

# Ledyard events

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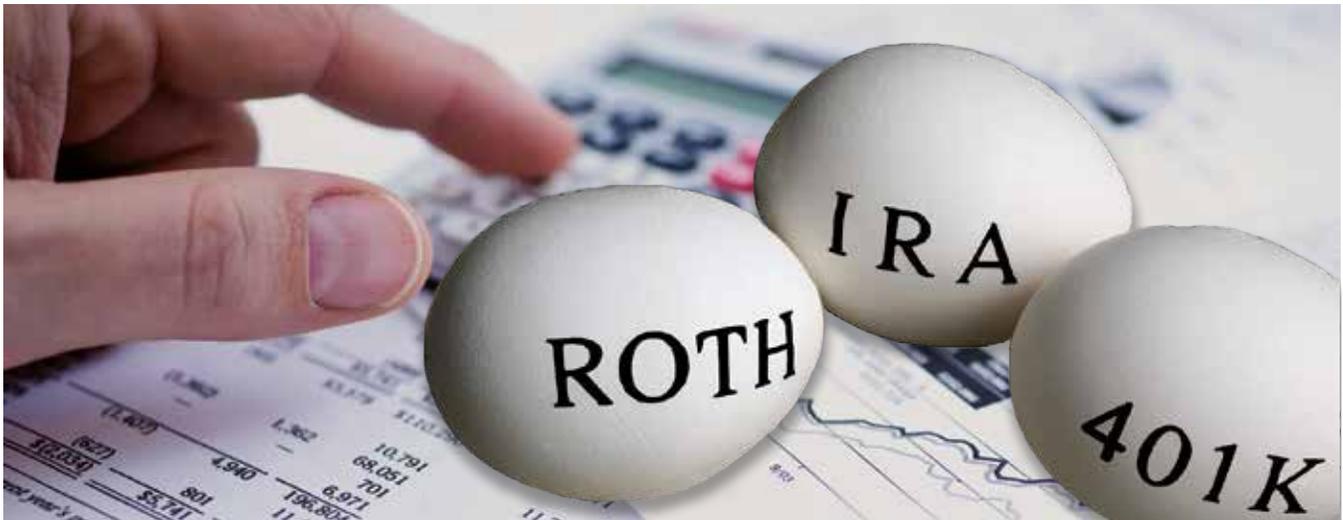
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# Mayor's Corner

Goodbye 2020!

Wow, to say 2020 has been tough, crazy, difficult, challenging would be a gross understatement. After the 4.0 earthquake that was felt in Ledyard on November 8th, I thought "what else could possibly come our way in 2020?" With only an outside chance for a Zombie Apocalypse, my mind went to a massive ice storm heavily damaging the power lines. Let's hope NOT! This issue of Events Magazine marks the first full year in production. We hope that you find the magazine useful and the information and quick reads are both interesting and valuable.

On the cover this month is a museum shot of an antique rocking horse in the historic Nathan Lester House (circa 1793.) Once a bounding farm - now on the National Register of Historic Places, the museum is open seasonally and walking and hiking trails are open year-round. Make time to visit the museum when open and hike the beautiful trails.

It may not be time for plowable snow, but it is time to think about winter parking regulations and snow removal. Public Works crews do their best to clear the roads for travel and the job is never as thorough when plowing around parked cars on the roads. Per Ordinance 300-027, on-street

overnight parking is prohibited between 1:00 am and 6:00 am from December 1 to March 31. The Town has the right to have vehicles towed that are parked in the street during these times and during winter snow operations. We make every effort to avoid towing, but your help and understanding is appreciated. Please don't plow snow into or across roadways either.

The budget vote is months away, but work is well underway here in Town Hall. We will unveil a great new financial tool this year as well - one to help our residents navigate and see an even more transparent government so watch for the announcement. With a challenging state budget projected, we once again prepare to deliver a lean budget with all efforts made to hedge against any substantial tax increases. Our core municipal focus must remain on education, roads and emergency services, with other services as we can afford.

Facebook users, if you haven't already done so, please search "Mayor Fred" and "friend" me. You can keep up with me as I represent our Town and find out important information in a **continued on page 5**



Fred Allyn, Mayor



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# events

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**COVER PHOTO**

Rocking Horse at the Nathan Lester House  
by Rebecca Lindner, caretaker.

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## Mayor's Corner... continued from page 3

timely manner. In closing, please have a safe, happy and prosperous New Year and thank you for your continued support. Ledyard is an amazing town, but it's really the people that make it so!

