase is designed as a platform for local and regional performers to share their talent. Acoustic musicians, film makers, poets, comedians, jugglers, puppeteers, and creative artists of all ages are invited to perform. Showcase your work, test ideas and concepts, and solicit feedback. If you’re interested in performing, please call 518-791-9474 in advance to sign-up (recommended), or sign-in at the door (time available). Not performing? No problem! Come join us for an evening of great talent. Invite everybody you know! Free.

“EC-CHAP Social Dance Series with Kelly Madenjian – 2nd Thursday. Doors 6:30pm / Dance 7:00pm.



Enjoy a lovely evening out social ballroom dancing. Each month will feature a beginner ballroom dance lesson. After the lesson stay or join us for a fun social dance to all your favorite ballroom hits. Viennese Waltz to West Coast Swing and everything in between. All levels welcome. Partner not required. \$10.00 at the door.

“Your Drum Circle with Bob Bloom” - 3rd Tuesday. Doors 7:00pm / Drumming 7:30pm.

Calling first-time drummers and those with seasoning drum rollick together. Bring your favorite hand drums. You’re drumless? No problem. Your heart and hands can enjoy the djembes, doumbeks, tubanos, and bongos from the colorful cargo that Bob is trucking to the shindigs. \$10.00 at the door.

Tickets, Reservations, CANCELLATIONS, and Contact

Tickets for all shows and program registrations can be purchased online at [www.thepackinghouse.us/](http://www.thepackinghouse.us/) upcoming or at the door. Check our website frequently for new additions. Unless otherwise specified, doors open

30-minutes prior to show time.

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. You can also bring your paid ticket to Willington Pizza House (or WP Too) for eat-in or take-out the night of the show and receive 15% off your meal purchase. If you’re feeling sassy, SPECIFICALLY ask for “The Packing House” pizza! You won’t go wrong. Visit [www.thepackinghouse.us](http://www.thepackinghouse.us) for the secret recipe.

Program cancellations will be listed on the EC-CHAP website ([www.ec-chap.org](http://www.ec-chap.org)), and The Packing House website ([www.thepackinghouse.us](http://www.thepackinghouse.us)). If you’re unsure, just call (518-791-9474).

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 EC-CHAP ([info@ec-chap.org](mailto:info@ec-chap.org)) or The Packing House ([info@thepackinghouse.us](mailto:info@thepackinghouse.us)).

Read issues of Neighbors from January 2015 to present in COLOR on our website: [neighborspaper.com](http://neighborspaper.com) You will also find advertising and circulation information.

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# A Spiritual Experience

By P.K. Willey, Ph.D.

In all the writings by Gandhi, there is one that stands out as a distinct spiritual experience that permanently altered his outlook on life. It was in 1909. There were a stream of events that jogged his awareness, a growing maturity, calmly climaxing into this moment. In seeking to present the outlines of context for this experience, the Reader’s kind understanding is sought. It would be presumptuous to say that ‘x or z’ caused ‘y or b’ in Gandhi’s awareness, as the inner man is only partially seen through external literary remains of his thoughts and historical records.

In Gandhi’s time, as with much of the world still, youth assumed an ever growing sense of personal responsibility towards an extended family network early in life. Willingness to take on responsibility, assuming duties for the larger whole, earned people their ‘rights’ in a given sphere of action. For example, a dutiful Mother, Father, Family friend, gain certain rights which are tied to duty – the right to guide, protect, advise. Obviously, a derelict parent or friend would lose those rights. The human mind begins maturing with increasing self-integration into an ever-widening circle of personal responsibilities and duties.

While a student in England (1888-1891), Gandhi participated in a ‘Vegetarian Society’, studied Esoteric Christianity, met Theosophical Society leaders (that later spawned Jiddu Krishnamurti). It had been difficult to get caste-clan permissions to study in England. Gandhi’s early writings demonstrate his growing sense of responsibility to young British Indians like himself. One article advised future students on how to stay a vegetarian while in England, and thus secure parental consent for travel abroad.

The influence of his colonial-ized schooling, his years in England, saw Gandhi devotedly loyal to ethics he believed to be British – fair play, social equality, rule of law in society; combined with the Golden Rule, the crux of Christian civilization – Do Unto Others as You Would Have Them Do Unto You. As with hundreds of millions of colonial-schooled and ruled peoples in the 20th century, England and English ways represented what was right and good, proper. For decades, Gandhi identified himself as a British Indian.

As Gandhi notes in his book “The Story of My Experiments with Truth” he completed his bar exam under the auspices of University College London, attempted to be a lawyer in Bombay, but was disgusted with the degree of corruption he encountered. By 22 years of age, he had a wife and first son, Harilal to support. Within a year, his second son, Manilal was born. Gandhi wasn’t making enough money to carry out his responsibilities with grace.

A successful Muslim owned Indian trading company, Abdullah & Co. from his home town of Porbander, Gujarat, sought to hire Gandhi for contract issues with a former business partner in South Africa. They needed someone familiar with the English language, English law, as well as Gujarati, for numerous papers were in that language. They soon had their first steam-ship and were able to offer a substantial retainer fee, along with free passage to South Africa.

In South Africa, for the first time (1893), Gandhi experienced social denigration based upon his skin color and Indian background. The divisive social mechanisms that British rule exploited in India – religious, caste, regional, economic differences – were gone in South Africa. There, All Indians, no matter how they self-identified: indentured, rich, poor, Muslim, Christian, Hindu, Gujarati, Malayali, Punjabi, Tamil, from whatever region of India, were now all the same ‘detestable Coolie’ (load bearer) to the Brit and Boer South African. Indians were resented for frugality, thrift, agricultural prosperity, trade, for their stiff economic competition.

Gandhi awoke to the unity of all Indians, as the same people, of the same civilization, distinct from Britain. He assumed a great sense of responsibility for their welfare and wellbeing, and was soon retained by several prosperous Indian merchants to work on behalf of social justice for British Indians in South Africa (1896). He took numerous cases of poor Indians for free, fought for women’s rights in labor pay, petitioned the Crown in England, the High Courts in India, to end indentured labor.

He was to see that the Indian cause in South Africa as the cause of All India. His first work was to create unity-awareness among Indians, to educate, enable them to understand the reasons for their situation. His sons Ramdas (1897) and Devdas (1900) were born; his responsibilities now included his immediate six-member family.

His self-giving-ness, deep concern, love for all players in the drama, his demonstration of his sense of duty, were transparently obvious. He earned grudging respect in the halls of legal power; the wholehearted sympathies of the silent majority in white South Africa. Yet power and its circles of support accedes reluctantly, often violently if at all. Early apartheid measures began: Indians and Africans were forced into crowded ghetto like ‘locations’. African Rickshaw pullers were not allowed to have colored passengers. Lands and successful businesses were confiscated by the government. Forbidden to conduct business in white areas or walk the same sidewalks, required to register, carry a pass, even Indian marriages were held to be illegal: the oppressions grew intolerable. It



Gandhi with Vegetarian Society Members during Student Days in London. Contributed photo.

was a slow and steadily increasing rain of legislated social misery.

Gandhi’s response was on an unprecedented scale in the known centuries of human politics: a naked and truthful demand of respect for the natural love within the human breast, that made all men brothers. That honesty faced the willful blindness of a microscopic minority, who had convinced the vast majority that they were within their ‘rights’ to rule them.

In between family-life, the ensuing Satyagraha (holding on to Truth) campaigns to evoke unity, awaken Conscience, Gandhi was found working in crowded locations having outbreaks of cholera, typhoid, the plague. He made the first crematorium for the Hindu dead as per their prescribed rituals. He wrote, spoke, educated, and worked on social sanitation in the Indian community, caste-mindsets that continue feudal and social ignorance today. Gandhi’s sense of duty and responsibility kept expanding, finding innumerable ways to manifest itself. It was this deeper maturity that caused him to be regarded as a trusted, beloved, deeply revered leader, for out of his love, he claimed responsibility for, and rights of duty to, the oppressed. Count Leo Tolstoy whom Gandhi took much inspiration from, wrote:

“Your activity in Transvaal...is the most essential work, the most important of all the work that is being done in the whole world wherein not only the Christians but the whole world will unavoidably take part.”

Gandhi wrote to Tolstoy of the furnace they were in:

“The result has been that nearly one half of the Indian population, that was unable to stand the heat of the struggle, to suffer the hardships of imprisonment, have withdrawn from the Transvaal rather than submit to law which they have consider degrading. Of the other half, nearly 2,500 have for Conscience’s sake, allowed



Phoenix community members circa 1907. Contributed photo.

themselves to be imprisoned, some for as many as five times. The imprisonments have varied from four days to six months, in the majority of cases with hard labour. Many have been financially ruined...Some of these have been very poor men earning their livelihood from day to day. The result has been that their wives and children have had to be supported...The struggle still continues we do not know when it will end...We also notice that in so far as the struggle has been prolonged, it has been largely due to our weakness, and hence a belief having been engendered in the mind of the Government that we would not be able to withstand continued suffering.”


In 1904, Gandhi started Indian Opinion, his first paper to broadcast his thinking to the wider world; along with it, his first community/ashram – Phoenix. Living simply, in a rural environment outside of Durban, in a ‘whole work’ environment, family and friends were delving deeper into an ethical life that supported Satyagraha training. Soon Phoenix had a school, gardens, tailoring, orchards, community routines, the press was moved there – all things that make interactive community life, with meaningful responsibilities for all.

