

Madison events

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The First Selectman's Corner

CALLING ALL BEDS!!

The Madison Chamber of Commerce will hold its 4th Annual Bed Race on Saturday May 6th (Rain Date May 7th). The race begins at 1 pm on Meetinghouse Lane (north side of Town Green). Before the race, a "Showcase of Beds" will be on display in the Academy School-Memorial Town Hall parking areas. There will be music featuring a DJ, food trucks, and kids' activities. Here's the schedule:

- 1-2 pm: Showcase of Beds (near Memorial Town Hall)
- 2 pm: Parade of Beds from Showcase area, west along Meetinghouse Lane to starting line at Copse Road
- 2:15 pm: Race begins - beds will race in "single-bed heats" east on Meetinghouse Lane to the finish line. Lots of laughs will accompany the event as the beds are raced down the road toward the finish line!

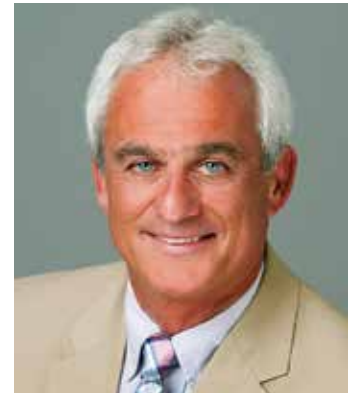
We hope to see you there at this free, family-friendly and fun event!! For information: 203-245-7394.

PARADES, CONCERTS AND FESTIVITIES

As the warm weather approaches, Madison comes to life with events for the whole family. Our Annual Memorial Day Parade will be on Monday, May 29th at 10:00 am. The parade will start at the Scranton Parking Lot near Stop & Shop and proceed through downtown Madison to West Cemetery. There is a

ceremony at the Town Green flagpole at around 10:15 and another at the cemetery.

July gets busy with the legendary "Concert on the Green" sponsored by Madison Cultural Arts. This year's Concert on the Madison Green will be held Saturday, July 1st, beginning at 5:00 pm with the Shoreline Youth Symphony Orchestra, followed by the Caribbean band, Moto, performing at 6:15 pm. At 7:00 pm, Philip Ventre and The Wallingford Symphony Orchestra will perform a new program that will of course include all of your favorite patriotic music.



Tom Banisch, First Selectman

The 2017 Madison, CT Fireworks are scheduled for Monday, July 3, 2017 at 9:30 pm (Rain date: Friday, July 7, 2016 at 9:30 pm). The main public viewing locations are from Surf Club Park, East Wharf Beach and West Wharf Beach. Parking will be very limited, so use of the free shuttle bus service is encouraged. Durham School Services will provide school buses to and from the intersection of West Wharf Road and Surf Club Road and **continued on page 3**



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18 Industrial Park Road, P.O.Box 205
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860-767-9087 Fax 860-767-0259
email: print@essexprinting.com
www.essexprinting.com

PUBLISHER
William E. McMinn

ART DIRECTOR
Kathy Alsop 860-391-4372
kathy@eventsmagazines.com

COVER EDITOR
AC Proctor 860-767-9087

LAYOUT & AD DESIGN
Lynne Hardt

SALES REPRESENTATIVES

VERNON • TOLLAND
ELLINGTON • WILLINGTON
Tom Fortin 860-299-4568
tom@eventsmagazines.com

ESSEX • WESTBROOK
CLINTON • MADISON
Ward Feirer 914-806-5500
wfeirer@gmail.com

OLD SAYBROOK • OLD LYME • EAST LYME
Betty Martelle 860-333-7117
betty@eventsmagazines.com

CHESTER • EAST HADDAM
EAST HAMPTON • HADDAM
Sue Smith 860-885-9670
sue@eventsmagazines.com

GUILFORD • STONINGTON
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CONTENTS

The First Selectman's Corner	1
Attention Madison Veterans and Families	2
Madison Police Department	4
Madison Land Conservation Trust	7
Local Volunteers Seek to Make Rockland Bike Park a Reality	8
Madison Historical Society	9
Adult & Family Programs at Bauer Park	12
Essex Printing Winner in New England Regional Printing Awards of Excellence Competition	13
Community Foundation of Middlesex County	13
Vista Promotes Autism Awareness, Unity Through Art	14
Beach & Recreation Department News	15
Spring Into Rosé	16
A Beauty Blueprint for Every Age	16
The Second Annual Kentucky Derby Party Presented by The Women's Club of Madison	17
Climate Change	17
Anterior Hip Replacement Surgery Aids in Recovery	18
Diabetes and the Eye	20
Madison Art Society 42nd Annual Art Exhibition and Sale ...	23

Attention Madison Veterans and Families

The Town of Madison has established a Veterans' Advisory Committee, which is now available to you as a resource for questions and concerns. This is a result of a requirement by the State of Connecticut. You can contact The Veterans' Advisory Committee through the Madison Town Clerk's office.