Best regards,



Fred B. Allyn III

## A Message from the Ledyard Town Council

This fall has been a challenging time for our community as we work to continue the business of the Town while following the State's COVID-19 protocols and directives.

The Town Council's work included the adoption of the following Ordinances:

- Proposed Amendments to Ordinance #300-029 (formerly #34) "An Ordinance Regarding Control of Alcoholic Beverages At Town of Ledyard Facilities"
- A New Ordinance "An Ordinance Regarding Control of Dogs in Parks & Recreation Areas, School Property and the Historic District"

A Ribbon Cutting took place on October 1, 2020 to unveil the completed High School Track and Multi-Use Field Project. This long overdue project included the installation of a new multi-use synthetic turf athletic field, new track and several other improvements.

At a Special Town Meeting held on October 28, 2020 the townspeople voted to transfer the Founders Preserve Property, approximately 96.32+/- acres, located at 332 Colonel Ledyard Highway, to the Avalonia Land Conservancy to remain open to the public for passive recreation and to be protected in perpetuity.

In addition, the Town Council has continued to work on initiatives to preserve and maintain the rural character of our community. These efforts include:

- Appointment of Members to the Agricultural Commission.
- The establishment an Ad Hoc Committee to provide recommendations for the development of a Zoning Regulation Amendment for Agricultural Uses in Ledyard.

The Town Council welcomes your comments on these subjects  
continued on page 6



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## Town Council... continued from page 5

or any other issues. Please visit the town's website at: [WWW.TOWN.LEDYARD.CT.US](http://WWW.TOWN.LEDYARD.CT.US) and click on the "Agendas and Minutes" tab; or visit <https://townledyard.civicweb.net/portal/>, to learn about the decisions that are being made in your community and to participate in your local government.

The Town Council would like to thank our community for their generous donations of food, gift cards and financial assistance to the Ledyard Food Pantry and Social Services Department for our neighbors in need during the holiday season.

Wishing you and your families a Safe, Healthy and Joyful Holiday!

For the Ledyard Town Council,  
Linda C. Davis, Chairman

## Agricultural Commission

The Agricultural Commission held its Organizational Meeting on October 6, 2020 with an assignment to protect and preserve farmland in our community through joint partnership programs available through the Connecticut Department of Agriculture's Farmland Preservation Program and the Community Farms Preservation Program. These partnerships would assist Ledyard to obtain funding from the State, the Connecticut Farmland Trust and other sources, including local funding, to purchase the development rights of farmland for future preservation.

The Agricultural Commission is comprised of a total of seven volunteer members appointed by the Town Council, representing residents from both the farming community and the community-at-large as follows: Chairman Bruce Garstka, Vice-Chairman Michael Marelli, Recording Secretary Allyson Angelini, Russell Holmberg, Katie Yuhas, Steve Martic and Bill Thorne.



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The Commission began its work by gathering information to develop an inventory list of farmlands in Ledyard, researching grant funding opportunities, and requesting the Town Council established an Agricultural Lands Preservation Account appropriating \$1,000 from the

Open Space Fund as seed money.

The Agricultural Commission meets regularly on the third Tuesday of each month at 6:00 pm. Residents interested in attending meetings can join our Virtual Meetings by visiting the town's website at:

WWW.TOWN.LEDYARD.CT.US and click on the "Agendas and Minutes" tab; or visit: <https://townledyard.civicweb.net/portal/>

For the Agricultural Commission  
Bruce Garstka, Chairman

## Tax Collector's Upcoming Tax Payment Due Dates

**JANUARY 1, 2021 - Real Estate Taxes and Personal Property - second installment.**

Please note that there is not a second billing for the second installment due on Real Estate and Personal Property taxes.

**JANUARY 1, 2021 - Supplemental Motor Vehicle Tax**

- Vehicles registered after October 1, 2019 but before August 1, 2020. These bills are mailed in the middle to the end of December 2020 for a January 1, 2021 due date.

**JANUARY 1, 2021 - Water Assessment**

(District 2- Ledyard Center)

These bills are mailed in the middle to the end of December 2020 for a January 1, 2021 due date.

Payments must be received or postmarked no later than February 1, 2021 to avoid interest. Payments received or postmarked February 2, 2021 or later will be delinquent. By state law, failure to receive a bill does not invalidate the tax or interest do.

If you do not receive a bill or have any questions, please contact the Tax Collector's Office at: 860-464-3232 or 3233.

*Please visit the Town of Ledyard online at: [www.town.ledyard.ct.us](http://www.town.ledyard.ct.us)*

# Spring is Coming!

It is time to start reserving  
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*\*Please check online or call us for current  
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We can also be found on  
Facebook and Instagram.