In 1906, Gandhi began appealing directly to the Parliament in England, going above the local Brit governance in South Africa. He wanted to discuss the alarming civil deterioration. His sense of personal responsibility had put him on par with other world leaders. In 1909, on his second unsuccessful trip back to South Africa, he wrote a booklet, later known as Hind Swaraj (Indian Self rule), outlining reasons for self-rule and its broader implications for self-respect, dignity, and ethical education through Satyagraha.

It was at this juncture that he said:

“My ideas about Satyagraha had now matured and I had realized its universality as well as its excellence. I was therefore perfectly a ease. Hind Swaraj was written in order to demonstrate the sublimity of Satyagraha and that book is a true measure of my faith in its efficacy. I was perfectly indifferent to the numerical strength of the fighters on our side.”

He had recognized that if one only stands, with Truth on his side, he touches all. This point in his life is a very profound one. His ever-widening circles of duty and responsibility had now matured his awareness into absolute certainty, convinced, through and through, that truth present in all, is reality.



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Looking Up-

# Cutting Two Inches off the Blanket

By Bob Grindle

I’ve never been much of a fan of those ‘winter-of-old’ reminiscences that always pop up when you start complaining about the weather...although the “Little House on the Prairie” tales, hmmm, those were some kinda winters. Anyway, it does feel like we’ve lived through a winter’s worth of bad weather just this March. Spring? Bring it on, please, and with it some spring skies—or at least blue skies! Our species evolved under pretty much the same skies we have now, so the grey-sky-doldrums are probably kind of hard-wired into our heads, and the pick-me-up we all feel when skies are blue, ahh, it doesn’t just drop out of the blue...so to speak.

Speaking of spring skies, which is how I intended to begin, there is a lot going on in April. Mercury is not a player this coming month, but Mars, Saturn and Jupiter in the early morning and Venus after sunset will make for easy identification. In the wee hours of the morning, that bright star high in the sky is not Venus. It’s not even a star! Actually, it’s Jupiter, and if you happen to have a telescope close at hand at about 4:00a.m., Jupiter is a lot more interesting to look at than Venus. The largest planet in our Solar system has interesting cloud formations and a constantly changing array of moons. Our own Moon will lend a hand picking out the early morning planets—by April 3rd the Moon will be just barely to the upper right of Jupiter; then waning a bit will almost touch Saturn on the 7th and Saturn will be just slightly above Mars.

I do rather miss the early morning light that the spring time-change sets back, but daylight is beginning to return, and the morning continues to be earlier and earlier through late June. I remember, growing up in Indiana, where there was no Saving Time/Standard Time change—at least, not back then—and an elementary school teacher once compared the whole time change thing to ‘cutting two

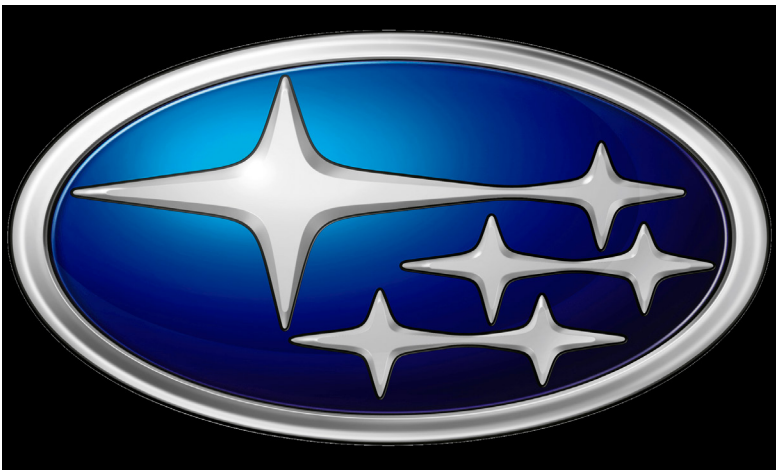
inches off the top of the blanket and sewing onto the foot of the blanket, and then thinking you had a longer blanket.’ As a kid that made perfect sense, and even today, a few years after Indiana adopted the clock-adjustment masses, I smile at the analogy. But back to spring skies.

By mid-April, when an hour after dusk is nearly 8:30, and dinner is finished for most of us, the whisper-thin crescent Moon is charmingly close to Venus, and then, by the 18th of the month, the slightly larger crescent Moon is smack in the middle of the familiar V of Taurus’ face. The cluster of stars slightly to the right of the Moon is the Pleiades. This cluster of blue-hot stars is among the nearest star groups to Earth and has been observed throughout history by nearly every culture on our planet. It was essential to the early Mediterranean sailors and, according to ancient

lore, saved many a sailor’s life. In Japan, the star group is known as Subaru (to unite) and was adopted as the brand marker by the automobile company: a consortium of five companies unified, represented by the six stars in the logo on every Subaru vehicle. Later in the month there is a very slight chance that a meteor shower might provide

a mid-evening counterpoint to looking up into the sky. If you’re outside on April 22nd and look low in the sky toward the Northeast, you might get a chance to see ‘shooting stars’ in the Lyrid meteor shower. The very bright star Vega is difficult to miss, and since there’ll be no moonlight that night, you might just get lucky and be treated to a few meteors. Somehow, even after years of sky-watching, that always feels special.

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





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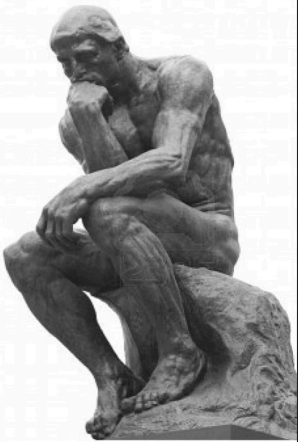
## The Think and Do Club Wants You

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.

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

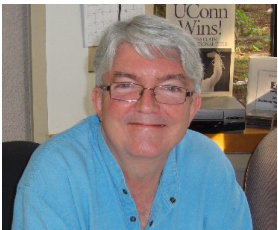
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# Resources for Human Connection and Action

By John Murphy  
Your Local Media and the Arts:  
Connecting the Community

Happy spring every-body! Put those roof rakes away and get ready for warmer weather!



This month I continue my expansion of this column beyond local media programs and producers to include new and important information for the diverse and growing arts community in our region. The expression and energy of the arts in action can provide positive messages and inspiration for building social unity.

- This month’s highlights include:
- Update: Make Music Day Connecticut 2018
  - Is There Room for Mansfield in UConn Nation?
  - Growth vs Accountability/Part 6 in a Series.
  - Profiles of Local Community Radio Programs at WECS-FM at Eastern CT State University
  - Listing of Local Media Program Resources

**Update: Make Music Day Connecticut 2018—A State-wide Solstice Music Festival on June 21!**



The Solstice this year will be very special across our state as Connecticut joins the growing musical movement called Make Music Day. The Connecticut Office of the Arts (COA) is partnering with its regional service organizations (like Windham Arts) to join 71 other cities across the country on June 21, 2018—and over 800 cities in 120 different countries across the planet!

It all started 35 years ago in France, when staff at the Ministry of Culture dreamed up an idea for a new kind of musical holiday. They imagined a day where free music in all forms would be everywhere, all around the city: street corners, parks, rooftops, gardens, and store fronts. And, unlike a typical music festival, anyone and everyone would be invited to join and play music or host performances.

As the COA-designated Regional Service Organization in northeastern Connecticut, Windham Arts will coordinate many local promotions and communicate with participants throughout its 36-town service area. The website will always have the latest information available—at [www.windhamarts.org](http://www.windhamarts.org).

Below is a direct link to my first radio interview with Aaron Friedman from the Make Music Alliance, who will provide some history and an overview of exactly how this day works for players and presenters. More coming!

<http://www.windhamarts.org/2018/03/save-date-make-music-connecticut-june-21st/>

When musicians and venues/locations join Make Music, they go to their local city’s website and register using embedded matchmaking software, provided by the Alliance to each member city.

Using these tools, any musician can sign up, describe their music, and request performance space; stores, buildings, gardens, and other locations register to host these musicians, providing electricity, equipment, and promotion. Like an internet dating site, musicians and venues search through the listings to find each other and plan for June 21st concerts. The software then creates an interactive map and searchable listings for each city, displayed on the local site, and on smartphone apps for iOS and Android.

Amateur musicians of all ages and genres can play for some of the biggest crowds of their lives. Everyone can experience the joy of performing, even those without the skills or connections to find gigs in regular venues. Professional artists and presenters showcase their music to a new audience, reaching people who would never normally hear their work. The best of both worlds in celebration of what brings them together—music!

Local business districts attract customers by hosting musicians in front of shops and restaurants. For neighbors, it’s a chance to turn ordinary sidewalks and streets into impromptu stages, dance floors, and social meeting points, and bring their community together. For each city, it’s a way to attract tourists from other parts of the region to come experience the city’s cultural richness. And through

the Make Music Alliance, it’s a way to showcase the city’s local music scene through a nationwide PR campaign and listings platform on June 21.

This celebration will be covered widely in local community media and anyone interested in participating in any aspect of this great event should contact me via email at: [john@windhamarts.org](mailto:john@windhamarts.org). More information is available at [www.windhamarts.org](http://www.windhamarts.org). Much more information is coming in the May and June issues of *Neighbors*.