Please call 203-245-5672 for any needed assistance. Your request will then be referred to a committee member who will contact you. (If you have an emergency situation, please contact 911.)

All communications are confidential. Thank you for your service. We look forward to working with you.

FIRST SELECTMAN'S CORNER... continued from page 1

the following parking lots, beginning at 5:30 pm: 1.) Scranton Parking Lot/Stop & Shop; 2.) Railroad Station on Bradley Road; 3.) Rt. 79 commuter parking lot at I-95.

Following the end of the fireworks, all buses will return commuters to these parking lots. Buses will run until all potential passengers are accommodated.

On Tuesday, July 4th, the Madison Exchange Club hosts the 38th Annual Madison Independence Day Parade. One of the largest parades in the state, there are floats and groups from all over and this year we hope to feature several State Championship teams from Daniel Hand HS including boys' soccer, girls' gymnastics and girls' basketball.

Throughout July and August, Madison is Musical!! Madison Beach & Recreation Summer Concerts at the Surf Club and the Green are all free and family friendly. Friday concerts are performed 7 - 9 pm on the deck of the Surf Club, and Sunday concerts are performed 6 - 8 pm on the Madison Town Green. Bring a chair and enjoy!

Enjoy outdoor movies and concerts this summer on the Grassy Strip at the Madison Beach Hotel. Guests and the public are invited to free entertainment, starting with movies at sundown

on Tuesdays. Bring a blanket and the family to see some of your favorite animated films. Their concert series, which starts at 7 pm on Wednesdays, features a variety of music styles, including pop, patriotic and big band sounds.

To ease traffic at these events, please park at the Scranton Park Gazebo (located in the Stop & Shop parking lot) or the Madison Surf Club. The complimentary shuttle offers continuous service from these lots to/from the Grassy Strip between 6 pm and 10 pm.



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Madison Police Department



Pictured (L to R): Captain Joseph Race, Chief John "Jack" Drumm and Communications Supervisor Edmund Brunt at the CALEA Conference in Mobile, Alabama on March 25, 2017.

On March 25, 2017, the Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA®) awarded the Madison Police Department their second Advanced Law Enforcement Accreditation. This award was bestowed upon the

Madison Police Department at the spring CALEA Conference in Mobile, Alabama.

This award is the culmination of a process that was put in motion when Chief John "Jack" Drumm arrived at the Madison Police Department in January 2010. Since that time, the Department has revised its policy manual, adhered to the best practices in law enforcement and received Initial Accreditation in the spring of 2014. Since Initial Accreditation, the Department worked tirelessly to demonstrate compliance with CALEA Standards. In December 2016, the Department again hosted two national assessors who arrived at the Madison Police Department to inspect the facilities, meet with officers and staff, and review the 481 files necessary for CALEA Advanced Law Enforcement Accreditation.

Additionally, the Madison Emergency Communications Center also hosted a

national assessor who reviewed an additional 106 Communications Standards for the CALEA Public Safety Communications Accreditation.

Following the On-Site Assessment, the Madison Police Department and Madison Emergency Communications Center were recommended for Accreditation, but faced one additional interview with members of the CALEA Commission. Chief Drumm, Captain Joseph Race and Communications Supervisor Edmund Brunt successfully responded to all questions asked and the Madison Police Department's Advanced Accreditation and the Madison Emergency Communications Center's Public Safety Communications Accreditation were granted. This distinction is the first of its kind in Connecticut and one of only 33 in the United States to hold this Law Enforcement and Communications dual Accreditation.



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Madison Land Conservation Trust



Join the Madison Land Trust for a spring birding hike on May 6 at the Rettich Preserve.

Saturday, May 6, 8:00 am. Spring Birding Hike, Rettich Preserve
Join nationally recognized wildlife artist and birder Mike DiGiorgio for a spring nature walk with an emphasis on birds. With its location along the Hammonasset River, the Rettich Preserve is an excellent site to spot waterfowl and migrant songbirds. Binoculars are recommended. This will be a quiet hike, since we'll be locating birds with their calls. No dogs, please. Meet by the parking area at 274 River Road.

