

Essex events

SERVING CENTERBROOK, ESSEX & IVORYTON

VOLUME 22 • QUARTER 3 • 2018



DELIVERING TOWN NEWS



TO EVERYONE IN TOWN

THE SMARTER CHOICE FOR

WOMEN



FROM LEFT

Chia-Chi Wang, D.O.

Middlesex Hospital
Cancer Surgeon

Kristen Zarfos, M.D.

Middlesex Hospital
Breast Surgeon

Andrea Malon, M.D.

Middlesex Hospital
Cancer Center Medical
Director, Breast/General
Surgeon

Our Team of Expert Breast Surgeons Is Now **Stronger Than Ever**

Middlesex Hospital is proud to welcome back nationally recognized breast cancer surgeon, Dr. Kristen Zarfos. She joins our trusted team of breast surgeons and cancer specialists—all backed by the knowledge and research of the cancer experts at Mayo Clinic—to bring world-class cancer care closer to home for Connecticut women.

middlesexhospital.org/breastsurgeons

The Smarter Choice for Care
MIDDLESEX HOSPITAL



First Selectman's Corner

Dear Friends & Neighbors,

Summer has arrived! It's great to see visitors and residents thoroughly enjoying all the things that Essex has to offer this time of year. This is the peak time for our marinas, shops, restaurants, and attractions so you may need to allow extra time to get around town. There are a lot of walkers and cyclists this time of year so please use caution.

I would like to thank all the Essex residents for once again unanimously supporting the annual budget. A \$24,098,258 combined Town and schools budget plan for fiscal year 2018-2019 was approved by voters at the Annual Town Budget Meeting. Due to growth in the Town's grand list, the Board of Finance was able to set the mil rate for fiscal year 2018-2019 to 21.85 mills which represents a reduction of 0.5 percent. I am very proud of this budget and would like to give special thanks to Finance Director Kelly Sterner, Selectmen Bruce Glowac and Stacia Libby, and the Board of Finance.

Over the past fifteen years Essex has been an active participant in reducing energy consumption and the carbon footprint of our community. With the recent formation of the Sustainable CT voluntary certification program, towns in CT have a cohesive roadmap to follow. I am pleased to report that Essex has joined

this statewide initiative to support environmental resiliency. A newly named Sustainable Essex Committee, formerly Essex Citizens for Clean Energy, will focus on strategies and collaboration with the community to preserve quality of life while focusing on a balance of environmental protections, economic development, and social objectives. We are seeking volunteers for this committee. If you are interested, applications can be found at Essexct.gov/volunteering and can be submitted to Betsy D'Amico, bdamico@essexct.gov, in the First Selectman's Office.



Norm Needleman
First Selectman

The Town recently welcomed a new Lake Assault Police Boat to patrol the Essex area on the Connecticut River and is prepared for the busy boating season. The Police Department has been trained on the new boat and some members of the Fire Department will be required to train on the operation of the boat should a situation develop that they are needed. This vessel replaces the previous police boat which was heavily damaged in a storm. As always, the safe operation of boats in the harbor is of the utmost concern so please adhere to the NO WAKE ZONE signs.

continued on page 3

An advertisement for Saybrook Country Barn. The background is a photograph of a well-maintained outdoor patio area. In the foreground, there is a white plastic outdoor dining set with four chairs and a round table. The chairs have blue cushions. The table is set with plates, glasses, and a hat. The patio is paved with grey stone tiles. In the background, there is a swimming pool, a lawn, and a body of water with boats. The text "Outdoor Furniture Built To Last" is overlaid on the top right of the image. The Saybrook Country Barn logo is in the bottom right corner, with the address "2 Main Street - Old Saybrook CT" below it. The phone number "860-388-0891" and website "saybrookcountrybarn.com" are in the bottom left corner. The slogan "Home is better when you love where you live." is at the bottom center.

Outdoor Furniture Built To Last

Saybrook Country Barn

2 Main Street - Old Saybrook CT

860-388-0891
saybrookcountrybarn.com

Home is better when you love where you live.

events

**TM Ventures, LLC
dba Essex Printing
& Events Magazines**

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AC Proctor

www.eventsmagazines.com

**Over three quarters of a million readers.
13 towns every quarter.**

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Unfortunately, we have once again experienced a rash of car thefts during the night. The cars taken have been unlocked with the keys inside. There were also several cars, unlocked, that had been gone through and items stolen. We are doing our best, but an unlocked car is an invitation. The best remedy is to keep your cars and homes locked at all times and close your garage doors. These juveniles are not being put into facilities or prosecuted so they return to do it again. We don't want this to escalate to home invasions because of an open door. If you see anything suspicious call the Essex Police at 860-767-1054 or 911 if you believe it is an emergency.

I would like to remind residents that the Town of Essex does not have an ordinance on the hours of operation in which a contractor or landscaper may work at a property in our community. We would expect such hours to be 7:00 am - 5:00 pm on

weekdays with more limited work on the weekends. We rely on our residents to be neighborly and considerate by ensuring that construction, and the use of power tools and landscaping equipment, be used only during these times. Please be mindful of your neighbor's right to enjoy their property.

I hope to see you at the Summer Concert Series, sponsored by the Park and Recreation Department, which runs through the middle of August at our Town greens in Essex and Ivoryton. Concerts are Tuesday evenings in Ivoryton and Wednesday evenings in Essex from 6:30 pm - 8 pm. The Ivoryton Village Farmer's Market on the green is held Saturdays from 10:00 am - 1:30 pm from June 16th through September 29th.

All the best,
Norm

Dear Readers & Advertisers!

It is with great excitement that I announce the launch of Events Magazines' inaugural "The Last Word" segment.

WHAT IS "THE LAST WORD?"

"The Last Word" is a new feature article that will appear on the last page of all of our Events Magazines currently published in 13 Connecticut towns. Each quarter there will be a story about someone with Connecticut ties who has made major accomplishments not only in his/her professional field but also in the community. Our inaugural "The Last Word" segment for the third quarter of 2018 highlights NASCAR professional driver Joey Logano, who is a native of Middletown, CT. It touches on his racing career milestones as well as his work in Connecticut and around the country through the Joey Logano Foundation.

WHAT'S NEXT?

Well, I can't really give that away just yet. We've got some ideas in the works for the 4th quarter issue of Events Magazines.

COMMENTS AND FEEDBACK?

As always, we welcome your input and insights on how we can continue to enhance the magazines for the benefit of readers and advertisers alike. All of us at Events Magazines hope you enjoy our first-ever "The Last Word" feature. We look forward to continuing to serve the community through our Events Magazines!



William McMinn,
Owner, Essex Printing & Events Magazines



WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service.

By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available.

Visit the website for more information: <http://www.211.org/#>



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September 29, 2018 Chester Fair Grounds
10:00 AM - 4:00 PM

Town Clerk's Office



Resident Transfer Station Pass Renewals – FOR HOUSEHOLD GARBAGE ONLY

Beginning October 1, 2018, your current Transfer Station Sticker will expire. Annual Stickers can only be purchased through the Town Clerk's office. Punch cards can be purchased at the Town Transfer Station as well as the Town Clerk's office for a fee of:

\$25.00 per card (10 punches per card for 10 bags of household trash) - no cash can be accepted at the Town Transfer station.

Check, money order and debit/credit only.

For those residents who will be renewing their annual sticker(s) - each household will be allowed a total of 2 stickers. A renewal application will be mailed out the week of September 10, 2018. You will need to update and complete the application and mail it

with your payment (check or money order, no credit card or cash will be accepted via mail) of:

\$125.00 per year (age 64 or younger)

\$ 75.00 per year (age 65 or older)

We will then mail back to you the appropriate # of sticker(s) based on the information received.

If you will be coming into the Town Clerk's office for your first time or renewal sticker, come in anytime starting the week of September 17, 2018. Be sure to have with you your driver's license and your vehicle license plate information. The Town Clerk's office can accept cash, money order, check or credit card.

***Note:** If you currently have private garbage pick up you do NOT need to purchase a Transfer Sticker or punch card. As a Town Resident you are entitled to drop off recyclables and brush by proving you are a resident at the entrance of the Transfer Station.*

Visit our website at: www.essexct.gov

We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.