## Is There Room for Mansfield in UConn Nation?

### A Media Exploration into the Limits of Local Power (Part 6 in a Series)

I am part of a team that is using local media to explore the quality of the relationship between the people of Mansfield, its local government and the University of Connecticut. The purpose and practice of local democracy and citizen advocacy is the foundation for these explorations into a large source of deep community concern and political frustration regarding the quality of the relationship between UConn and its host community. There is a real reason for this tension and the three primary areas of UConn expansion and development that have triggered local resident concern are land use, water use and student housing.

About student housing at UConn today and the lack of public information about it: the data that has been shared with the public over the past two years has often been inconsistent and confusing to follow. The pattern of information release combined with the changing rubric (method) used to generate the data makes longer-term analysis for continuity and clarity more difficult.

During the most recent TV program (see below) The Mansfield Neighborhood Preservation Group (MNPNG) reported that during the current 2017-2018 academic year UConn enrollment was down slightly, with 118 fewer students. However, with 689 fewer beds available, due to other activity and construction on campus, there was still a 4% growth in the number of students living off campus. Combined with the over enrollment from the previous year, the rate of growth of students living off campus over the past two years is 13%. To our knowledge there is no requirement for any UConn student to live on campus, even freshmen and sophomores.

Online links to the two most recent programs in this TV series are below. The January episode focused on water use issues and impacts. Episodes also air on my program at WECS Radio 90.1 FM and [www.wecsfm.com](http://www.wecsfm.com).

March 14, 2018: <https://communityaccessstv.viebit.com/player.php?hash=IFKrooRIY04z#>  
January 24, 2018: <https://communityaccessstv.viebit.com/player.php?hash=a8jwNSXo0goC>.

A review of the history shows many significant cycles of success and growth—and local controversy going back for decades to the early 1900’s. I am pleased to share valuable research from a long time Mansfield resident, Charles Vidich. He publishes a blog called A Chronology of Key Legislation on the University of Connecticut. It is online at [www.charlesvidich.com](http://www.charlesvidich.com). Anyone reading this should look—it is eye opening!

Later in this series we will of course invite UConn officials to join our conversation, including President Herbst and some Trustees. After the history and context is established through these programs and shared with them (in case they miss the original broadcasts), we hope they will answer questions about past and future, share their context and priorities, and provide clarity, insight and reassurance to the people in our region.

To keep informed about these issues as they develop this year you can also visit the Facebook pages of The Mansfield Neighborhood Preservation Group and Historic Mansfield CT Villages.

### Profiles of Local Community Radio at WECS 90.1 FM at Eastern

WECS is a unique noncommercial radio station and NPR-affiliate at Eastern Connecticut State University, with students and area residents working together to provide specialized and locally focused music and culture programs and coverage of special events on campus and in our region.

### Chatterbox Old Time Radio— with Christine Guarnieri, Host Saturday 6pm-Midnight (EST)



Robert Slater, Sandra Morrison, Paul Morrison, C. Guarnieri. Veteran's Day Special Program 2017

A Family Program! An alternative to 21st century technology games and videos. Join me for six hours of classic old-time radio comedy and drama, detectives and thrillers with jazz, blues, Dixieland and big band music from the 20’s through the 40’s.

Back when gasoline was just a dime a gallon, when fresh milk was still delivered to people’s doorsteps in glass bottles, when America had just discovered sliced bread and automatic pop-up toasters...back when times were simple...there was old-time-radio. Personally, I remember milk being delivered in glass bottles and when I think about toast slathered with homemade jelly, I know it came from a wooden-handled flipper style with a single heating element in the center which required the slice of bread to be manually flipped to toast both sides of the slice. And I never payed less than 17 cents for a gallon of gasoline!

Of course, we call it “old-time-radio” today but back in the 1930s, 40s and 50s, radio was the newest, most popular and powerful medium around. In many ways, it was bigger than anything we have today. The years between 1959 and 1962 are often referred to as the Golden Age of Radio -- and radio programs that were broadcast during that period had significantly more variety than radio programming today.

The shows captured the hearts and imaginations of Americans from coast to coast. It was a time when families would gather ‘round the radio in the living room -- that ‘magic box’ that had the mysterious power to snatch laughter, tears, drama, thrills and adventure out of the air and bring it into our homes.

“I was born a little late for the heyday of old time radio. But I often reflect on the impact radio had in our lives, most importantly, it was the bread and butter of our existence. Poppa’s days of touring with the big bands was over, because he put his family first. Radio was the vehicle that led to his career into television which evolved into another opportunity when we moved to the west coast. Old-time radio’s live music captured cultural history.

When we consider the music from the solitary organist to the size of a full orchestra that was used to entertain before live audiences at the peak of the period and then realize that once it was over, it was gone. Many of those musicians post WWII were veterans who served our country and went back to a field that they knew and loved. There was also the introduction of new music introduced on radio broadcasts that captured the audience and spiked record sales when the recording was released.

Happily, interest in old-time radio itself remains strong. Devotees can now pay for unique programs on different stations to step back in time and absorb our pop culture of a time passed. The internet has opened a window for more people to have easier access to this piece of history.

My program, Chatterbox Old Time Radio, was originally meant to entertain and educate based on my taste. It still accomplishes that but has come to reflect the flavor that my listeners enjoy. Emails and text messages, letters and cards confirm this daily. The communications from my listeners moved to a new level once I formed the Chatterbox Players. At least once a year we perform original scripts in the old format of actors reading lines before a microphone with live music; they are my special gift to all audiophiles. Even some of the fans have taken parts in these productions.

The show has evolved to incorporate more local information, restaurants, theatre, art and musical events and Willimantic history, which of course makes radio in small towns thrive. I have expanded on the matters I feel are important in my life and those of the local community. Regularly I host interviews with Veteran non-profit organizations, Veterans Equine Therapeutic Services and Guardians of the Purple Heart, whose services are focused on Connecticut Veterans. Helping connect people with people is very rewarding.

Another take-away over the years is that there are assisted living facilities and nursing homes that air my show during dinner (depending on time zone) or in the



common rooms. The feedback tells me that even those residence who may be out of touch considerable amounts of the time become much different listening to a part of their past, and when the swing music plays the toes start tapping! I’m privileged to be able to give them back something they may have forgotten.

Heading into my 19th year I have more fun surprising my listeners. Sometimes the theme for the evening is obvious (hardboiled detective or trains), other times it takes the listener effort to put all the clues together to reveal the puzzle (street and city names along with song titles to reveal a state, mountain or musical artist). Researching each show is a labor of love and bringing something fresh each week can be a challenge. In the past three years I have incorporated more juvenile series, 15-minute episodes that include cliff hangers. These have become quite popular; many of them were recorded in the early to mid-1930’s.

Theatre of the Mind...yes, powerful, intoxicating, fun, and funny, good for the whole family, or to enjoy in the solitude of your one-room to escape from the mundane. The internet has simply opened the possibilities of larger audiences since we don’t carry around transistor radios anymore. Chatterbox is a family program! An alternative to 21st century technology games and videos. Join me for six hours of classic old-time radio comedy and drama, science fiction, detectives and thrillers with jazz, blues, Dixieland and big band music from the 20’s through the 40’s.

I believe we need radio in the world. Since its inception it has been a benefit to mankind on many levels. I believe it will only continue to expand with 21st century technology to entertain, be a source of news, public and opinion, and helpful for public safety.

This story was prepared by Christine, I am happy to share it with you. Great radio, worth a listen!

Other Community Media Resources for Our Region

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

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

Local Radio Programs  
Windham Arts Radio Review, Wednesdays 5-6 pm on WILI AM 1400 and FM 95.3  
The Pan American Express, Tuesdays 12—3 pm on WECS 90.1 FM and [www.wecsfm.com](http://www.wecsfm.com)  
Guests invited! Email [john@windhamarts.org](mailto:john@windhamarts.org)

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

For 24/7 on-demand access to CTV192 programs on the Internet:  
1. Go to the website = [www.ctv192.com](http://www.ctv192.com)  
2. Open the Programming Tab and select “watch programs.”  
3. When you open you will see a display listing current shows  
4. Make your selections based on the channel, program title, topic or date and enjoy!  
5. On the Homefront is also on Channel 192 Tuesdays 2:30 pm, Thursdays 8:00 pm and Saturdays 2:00 pm.

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

So that’s it for this issue. Thanks for reading and best wishes, keep the faith!

John Murphy  
[john@humanartsmedia.com](mailto:john@humanartsmedia.com)

Last Green Valley Volunteer Becomes NASA Ambassador

Submitted by Francesca Kefalas

Geoff McLean, a long-time volunteer Ranger for The Last Green Valley, Inc., was recently accepted into NASA’s prestigious Solar System Ambassador Program. McLean, who has run astronomy programs for TLGV for many years, will now have access to cutting edge NASA research and programs and be able to share that information with everyone who attends his programs.

“I have learned so much in just the last few months,” McLean said. “I have had direct access to the NASA scientists doing the research. It’s pretty incredible.” Solar System Ambassadors undergo a rigorous application and testing program. Once accepted they become volunteer ambassadors for NASA’s programming.