Sunday, June 4, 1:00 pm. Amphibian Hike, Blinnshed Loop
Join Yale ecologists Kealoha Freidenburg and David Skelly on a Connecticut Trails Day hike to search for frogs, toads, salamanders and newts. Please wear boots and bring a dip net if you have one. The trail features extensive wetlands and old logging roads through the woods. The hike will run rain or shine. No dogs, please. Meet in the parking lot of The Country School at the intersection of Opening Hill and Blinnshed Roads.

UPCOMING EVENTS

Saturday, April 29, 1:00 pm. Wildflower Hike, Rockland Preserve
Join Yale botanist Michael Donoghue for a spring flora hike in Rockland's Wildflower Preserve. Explore the preserve's five ecological niches to discover a variety of wildflowers. Meet in the Renee's Way parking lot.

Visit www.madisonlandtrust.org and see if you can solve the Mystery Trail Challenge! Trail maps, directions and more hike dates are posted.

For event weather updates and photos, visit www.facebook.com/madisonlandtrust.



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ROCKLAND BIKE PARK

Local Volunteers Seek to Make Rockland Bike Park a Reality

Rockland Preserve volunteers want you to vote for Madison in the “Meet Me at the Park” campaign in April. Your vote could help Madison receive \$20,000 toward their plan to build Rockland Bike Park.

The volunteers who built Connecticut’s top-rated singletrack mountain bike trails at Rockland Preserve are kicking off a campaign to build Rockland Bike Park. Their vision is to install a bicycle pump track and skills area, as well as a natural playground at the Rte 79 (Durham Road) parking lot.

Jason Engelhardt, project organizer, states, “This bike park will be a meeting place for young people from Madison and surrounding towns to socialize and build healthy habits by appreciating fresh air and exercise. I am a resident of North Madison with young children and I think it is time for a community destination they can appreciate. Madison Bike Park will be a unique cycling destination that will expand the cycling community at Rockland to include even the youngest riders, and it will be fun and appropriate for users of all ages.”

The volunteer group is a partnership between New England Mountain Bike Association Central Connecticut Chapter (CCT NEMBA) and Madison Beach and Recreation. The partners have had a productive relationship at Rockland Preserve since 2012. The Singletracks of Rockland, built by these volunteers, have drawn positive attention to the 650 acre town property in North Madison and have revitalized stewardship of Rockland Preserve.

The group has a fundraising goal of \$50,000 or materials that will offset the costs of the project. Volunteer Jon Petersen says, “The pump track has two major ingredients: dirt and



North Madison residents Zoe (age 5) and Silas (age 2) are ready for a new place to ride bikes.



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skilled labor. We also have smaller needs, like equipment rental, fencing, and signage. \$50,000 is a bargain for the added value to the Preserve and the community.”

Volunteer Tim Burton, fundraising coordinator and North Madison family man, looks forward to meeting with partners and seeking grants in the near future. Tim says, “We are kicking off our fundraising in April, 2017. The first big push will be for a competitive grant called Meet Me at the Park, which will award \$20,000 to the community that gets the most votes. You can help by visiting the site <https://www.meetmeatthepark.org/> and vote for Madison. We will also be participating in the Great Give online giving event sponsored by The Community Foundation for Greater New Haven May 2-3.”

Engelhardt says, “We plan to start building in 2017. The project will likely take place in stages, first the skills area, then the pump track, and last the natural playground. Right now, we have a website with our plans and have built a partnership with the town, we have applied for some promising grants, and we are optimistic that we are going to connect with people who want to help, by contributing funds, materials, expertise, and equipment.”

Connect with us, or see more details, including plans, descriptions and videos that describe pump tracks, skills areas, and natural playgrounds at the website www.madisonct.org/RBP.

Madison Historical Society

Spring is a busy season at the Madison Historical Society (MHS). Our exhibition, Over There, Over Here: Madison in World War I reopened on April 1. A collaboration of the MHS and the Charlotte L. Evarts Memorial Archives, it tells the stories of the Madison men and women who served at home and on the front. Through its artifacts, photographs, letters, and music, it commemorates the centennial of the US involvement in the war. Visit our exhibition hall at Lee’s Academy on the green and the displays at the Memorial Town Hall. Open every Saturday, April through November, 11 am – 4 pm.