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ESSEX • SOUTH COVE CONNECTICUT RIVER WATERFRONT - 18th Century Reproduction Gambrel. 4 BRs, formal LR & DR w/fpls. Pretty porch with fabulous views of Harbor & CT River. 3-car barn/garage. Sits on 4.5 exquisite acres. Very private, yet walk to Town. **Offered at \$1,400,000**

ESSEX • FANTASTIC WATERFRONT LOT - Superb 4.6+ Acre residential lot with 216' of waterfront. Overlooks Essex Village and CT River. Walk to Village. Open field & wooded. High & dry no flood insurance needed. Amazing Opportunity to build your dream house! **Offered at \$950,000**

IVORYTON • IMMACULATE COLONIAL - This perfect three bedroom, two bath home is ready to move into. Nothing left to do! Pretty backyard, out-building, paved drive. Walk to Ivoryton Center. **Offered at \$279,000**

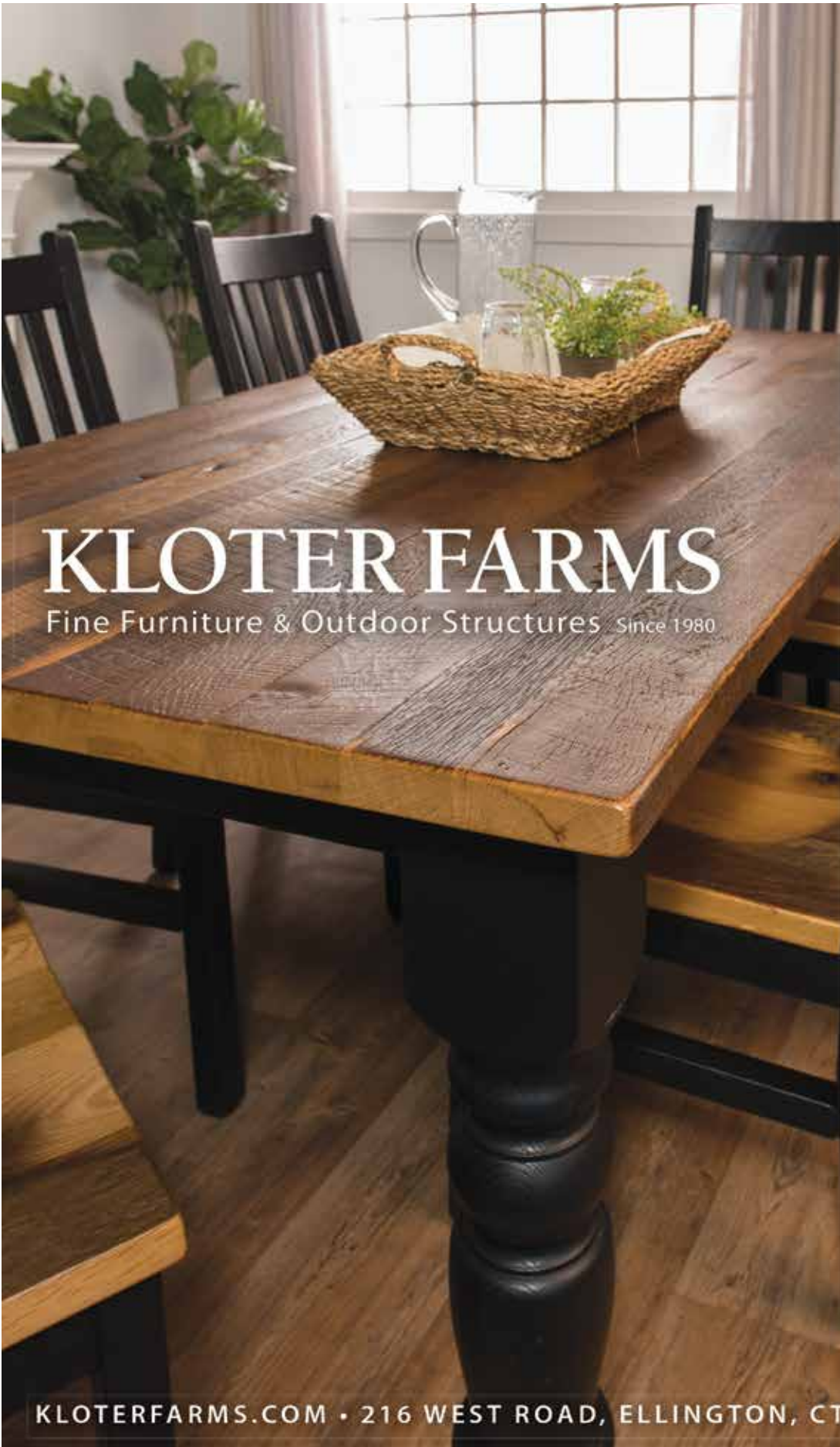
ESSEX (Ivoryton) • HISTORIC OSWIN RED-FIELD HOUSE c1877 - Wonderful Victorian home with fireplaces, built-ins, wood floors, enclosed and wrap around porches. renovated kitchen with granite. Beautiful yard. Unbelievable! **Offered at \$350,000**

ESSEX • EXCEPTIONAL WATERFRONT - Breathtaking views of South Cove and CT River. Robert Stern inspired 10 room shingle style home. Fabulous living room, dining room, kitchen and library. Spectacular and Private. **Offered at \$1,475,000**

IVORYTON • HISTORIC HOME - Parker Bull House c.1754. Stunning renovation! Overlooking Falls River. Fabulous new kitchen and baths. All new heating, cooling, septic. Three car garage. 1.6 Acres. Amazing Property! **Offered at \$525,000**

HISTORIC ESSEX VILLAGE FEDERAL - This elegant Historic 1850 Federal was Renovated in 2001. Wide board floors, living room with fireplace, fabulous Klaff kitchen. Stone patio and garage. Magnificent! **Offered at \$625,000**

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Essex Board of Trade

THE ESSEX BOARD OF TRADE INTRODUCES "1ST THURSDAYS" FOR SUMMER 2018!

On June 7, The Essex Board of Trade (EBOT) launched this summer's 1st Thursdays - a series of three themed events on Main Street in Essex Village, occurring over the first Thursdays of June, July, and August. Next up, mark your calendar for August 2: Essex is Hot, Hot, Hot!

CELEBRATE AL FRESCO!

Nothing says summer in New England better than al fresco dining or entertainment, and that's precisely the vibe of 1st Thursdays! Family and friends will gather and Experience Essex in all its summer outdoor pleasure. Shops and galleries will stay open until at least 7:00 pm or 8:00 pm, offering special discounts, door prizes, and festive bites and sips!!!

Amy Cameron, President of the EBOT, says, "Evening retail hours on 1st Thursdays add another dimension of excitement to our picturesque and vibrant village filled with unique boutiques, galleries and restaurants. We want the entire community and visitors to come out to shop, stroll, socialize, eat, drink and enjoy a party-like Main Street experience!"



Delight in summer al fresco dining on the patio at The Griswold Inn.

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**AL FRESCO HIGHLIGHTS FOR AUGUST 2,
ESSEX IS HOT, HOT, HOT, ARE:**

Cruise Night

Olive Oyl's Cuisine "Cruise Night" will display antique and classic cars, thanks to the coordination efforts of Ralph Hermann at Centerbrook's Antique Auto Service. Music will flow onto the patio and outdoor grills will be fired up!

Free Yoga

Essex Park & Recreation and certified yoga instructor, Angela Stevens, will conduct a free introductory Yoga Class in Main Street Park at 5:15 pm. Please bring Yoga mat!

Cocktails & Music

At The Griswold Inn, enjoy "cocktail piano" in the Tap Room or from the patio while sipping a refreshing beverage or dining al fresco. A creative cocktail, offered at a special price, will be made expressly for this evening!



Essex Park & Recreation hosts free yoga in the Main Street Park.

Music on the Dock

Connecticut River Museum will host "Thursday on the Dock" including free live music, drink tasting, and waterside views. Cash bar and Porky Pete's BBQ will be available. Event sponsor, Prive-Swiss Wellness, will offer complimentary massages. Museum gift shop open too!

Retail "special offers" for Essex is Hot, Hot, Hot, are listed at: <http://essexct.com/events/>.



Welcome to Essex

Essex consists of three unique villages and is ideally located on the Connecticut River a few short miles from Long Island Sound. Well-known for its beautiful landscapes, majestic trees and gardens, fascinating architecture, and cultural and historical attractions, we are a boating and sailing destination as well. Essex is famous for hosting a multitude of parades throughout the year and offers an outstanding culinary and shopping experience to our residents and visitors. Come experience, explore and enjoy the small-town enchantment of Essex, Connecticut.



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Essex Community Fund



Essex Community Fund's Day of Giving held April 24, 2018 at Essex Meadows.

One of the oldest and most unique programs, Essex Community Fund distributed funds to 22 different non-profit organizations focusing on food and meal programs, health services, education, preservation, fuel assistance, public safety, arts and culture at our Annual Day of Giving Event.

With a different format than in previous years, we gathered in the early evening to hear Jeannine Lewis, Esq. from Hudson and Kilby, LLC in Essex speak on To Give or Not to Give: How the Tax Cuts and

Jobs Act Impacts Fundraising for Small Non-Profits. Special thanks to Essex Meadows for hosting our annual Day of Giving.