McLean, a Norwich resident, is a retired engineer and former naval officer. He worked for Electric Boat and other local contractors before opening his own firm, McLean Research Associates. Geoff met his wife, Kim, while both worked at EB. They have a daughter, Libby.

It was while assisting with Libby’s Girl Scout Troop that McLean’s passion for astronomy was rekindled. Libby was one of two Girl Scouts in the state invited to participate in a trip to NASA’s Goddard Space Center in Washington D.C. Part of the program was to return home and start an astronomy club. While Libby is now an adult, Geoff and Kim still work with Girl Scouts and the astronomy club.

“I was always interested in space,” Geoff said. “As a kid I wanted to be an astronaut but I don’t have perfect eye sight, so it wasn’t possible.”

Bill Reid, TLGV’s Chief Ranger, said McLean as been a tremendous asset since he first began volunteering for TLGV.

“He brings a wealth of knowledge and expertise to every program,” Reid said. “It’s exciting that he now has an opportunity to expand that knowledge and expertise even further.”

McLean has several programs already scheduled for 2018 and most of his programs are suitable for anyone age 6 and up. Here’s a sampling of upcoming programs with McLean:

Dark Sky in The Last Green Valley – Light Pollution 101: 1 - 3 pm, Mar. 31, The Last Green Valley Office, 203B Main St. (2nd Floor), Danielson, CT. Light pollution is the unwanted intrusion of light into our night sky, landscapes, and homes. Light Pollution 101 reveals how light pollution affects human beings, kills tens of thousands of animals annually, and actually makes us less secure in our neighborhoods. The Last Green Valley is blessed with minimal light pollution as seen from outer space but light pollution is expanding up the I-395 corridor. This program focuses on how to improve light fixtures and reduce lighting costs while at the same time providing a more secure and eco-friendly environment for animals, plants, and humans. This program is appropriate for all ages 6+. This

program is offered by TLGV Ranger Geoff McLean. Please RSVP to Chief Ranger Bill Reid at [bill@tlgv.org](mailto:bill@tlgv.org) or call 860 774-3300.

The Last Green Valley’s Acorn Adventure, Sun Spots and More!: April 15, 11 a.m. to 12:30 p.m., West Thompson Dam. Spend some time with Geoff McLean, a volunteer TLGV Ranger and NASA Solar System Ambassador, examining our closest star. We will view the Sun in normal light looking for currently elusive sun spots and also in the Hydrogen Alpha spectrum where you can see flares, prominences, Ellerman bombs, and other phenomena. Geoff will speak on safety concerning solar viewing, the life of our star, what it does, how it compares to other stars, and how it will end. What is Earth’s future going to be like? If there are sunspots (and the sun is currently at its sunspot minimum) make a drawing of it and learn about Greenwich Mean Time and Universal Time as well as latitude and longitude — i.e. where you are on the Earth. We’ll also talk about NASA’s solar projects and space telescopes. Email [Fran@tlgv.org](mailto:Fran@tlgv.org) or call 860-774-3300 with questions.

Explore the Dark Side: May 5, 8 -11 p.m. Holton Rd., Franklin, CT. Sprague Land Trust property on Holton Road in Franklin. Directions/Parking: From Baltic take 207 West, right onto Holton Rd. (before the Franklin School), drive almost to end. Parking on left in mowed field/marked areas. Join Rangers Kim and Geoff for a night observing some far distant objects like galaxies, clusters of stars, Red Giants, Nebulae. We might be able to view Jupiter. If you have a telescope, bring it. If you don’t know how to use it come early and we’ll help get you get started. (We’ll be there about 7PM.) Learn how to find the North Star. This is a family friendly event. Please - no lanterns and flashlights should be only be red lights. No white lights. Questions? 860-774-3300.

Mars Party: July 30, 8 p.m., Ayer Farm, 44 Ayer Road, Franklin. Rain date July 31. Come join TLGV Ranger and NASA Solar System Ambassador Geoff McLean and Rangers Kim McLean and Steve Ayers on the Ayer’s farm for a twice in 60,000 year event when Mars will be almost at it’s closest and thus the largest viewable in telescopes. Also starring these evenings will be Jupiter and Saturn both riding higher in the sky - A perfect trifecta for planetary observers. Ranger Kim will point out various constellations and Geoff will fill the voids with numerous fun facts. Bring a blanket or lawn chairs to sit upon in the Ayer’s hay field. The Moon will rise about 9:30 and we can examine craters along the terminus where they look 3-D in telescopes. Bring binoculars if you have them - or even a telescope. The field has a great Northeast to Northwest view. This is a family friendly event. No pets, please as the astronomical equipment is delicate. Service animals are permitted. Please arrive by 8PM. If arriving later please turn off headlights. Please, no one arrive after 8:30 as the car lights will cause night blindness in everyone else.

Joshua’s Trust Events

Submitted by Angelika Hansen

Saturday, April 14 at 8 am join DEEP Master Naturalist, Deb Fields on the second in a series of five Wildflower Walks planned for the Hubbard Sanctuary in Chaplin. The focus will be to study the progression of wild flowers during the seasons. Directions: property is located behind Chaplin Town Hall (495 Rt. 198) just north of North Bear Hill Rd. and Chaplin St. Parking is straight ahead near the fence. For more information, call Deb at 860-208-5459.

Sunday, April 15, 10:00 – Noon – Josias Byles Sanctuary in Ashford. Take a moderate 1.5 mile walk with Marian Mathews, steward of the Sanctuary, talking about the historical aspects of the property, as well as various mammals that still live there, e.g. beavers. Dogs on leash welcome. Please, wear appropriate footwear for spring mud Rain cancels. For more information call Marian at 860-420-8544  
Directions: 1 mile east of the junction of Rts. 44 and 89. The trail entrance is on the north side of Rt. 44 across from the North Veterinary Clinic. Parking is at the trail head.

Sunday, April 29 from 2 pm – 4 pm, welcome May at the Atwood Farm, 624 Wormwood Hill Rd. in Mansfield attending our MAYPOLE CELEBRATION. There will be Dancing around the Maypole, Live Music and May Baskets, guaranteed fun for everyone! Rain cancels, sorry. Directions: Rt. 89 to Wormwood Hill Rd or Gurleyville Rd to Wormwood Hill Rd, parking on site. For information, call the Trust at 860-429-9023.

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# Woman Who Runs with the Werewolves

By Mark Mathew Braunstein  
www.MarkBraunstein.Org

*Good Girls on Bad Drugs: Addiction Nonfiction of the Unhappy Hookers* portrays the shattered lives of drug addicts who, in their hustle for drugs, became streetwalkers and internet escorts. The book chronicles the sex workers of Willimantic, New London, Norwich, and Connecticut’s two casinos. This is the fourth excerpt from the book in *Neighbors*, the first three having appeared in the September 2017, October 2017, and March 2018 issues. The third was Part One of this chapter, Woman Who Runs with the Werewolves.  
www.GoodGirlsOnBadDrugs.com

## PART TWO

Gravity pulls down every object and entropy brings down every high. The higher the high, the harder the crash. Elizabeth Anne Gagne crashed hard. Known in Willimantic as Liz and to the state as Connecticut Inmate Number 154637, she expatriated to become Vermont Inmate Number 77680.

JENNIFER speaks:

We were living together, me, Liz and Jim, in hotel rooms. He was totally in love with me. He was telling me, “It’s too late for me, I’ve become evil. But I want you to do good.” He was taking care of us, supplying us with heroin, everything. Jim was Aryan Brotherhood. I knew how he was getting money robbing people. He made a lotta, lotta money when he stole. Funny thing is, he’s robbing somebody of their weed, and he doesn’t even smoke pot. Jim wanted me to go to Vermont with him on a drug deal. I’m glad I didn’t take that ride. Liz knew right from the get-go that there was going to be a robbery.

Jennifer, who even as a junkie had long been saintly within her underworld of avarice and vice, admitted, “If you stay on drugs, you have to adapt to your environment. Everyone says you change. I’m seeing now it’s true. I’m learning now, after five years on the streets, that you’ve got to be the bitch.” Jennifer indeed became “the bitch” who bedded down with the devil, welcoming Jim’s gifts of dope. Yet she refused his joyride. Liz, however, embarked on that trip.

James Richitelli, Federal Inmate Number 09553-014, sought an accomplice because he hated being alone. Likewise, most people hated being alone with Jim. A convicted felon, Jim had done time twice for burglary and twice again for larceny. While reputed among his clan to be a hitman, he never was arrested for that, so he got away with murder.