The MHS is most proud to unveil its newly redesigned website at its annual meeting on May 1 at 7 pm at the Yankee Steam Works, a private transportation history museum located in Guilford. Vividly illustrated, the website, launched in time to celebrate the society’s one hundredth birthday, provides useful information about the important people, places, and events that are part of the rich fabric of Madison’s history. Yankee Steam Works is a private museum featuring nearly twenty meticulously restored vintage cars, including a 1918 Ford Model 75 electric car, a 1937 Supercharged Cord Phaeton, and a 1913 Franklin Model M Dirt Track Racer in mint condition. Also on view are an original Monarch Road

continued on page 10

Madison Town Hall D I R E C T O R Y 203-245-5600

**8 Campus Drive, Madison, CT 06443
Monday - Friday 8:30 a.m. - 4:00 p.m.**

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Emergency Management	203-245-5681
Fire Marshal	203-245-5617
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Human Resources	203-245-5603
Inland/Wetlands	203-245-5632
Madison Public Schools	203-245-6300
Planning & Zoning	203-245-5632
Police Department	203-245-2721
Probate Court	203-245-5661
Public Works & Engineering	203-245-5611
Registrar of Voters	203-245-5671
Selectmen’s Office	203-245-5602
Senior Center	203-245-5627
Tax Collector	203-245-5641
Town Clerk/Vital Statistics	203-245-5672
Youth Services	203-245-5645
Zoning Board of Appeals	203-245-5632

www.madisonct.org

MADISON HISTORICAL SOCIETY... continued from page 9



Roller, a steamboat, and a meticulously restored Bristol double-decker bus. This event is open to the public, but guests are asked to register in advance as seating is limited.

On June 10, the MHS participates in the state's annual Open House Day. This free event is organized by the Commission on Culture & Tourism to encourage visitors to discover the many interesting museums, historic homes, and cultural organizations throughout Connecticut. The Allis-Bushnell House will be open to the public from 11 am to 4 pm. We invite you to learn about five important days from Madison's past as you walk through the downstairs rooms of the house. Each room reflects a specific period – Colonial, Federal, Civil War, Victorian, and Modern Era. Docents will tell the important stories of Madison people who fought and died in the Revolutionary War, helped to establish the town, held abolitionist meetings, wrote letters to a concerned sister about a pending draft, and opened a tearoom in the early days of the suffragette movement. Light refreshments will be served.



Images are from the Yankee Steam Works Transportation Museum.

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Adult & Family Programs at Bauer Park

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BEGINNING BIRDING BY EAR

Saturday, May 20, 8:00 - 10:00 am

Bauer Park is alive with the songs and calls of breeding birds in June. The secret of learning the vocalizations of birds is by locating a bird by listening and then seeing it with binoculars. Species such as Bluebirds, Red-tailed Hawks, Yellow Warblers and Orioles will be easy to find. Binoculars and field guides will be provided or bring your own. For adults and high school students. \$10

EXPLORE THE INNER BEAUTY OF FLOWERS

Tuesday, June 20, 10:00 am - 12:00 pm

Spectacular beauty lies hidden beneath the petals of the wildflowers at Bauer Park. Dissect several species and examine them under the microscope to reveal their intricate secrets. Learn why a daisy is not a flower. Discover how flower structure relates to pollinators. The instructor holds a Certificate in Botanical Illustration from the New York Botanical Garden. For adults and high school students. \$12.50

INCREDIBLE INSECTS AND AMAZING ARACHNIDS

Friday, May 12, 10:00 - 11:30 am

Insects and spiders can sometimes be scary pests, but there are quite a few that are actually helpful to plants, animals and people. Learn the difference between insects and spiders and explore why all these "creepy crawlers" are important. The class will include a "bug hunt" and an insect craft. Ages 3-5 with adult. \$15

POND DIPPERS

Friday, May 26, 10:00 - 11:30 am

Have you ever wondered what critters live in the pond at Bauer Park? Join us for some pond dipping with nets, and you'll have the chance to observe some freshwater creatures up close. Please wear clothes and shoes/boots that you don't mind getting a little wet and muddy. Ages 3-5 with adult. \$15

SCIENCE GIRLS! classes at Bauer Park

The following classes are designed to inspire girls to explore science topics. All activities are geared towards encouraging confidence, curiosity and interest in STEM explorations.

CITIZEN SCIENCE GIRLS!

Thursday, April 27, 4:00 - 6:00 pm

Citizen science is the involvement of the public in scientific research – whether community-driven research or global investigations. There are many ways to help scientists collect data right from your own yard or park. We will investigate using a few of the projects that are available online and in use at Bauer Park. Participants will bring home seeds to start for their own citizen science project. Ages 7-10. \$20

SQUID DISSECTION for Girls

Thursday, May 11, 4:00 - 6:00 pm

Discover the mysteries of this amazing mollusk through hands-on lab activities. Locate the squid's beak, write with its ink and find the shell hidden inside its body. Learn about female marine scientists who are at the forefront of cephalopod research, including the search for the giant squid! Ages 7-10. \$12.50