Those receiving funds thanks to our generous donors include:

- | | |
|---|---|
| Bikes for Kids | Estuary Council of Seniors, Inc. |
| Bushy Hill Nature Center/Incarnation Center | Friends In Service Here (FISH) |
| Camp Hazen YMCA | Gilead Community Services |
| Community Music School | Ivoryton Library Association |
| Essex Boy Scout Troop 12 | Ivoryton Playhouse |
| Essex Cub Scout Troop 4 | Region 4 Education Foundation Inc. |
| Essex Elementary School Camperships | Shoreline Soup Kitchens & Pantries |
| Essex Fuel Assistance Program | Tri-Town Youth Services |
| Essex Housing Authority | Valley Shore YMCA |
| Essex Police Union Fund/DARE | Valley TV |
| Essex Veterans Memorial Hall Inc. | Visiting Nurses of the Lower Valley, Inc. |

We wish to thank all who partner with us daily to keep our villages vibrant and strong and all those who help to support our mission of serving our residents of Essex, Centerbrook and Ivoryton.

To download previous issues of Essex Events visit www.eventsmagazines.com and download the issue you desire!



INTRODUCING

19 Riverview Street, Essex

Sited to maximize the striking exposures of the Connecticut River and Long Island Sound from its magnificent North Cove waterfront setting. Exquisitely constructed and beautifully designed.
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PENDING

120 River Road, Essex

On one of the highest summits in Essex, this extraordinary European designed home sits on over ten private and secluded acres surveying its realm- the Lower Connecticut River Valley. Offered at \$1,245,000



PENDING

16 New City Street, Essex

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Big changes are underway at Masonicare at Chester Village. Our dining and pub areas will be renovated and a private dining room amenity is being added. We're installing a complete new back-up generator and adding 1800 square feet of event space for lectures, programs and performances. Along with a new pricing model and more assistive services, Masonicare at Chester Village is ready to be *your* senior living community.

Come visit us and see for yourself!
Call 877-983-1077 for more information.

We are a Life Plan community for adults 55 and over where each person is known, cared about and encouraged to live life to the fullest.

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at Chester Village 

www.masonicare-chestervillage.org
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317 West Main Street . Chester, Connecticut 06412    

Planning for Emergencies

Essex Emergency Management team and town officials recently participated in a Statewide Emergency Preparedness Drill and practiced their response to a severe weather event. In the scenario, several days of heavy rains caused extensive flooding, downed trees power lines, and two dams in adjacent towns were breached, causing fast moving flood waters and debris to significantly damage homes, businesses and local infrastructure in Essex. In this drill, electrical distribution lines were projected to take a month to repair with roads and buildings more than year to rebuild.

For some in our community, this scenario seems impossible to imagine. However, for residents who witnessed the 1982 flood in Ivoryton and Centerbrook, the devastation was all too real.

The Statewide Preparedness Drill

highlighted several actions that residents should take to protect themselves and their families.

Residents should always be “situationally aware” and prepared for emergencies. Know if your home is in a low lying area at risk of flooding, or if it is downstream of a dam, large lake, pond or river.

Learn and practice driving alternate roads to and from your home, workplace or local emergency shelter. Downed trees and power lines could block your routinely traveled roads so knowing alternate directions is essential. Look around your home and neighborhood and identify large trees which might block roads or damage property. Consider trimming or cutting these trees.

Be prepared to shelter in place and have a minimum of 3 days of food, water,

and prescription medications available. Safely store fuel for generators and have gas in your cars so that you can charge electrical devices and listen for further emergency instructions.

Essex Emergency Management team, first responders, and town officials always consider the health and safety of residents a top priority. You can help us by being prepared to keep you and your family safe during and immediately after a storm.

Refer to the town of Essex Emergency Preparedness Guidebook located on the town website at essexct.gov for a suggested list of emergency supplies, important phone numbers & information on how to stay safe in an emergency.

Lisa Fasulo
Deputy Emergency Management
Director

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ESSEX LIBRARY ASSOCIATION

*Your Community Center for Lifelong
Learning and Cultural Enrichment*

It's the time of year that many of us look forward to the most, and the Essex Library is ready to be your "summer place"!

For those occasional rainy days, or when it's just too hot to leave an air conditioned house, you can now take advantage of our

new streaming video service. Look for the "RBdigital" icon on our catalog to find free access to Acorn TV (dozens of commercial free British television series), as well as access to our own collection of downloadable ebooks and audiobooks. All you need is an Essex Library card to take advantage. Need help learning how to navigate it? Just stop in and we'll be happy to guide you through the process.

The Children's Department is a great place to cool off after a visit to the playground and will also be featuring special programs such as a Music and Art Lab with Linda

Bronson at 4:00 pm on Monday, July 23 and Tinker Lab at 4:00 pm on Thursday, July 25. Stories at the CT River Museum continue to run at 6:00 pm on Tuesday evenings through August 7.

We frequently add new programs and services so be sure to check our website at: www.youressexlibrary.org on a regular basis to see what's coming up. If you're not already a subscriber be sure to sign up for E-Lations, our monthly online newsletter, which you can also do through our website.



Essex Veterans Memorial Hall's 2018 Education Grant Recipients

The membership of Essex Veterans Memorial Hall would like to congratulate this year's grant recipients. These grants were presented in recognition and remembrance of a family member's service to our great country, congratulations and all the best:

- Isabelle Bowden - Valley Regional HS
Grandfather served in the US Marine Corps
- Kayleigh Johnson - Valley Regional HS
Grandfather served in the US Army
- Maximillian Klin - Valley Regional HS
Grandfather Served in the US Army
- Jake Marciniac - Westbrook HS
Grandfather served in the US Army



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CT HIC#06060162

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Ivoryton Library - It's time for Summer Reading Events!



EVENTS ARE

Wednesdays at 10:30 am, all ages welcome to Storytime.

Thursdays from 4:00 - 5:00 pm, build a Lego set and make a movie with Story Visualizer!

Bring in your Summer Reading log anytime for your prize package! This summer, submit a short story, poem or song you have written for additional prizes!

Saturday, August 11 from 10:00 am - 12:00 pm: End of Summer Reading Party on the Ivoryton Green.

Thursday, August 23rd at 11:00 am is our annual Welcome to Kindergarten Party. Meet fellow classmates and learn about what to expect. Call: 860-767-1252 to reserve a spot.

VISIT OUR NEW WEBSITE FOR ADDITIONAL FUN SUMMER EVENTS

Perhaps you've noticed a few changes in the online presence of the Ivoryton Library: Visit our new website: www.ivorytonlibrary.org. The favorite links are still in the top corner of the main page. The Library Catalog shows you what is on our shelf and at other LION libraries. The Digital Catalog takes you to our listings of downloadable ebooks and audiobooks, powered by Overdrive. And the Digital Magazines link takes you to RBDigital, a page to download digital magazines.

For all of these, you will need your library card barcode. Overdrive and RBDigital require an account that you will set up with your barcode. You can also use RBDigital to access the state-wide collection of ebooks and audiobooks. All for free.

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"MARINER'S BLUFF" is located high on a knoll in historic Essex village. This cheery sunlit end-unit condo overlooks the harbor and Connecticut River, with water views from every room. Features include hardwood floors throughout, 3/4 bedrooms, 3 baths, gas fireplace, 1 car over-sized garage and two basements w/workshop, and a private deck w/ water views! An easy walk to all that downtown Essex has to offer. **\$948,000**

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Book Sales Boost Library Programs

Friends of the Essex Library thank all who helped make our Spring Book Sale a huge success. Many of you may not know that it takes a team of more than 18 volunteers working almost every afternoon throughout the year to prepare for the two major sales and the monthly “focused” sales. And, this does not include the many more hours spent just prior to, and after, the spring and fall book sales. It is a major effort and new volunteers are always welcome.

Focusing on selling books is the primary reason for the team, but it is also important that left-over books are made available to those who are not able to attend the sales. To that end, books are given to the Niantic Women’s Prison, Good Will and Read to Grow. Shelves in the library are constantly replenished with free books and there is always a “Focused Sale.” Only those that are not salvageable are taken to the transfer station by a couple who have been volunteering for years.

“We have been together for so long that several of us now specialize in specific areas,” says Peggy Tuttle, co-chairman Book Sales. Among those specialists are Dee Grover for children’s books, Barbara Rutigliano for movies, Patty Ash



Pictured here are new volunteers Melissa Jacobsen and Judith Winkler with incoming Friends President Suzy Baird.

and Joan Weingardt for music CDs, Babby Conroy for fiction, Cheryl Seaver for art & design, Judy Kelsey for cookbooks and Judith Shea for humor, literature, poetry and drama.