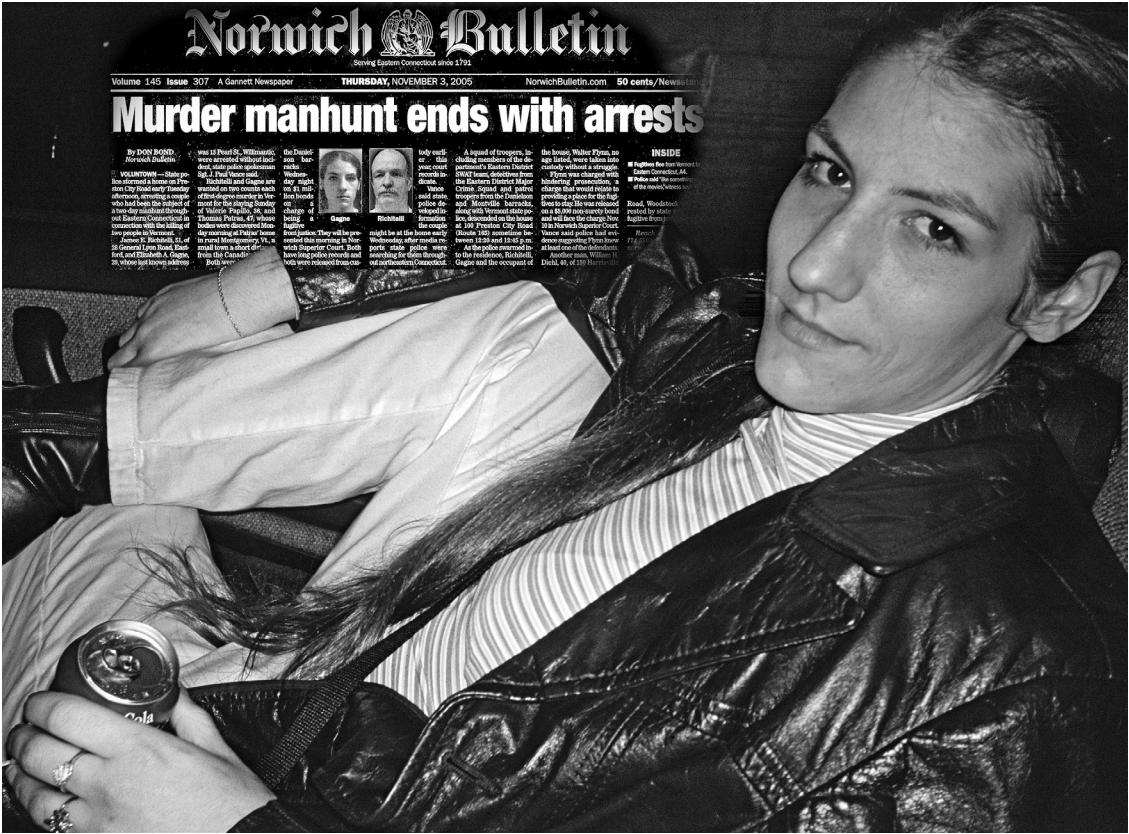
On one late October day in 2005, too late to view autumn’s leafy colors, too early to ski winter’s snowy slopes, Liz left her netherworld of Willimantic and drove with Jim to Vermont. Theirs was not a sightseeing tour but a business trip. Liz rode shotgun in Jim’s Chevy pickup because a female in the passenger seat provides good cover for a drug dealer while trafficking drugs. Yet buying marijuana was a ruse. Jim’s real plan was far more serious. Deadly serious. Jim did not intend to pay for any stash but rather to rob it. He brought only pocket money and pocketed a loaded handgun. He already had pulled this scam several times with upstate New York pot dealers. He robbed them and threatened their lives unless they led him to their growers, who Jim then robbed too. Though unreported to police, word of the horticultural heists spread throughout the upstate New York underground. So the snake had to strike elsewhere with his venom. While Jim was armed, pot dealers and pot growers in Vermont were mostly aged hippies who generally shunned guns, despite Vermont’s permissive gun laws. His cowardly tactics could never have succeeded with heavily armed coke and heroin dealers like himself.

Liz later admitted that she knew of Jim’s past rip-offs of pot dealers and of his plan to repeat the rip-off in Vermont. They spent the first night in central Vermont, then on Halloween day proceeded north to the small ski town of Montgomery. Jim’s purported pot connection must have been a grower 24 years earlier when Jim last knew him, but no longer. An inveterate heroin addict, Jim did not under-

stand that as most people mature they relinquish the drug use of their youth, even of pot. Jim the old dog was barking up the wrong tree, out on a limb, stirring up a hornet’s nest. Expressed in the vernacular, which eerily implies that a drug deal starts out good, Jim’s drug deal turned bad. During her interrogation the day after her arrest, Liz fessed up.

LIZ speaks:

Jim got this job he wants to do. He robs pot dealers. He said he needed a pistol, that he didn’t need any bullets. He needed it for a showpiece. We went to Vermont. He didn’t tell me his plan until the ride up there. He said I didn’t need to know. So we went to Tom’s house. They gave each other a hug, and Jim introduced me. Jim started



asking where he could get pot. Tom didn’t know. He really didn’t know. You could tell Tom was scared. Jim thinks he is still growing weed. He wanted to rob him of pounds. Jim takes the gun out and cocks it. Jim says, “Start telling me!” And Tom’s saying, “Jim, this is crazy.” Jim handed me the gun.

Tom had no pot with which to appease Jim. Fearing Jim, Tom tried to subdue him. The two scuffled, rolled on the floor, slugged it out. Tom was proving victorious, so Jim yelled to Liz, “Hand me the gun!” Liz handed the 9mm handgun to Jim. Jim eloquently bid farewell to Tom. “Goodbye, little fuck!” BAM! A shot to Tom’s head from point-blank range. One innocent soul dead.

A few minutes later, while Jim was rummaging the house for valuables and those purported pounds of pot, Tom’s dinner date, Valerie, arrived at the front door. While the active shooter slipped out the back door, Liz greeted Valerie at the front door. Liz engaged Valerie in conversation to stall for time. Hard to imagine what Liz said to explain her presence and Tom’s absence. Liz should have warned Valerie and told her to get back in her car and flee, and Liz should have fled with her. Except that just around the bend, Jim had the gun.

Jim crept behind the unsuspecting Valerie. First, the creep assaulted her, then BAM! A shot to Valerie’s head from point-blank range. The blast mortally wounded her, but still conscious and lying on the ground, she implored Jim, “Tell my family I love them.” Realizing her doom, Valerie pleaded for her life. Jim heeded her pleas by slitting her throat from ear to ear with a pocketknife and then shooting Valerie in the head again. Leaving behind two dead innocent souls, the cutthroat and his assistant assassin fled.

The botched robbery reaped no cannabis but produced two corpses. On the way home to Connecticut down Interstate 91, their getaway pickup truck broke down. Jim and Liz holed up Sunday night in a motel outside Brattleboro. Jim phoned for rescue from his friend William, a cohort in his previous pot dealer rip-offs. William picked them up on Monday. Their conversation during the car ride home was stifled and evasive, but the getaway driver knew something went dreadfully wrong. Jim commanded William, “Don’t ask questions you don’t want to know the answers to.” William drove them to a hotel in Springfield to stay Monday night. On Tuesday, William was supposed to return to the hotel but instead went to the police to squeal on his passengers. As a felon personally informed of criminal law, William knew he was liable as an accessory to their crimes. Indeed, he later was charged but was

sentenced leniently.

Bonnie and Clyde nodded out all day Tuesday. By nightfall, realizing William had absconded on them, they took a taxi back to Connecticut. Their joyless ride cost \$180. Their first night back, the deadly duo hid out in Voluntown in the rented house of Liz’s sugar daddy, Walter. On Wednesday, a squad of Vermont state police, a squad of Connecticut state troopers, and a SWAT team flushed the troubled trio out of Walter’s secluded home. The next day, Jim and Liz were taken into custody by Vermont state police. On Friday, they were extradited to Vermont. Then the two dopesick pieces of shit were flushed down two separate toilets.

Just before his trial was to begin, Jim pled guilty to two counts of aggravated murder. To exonerate Liz, he tried to take all the blame. “She was so high,” he claimed, “she was basically unconscious.” At age 52, the fiend was sentenced to life imprisonment with no parole. The judge stated, “I can recall very few people who were as menacing and as violent as obviously he was. I think that Miss Gagne knew when she came to Vermont with him that he was a monster.” In prison, the monster threatened prison staff and other inmates and flaunted the fact that Vermont had no death penalty. “What could you do to me?” Jim rhetorically grilled the guards.

Vermont prison officials regarded Jim as one of the most vicious inmates they had ever imprisoned. During his short stint in Vermont, he gained notoriety for “defiance and volatility.” He even mounted a foiled attempt to escape. Lacking a maximum security prison, vulnerable Vermont transferred him to a high-security federal penitentiary in Florida, where Jim perhaps suffered heatstroke

under the tropical sun. Or perhaps Jim realized that life imprisonment without parole was a life not worth living. Or that addiction without heroin was a life too disquieting to endure. For reasons unknown because he took his secret with him, a year after he pled guilty, in an uncharacteristic flash of profound insight or a rare deed for the common good, Jim hung himself from the top bunk in his jail cell. “Goodbye, little fuck!”

Just before she was to go to trial as an accomplice to the two brutal murders, Liz copped a deal to a lesser charge as an accessory to the homicides. The prosecutors agreed to the reduction because, despite her long rap sheet, none of her previous crimes were violent. They further averred that she was mentally ill and “suffering from diminished capacity due to drug addiction.” In her defense, she assured the Vermont police and prosecutors, “I’m a prostitute on the streets of Willimantic and I shoot heroin and cocaine. I don’t go robbing drug dealers.”

At age 30, inmate Elizabeth Gagne was sentenced to 13-years-to-life imprisonment after which she may be eligible for lifelong closely supervised parole, supervision about which the prosecutor emphasized, “That is very important, with her history and her addictions.” Liz may emerge from prison a transformed woman committed to lasting sobriety and may blossom into the poetess or ballarina or songwriter that she had stifled when she succumbed to The Drug. But if not, then once paroled, sooner or later she will surrender to The Drug and then fail a drug test yet again. She thereby will violate her parole yet again. And Liz will return to jail yet again.