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SAFARI SCIENCE GIRLS

Thursday, May 25, 4:00 - 6:00 pm

Come learn how you can combine your love of nature with your love of science! While exploring the woods and fields of Bauer Park, we'll also explore some of the ways scientists study the plants and animals that live there, and try some of the techniques used by field biologists, anthropologists and ecologists to make sense of what we find. Ages 7-10. \$15

THE WORLD AND WORK OF POLLINATORS for Girls

Thursday, June 8, 4:00 - 6:00 pm

We will learn what pollinators are, why they are important, and steps we can take to help them. We will also participate in a citizen science project that helps scientists who are studying bees. Participants will bring home seeds to start for their own citizen science project. Ages 7-10. \$20

Summer Camps at Bauer Park! Visit www.madisonct.org/recreation for registration and more information. Questions? Call 203-245-5623. Learn about upcoming events at Bauer Park at: www.facebook.com/bauerparkmadisonct. Educational programs can be arranged for school, scout and community groups at Bauer Park, Rockland Preserve and the town beaches. Contact the Beach & Recreation Office at 203-245-5623 for more information.



Explore the inner beauty of flowers at Bauer Park on June 20.

Essex Printing Winner in New England Regional Printing Awards of Excellence Competition



Essex Printing has once again been honored for the quality of its work. On April 5th, the Print Industries of New England (PINE) announced Essex Printing as an Awards of Excellence winner in the Association's Awards of Excellence competition. The announce-

ment was made during PINE's Industry Awards Gala, held at the Mechanics Hall in Worcester, MA, with hundreds of industry professionals in attendance. The Awards of Excellence Competition attracted over 320 entries from 41 printing and imaging companies across New England competing in a variety of printing and graphic communications categories such as best annual report, direct mail campaign, labels & packaging, and more.

"We are honored that PINE has again selected Essex Printing for this prestigious distinction. Consistently winning Pinnacle Awards means that the company and its employees demonstrate a deep commitment to the company's customers and the quality of work produced on a day in and day out basis," said William McMinn, President of Essex Printing. "We look forward to continuing to meet our customers' needs and objectives with top quality print and customer service."

The competition marks the 5th year in a row that PINE has recognized Essex Printing with awards for the quality of the Company's work, for a total of 13 awards – including an International Benny Award in 2014.

Community Foundation of Middlesex County

Celebrate Community Giving. At the Community Foundation of Middlesex County, we know that everyone is a philanthropist – we see it every day in its most pure and simple form. We also know that philanthropy is easy - all it takes is connecting you and your unique passion to the community in which you live, work, and play. It's that simple, and the Community Foundation is here to help connect those dots.

We work with YOU, individuals, businesses, and organizations who all share the same desire to help our local area thrive. We listen and find ways to support the organizations and resources you care about. By pooling your gifts with those of your neighbors, and investing those funds to make grants to nonprofit organizations, even the smallest gift can have a big impact today, and forever.

If your interests are varied and you enjoy

participating in the grant giving process, consider donating \$1 a day through the 365 Fund. The 365 Fund allows you to leverage your dollars with others, and engage in philanthropy with your peers. You are encouraged to attend events to network with one another, and to share and learn about issues, programs, and organizations directly affecting our communities. The larger the Fund, the greater the impact. There are many other ways to be a
continued on page 14

COMMUNITY FOUNDATION OF MIDDLESEX COUNTY... continued from page 13

philanthropist in your community. Volunteering your time, giving food to a pantry or lending a hand at a community garden or senior center. The possibilities are endless.

We hope we have sparked some ideas of how you might become a philanthropist in your own neighborhood. To learn more or do more, give us a call at

(860) 347-0025, drop us an email at info@MiddlesexCountyCF.org. We love to hear more about what matters to you.

Vista Promotes Autism Awareness, Unity Through Art




Members of Vista Life Innovations teamed up with more than a dozen students at Westbrook High School for an interactive art experience in celebration of World Autism Awareness Day on April 2 and Autism Awareness Month throughout April. Under the direction of Vista Arts Specialist Samantha Listorti, participants painted their own version of a blue lightbulb on individual canvases to illustrate Autism Speaks' international

Light It Up Blue autism awareness campaign. The integrated activity included students in grades 10 through 12, fostering a sense of unity among Vista members and Westbrook students.

"It warms my heart to see the continued collaboration between Vista and Westbrook High School," said Lyn Connery, student assistance counselor at Westbrook High School. "When people come together and learn about each other, all the barriers come down."