We encourage you to stop by the library this summer for our “Focused Sales.” July 1 - August 31 will feature “Music, Movies and Mysteries.” Sept 1-30 will be dedicated to the classics, from Mark Twain to Dostoevsky. And, we hope you book your calendar for our annual Fall Sale Oct. 27 and 29.

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Thank you from Friends of the Essex Library

“Spectacular gardens!” “Wonderful day!” were some of the comments heard throughout Essex Village as hundreds of visitors participated in the Friends of the Essex Library Garden Tour held Saturday, June 9th. To those who came to walk the gardens and enjoy the beauty of Essex village, we say “thank you.”

To make such an event possible, it took the involvement of many people, including those who planned the event, the hostesses at each garden, musicians and plein air painters in the gardens, ticket takers, and traffic managers. Your help made the event run smoothly and for this we are extremely grateful. We especially thank Rhode VanGessel for her patience and tireless effort in making the publicity booklet both eye-catching and beautiful.

Lastly, and most importantly, we wish to recognize the garden owners who worked tirelessly creating their works of art. Those who attended saw the enormous effort that went into preparing for the event. It was gratifying to see your hard work appreciated by so many people. All the Friends of the Essex Library say “thank you.”

Essex Garden Club

On Saturday May 12th in Town Park the Essex Garden Club held its 66th May Market. The Silent Auction Committee of May Market would like to thank our area merchants, friends, and artists for the incredible generosity they showed in supporting this year’s Silent Auction. They are:

Abby’s Place Restaurant, Acer Gardens, Ashleigh’s Garden, Bartlett Tree Experts, Blue Hound Cookery & Taproom, Bob’s Centerbrook Package Store, Connecticut River Museum, Cooper & Smith, Copper Beech Inn, Ron Cozzolino, De Paula Jewelers, Earth and Fire Art Studio, Essex Chocolatier and Coffee Bar, Essex Winter Series, Goodspeed Musicals, Haystacks, Ivoryton Playhouse, Wendy and John Madsen, Charlotte Meyer Design, Melanie Carr Gallery, Al Moncovich, Musical Masterworks, New Earth Acupuncture, Olive Oyl’s, Patricia Spratt for the Home, Perfect Pear, Eve Potts, Savour Café & Bakery, Saybrook Country Barn, Scotch Plains Tavern, 1738 Farm, That’s the Spirit Shoppe, The Essex, The Valley Railroad Company, Gay Thorn, Truffle Shots, Weekend Kitchen, and Weltner’s Antiques and Art.

With thanks,
Dawn Boulanger, Genie Devine, Barbara Hall and Marilyn MacKinnon
The Essex Garden Club
May Market Silent Auction Committee



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Essex Garden Club 2018 Scholarships

THE ESSEX GARDEN CLUB RECENTLY AWARDED COLLEGE SCHOLARSHIPS TO THREE AREA STUDENTS:

Elizabeth Beckman of Ivoryton, a 2018 graduate of Valley Regional High School, will attend the University of New Hampshire to study Environmental Law and Conservation.

Annie Brown of Essex, who attends the University of Vermont, is pursuing a major in Elementary Education with a minor in Environmental Studies.

Daniel Taylor of Ivoryton attends Vassar College, where he is majoring in Biology.

The Garden Club is also proud to provide “camperships” to help young children from Essex, Ivoryton and Centerbrook attend local nature camps. This year, funds were given to the Essex Parks and Recreation Summer Program for 25 children to attend their nature and science sessions. Additional funding was given to The Bushy Hill Nature Center to enable 4 students to attend their day camp.

The Essex Garden Club sincerely thanks all who support the annual May Market. This is the club's only fundraising event and the proceeds enable the Club to offer these scholarships each year.

FISH (Friends in Service Here)

FISH was founded locally in 1970 to provide free rides to medical appointments for residents of Essex, Deep River and Chester. The officers for 2018 are: Henry May, President; Stuart Warner, Vice President; Mary Samburg, Secretary; Barbara Ryan, Treasurer, Dana Hill, Driver Recruitment and Leo Zavatore, Director. Dispatchers are John Heiser and Tony Carrano. Ali Nichols retired after many years of serving as a driver, board member and Secretary. Mary Samburg and Leo Zavatore have joined our FISH board.

Residents of our three towns wanting rides and having no other means of transportation may call 860-388-2693 up to noon the day before their appointment (Friday noon for a Monday ride) to schedule a ride for the following day. The destinations are within the triangle of Middletown to the north, Guilford to the west and New London to the east.

In the 1st 5 months of 2018, FISH drivers provided 370 free rides, of which 190 were for residents of Essex.

The modest FISH budget is funded by grants from the Essex Community Fund, the Community Foundation of Middlesex County, the Essex Rotary Club, the Essex Savings Bank, the Deep River Community Health Committee, the Town of Chester and other organizations, as well as by contributions from our drivers and friends.

Henry May, Driver,
President



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Valley Regional High School



Six weeks of hard work and perseverance came to a climax the weekend of March 16th in Fairfield, CT. That Friday, about twenty students from the Valley Regional High School robotics team, Human Error, presented their robot for inspection. For the prior two months, the team researched, designed, programmed, and created a robot that would meet the challenges of this year's FIRST Robotics Competition. A little less a month after the first competition and with six extra hours' worth of time to work on the robot, Human Error participated in a second competition at Hartford Public High School on the weekend of April 7th.

In both competitions, everything from the robots themselves to the field, reflected the theme of this year, which was 8-bit arcade games. In this competition, the goal was simple: collect power cubes and place them in strategic positions in order to get points. Powerups allowed teams to get a little extra boost to help them during the match.

Throughout the competition season, team Human Error and its robot, Al, took part in almost thirty matches, each two minutes and thirty seconds long. Every match was different depending on the team's allies and opponents, and each match required a new strategy that would play to the robots' strengths and make sure the teams got as many points as possible. Driving the robot required a certain finesse; drivers had to avoid colliding with other robots or with the structures on the field and also make sure that the robots, which were usually quite tall, didn't tip over.

Despite both hardware and software problems with Al, team Human Error was able to recover, making it all the way to the semi-finals in their first competition in Fairfield. With some mechanical revisions between competitions, Al's performance at the second competition in Hartford greatly improved. The team was also able to attempt a more difficult maneuver - putting blocks into a tall container - with great success.

Team Human Error is now looking forward to experimenting with new building materials and styles in an effort to improve even more for next year's competition.

Jenna LoMonaco

You CAN Learn to Play that Musical Instrument!

Did you ever regret not learning to play a musical instrument when you were young? Did you ever feel envious of others who could play the piano with ease or the violin or the trumpet?

Well, the truth is, it's never too late to learn. And your opportunity is right here, in the form of the fife and the drum. The fife is that wooden "stick" with six holes in it and an opening at one end. So simple an instrument yet so beautiful in making melodies - and so powerful in transmitting "commands" across the battlefields

Macular Degeneration can lead to severe vision loss



Normal view of street



View of street with Macular
Degeneration vision loss

**A dilated eye exam can
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vision problems like
Macular Degeneration**



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www.middlesexeye.com

during the Revolutionary War. With its companion, the snare drum, it formed the complete duo for making happy music around the campfire or transmitting commands during battle. Your opportunity lies with the Sailing Masters of 1812 of Essex, Connecticut, a fife and drum corps that has been in existence since 1963. That's 55 years. Quite a longevity! And all during this time the women and men of the Corps have been driven by their desire to play their instruments to the best of their ability and to perpetuate the art and performance of so-called "ancient" fife and drumming.

The Sailing Masters of 1812 are an Essex and River Valley institution. You've seen them marching down Main Street on the second Saturday of May, leading the parade of other fife and drum corps and mustering at the town dock, looking sharp in their "John Paul Jones" uniforms and playing stirring martial music to the beat of the bass and snare drums.

We want to continue this fine tradition by asking for your participation in the Corps. You can really do it. Look, if I could learn how to play the snare drum very well at age 32, anyone can. I had no previous musical experience. I could not read music. But I had the desire to try to do something I had always wanted to do but never had the opportunity. Then I discovered a wonderful world of music and camaraderie with others who wanted the same thing. Openings are available for fife, snare drum, bass drum, and color guard. For more information call Joe Diedrich at: 203-901-0945 or email at: gatossn615@yahoo.com.

Alex Cardoni,
Snare Drummer, Sailing Masters of 1812



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It takes a community to improve the quality of life for all – neighbors and friends who generously give their time and resources to support a passion or area of interest. Thanks to you, we are able to make even the smallest gift have a big impact - through charitable funds that support animal welfare, the arts, human services, education, the environment, heritage enhancements, and so much more.

Together we are able to make a real difference in the lives of so many. Consider the support provided by the Ann and George Petry Fund to give young people access to creative arts programs which enable them to share their talents while addressing issues important to their community. Or the Loffredo Performing Arts Fund which supports local thespians as they share the beauty and joy of live musical productions with neighbors and friends.