# Public Works Winter Operations

As we have entered the winter season, motorists are advised to always account for the conditions when driving during the inclement weather.

During winter weather events, residents should expect difficult travel and adjust accordingly, staying off the roads when possible or making provisions in whatever ways necessary if travel is essential.

Though Ledyard Public Works Department (PWD) employees are mobilized as efficiently as possible to meet the demand, it takes significant time to return roads to passable conditions.

During storm conditions, especially during icing or heavy snow events, keeping pace with deteriorating conditions is a particular challenge, and



residents should temper their expectations accordingly.

Residents are directed to certain important restrictions related to snow removal in Town rights-of-way. In preparation for the plowing season, any obstructions must be removed from the road right-of-way.

Residents should inspect their mailboxes for sturdiness and proper placement per postal guidelines. This will

limit exposure to plowing damage. Please note that Ledyard PWD will only repair damage caused by direct contact and not by the weight of the snow coming off the plow.

Residents should be alert for any official notices, such as parking bans, and please note that parking is not allowed on roads from 1:00 am to 6:00 am from December 1st to March 31st.

Residents are advised that placement of snow across or in roads is prohibited. Details concerning these restrictions are found in Ordinance #300-027.

**Please consult the following link for further information at:** <https://www.ledyardct.org/DocumentCenter/View/229/Public-Works-Winter-Operations-Facts--FAQs>.

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## 2020 was certainly a year of challenges and obstacles!

Throughout it all, the real estate market remained active and interest rates remained at amazingly low rates. Thank you so much for your business and friendship throughout the year!



Merry Cassabria  
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The Ledyard Farmers Market Committee is heartbroken to announce that we had to cancel the '20-'21 winter market.

It was a very difficult decision for the team to make but we ultimately decided that keeping everyone safe and healthy was most important for our community.

Thank you again for making our summer market such a success! We couldn't have done it without your

support, cooperation and understanding during this crazy pandemic. Be sure to keep an eye on our Facebook page for highlights about your favorite vendors and how to order from them. It is more important than ever to shop local, shop fresh, and give gifts of good cheer.

The Ledyard Farmers Market Team wishes you and yours a safe and happy holiday season.

See you in June!

## Social Services

CALL 860-464-3222 IF YOU WOULD LIKE TO:

- Become a guest at the Ledyard Food Pantry
- Find out what programs you may qualify for
- Make an appointment for any financial assistance applications
- Referrals to appropriate programs and services

Be sure to apply for Energy Assistance this year. You can contact TVCCA at: 860-425-6681 to apply now.



### 2020-2021 ENERGY ASSISTANCE INCOME GUIDELINES:

- Household of 1: \$37,645
- Household of 2: \$49,228
- Household of 3: \$60,811
- Household of 4: \$72,394

Priority is given to "vulnerable households" with young children,

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elderly or disabled individuals. Please visit: [www.tvcca.org/](http://www.tvcca.org/) energy-assistance to find out what eligibility documentation you need to complete your application.

Failure to provide all documentation may result in delay or denial of benefits. New documentation is required each year.

### LEDYARD YOUTH SERVICES

Are you or a family member looking for ways to help you cope with stress, anxiety, depression or parenting amid a pandemic? Self-care is one of the most important resources, especially in a time of so much uncertainty.

Here are three quick Self-care tips that anyone can use.

- 1 **Go outside**, even if it's just on your front step, take three deep breaths of fresh air.
- 2 **Check in with a friend** - just call and say hello.
- 3 **Grab a glass of water**. Staying hydrated helps the body stay healthy.

Please reach out to Ledyard Youth Services at: 860-464-3213. We provide family and individual counseling services to all Ledyard residents.

## Carbon Monoxide Safety during the Heating Season

The leaves have fallen, the temperatures outside continue to drop, and heating season is upon us. The increased use of furnaces, boilers, wood stoves, and generators present a series of increased hazards in our homes.

Now is the time to have your furnace serviced and your chimneys swept and inspected by licensed contractors. Servicing these appliances increases efficiency and verifies proper operation of the units in order to maintain a healthy household and to avoid fires.



Another item often overlooked as we transition to heating season is the carbon monoxide (CO) detector. According to the US Fire Administration ([www.usfa.fema.gov](http://www.usfa.fema.gov)), carbon monoxide detectors should be tested monthly to ensure operation.