With campuses in Madison, Westbrook and Guilford, Vista is a nationally accredited post-secondary program that has been supporting the personal success of individuals with disabilities for over 27 years. Vista believes in community integration through the arts and is proud to count Westbrook High School as a supportive community partner.



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Madison Beach & Recreation

FREE SPECIAL EVENTS

Summer Concerts on the Green

Concerts are held each Sunday evening beginning at 6 pm on the town green. All events are free of charge. Please no alcohol as per Congregational Church request. Don't forget your lawn chairs!

July 9 – The Kerry Boys

July 16 – Last Licks July 23 – California Dreamers

July 30 – Eddie Seville and Steel Rodeo

August 6 – River of Dreams

August 13 – River Mud

August 20 – 60's Satisfaction

Summer Concerts at the Surf Club – 7-9 pm

Friday, August 11 – The Kenn Morr Band

Friday, August 18 – Larry Stevens

Saturday, August 26 – The Rovers

Public Hikes at Rockland Preserve –

Saturday, April 29th – Wildflower Hike with Michael Donoghue.

Meet at Renee's Way parking lot at 1:00 pm

Saturday, August 26th – Mushroom Hike with Bill Yule

Meet at the Renee's Way parking lot at 10:00 am.

Beach & Recreation Department News

The Beach & Recreation Department has many fun and exciting programs planned for your consideration and participation for the upcoming season. Please visit our website, www.madisonct.org/recreation, to see a complete listing of our program offerings. It is updated daily!

Beach Parking Stickers – On sale now – Required on May 27th.

- Seasonal Stickers, in order to be valid, must be permanently affixed to the outside of either your windshield or the rear side window on the driver's side of your vehicle in order to gain admittance to the parking areas.
- Seasonal Stickers are on sale through the end of the summer.
- Residents/taxpayers are eligible to purchase a seasonal parking sticker.
- Non-Residents may purchase a daily parking tag only.
- Stickers are available at the Recreation Office in Town Hall – Monday through Friday 8:30 am-4 pm.
- Daily parking tags are sold at the Recreation Office, and also at the main gate of the Surf Club Beach (cash or check only at main gate).

- Seasonal Parking Stickers may also be requested by mail. Along with your request please include a copy of your vehicle(s) registration, a copy of the registered owner(s) driver's license and check made payable to "Town of Madison," and a self-addressed stamped envelope. See rate schedule below.
- Staff will process mail in requests as time permits. Please allow at least one week turnaround time if requesting passes by mail.

2017 Seasonal Rates:

Registered owners up to age 59: \$40 per vehicle. Multi vehicle discount (\$20) if registering more than one vehicle.

Registered owners age 60 & over: \$10 per vehicle.

Veteran Discount - \$10 for one car registered in veteran's name; for others normal rates apply.

Daily Parking Rates:

Resident/taxpayers \$10 per vehicle, Non-residents – Monday through Thursday \$25 per vehicle, \$40 Weekends (Fri, Sat, Sun) and Holidays per vehicle

Beach Use Guidelines:

For your enjoyment and safety at our beaches and parks, we would like you to be aware of these excerpts from the Town of Madison Beach Ordinances: Section 14-54 through 14-56:

- Alcoholic beverages are allowed, in cans or cups only, in the Surf Club Picnic grove until 10 pm. Alcohol is not permitted on any beach, athletic field or parking area. No glass bottles, kegs or glass containers in our parks.
- Group gatherings of 50 or more not permitted during beach pass season.
- Pets are permitted at the Surf Club, East Wharf or West Wharf in the parking lots only during the Beach Pass Season. At no time are they allowed on the beach, or athletic fields or in the picnic area.
- Abusive or threatening language will not be tolerated. Violators will be asked to leave the premises.
- Inflatable toys, rafts and personal flotation devices other than Coast Guard Approved life Jackets are not permitted.
- Speed Limit in all Town Parks is 10 MPH.

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

Spring Into Rosé

Spring is finally here and I am sure everyone will agree that it has been a long cold winter. As the days become longer and the weather warms up, the perfect wines to drink are Rosés. The rosé style of wine has become increasingly popular every year, and why not? Aside from being refreshing, rosés pair well with a vast array of foods and are extremely palatable to almost any wine drinker. Rosés are comprised of mostly red varietals but are occasionally blended with a small amount of white grapes. You might ask, where does the pink color come from? Well, the juice from all grapes is clear, the

color of the wine depends on how long the skins stay in contact during the wine making process. The longer the skins stay in contact, the darker the color of the rosé. In my experience, the deeper rosés tend to have dark fruit flavors such as blackberry, cassis and plum, while the pale rosés taste of strawberry, cherry and watermelon. French rosés from Provence, for example, tend to be a pale salmon-like color and are light and refreshing in body, while Cotes-du-Rhone rosés are brighter pink and weightier in the mouth. Because of the long run of White Zinfandel in the United States, many people believe that all rosés

are sweet. White Zinfandel is made in a different fashion than true rosés, it has lower alcohol and higher residual sugar. Most rosés are in fact drier than one would expect. This makes them easy to pair with many different foods, from appetizers to entrees and deserts. It is time to invite your friends over, uncover and strike up the barbecue grill, and crack open a refreshing bottle of rosé, it will surely please your entire crowd. Happy Spring!