We celebrate all of you who share the same desire to work in partnership to help our local community thrive today, and tomorrow. *We invite you to learn more by calling us at 860-347-0025 or visiting us online at MiddlesexCountyCF.org.*

ESSEX TOWN HALL

860-767-4340 (Unless otherwise noted)

THE ESSEX TOWN HALL
is open 9 a.m. to 4 p.m., Monday through Friday
THE LANDFILL AND RECYCLING CENTER

is open Mondays, Thursdays, Fridays & Saturdays, 7 a.m. to 3 p.m.

SELECTMEN'S OFFICE

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Betsy D'Amico	x145	bdamico@essexct.gov

ANIMAL CONTROL OFFICER

Jae Wolf	860-388-7082	jwolf@essexct.gov
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Bill Armstead		

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Tim LaChance	x148	tlachance@essexct.gov
Kaiulani Recchia	x148	krecchia@essexct.gov

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David Caroline, Boris Churyk,	x161	rwelch@essexct.gov
Richard Gallacher, David Martin		

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		jheiser@essexct.gov

RESIDENT STATE TROOPER

ESSEX POLICE	860-767-1054	
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Lynne Skinner, Assistant	x121	lskinner@essexct.gov

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Yvonne Roziak, Assistant	x128	yroziak@essexct.gov

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Mark Hiatt	x136	maintenance@essexct.gov
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ZONING ENFORCEMENT

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Kerry Berardinelli	x119	kberardinelli@essexct.gov

www.essexct.gov

Sister Cities Essex Haiti

TWO LOCAL GROUPS JOIN FORCES

TO PROMOTE ADULT LITERACY IN HAITI

Sister Cities Essex Haiti and The Crosby Fund for Haitian Education have created a new collaborative effort to further literacy for adults in rural Deschpaelles, Haiti.

Many rural Haitians have the basic skills needed to survive but cannot read or write. The Crosby Fund, established in 2004 has expanded its original mission, providing scholarships for youth who would not otherwise be able to attend school. (The Fund currently serves over 463 students in more than 80 schools.) The Crosby Fund now has a government approved "Adult Literacy" program for adults primarily over the age of 40. The program currently has 116 students.



Sister Cities Essex Haiti, founded in 2010 after the earthquake, collaborates with an all-volunteer organization in Deschapelles supporting projects requested by the community that benefit the community. Their major project is the Deschapelles Community Library which has over 4,000 books in French and Kreyol. (Most residents of Deschapelles lack electricity and access to books was very limited.) The Deschapelles Community Library welcomes these adults and enables them to read books in Kreyol with illustrations that supplement the text. Two reading clubs have begun: a Reading Club for the adults who can gather at the library and read books together, and a Club for youth to read one-on-one with their newly literate elders.

All the leadership and activities in these two organizations are run by local Haitians. Their support by the generous donors from each side of the CT River make all the difference!

Please contact: The Crosby Fund for Haitian Education at: www.crosbyfund.org and/or Sister Cities Essex Haiti at: www.Sistercitiesessexhaiti.org. For more information contact: E. Terry Parkinson at: 860-227-1447.



SUMMER 2018

Tri-Town Youth Services is offering programs and activities this summer that will help kids make new friends, learn new

skills, feel safe at home alone or become a responsible baby-sitter. Additional details and online registration are available at: www.tritownys.org. Please call 860-526-3600 for more information.

SUMMER CO-OP ADVENTURES

Summer Co-op Adventures are designed to foster friendships and promote teamwork through significant weeklong adventures. The program is open to incoming 7th, 8th and 9th grade students from Chester, Deep River and Essex. The program is conducted by credentialed Tri-Town Youth Services' staff in partnership with hosts and guides from participating venues on our itinerary. Tri-Town Youth Services is offering one more session this summer: August 13-16.

The program runs Monday - Thursday. Our bus will depart the Tri-Town Youth Services' Parking Lot at 9:00 am each morning and return at 4:00 pm (56 High Street). Please arrive 15 minutes early to prepare for the day's adventure. The fees are \$235 per



session. (Each additional sibling is \$200 - please contact Tri-Town Youth Services directly to register more than one child.)

SESSION TWO ITINERARY:

- August 13 Bushy Hill Nature Center (Ivoryton)
- August 14 Ocean Beach (New London)
- August 14 IT Ropes Course and Laser Tag (New Haven)
- August 16 Metacomet Canoe Tours and Mini-Golf (Farmington)

Middlesex Hospital Strengthens Breast Program

With the addition of nationally recognized breast surgeon Kristen Zarfos, Middlesex Hospital is investing in its breast program and enhancing the services it offers.


Dr. Zarfos joins Dr. Andrea Malon, medical director of the Middlesex Hospital Cancer Center, and Dr. Chia-Chi Wang, a surgical oncologist, as surgeons who treat women who have breast cancer.

Together, the trio - with years of surgery experience between them - provide compassionate, individualized care, and they aim to strengthen an already robust breast program.

All three surgeons are part of the Middlesex Hospital Surgical Alliance, and their goal is to coordinate care in a way that helps patients better navigate cancer diagnoses and treatments - in a way that

eases fears and makes the process a little easier.

Dr. Zarfos is no stranger to Middlesex Hospital. Her first job after residency was at Middlesex, where she worked from 1987 to 1999. During that time, she became a leader in the national fight to force health insurers to cover hospital stays for mastectomy patients, and she **continued on page 20**



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Middlesex Hospital Breast Program... continued from page 19

remains a passionate advocate for women's health issues.

Since early detection is key when it comes to all types of cancer, detection technology is at the forefront of Middlesex Hospital's breast program. The hospital offers 3D mammography machines

at all of its Radiology locations. These 3D machines detect 40 percent more invasive cancers than 2D machines, which are no longer used by the hospital. Middlesex also offers dual-head molecular breast imaging, which uses a radioactive tracer to better detect breast cancer cells in women with dense breast tissue.

In addition, services like genetic counseling are available to Middlesex patients, and caring nurse navigators at Middlesex Hospital Cancer Center help patients throughout their experience. The Cancer Center has locations in Middletown and Westbrook.

Age-Related Macular Degeneration

Age-Related Macular Degeneration (AMD) is the leading cause of severe vision loss in adults over the age of 50. This eye disease occurs when there are changes to the macula, a small portion of the retina that's located on the inside back layer of the eye. Commonly, older people develop macular degeneration as a natural part of the aging process. AMD causes loss of central vision and it can occur in two forms: wet and dry.

With macular degeneration, you may experience symptoms such as blurriness, dark areas or distortion of your central vision, or permanent loss of your central vision. It usually does not affect your peripheral vision. For example, with advanced macular

degeneration you could be able to see the outline of a clock, yet you may not be able to see the hands of the clock to tell what time it is.

The majority of people with macular degeneration experience the dry form, which does not have a known treatment, but many people benefit from a vitamin regimen.

Unfortunately, vision loss cannot be reversed. The less common wet form may respond to lasers and medical injections if caught and treated early. Smoking and high blood pressure are often associated with the wet form of macular degeneration.

Essex - Community Listings

CHURCHES

All Saints Episcopal Church.....	(860) 767-1698
First Baptist Church.....	(860) 767-8623
First Congregational Church	(860) 767-8097
Ivoryton Congregational Church.....	(860) 767-1004
Our Lady of Sorrows Church	(860) 767-1284
St. John's Episcopal Church.....	(860) 767-8095
Trinity Lutheran Church	(860) 767-0228

CLUBS AND ORGANIZATIONS

Ancient Order of Weeders.....	(860) 767-2700
Democratic Town Committee.....	(860) 767-7665
Community Foundation of Middlesex County	(860) 347-0025
Essex Board of Trade.....	(860) 767-3904
Essex Boy Scouts of America.....	(860) 304-9027
Essex Community Fund.....	(860) 304-2751
Essex Cub Scouts of America	(860) 790-0681
Essex Garden Club	(860) 767-2860
Essex Historical Society.....	(860) 767-0681

Essex Lion's Club.....	(860) 767-8072
Essex Land Trust.....	(860) 767-7355
Essex Little League.....	www.essexlittleleague.org
Essex Veterans Memorial Hall	(860) 767-8892
F.I.S.H.	(860) 388-2693
Ivoryton Company of Fifers & Drummers.....	(860) 767-2237
Lower Valley Visiting Nurses	(860) 767-0186
Republican Town Committee.....	(860) 510-8318
SCORE	(860) 388-9508
The Shoreline Soup Kitchens	(860) 388-1988
Tri-Town Youth Services Bureau.....	(860) 526-3600
9 Town Transit	(860) 510-0429

SCHOOLS

Beanstalk Preschool & Childcare.....	(860) 767-3308
Essex Elementary School.....	(860) 767-8215
John Winthrop Middle School.....	(860) 526-9546
Superintendent.....	(860) 526-2417
Valley Regional High School.....	(860) 526-5328

If you have been diagnosed with dry macular degeneration, you should use a chart called an Amsler grid every day to monitor your vision. Dry macular degeneration can quickly change into the more damaging wet form. If you notice any change of vision, you should contact your ophthalmologist immediately.