Carbon monoxide is a colorless, odorless poisonous gas produced during combustion of fossil fuels (oil, gas, etc). Exposure to CO can lead to nausea, headache, vomiting, confusion, or

continued on page 12

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**We miss bingo as much as you do and hope to bring it back soon.**  
**Ledyard Lions continue to serve our community as we have for over 60 years. Lions Clubs have survived for over a century through world wars and pandemics, and we will continue.**  
**Where there's a need, there's a lion.**

## Carbon Monoxide... continued from page 11

even unconsciousness. High level exposure can also be fatal. Carbon monoxide detectors can be purchased at any home improvement store and are easily installed with minimal tools.

They should be installed in the central part of your home outside of each bedroom area. USFA recommends a minimum of one detector per floor.

In the event your CO detector alarms, contact the Ledyard Emergency Communications Center via 911. LECC will screen your call and dispatch the appropriate fire department resources to come check the levels of CO in your home using specialized gas meters.

Stephen Holyfield,  
Administrator of Emergency Services.

## Protect your Property: Vehicle Thefts are on the Rise

Over the past three years, many communities in southern New England have seen a marked increase in thefts of motor vehicles and thefts of property from unlocked vehicles in residential areas. Ledyard has also seen an increase in this activity.

In all of 2018, Ledyard Police investigated 2 reports of vehicles being stolen in our community. In 2019, that number rose to 6 vehicles thefts, and in 2020 there have been 8 vehicles stolen in Ledyard. Working with our federal, state, and local partners in law enforcement, we have successfully recovered many of these vehicles, often in larger cities like Hartford and Bridgeport.

A common methodology has been seen in most of these thefts. Groups of mostly young males arrive in a residential area in a stolen car. They fan out into the neighborhood in the nighttime hours, checking for unlocked vehicles in driveways or parking lots. They sometimes take personal items, wallets and electronics from the unlocked



SGT Ernie Bailey photographing latent fingerprints on a recovered stolen car at Ledyard Police Department.

cars. If the key or key fob is in the car, they start the vehicle and steal it. They may travel into nearby communities and try the same thing before returning to the larger cities, where they use credit cards they may have stolen, and eventually leave the stolen cars on the streets to be used at later times or by other people. On two occasions, Ledyard Police on routine patrol have interrupted these thefts in progress.

The best way to protect yourself from vehicle theft is to simply lock your car at night and remove your valuables. These thieves have been caught on home surveillance cameras simply trying to open doors and moving on from locked cars without doing any further damage. As always, if you see suspicious activity, call us at (860) 464-6400 or use 911 in case of emergencies or thefts in progress.

Stay safe!  
Chief John J. Rich,  
Ledyard Police Department



## Ledyard Visiting Nurse Agency

741 Colonel Ledyard Hwy., Ledyard, CT 06339 | Phone: 860-464-8464 | Fax: 860-464-7605  
Email: nurse.director@ledyardct.org | Office Hours: Monday – Friday 8:00 am – 4:00 pm

December is a hectic month and maintaining a good health & wellness strategy is not easy in this time of Covid.

One important way to do this, is to stick to good eating, sleeping and fitness regimes which result in stress reduction.

**December is also National Handwashing Awareness Month.** Keeping hands clean is one of the easiest and best things we can do to keep from getting sick and avoid spreading germs

to others. The CDC says, “Handwashing is like a “do-it-yourself” vaccine - it involves five simple and effective steps you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy: Wet, Lather, Scrub, Rinse, Dry.”

**GET A FLU SHOT-** LRVNA still has a few left.

If you have health concerns or questions, please give us a call. We are your VNA here to help you. 860-464-8464.



# Ledyard Senior Center

## SENIOR CENTER OFFICE

12 Van Tassel Drive, Gales Ferry, CT 06335 | Phone: 860-464-0478 | Fax: 860-464-2124

Office Hours: Monday through Friday 8:30 am - 2:30 pm

### SENIOR CENTER STAFF

Director: Scott Johnson [scott@ledyardrec.org](mailto:scott@ledyardrec.org)

Assistant Director: Monika Verebelyi [monika@ledyardrec.org](mailto:monika@ledyardrec.org)

Office Assistant: Francesca Francischelli [franf@ledyardrec.org](mailto:franf@ledyardrec.org)

Office Assistant: Ginny Hungerford [lsc.assistant@ledyardct.org](mailto:lsc.assistant@ledyardct.org)

Nutrition Site Server: Jim Metcalf

Van Driver: Bob Heal, Russell Smith

**PERMANENT SENIOR COMMISSION :** The Commission meets at the Senior Center on the fourth Wednesday of each month at 1:30 pm. Meetings are currently being held remotely. The public is welcome to join by clicking on the link on the Ledyard Senior Center agenda, which can be found on the Town's website.