Art LiPuma
Manager, SeaSide Wine & Spirits

A Beauty Blueprint for Every Age

We all want to look our best. It's the common thread that ties us together as women. It doesn't matter if you're 25 or 75, we all survey ourselves in the mirror and have something to say.

The best road to healthy, get noticed skin at any age is a proactive approach. One of the most important causes of aging skin is

exposure to the sun. Your most valuable tool to combat aging is a separate sunscreen with broad spectrum UVA/UVB coverage.

In our twenties, we are confronted with stress that can sometimes show up on our faces. Antioxidants work well in this group since they fight free radicals caused by sun, pollution, alcohol and stress. Also, it is imperative to start wearing a separate sunscreen.

By the time we hit 30, even the baby faces among us will start to notice changes. Now is the time to invest in a good eye cream, as well as a night cream. You should have a twice a day routine at this point.

In our 40's and 50's, lines around the eyes, mouth and forehead deepen, under eye puffiness can worsen and hormonal changes can cause the skin to become drier and more sensitive. The final insult is sagginess due to more collagen and elastin breakdown. This is the age where non-surgical procedures can be a big help, relaxing wrinkles or replacing lost volume.

After 60 we are all noticing changes. Even those of us who were lucky enough to have only fine lines and wrinkles will notice them deepening. For most post-menopausal women, the hormone change has caused thinner, more fragile skin. Now is the time to consider office procedures such as ultrasound or laser treatments or facial surgery for even more dramatic results.

If you follow the blueprint, you can be beautiful at every age!

Dr. Susan OMalley, Founder and Medical Director
of Madison Med Spa

events
online

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eventsmagazines.com

Find your town

Click on the masthead for this quarter's issue

Scroll down for archived issues

CLIMATE CHANGE... continued from page 17

can take to help reduce greenhouse gases and other contributing causes of climate change. The first step is awareness and then to educate ourselves about the facts. We must do all we can to help save the future of our children. If your child fell into a pool and could not swim wouldn't you jump in after him or her? This is a

harsh comparison but honestly it is our children's future we are talking about. We have to at least try.

Melissa Blundon- CANP, AOLCP
Madison Earth Care, Landscaping & Garden Center

Anterior Hip Replacement Surgery Aids in Recovery

At Middlesex Hospital, a faster and easier recovery from hip replacement surgery is possible.

By approaching the hip from the anterior, an orthopedic surgeon can make an incision in the front of the leg instead of the back. This allows the surgeon to reach the hip by separating the muscles—not by cutting and reattaching them. The result: less trauma to the muscles and a better chance of a faster and easier recovery.

Anterior hip replacement surgery allows patients to bend their hip freely immediately

after surgery, or as soon as they feel comfortable doing so. By comparison, traditional posterior hip replacement surgery often means limiting a patient's motion for six to eight weeks after surgery.

There are several other benefits to anterior hip replacement surgery. Patients will likely have a smaller incision and less scarring, and they'll also experience reduced pain and have a reduced risk of dislocation.

If you have arthritis, hip pain, limited mobility or stiffness, you may be a

candidate for anterior hip replacement surgery. You should discuss what surgery option is right for you with your doctor.

Middlesex Hospital is consistently disease-specific care certified by The Joint Commission in hip and knee surgeries. It prepares patients for surgery by offering educational classes before they have a procedure. Nurse navigators are there to help patients throughout the process.

For more information about anterior hip replacement surgery at Middlesex Hospital, call 1-800-548-2394.

"Experience the Difference" at The Saybrook at Haddam.

Mom has Blossomed!

"Mom's memory loss meant her way of life was changing, but we did not want her quality of life to change as well. We are so happy – and a little surprised – at how quickly she settled into her new home and routine at Safe Harbor Memory Care Neighborhood in The Saybrook at Haddam, where residents "experience the difference" and blossom. **Safe Harbor offers:**

- Stimulating and therapeutic programs that promote individual self-worth, dignity and independence
- A kind and specially trained professional staff 24 hours/day
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Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.