Middlesex Eye Physicians
860-347-7466

Estuary Council Regional Senior Center

220 Main Street, Old Saybrook | 860-388-1611

The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational classes, exercise programs, and socialization activities.

We have been promoting healthy and active lifestyles through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at: www.ecsenior.org for additional information or call us at: 860.388.1611.

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REMODEL WITH PURPOSE

Upcoming Events from Essex Historical Society (EHS)

Pratt House is open to the public on Friday, Saturday and Sunday afternoons from 1:00 - 4:00 pm from June through September. It is located at 19 West Avenue, Essex, CT. Also look for special "pop-up" events at Pratt House this season. The next Pratt pop-up event is scheduled for August 18th, 2:00 pm: Book Talk with author Eileen Hopsicker, "The Balance of Justice." This historical novel is based on an actual trial, including Essex's own Isaiah Pratt as a major character!

EHS Walking Weekend, is scheduled for the last weekend in July. EHS members can tour for free and all others are \$5 each, per tour. The schedule will be:

- Friday, July 27th, 7:00 pm: Centerbrook, meet at Essex Elementary, 108 Main Street, Centerbrook.
- Saturday, July 28th, 10:00 am: Ivoryton, meet at Ivoryton Library, 106 Main Street, Ivoryton.
- Saturday, July 28th, 1:00 pm: West Ave. and Prospect St., meet at Pratt House, 19 West Ave., Essex. Includes admission to Pratt House.
- Sunday, July 29th, 7:00 pm: Essex Village, meet at the foot of Main St., Essex.

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Ivoryton Walking Tour.
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Sustainable Essex

Sustainable Essex is the new name for the Essex Citizens for Clean Energy committee that now finds itself with an expanded mission. On May 3, 2018, the Essex Board of Selectmen voted to join a statewide initiative – Sustainable CT – that promotes a broad menu of sustainability practices that aim to ensure the health and well-being of current and future residents while respecting the finite capacity of the natural environment.

Essex Citizens for Clean Energy (ECCE) is a group of residents who are concerned about climate change that has been working since February 2006 to ensure a clean, sustainable and cost-effective energy future for Essex. Through a variety of initiatives, the group has promoted solar energy, pressed for energy conservation, obtained grant money, and offered energy-efficient LED light bulbs to town residents in exchange for their incandescent bulbs. The group also benchmarked the energy performance of municipal buildings in town using the EPA's online Energy Star Portfolio Manager program, which will make it easy to measure annual performance over time.

As the group searched for further ways to improve the environmental outlook for Essex, the town was approached by the Sustainable CT organization. Sustainable development is a strategy by which communities seek to balance environmental



Aerial photo of the solar panel installation at Essex Elementary School. Photo by Shoreline Aerial Photography, LLC.

protection, economic development, and social objectives to meet the needs of today without compromising the quality of life for future generations.

The Sustainable CT program encourages a spectrum of actions including watershed management, arts and creative culture,



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renewable energy, “complete streets” (that meet the needs of walkers and bikers as well as cars), recycling programs, climate vulnerability assessments, support for local businesses, and efficient and diverse housing options.

Having signed onto the program, Essex is now eligible for additional funding, technical support and training to help with implementing the actions. The town is now joining a locally driven CT network that exchanges information, materials and ideas on best practices. After successfully completing various actions, the town will be eligible for Sustainable CT certification.

The initiative was developed under the leadership of the Institute for Sustainable Energy at Eastern Connecticut State University in partnership with the Connecticut Conference of Municipalities. Three Connecticut philanthropies - The Emily Hall Tremaine Foundation, the Hampshire Foundation, and the Common Sense Fund - have supported the program's development and launch.

The Sustainable Essex committee will administer the program, and is actively recruiting new members. Current members include Janice Ehle/Meyer, Frank Hall, Sharon Lewis, Chris McAloon, Stacy Abbott, Rick Stebbins, Claire Tiernan, and Patty Sisson. Please join us in working to improve the resiliency and sustainability of Essex.

For more information on Sustainable Essex, visit: <http://www.essexct.gov/sustainable-essex-committee>.

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Celebrating 50 Years - The Early Years



In July of 1968, readers of the Deep River New Era or Hartford Courant newspapers found an announcement tucked into the pages. In the face of growing concern over development in the area, a group of Essex residents had formed a land trust to acquire open space property for public use. It was called the Essex Conservation Trust (ECT) and its mission, said president Thomas S. Willetts, would be “to promote for the benefit of Essex residents ... the preservation of natural resources and the plant and animal life therein ... as well as scenic and historic sites.” It would seek to “acquire by gift or purchase ... real or other property ... exclusively for educational, scientific and conservationist purposes.”

Henry Tower was named vice president. Mrs. Frederick Dagget, secretary and R. William Bevan treasurer. The directors and the advisory board reads like a “Who’s Who” and included Merritt Comstock, Herbert Clark, Charles Doane and Walter Budney. The Middletown Press covered the first meeting, held October 9. Already 258 members strong, the auditorium was “packed” according to the press. Joseph Ward Jr. of the State Council on Agriculture and Natural Resources gave a talk and showed a film, “Wingbeats on the Sand.” But the highlight was an announcement by Land Acquisition chairman Merritt Comstock that the trust had purchased its first property - a 5-plus-acre section on the northeast section of Thatchbed Island.

Thatchbed Island was the early focus for land acquisition. In January of 1969, a group of property owners, led by Chester Bowles, donated acreage on the island’s



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A recent aerial view of Thatchbed Island.

south end. This followed an earlier gift of land on Great Meadows by Mrs. Francis K. Buell in memory of her husband, Fishy Buell.

Membership expanded rapidly and included 47 in the Junior Land Trust, made up of 5th and 6th graders from Essex Elementary School under of the

guidance of 6th grade teacher Alouise Keenan. Yearly dues were \$1.

The ECT acquired six more acres on Thatched Bed Island that winter, purchased from Mrs. Edna Pratt Ek and Capt. Walter Rowe. Rowe, founder and first Commodore of the Essex Yacht Club, had bought land there in 1946 to protect it from development, making him one of the town's first conservationists. Ek's property had been in her family since the 19th century, when it was used to grow salt hay.

Thus, by the early 1970s, a new idea was taking hold - the idea of donating, and deeding or selling land to the ECT. William Mitchell of Ivoryton deeded 4-plus acres on the Falls River, including three acres of valuable wetlands. Mitchell said he hoped his act would "encourage other landowners to follow suit." ECT pres.

continued on page 28

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Essex Land Trust - 50 Years... continued from page 27

E.P. Williams lauded the move, which would “help insure the quality of life in this community.”

But the trust was about more than saving open spaces. Education through talks and presentations was part of the plan, too. The first of the trust’s Ecology Walks took place out on Great Meadows, hosted by Conn College student Rob Hernandez, who explained the flora and fauna of the pendant bar to a group of active members. The Old Saybrook Pictorial covered the event. The trust termed it a success and a second walk was planned. Throughout the early 1970s, a variety of speakers were bringing current issues to the fore. Christopher Percy, executive director of the Connecticut Watershed Council, discussed the pros and cons of the plan to build an oil refinery on Long Island Sound. Yale University forestry expert William Burch Jr. talked about the relationship between humans and the environment. Richard Buck, an expert on the Atlantic Salmon, highlighted efforts to bring the fish back to its Connecticut native river.

Membership was now more than 400. In the space of just five or six years, the Essex Conservation Trust, through acquisition and education, was becoming an integral part of the three-village community.

Steve Knauth

Editor’s Note: In 2018, the Essex Land Trust is celebrating 50 years of preserving and enhancing our community’s open space and natural resources for the benefit of future generations.



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Essex Land Trust Coming Events

The Essex Land Trust annually organizes a calendar of diverse events including hikes, lectures, nature talks, canoeing and kayaking trips, all featuring guest speakers and knowledgeable naturalists. All of these events are free and open to the general public.

**Saturday, August 11, 9:00 am,
Heron Pond Road off Route 154, Essex,
Heron Pond Hike**

Heron Pond is a 29-acre preserve with two lively watercourses flowing down separate valleys with a ridge in between. An easy-walking terrain with trails reaching from high ground and rocky outcroppings to sandy streambeds. Discover traces of old roadbeds and stone walls hinting at the land's early uses including logging and pasturing of farm animals. Bad weather cancels.