Alternatively, during her relapse, she too just might experience an uncharacteristic flash of rare insight and choose to end her suffering. Some overdoses are no accidents. To find an injectable vein in their arms, IV users clench their fists. In their unclenched hand, they several times daily clasp a syringe, their ferry ticket for passage across the River Styx into heroin Hades. That ferry can very quickly rev into overdrive, and any overdose can easily turn that journey into a one-way passage. From the ruinous hell of heroin addiction to the eternal hell of Christian theology, the journey from addiction to deliverance can be short, far shorter than any hell-bent trip from Connecticut to Vermont.

*Photograph of Liz at age 26 by the author.*



# The Easter Story: Fact or Fiction -The Evidence

By Conrad McIntire

Millions of people attend Easter Sunday Services at local Christian Churches. For many however it is no more than a tradition they have not given much thought to. When you think about it however the Easter message cannot have a middle ground. It's either one of the world's most diabolical lies or its the most important historical moment.

By nature I am a skeptical person. I seldom take things by faith without reason. Having spend years studying this question and writing a recent book that goes into great detail on the resurrection question. I like to highlight some points here.

I want to say first and foremost, in my observations, most people who are skeptical of the event have not thought it through. For many their prejudices against Christianity or the supernatural do not allow for them to objectively examine the resurrection question. But lets put aside personal prejudices for awhile and look at 6 core facts that most historians, both secular and religious agree on as accepted history concerning Jesus. And lets look at some arguments used against and for the resurrection of Jesus. You be the jury in this article. You decide the verdict.

To begin the 6 core facts agreed by most historians are:

1) Jesus death by crucifixion under Pontius Pilate

2) His burial by Joseph of Arimathea

The emergence of Joseph of Arimathea to request and bury Jesus instead of one of his disciples is most likely historical because the gospels report that the disciples had fled. The fact that this is embarrassing to the disciples is one of the historical tests historians use to determine truth. If the documents were 'fixed' the disciples would have made themselves look good by burying Jesus.

3) The discovery of the empty tomb by some of his early followers.

Most historians agree Christianity could have never gotten started without an empty tomb.

4) The claim of post-mortem appearances to various individuals and groups.

There can be dispute about how this could be but it's generally not disputed that the disciples made these claims.

5) The original disciples sincerely believing that God raised Jesus from the dead despite their strong Jewish predisposition against this.

In the Jewish mind the resurrection of the dead occurs at the end of history. All of the early disciples being Jewish would have had no mindset that a resurrection could take place then in present history. Something caused them to to a 180% turn in their thinking.

6) The conversion of Saul of Tarsus and Jesus' skeptical half brother James. James was not a believer during Jesus' ministry.

Saul went from being Christianity's greatest enemy to become Paul it's major defender after he claimed to see Jesus. Paul was not among Jesus early disciples, Paul persecuted the early Christians. Paul does a radical turn around because he claimed to see Jesus.

In my talks with skeptics I always like to ask what happened to the body of Jesus? There are, after all, just so many possibilities as to what happened on that first Easter morning. One of the clearest proofs in favor of the resurrection is that every naturalistic theory crumbles when we examine the evidence that we have available. Lets examine some of the speculative theories that have been put forth to try to explain the events that led to the birth of Christianity. Examining these theories in depth actually lends support to the position that the disciples really did see Jesus alive after his crucifixion and the resurrection is therefore an historical event with incredible significance. You decide where the evidence points.

## The Legend Theory

A theory that was more popular in the 19th century than in the 20th century is the legend theory and continues to go downhill in the 21th century is that the gospels are legends. The key to this argument at the time was that the gospels were written hundreds of years after the life of Jesus. This theory is still commonly used today by the average skeptic who hasn't really looked into the issue of Jesus to any large degree. Modern scholarship has (in some cases reluctantly) been forced to admit the gospels were

written much earlier than some had thought. Basically, the theory attempted to argue that legends and stories grow up about Jesus hundreds of years after his death. The gospels are considered to be myth and not fact. There are several reasons why this theory has taken major hits. They are outlined as follows:

1. Archaeological discoveries in the 20th and 21th century have served to knock the foundation out from under the 19th century skeptics who advocated this theory. The skeptics of that time period were proposing that the New Testament documents were written from 200-300 years after the death of Christ. If this were true then there would be serious reason to believe that the New Testament might be myth. However, modern archaeological discoveries have confirmed that every book in the New Testament was written in the first century. I could quote a number of sources but here are just a couple. A.T. Robinson who was a liberal scholar stated in his work, "Re-dating the New Testament: that "Every book in the New Testament was written before AD 70 by a baptized Jew."

The great archaeologist Sir William Ramsey whose investigations into the writings of Luke (who wrote the third gospel and the Book of Acts) led him to state, "Luke is a historian of the first rank... this author should be placed along with the very greatest of historians."

It is a fact that none of the gospels or any New Testament document mentions the fall of Jerusalem to the Romans in AD 70, nor the persecution by Nero during which the Apostle Paul and Peter were both killed. This persecution took place in the 60's AD. Now the Book of Acts of the Apostles, written by Luke, sets forth the record of the early church and its leaders. It is particularly a biography of Paul, his missionary partner and their journeys etc... Had Paul died before Acts was written, the author would have certainly mentioned his death. Death is important in a biography! It is now generally believed the book of Acts ends at around 62 A.D.. Luke's gospel about the life, death and resurrection of Jesus was written BEFORE Acts. Scholarship generally concedes that Mark's gospel was the first gospel written (although there is some evidence from the church fathers that Matthew came first). Jesus was crucified around AD 33. This means that the New Testament documents had to be in circulation, at the absolute latest, within 25-35 years of Jesus; death! There is no reason to believe that the writings couldn't have come from material even earlier than that.

What all of this means is that there was no time for legend to develop! You cannot write legends within the lifetime of the generation that knows an individual. There are too many people who would know the truth and object to such material. People are too close to the event to be fooled. For example, President Kennedy was killed 53 years ago in 1963. If someone came to me and said that President Kennedy died in an airplane crash I would know better. Although it was 55 years ago, I remember what happened even though I was 8 at the time. (I guess I am getting old!)

The fact that no where in the New Testament is the fall of Jerusalem and the destruction of the temple mentioned argues very strongly that the New Testament documents are all written before this happened in 70 A.D.. Think about this. Jesus predicts in Mark, Matthew and Luke's gospels that the Jewish temple will be destroyed. Wouldn't this have been a golden opportunity to show how Jesus had make a true prophecy? They don't bring it up because it hadn't happened yet!

2. The New Testament documents show no sign of evolutionary development. There is absolutely no proof that the material about Jesus grew over time as things were added to the gospel accounts. To the contrary, there is not one manuscript of any of the New Testament writings that is really any different than the New Testament you read today.

3. There are several key passages in the New Testament documents which clearly indicate the records are the writings of honest individuals and not story tellers. There are also things lacking that would dictate honest historicity. Among these are the following:

a) The gospels list women as the first witnesses of the empty tomb as the first to see the resurrected Jesus. Now, the extraordinary thing about this is that in Jewish society women had such low credibility that they were not even qualified to serve as legal witnesses.

b) The gospels give no indication that they were shaped by the early church because they do not address some of the problems that the early church was experiencing.

c) The New Testament documents record material that was embarrassing to Jesus and to the disciples. Jesus had a radical attitude toward sinners, fasting, divorce, women, children, legalism and the Pharisees. He was also a carpenter from Nazareth, who died on a Roman cross. If it was the desire of the early Christian movement to convert Jews to their beliefs (which it was), then these things are embarrassing and wouldn't have helped the cause. The New Testament documents also records the failings and the short comings of the disciples. Their cowardice when Jesus was arrested, the denial of Peter that he even knew Jesus, the times when the disciples showed an inability to understand Jesus; teachings, the disagreement between Paul and Barnabas, etc..., If the New Testament documents were "doctored up", the writers surely would have left out these embarrassing things. If a document contains features that are counterproductive or embarrassing toward the purpose for which it was written, then it has a high degree of being an accurate historical document. (Understanding History, p. 156-165, Gottschalk). There is no sufficient reason to mention these things unless they actually occurred.

4. The Christian movement grew early on. Nero was tarring Christians and using them to light up Rome at night, still others were crucified or thrown to wild animals. All of this was occurring in the 60's AD. These people were giving up their lives for their belief in Jesus. If the gospels were written hundreds of years after Jesus lived, then who were these people following and what were they dying for? Where did they come from?

5. The geography of the New Testament documents is historical. Luke mentions at least 84 confirmed facts in the Book of Acts that have been proven true. People in the New Testament documents are historical. The early Christian preaching about the resurrection took place in the "hot bed" of Jerusalem. Why not go to India or some place far away and invent this story? No one could check it. The fact that the disciples preaching began in Jerusalem would argue for its historical accuracy. Again the last place they would have any success was Jerusalem, unless the crowds they preached to knew something about Jesus and his strong teachings and miraculous abilities.