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Diabetes and the Eye

Diabetes is a disease that affects your ability to produce or use insulin to effectively control the blood sugar (glucose) levels in your body. Too much glucose in the blood for an extended amount of time can damage many parts of your body, including your eyes. According to the CDC (Centers for Disease Control and Prevention) about 90% of diabetes related vision loss can be prevented with early detection. Yet a study performed by researchers at Wills Eye Hospital saw that 60% of people with diabetes skip their annual exam needed to preserve their vision. It is imperative that people with diabetes get an annual dilated eye exam because ocular complications due to diabetes may show no signs or symptoms.

When blood vessels in the eye's retina swell, leak, or close off, or if abnormal new blood vessels grow, it is called diabetic retinopathy. People who are at a higher risk of developing diabetic retinopathy are those who have diabetes or poor blood sugar control, women who are pregnant, and people with high blood pressure or high blood lipids.

Diabetes can also cause your vision to change even if you do not have retinopathy. If your blood sugar levels change very quickly, it can affect the shape of your eye's lens which causes blurry vision. Your vision usually goes back to normal after your blood sugar stabilizes.

According to the Academy of Ophthalmology, the top 5 steps to help prevent diabetic eye diseases are:

1. Get a comprehensive dilated eye exam from your ophthalmologist at least once a year.
2. Control your blood sugar.
3. Maintain healthy blood pressure and cholesterol levels.
4. Quit smoking.
5. Exercise.

Middlesex Eye Physicians
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Visit our website at: www.madisonct.org

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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BILOXI BLUES By Neil Simon APRIL 26TH – MAY 14TH, 2017	SATURDAY NIGHT FEVER: THE MUSICAL Based on the Paramount/RSO Film and Story by Nik Cohn Adapted for the stage by Robert Stigwood in collaboration with Bill Oakes AUGUST 9TH – SEPTEMBER 3RD, 2017	KEN LUDWIG'S THE GAME'S AFOOT! NOVEMBER 1ST – NOVEMBER 19TH, 2017
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Madison Art Society 42nd Annual Art Exhibition and Sale



The Light of the Silvery Moon by Del-Bouree Bach, winner of Best in Show at the 2016 juried show.

The Madison Art Society (MAS) announces its 42nd Annual Juried Show will be held at the Scranton Memorial Library, May 1-26, 2017. A community favorite, this year's exhibit will be juried by Del-Bouree Bach. Although the show is sponsored by MAS, Connecticut artists over the age of 18, working in fine arts media are invited to submit artwork for jurying.

Several events are planned in conjunction with the show. On Sunday May 7 at 1:30 pm there will be an art history lecture on The Birth of the Baroque: The Legacies of Caravaggio and Annibale Carracci. The lecturer, Will Lustenader, is an adjunct professor at Sacred Heart University, Albertus Magnus and Gateway Colleges and Choate Rosemary.

The opening reception and awards ceremony will be held on Thursday May 11, 5-7 pm. The opening is a fun social event and a great time to meet the artists.

Wednesday May 24, 6:30 pm finds artists and poets from the Guilford Poets Guild gathered for a fun event. The poets will share inspired artworks in the exhibit. The poems, always thoughtful and sometimes humorous, provide listeners insight on how the poets respond to the visual works. The public is welcome to all events.

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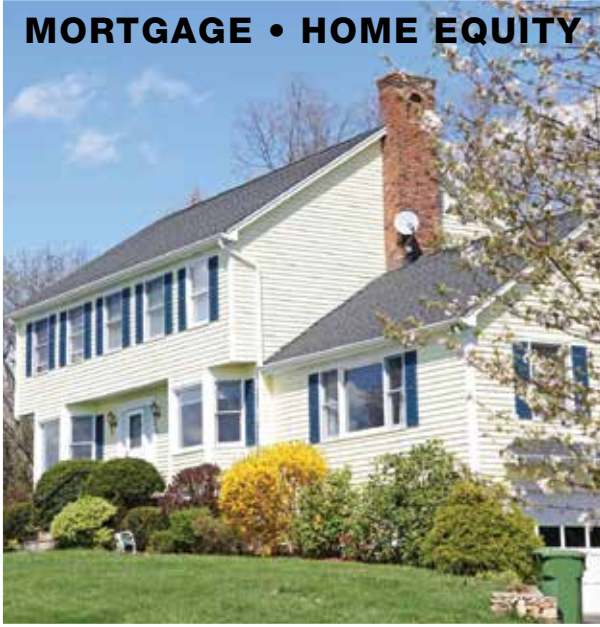


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