**September 8, 9:00 am,
Book Hill Woods Road entrance, Essex,
Hike at Canfield Meadow Woods**

A part of this land trust property was

donated by Mr. and Mrs. Earl Canfield in 1968, making it one of the land trust's earliest properties. A donation by the Nature Conservancy in 1985 completed the more than 300 acres of preserve shared by Essex and Deep River. It consists 17 trails winding through mixed old and new growth forest with many rocky outcroppings. Bad weather cancels.

**Saturday, September 29, 9:00 am,
Source to the Sea Clean up Great
Meadow, Essex**

Join us in cleaning the shores and marshes of our beautiful CT River. Sponsored by the CT River Conservancy, volunteers will collect debris along the length of the river from its source in Vermont to its mouth in Old Saybrook. Meet for your assignment at the Essex Boat Club (dirt road access between #143 and #145 River Rd. (the lane also serves Pettipaug Yacht Club). Wear waterproof boots and come rain or shine. Refreshments will be served. All ages and abilities are welcome.



Clean up Great Meadow.

**Saturday, October 6, 10:00 am,
Windswept Ridge Preserve,
Essex 50th Anniversary Hike**

Come celebrate the re-opening of this unique and greatly expanded property. Once just a neighborhood property, it has become a large preserve stretching from Ivoryton to Essex. With help from a professional trail builder, our stewards have

continued on page 30



William Pitt





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Essex Land Trust Events... continued from page 29

created new and unique trails in this 40+-acre property, which consists of ridges, ravines and wetlands. Enter at one of the three locations: the Windermere Way

entrance, the Windsor Lane entrance or the Plains Road entrance. Stewards will guide you to a central location where we will celebrate the re-opening of this

very special property. All ages welcome. Boots recommended. Rain date: Sunday, October 7, 1:00 pm.

Minimizing Pollution & Maximizing the Effectiveness of Lawn Fertilizer

Editor's Note: The following article provides useful advice on how best to care for your private green space and the environment.

Although many improvements have been made in the water quality of Long Island Sound, pollution from nitrogen still leads to excess algae growth and low oxygen in certain parts of the Sound. Stormwater runoff from lawn fertilization is one source of nitrogen pollution. The following recommendations are based on the research of leading turf scientists in New England. By taking some of the following actions in your yard, you can help to improve the health of Long Island Sound:

- If an unfertilized lawn is considered acceptable, then do not fertilize.
- Return clippings to lawn and mow as high as can be tolerated

(at least 3 inches). This practice can reduce nitrogen needs (and your fertilizer cost) by 50%.

- Test soil to determine if fertilization is needed. For information on having your soil tested and getting fertilizer recommendations, visit <http://soiltest.uconn.edu> and select "soil testing."
- If planting a new lawn or reseeding, choose grasses such as fescues that require less nutrient and water inputs.

USE THE RIGHT FORMULATION FOR YOUR LAWN:

- If a soil test shows that phosphorus (P) and potassium (K) are adequate, only apply nitrogen fertilizer. Applying more than what is called for wastes your money, adds to pollution and doesn't make your lawn healthier.
- If fertilizing, slow-release fertilizers are better than soluble, fast release formulations.
- For new turf, if soil organic matter is below 3% (your soil test

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results will give you this value), incorporate compost or another organic matter to raise the OM in soil to at least 3% (preferably 5%).

- Avoid using combinations that include both fertilizers and pesticides. You may be over-applying harmful pesticides when they are not really needed.



APPLY THE RIGHT AMOUNT

- If adding nitrogen fertilizer, set a target maximum rate of one half (or less) of the bag recommendation,

with a maximum annual application rate of 3.25 lbs. of total nitrogen for every 1000 ft². Less fertilizer should be applied if you live near an environmentally sensitive area, such as next to a wetland or waterbody.

FERTILIZE AT THE RIGHT TIME

- Do not apply fertilizer before spring green-up, or after October 15.
- Do not apply any fertilizer if major rain is expected within 48 hours. Excess fertilizer can wash off into the stormwater system, which leads directly to local streams.

FERTILIZE IN THE RIGHT PLACE

- Do not apply ANY fertilizer or pesticide to turf that borders a waterbody.
- If property borders a lake/pond or river, leave a buffer of unfertilized grasses or other vegetation of at least 20 feet.
- Apply fertilizer carefully so that excess doesn't land on hard surfaces like sidewalks and driveways. The next rain event will wash the fertilizer into the storm system where it will be discharged to the nearest waterbody, where it causes problems.

OTHER USEFUL TIPS

- Trying to figure out how big your lawn is? Use our rain garden app or website! The sizing tool on the website or in the app allows for you to zoom in on your location and outline the shape of your roof, to measure the area. However, you can outline a shape on any area, including your lawn. Use this tool to figure out how big your lawn is to help determine how much fertilizer to apply. Visit our website here: <http://nemo.uconn.edu/raingardens>, or search for "rain garden" in the Google Play store (Android) or the App Store (iOS). It's free!

Michael Dietz, Ph.D.,
UConn, July 2017

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“The Addams Family” Thrills Sold-Out Audiences



Above: Addams Family on stage.
Photo courtesy Vista Life Innovations.

Between catchy dance routines and hilarious one-liners, A Shared Stage Productions performance of “The Addams Family” at The Kate in Old Saybrook entertained three sold-out crowds May 18, 19 and 20.

Starring a unified cast of performers from the shoreline theater community and Vista Life Innovations, a post-secondary program supporting the personal success of individuals with disabilities, this delightfully kooky production directed by Martin Marchitto had audiences laughing in their seats.

But more than just a musical, “The Addams Family” fostered acceptance and unity among the greater shoreline and Vista communities. This production brought together at least 45 Vista students and members and 26 community members—including the cast, crew, production team, and volunteers—providing a powerful shared experience for all involved. “The Addams Family” marked Vista’s fifth all-abilities musical production and the first to debut under Vista’s recently established performing arts program, A Shared Stage Productions.

The production was generously sponsored by Peach Pit Foundation, The Madison Foundation, Cornerstone Construction Services, Community Foundation of Middlesex County, Guilford Foundation, Guilford Savings Bank, Swan Funeral Home, Farmers Insurance, the Lee Family, the Wrotnowski Family, Bruce Baber, and Laurie Pilcher.

Vista Life Innovations is a 501©3 nonprofit organization accredited by the National Commission for the Accreditation of Special Education Services (NCASES). With campuses in Madison, Westbrook and Guilford, Vista’s mission is to provide services and resources to assist individuals with disabilities achieve personal success.

Visit www.vistalifeinnovations.org for more information.



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Below: Morticia and ancestors.
Both photos courtesy Vista Life Innovations.



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The young and the young-at-heart are in for a great time at the 4th Annual Cruise Blues & Brews Festival, to be held Saturday, September 29, 2018, 10:00 am to 4:00 pm (rain or shine), at the Chester Fair Grounds.

This festival features hundreds of antique and unique cars on display, performances by Connecticut's top blues bands, a food court with a variety of up-scale food trucks, locally brewed craft beer on tap, a marketplace of vendors, a kid's play area full of activities, trophies, games and prizes.

All proceeds from Cruise Blues & Brews Festival support the At-Risk Boys Fund at the Community Foundation of Middlesex County. Established only five years ago, The At-Risk Boys fund has awarded over \$75,000 in grants to organizations throughout Middlesex County. These grants have helped hundreds of boys and young men achieve success and a better life.

To learn more about the 4th Annual Cruise Blues & Brews Festival or to make a donation please go to: www.atriskboysfund.com.

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Unusual Whites for the Summer

There are so many different grapes grown in the world making for a vast amount of interesting wines. Every once in a while we should explore some of these unusual wines. Here are just a few wines that are slowly growing in popularity.

The first wine we will discuss comes mostly from the country of Austria. The grape is called Grüner Veltiner, this being the most widely grown grape in that country. The wine is late harvested but it does develop into a slightly peppery, full bodied, but dry crisp finish. The wine can also age well to become a richer and more complex wine.

The next wine has become very popular as a just sitting around sipping wine. It is from Portugal, called Vinho Verde, which means "Green Wine." The wine is light in color and also light in body. The wine has good acidity and a little spritz to it. The region it is grown in is controlled by law not to produce a wine to exceed 11.5% alcohol content. Due to this, the wine should be drunk young, as it will be most refreshing at this point.

Muscadet is a wine produced in France at the beginning of the Loir valley. The muscadet area only grows one grape, Melon de Bourgogne, which has been around since the 17th century. The most predominate growing region for this wine is Muscadet-Sèvre et Maine where as much as 75% of this wine is produced.