6. Quotations from the New Testament documents are used in the works of early church fathers such as Ignatius (A.D. 70-110), Polycarp (A.D. 70-156), Barnabas (A.D. 70), Clement of Alexandria (A.D. 150-212), Irenaeus (A.D. 170), Hippolytus (A.D. 170-235), Justin Martyr (A.D. 133), and many others. Professors Norman Geisler and William Nix state that their research "will reveal that there were some 32,000 citations of the New Testament prior to the Council of Nicea (325 A.D.)." The point is that you can't quote something that isn't even written yet! The New Testament documents had to be early.

7. The gospels do not read like myth. C.S. Lewis the great former professor of Medieval and Renaissance Literature at Cambridge University referring to the Gospel of John stated: "I have been reading poems, romances, vision-literature, legends, myths, all my life. I know what they look like. I know that not one of them is like this."

All of the above reasons individually do great damage to any theory that purports to turn the New Testament accounts into legend and myth. Collectively, the weight of the evidence collapses the whole frame. People who still assert that the New Testament documents are a collection of legends and myths are ignorant of the facts or do so because they do not want to face the philosophical and theological conclusions the New Testament documents would force upon them.

Read about more theories as this discussion continues in the May issue of *Neighbors*.

*Conrad McIntire Jr. is the co-director of the Christian Apologetics Research & Education Service (CARES) and the author of the Book "Let Us Reason Together " which covers this and other topics in far greater detail. Available on Amazon and the Morning Star bookstore in Manchester. He welcomes comments and questions at caresipeter315@aol.com*



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## Block Telemarketing Calls Automatically



QUESTION:

**My iPhone is now getting a rash of junk and spam calls? Is there anything that can be done to stop this onslaught?**

Well it's really annoying when the spam calls you used to get on your landline have now made it to your iPhone. I have a landline phone number I hardly use anymore based on the Ooma VoIP (Voice over Internet Protocol) system. The VoIP telephone is a landline based system that uses the internet to make phone calls instead of the old hard wire line that comes into your home. VoIP phones are specialized and connect to your internet provider's router. Through the Ooma system, I have my landline phone for \$4 a month. Why is this relevant? Because I use THIS number as my "burner phone". Any website, business or doctor's office wants my telephone number, I give them this one, a phone I don't even answer anymore due to the number of spam and scam calls it gets. (I do check the answering machine though.)

I never ever ever ever ever give out my iPhone number unless it's to family and friend. So when my iPhone rings I know its only someone whom I've given my number to (at least 99% of the time...).

So with that said... Junk calls are one of the great annoyances of the modern world. You're minding your own business when your iPhone vibrates in your pocket. You pull it out, curious as to who's calling, but don't recognize the number. You may notice that it's in the same exchange as your phone number, suggesting that it's a neighbor. But no. When you answer, it's "Emily," a pre-recorded voice wanting to sign you up for a resort vacation, give your business a loan or help with your credit card debt. Angered by the intrusion, you tap the red hang up button, wishing you had an old-style telephone receiver to slam down.

There's no way to retaliate against these bottom feeders, and the best option is to hang up immediately. For quite a few versions of iOS, you've been able to block a caller manually—just tap the "i" button next to the call in the Recents screen in the Phone app, scroll to the bottom, and tap Block This Caller. But that's seldom worth doing since telemarketers often spoof the numbers they call from, making it unlikely you'd get a second call from the same number.

Instead, I recommend taking advantage of a feature Apple introduced in iOS 10 that enables apps to block calls for you. Quite a few of these apps have appeared, with some of the best reviewed being Hiya, Mr. Number, RoboKiller, and Truecaller. Hiya and Mr. Number are both free and from the same company—Mr. Number is a stripped-down version of Hiya—whereas RoboKiller and Truecaller require an in-app purchase for a monthly membership.

In general, these apps work by receiving caller ID information from iOS and comparing it against both your local

contacts (to identify good calls) and a constantly updated database of numbers used by telemarketers (bad calls). Calls from your contacts ring through normally, as do calls from phone numbers not in either of those sets. That's key since your doctor might call back from a secondary number, or your kid's new teacher might call to talk about an upcoming snack day. But if you receive a call from a number known to be used by a telemarketer, the app can either identify it on the incoming call screen or block it automatically, sending it to voicemail.

To enable one of these apps, after you download it from the App Store, go to Settings > Phone > Call Blocking & Identification and enable its switch. You'll probably also have to do some setup in the app itself, providing your phone number, perhaps creating an account, and determining what should happen with different calls (Mr. Number is shown below, right). With Hiya and Mr. Number, you can

copy a number from the Phone app's Recents screen (tap the i button for a call, and then press the number to access a Copy button) and then look it up to learn more and see comments other users have made. And if you get a telemarketing call from a number that the app doesn't recognize, you can submit it to protect others.

RoboKiller claims that it wastes the telemarketers' time by playing pre-recorded "Answer Bots" conversations to keep them on the line, preventing them from calling more people.

Details vary by app, but the only real downside to using one of these apps is that it may ask for information about you or your contacts to improve its services. If that feels intrusive, investigate one of the apps that requires a membership, like RoboKiller, to see if it better answers your concerns.

In the end, it comes down to how many telemarketing calls you receive each day, week, or month. If you're lucky and get only one or two per month, it's probably not worth messing with a call blocking app—maybe just send unidentified (and unexpected) calls to voicemail. But if you're interrupted by multiple junk calls per day or week, give one of these apps a try and let it reduce the onslaught.

### Unrelated Top Tip:

Be sure to power down your iPhone every night when you go to bed. Hold the power button in long enough for the "Slide to Power Off" dialog to appear.

Slide it to power off. This habit of turning it off helps preserve the battery and provides a fresh new powerup each day, almost like a mini-tuneup.

*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](mailto: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](http://DrMacCT.blogspot.com)*

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# Our Community Calendar

Compiled By Dagmar Noll

**April 1, Sunday**

**Meditation:** Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. Non-sectarian, Buddhist-style sitting and walking meditations, teaching and sharing. Knight House, ECSU. Info: 860-450-1464 dmangum617@gmail.com

**April 4, Wednesday**

**History:** A Letter from Brimingham Jail Community Read, 6:00p.m. St. James Episcopal Church, 76 Federal St, New London.  
**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

**April 7, Saturday**

**Recreation:** Rails to Trails Opening Day, 10:00a.m. - 1:00p.m. Walk, run, cycle, ride horses on the trail. Meet at the pedestrian bridge between Macke’s and CT East Train Museum. Info: www.railstotrails.org/experience-trails/opening-day-for-trails  
**Skill Share:** Backpacking for Spring, Summer and Fall, 10:00a.m. - 12:00p.m. Info session with Reach Your Summit owner and guide Mat Jobin. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov  
**Skill Share:** Medicinal Weeds of Connecticut, 2:00p.m. - 3:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov  
**Live Music:** Lisa Martin in Concert (Americana / Folk), doors 7:00p.m. / show 7:30p.m. Tickets \$12.00 online / \$15.00 door. Part of the EC-CHAP Acoustic Artist Series. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. www.thepackinghouse.us.

**April 8, Sunday**

**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  
**Hiking:** Favorite Hikes of CT with Jim Giana: Case Mountain – Yellow Trail, 1:00p.m. - 2:00p.m. Free. Learn about the Yellow Trail through photos. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov  
**Live Music:** Rani Arbo & daisy mayhem; Hot Flashes, 4:00p.m. \$25. Bread Box Theater, 220 Valley St, Willimantic. Tickets available at the Willimantic Food Coop. Info: 860-429-4220. contact@breadboxfolk.org www.breadboxfolk.org  
**Meditation:** Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 4/1)

**April 9, Monday**

**Film:** “War Made Easy: How Presidents & Pundits keep Spinning Us to Death”, 7:00p.m. Storrs UU Meetinghouse, 46 Spring Hill Road, Mansfield. Info: 860-428-4867

**April 10, Tuesday**

**Live Music:** Quiet Corner Fiddlers, 7:00p.m. Apollo Restaurant, 685 Windham Road, South Windham.  
**Arts:** “EC-CHAP Information Exchange Meeting”, 7:00p.m. Eastern CT Center for History, Art, and Performance (EC-CHAP) . Interactive exchange of ideas. Discuss EC-CHAP mission, membership, program / support opportunities, solicit feedback. Refreshments provided. The Packing House at The Mill Works, 156 River Road, Willington. Information: 518-791-9474. www.ec-chap.org

**April 11, Wednesday**

**Farm:** Easter Sunday at Beltane Farm, 11:00a.m. - 3:00p.m. Cheese tastings, tours, Easter egg hunt, and feeding the baby goats! Beltane Farm, 59 Taylor Bridge Rd, Lebanon  
**Live Music:** “Talent Showcase” – Come share your talents!, 7:00p.m. Free and open to all ages. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Call in advance to sign-up (recommended) or sign-in at the door (time permitting): 518-791-9474. www.thepackinghouse.us.  
**Skill Share:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 4/4)

**April 12, Thursday**

**Puppetry:** Direction and Collaboration: Making Theater with Actors and Puppets with Madeline Sayet and Zach Broome, 7:00p.m. Free. Ballard Institute & Museum of Puppetry, Ballard Institute Theater, 1 Royce Circle, Suite 101B, Storrs. Info: bimp.uconn.edu 860-486-8580  
**Dancing:** EC-CHAP Social Dance Series with Kelly Madenjian (Ballroom, Swing, Latin, etc.), 7:00pm. \$10.00 at the door. Enjoy a lovely evening out social ballroom dancing. Each month will feature a beginner ballroom dance lesson followed by a fun social dance to all your

favorite ballroom hits. Viennese Waltz to West Coast Swing and everything in between. All levels welcome. Partner not required. The Packing House at The Mill Works, 156 River Road, Willington. www.thepackinghouse.us.