The wine produces a slight mineral and limestone flavor, which is a great wine to pair with shellfish and other seafood dishes. Also some of these wine areas are labeled Sur Lie under the name of Muscadet. This means the wine "rests on the lees," (which is the dead yeast, left over seeds and pulp from the grapes produced during the wine-making process, right after fermentation). This gives the wine slightly more body.

Enjoy these light refreshing wines for the summer, pairing them with light dishes or just drinking them on their own. Cheers!

Art LiPuma, Manager, SeaSide Wine & Spirits



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Additional matinees: Saturday, August 18 at 2:00 pm and Saturday, September 1 at 2:00 pm.

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The Essex Foundation, Inc.

The Essex Foundation continued its stewardship and mission to make a difference in the lives of Essex residents by supporting a number of diverse and local projects in the first half of 2018.

The first order of business by the Foundation's Board of Directors was to appoint Cheryl Harger of Ivoryton as Treasurer of the nonprofit 501 (c)(3) organization. She replaces Herb Clark, who made the decision to step down from the position after serving as an officer for more than four decades. He will continue on as a member of the Board of Directors. The addition of Ms. Harger brings the total number of board members to seven, which also includes President Bruce Glowac, Vice President Jay Tonks, Secretary Judy Bombaci, James Clark, and Strickland Hyde.

The Foundation also provided financial support for additional repair of the Town Clock, housed in the cupola of the First Baptist Church on Prospect Street. The 158 year-old clock stopped keeping time in November, eight years after the last major repair was done to keep it operational. The Essex Foundation and the Town of Essex are funding the overhaul of all motion works and transmissions behind the four dials of the clock, as well as the replacement of 100 feet of strike weight rope.

Plans for the next phase of the Essex gateway beautification project are also underway with discussion of additional trees, shrubbery and wild flowers to be installed at the intersection of Route 153 and Route 154. The first phases

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Herb Clark welcomes Cheryl Harger as the newest member of The Essex Foundation Board of Directors and as his replacement as Treasurer for the non-profit organization.

included the installation of 12 Chanticleer pear trees and over 300 evergreen and perennial plants.

The Essex Foundation is funded through donations from the community and strives to fill needs not met by other organizations and that require quick action and have immediate impact. More information can be found at: www.theessexfoundation.org.

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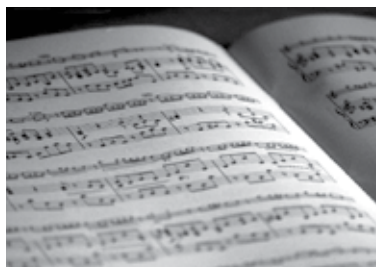
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No matter its form - music, theatre, dance, film, painting, sculpture, literature - art enhances our lives. It connects us with our community. It provides opportunities to explore issues, and feeds the mind and soul. Art in all its various forms drives our culture. We can't imagine a world without art,

and we applaud all who share the same passion and desire to ensure that each and every one of us has access to its many benefits. We celebrate the dedicated art lovers who are working together, pooling and leveraging their gifts through the Community Foundation of Middlesex County (CFMC), in a wide variety of ways to support programs in general or help sustain specific organizations.

Some donors choose to contribute to the CFMC Arts Fund. Many opt to establish their own fund like the Kirkpatrick Family Fund, the Loffredo Performing Arts Fund, and the Ann and George Petry Fund. All help new and ongoing arts programs through the CFMC grant award process. Other donors prefer to ensure the viability of a specific nonprofit organization and decide to create



a designated fund through CFMC. The Carolyn Greenleaf Memorial Fund for the Community Music School was started by a group of friends who wanted to celebrate the life of a wonderful musician

and provide means for generations to come to take lessons from professional musicians. The Santo Fragilio Middletown Public Schools Cultural Council Fund was established by a beloved donor who appreciated the broad variety of artistic programs the Cultural Council brings to the Middletown Public Schools. The Elizabeth Swaim Arts Enrichment Fund for Middletown Public Schools and the Jacqui Hubbard & Norman Needleman Honorary Fund for the Ivoryton Playhouse Foundation are two more examples of how individuals can target their giving to benefit specific arts organizations, now and in the future.

Through these funds and other contributions, recent grants have been awarded to arts and culture programs that are having a big impact. Teens are flexing their artistic talents and sharing their creative spirit through open mic nights that celebrate the power of the spoken word and by developing scripts and performances



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to explore issues and open dialogue in the community. Young musicians are working with professional musicians in one-on-one and small group lessons, learning new techniques and gaining knowledge of the music industry. School-based and summer programs offer children of all ages the opportunity to enhance their talent and learn acting, singing, script and song-writing, and circus

training from seasoned professionals. New one-act plays are being created by and about women, and the issues that shape their lives, in a safe, nurturing environment for play development, including a week of intensive rehearsal with the playwrights, directors, and actors.

Thanks to all of you, the arts are indeed alive and well and thriving throughout Middlesex County. Whether your gift is large or small, you are true patrons who are enriching the lives of so many through partnership and community. We are honored to help you put your passions into action and invite you to learn more by calling us at: 860-346-0025 or visiting us online at MiddlesexCountyCF.org.



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Joey Logano – Inspiring others to do for others

by Sigrid Kun

Professional NASCAR driver Joey Logano started his racing career right here in Connecticut racing quarter midget cars and quickly made a name for himself. Starting at the age of six, the Middletown, CT native started winning championship after championship – to the point that, by the time he was 15, he was already on the radar with NASCAR racing legends. Now, he's always to be reckoned with on the NASCAR racing scene, competing full-time in the Monster Energy NASCAR series and part-time in the NASCAR Xfinity series.

THE STATS ARE IMPRESSIVE.

- Youngest driver to win a NASCAR Xfinity Series race - winning at Kentucky Speedway in 2008 when he was just 18 years, 21 days old and in only his third Xfinity Series start.
- 2009 Monster Energy NASCAR Cup Series Rookie of the Year
- Won the Daytona 500 in 2015 - Second youngest driver to win this race.
- 49 combined wins in NASCAR's top-three series

There is, of course, the glitz and the glamor that pervades NASCAR as a whole. And there's the occasional race-action controversy. And there are the ups and downs. After early successes (leading to the nickname, "Sliced Bread") and nearly winning a championship in 2016, Joey failed to make the playoffs in 2017. This year could mark a turnaround. Joey notched a win at Talladega Superspeedway in April, which ended a nearly year-long winless streak and, as of press time, he is fifth in the NASCAR Championship Point Standings.

But there's more to the 28-year-old than that. Joey and his wife Brittany, whom he married in 2014, welcomed their first child into the world this past January. Joey and Brittany have also been very committed to giving back. In a previous conversation, Joey mentioned, "If we can touch a few people's lives and help them become contributing members of our community and the world, it's really going to make a difference and it starts one person at a time." That's the crux of the Joey Logano Foundation that invests in organizations offering second chances to children and young adults during times of crisis and works to inspire others to live a life of generosity.

WHY SECOND CHANCES?

First, there was a life-changing visit to Joplin, Missouri in 2011 where Joey helped to rebuild a home for a local family following the tornado that devastated the area. That family needed a second chance. Little did Joey know that he would soon need his own second chance. He had been driving the No. 20 Toyota Camry for Joe Gibbs Racing since the 2009 season, but that ended in 2012. He received his second chance when he was picked up by Penske Racing in 2012. The following year, the Joey Logano Foundation was established.



Upper right: Joey Logano. Middle photo: Number 22 on the track. Bottom left: Joey and his wife Brittany at a Meet and Greet. Photos courtesy of the Joey Logano Foundation.

Since 2013, the foundation has invested almost \$2.7 million in various organizations across the country. Programs include inviting children who are facing tough situations (whether physically and/or emotionally) annually to a NASCAR race to be part of the crew for the day, supporting non-profit organizations during the 10-week NASCAR playoffs in each playoff race market, assembling and donating comfort care backpacks to foster and/or terminally ill children, and an annual fundraiser in Connecticut, called Driving Hope Home. A portion of the Driving Hope Home proceeds are donated to The Ronald McDonald House of Connecticut with the remaining proceeds donated to reputable charities the foundation supports to offer children in need a first or second chance. "It's our responsibility. You have to do it. If we're not going to do it, who else is going to be an advocate for these kids," says Brittany, who notes that first chances are important too. "They need a first opportunity in life. If we can shed light to this and inspire others to do the same, we can have a bigger impact than the two of us. That's our goal."

There is no doubt that Joey is a fierce competitor and a pure NASCAR racing talent. But don't overlook the other side. "When you are able to make a difference like that, you can see it in that person's face, how much it affects their lives - there's no better feeling than that," he observes. "I can talk about race wins as much as I want and how great that is but there's nothing better than that win - when you're able to affect something. That's a bigger win than any racetrack can get you."

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