**April 13, Friday**

**Live Music:** Horizon Blue in Concert (Folk / Bluegrass), doors 7:00p.m. / show 7:30p.m. Part of the EC-CHAP Acoustic Artist Series. Tickets \$12.00 online / \$15.00 door. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. www.thepackinghouse.us

**April 14, Saturday**

**Books:** Book Sale, 9:00a.m. - 4:00p.m. Buchanan Auditorium, Mansfield Public Library, 54 Warrenville Road, Mansfield Center. Info: 860-423-2501 www.mansfieldpubliclibraryct.org  
**Kids:** Puppet show, “The Pied Piper of Hamelin”, 11:00a.m. & 2:00p.m. Ballard Institute & Museum of Puppetry, Ballard Institute Theater, 1 Royce Circle, Suite 101B, Storrs. Info: bimp.uconn.edu 860-486-8580  
**Kids:** Weaving & Yarn Dolls, 2:00p.m. Includes an activity, craft, story and snack. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org  
**Live Music:** Requiem for the Middle Class, 7:00p.m. \$10-15. Fundraiser for the Neighbor Fund. St. Joseph’s Church, 99 Jackson St, Willimantic.  
**Live Music:** Bruno Raberg “Triloka” (World / Classical Jazz), doors 7:00p.m. / show 7:30p.m. Part of the EC-CHAP Jazz Series. Tickets \$15.00 online / \$20.00 door / Special Student Price - \$10.00 at the door with valid I.D. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. www.thepackinghouse.us

**April 15, Sunday**

**Books:** Book Sale, 9:00a.m. - 3:00p.m. (See 4/14)  
**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  
**Nature:** Living in Harmony with Mother Earth: West Direction, 1:00p.m. - 2:30p.m. Mohegan tribal member Chris Harris “Turtle” returns for a in-depth look at living in harmony with Mother Earth. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov  
**Theater:** The Memory Play (Theater), doors 2:30p.m. / show 3:00p.m. Part of the EC-CHAP Theater Series. Tickets \$12.00 online / \$15.00 door / Special senior price \$10.00 at the door. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. www.thepackinghouse.us.  
**Community Food:** Tea at the Museum: Herbal Teas for Health and Happiness, 4:00p.m. \$12. Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org  
**Meditation:** Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 4/1)

**April 17, Tuesday**

**Kids:** Build with KEVA, 6:00p.m. Ages 6+. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org  
**Skill Share:** “Drum Circle with Bob Bloom” – Interactive drumming!, 7:30p.m. \$10.00 at the door. “BYOB&F”TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. For information call 518-791-9474. www.thepackinghouse.us.

**April 18, Wednesday**

**Hiking:** Senior Walk, 10:00a.m. - 12:30p.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  
**Skill Share:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 4/4)

**April 19, Thursday**

**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  
**Kids:** Animal Show on the Go, 6:00p.m. Ages 5+. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org

**April 20, Friday**

**Kids:** LEGO Motors, 3:00p.m. - 4:30p.m. Ages 8+. Willimantic Public Library, 905 Main St, Willimantic. Register: 860-465-3082 www.willimanticlibrary.org  
**Film:** “Just Like Being There” (NR), doors 7:00p.m. / Show 7:30p.m. Part of the EC-CHAP Friday Night Film Series. Suggested donation \$5.00. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474.

www.thepackinghouse.us

**April 21, Saturday**

**Skill Share:** Invasive with Ed McGuire, 9:00a.m. - 11:30a.m. Free. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov  
**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  
**Hiking:** Phenological Walk with Carrie Crompton, 10:00a.m. - 12:00p.m. Free. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov  
**Film:** “Plight of the Grassland Birds”, 1:00p.m. - 2:30p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov

**Live Music:** Kala Farnham in Concert (Indie / Folk), doors 7:00p.m. / show 7:30p.m. Part of the EC-CHAP Acoustic Artist Series. Tickets \$12.00 online / \$15.00 door. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. www.thepackinghouse.us.

**April 22, Sunday**

**Fair:** Earth Day Fair, 11:00a.m. - 2:00p.m. Booths, activities, and music celebrating Mother Earth. Willimantic Food Coop, 91 Valley Street, Willimantic  
**Skill Share:** The Apiary Series: Continuing Your Hive, 1:00p.m. - 2:30p.m. Third class in a series on beekeeping, 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. (See 4/1)

**April 25, Wednesday**

**Skill Share:** Djembe Drumming Lessons, 7:00p.m. - 9:00p.m. (See 4/4)

**April 26, Thursday**

**Puppetry:** Puppets and Film: “Paul Spirito’s Ancestral”, 7:00p.m. Free. Ballard Institute & Museum of Puppetry, Ballard Institute Theater, 1 Royce Circle, Suite 101B, Storrs. Info: bimp.uconn.edu 860-486-8580

**April 28, Saturday**

**Hiking:** Phenological Walk with Carrie Crompton, 10:00a.m. - 12:00p.m. Free. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Info: 860-455-9534 jasper.sha@ct.gov  
**Nature:** Bobcat: Connecticut’s Secretive Wild Cat, 10:30a.m. Free. Illustrated program by Paul Colburn. Fletcher Memorial Library, 257 Main St, Hampton. Info: 860-455-1086.  
**History:** Mill of the Month goes to Willington. Carpool from Windham Textile & History Museum, 411 Main Street, Willimantic. Register: 860-456-2178 www.millmuseum.org  
**Live Music:** Belle of the Fall in Concert (Indie), doors 7:00p.m. / show 7:30p.m. Part of the EC-CHAP Acoustic Artist Series. Tickets \$12.00 online / \$15.00 door. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. www.thepackinghouse.us

**April 29, Sunday**

**Festival:** Thread City Hop Fest, 1:00p.m. - 5:00p.m. \$35-50. Samples from over 45 New England breweries. Info: threadcityhopfest.com  
**Kids:** Discover Goodwin’s Vernal Pools, 1:00p.m. - 3:00p.m. Goodwin Forest Conservation Education Center, 23 Potter Road, Hampton. Register: 860-455-9534 jasper.sha@ct.gov  
**Live Music:** Thimble Islands Saxophone Quartet (Jazz, Classical, Standards), doors 2:30p.m. / Show 3:00p.m.. Part of the EC-CHAP Jazz Series. Tickets \$12.00 online / \$15.00 door / Special senior price \$10.00 at the door. Snacks and soft drinks available. “BYOB&F”TM (Wine & Beer Only - I.D. Required). The Packing House at The Mill Works, 156 River Road, Willington. Info and table reservations call: 518-791-9474. www.thepackinghouse.us.  
**Meditation:** Willimantic Mindfulness Sangha Meditation, 7:00p.m. - 8:30p.m. (See 4/1)

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Pine Acres Restaurant

**Columbia**  
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Columbia Post Office

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Coventry Laundromat  
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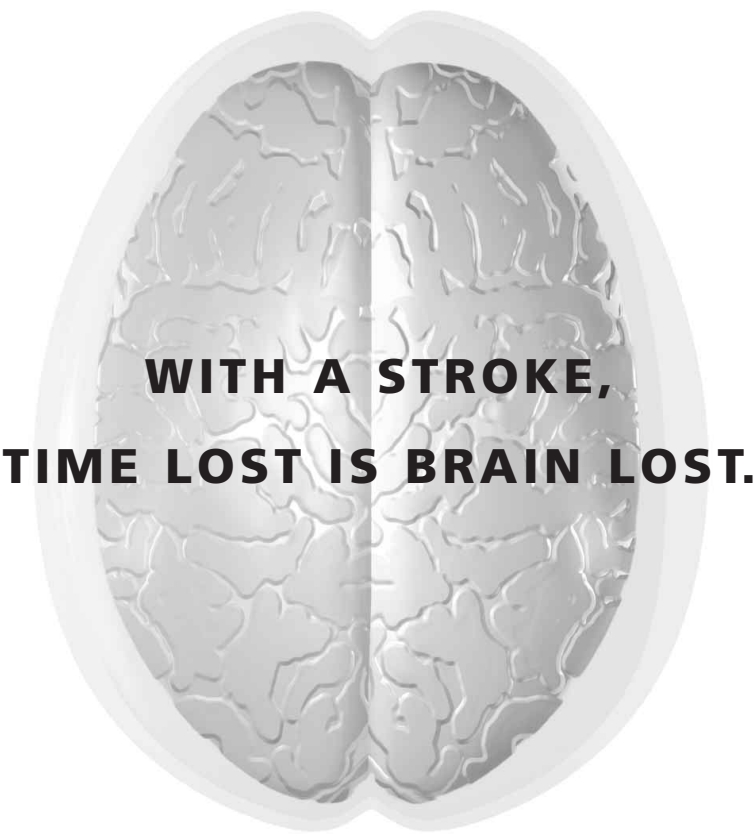
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