**MISSION STATEMENT:** *The Mission of the Ledyard Senior Center is to promote the physical, emotional, and economic well-being of senior citizens and to promote their participation in all aspects of community life, to continually evaluate the needs of senior citizens and ways to meet their needs, and to provide an atmosphere that will be conducive for seniors to find companionship and develop friendships.*

### LEDYARD SENIOR CENTER

**Monday-Friday from 8:30 am - 2:30 pm**

The Ledyard Senior Center is a community based establishment meant to bring a wealth of information, activities and social events for people 55 years plus. Like minded individuals who do not want to stay home alone come to the center to meet new people & socialize, create memories and engage in activities to stimulate health and well-being. There is something to do for everyone of any age including our low cost breakfast and lunches in our café. The Ledyard Senior Center provides transportation to the center and back home, shopping, doctor appointments & bank runs. We have evening and weekend events too. Stop in for a visit and we'll be happy to give you a tour of our amazing facility and tell you about all our programs.

### SENIOR TRANSPORTATION INFORMATION

**Call us at 860-464-0478 to schedule all transportation requests.**

The Ledyard Senior Center offers daily transportation to the Center for activities including lunch, along with rides to medical appointments and other necessities according to the schedule below. All individuals using our transportation must complete an annual transportation form. A wheelchair lift is available. The Senior Center does not provide assistance to and from the vehicle. Persons must be able to: travel without assistance, wait outside for 10 minutes, climb three 12-inch steps or use the wheelchair lift. The Senior Center cannot provide rides home from a medical appointment/procedure that involves general anesthetics. We service Ledyard, Gales Ferry, New London, Groton, Mystic, Waterford, Norwich. Call for details.

### SENIOR VAN SCHEDULE

**\*NOTE:** The Senior Center is currently only transporting patrons to medical appointments on Mondays, Tuesdays, and Thursdays and to either Stop & Shop or Walmart on Fridays.

**All reservations for transportation must be made at least 48 hours in advance by calling the office between 8:30 am and 12:30 pm and talking to a staff person.** Requests for transportation giving less than 48 hours notice will be addressed on a case by case basis.

Drivers cannot schedule appointments. Round trip suggested

**continued on page 14**



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OUR GAS REWARDS PROGRAM!**

## Senior Center... continued from page 13

donations are \$1.00 within Ledyard and Gales Ferry and \$2.00 for out of town. We provide transportation to Sub Base medical appointments and the pharmacy for people with a Military/Base I.D. Driver routes are planned in advance. Unscheduled stops and pick-ups are not permitted.

### **EASTERN CONNECTICUT TRANSPORTATION CONSORTIUM, INC. (ECTC)**

Are you in need of rides to doctor's appointments and medical tests? If so you may be eligible for the services of Eastern Connecticut Transportation Consortium, Inc., a private non-profit 501(c)3 agency whose purpose is to promote the coordination and consolidation of para-transit services for persons of low income, elderly, physically and mentally disabled individuals in Southeastern Connecticut. ECTC can be an additional means of transportation besides the Ledyard Senior Center if your appointments fall on days and times during the week that the Ledyard Senior Center does not do. Please call 860-464-0478 or ECTC 860-848-5910 or fax 860-848-5917 for further information. Their website is: [www.ectcinc.org](http://www.ectcinc.org).

Caregiver Mileage Reimbursement and Dial-A-Ride Medical Transportation begins July 1, 2020 through June 30, 2021. The annual registration fee has been waived for this year. Please call 860-464-0478 to sign up or if you have questions.

### **TVCCA MEALS ON WHEELS**

Providing more than a meal to seniors in our community. Call TVCCA to schedule at: 860-886-1720.

### **HAIR SALON**

Full hair salon services ranging from haircut, set and blow dry, color, foil, and perms are offered Tuesday and Thursdays at the Ledyard Senior Center. Call Amy at: 860-367-2896 to schedule an appointment.

### **PODIATRIST**

Dr. Walters will be available from 9:00 am - 12:00 pm at the Ledyard Senior Center on Monday, January 11. To schedule your appointment time, or for any other inquiries, please call his office at: 860-599-4555.

### **AARP DRIVER SAFETY PROGRAM**

All in-person AARP Driver Safety Classes have been canceled. People may continue renewing their car insurance and obtain an insurance discount during this time by completing the Smart Driver online course at: [www.aarpdriversafety.org](http://www.aarpdriversafety.org).

### **WEEKLY WEDNESDAY CURBSIDE PICK-UP**

We are now offering a weekly Wednesday lunch, including dessert, for \$7.00. Check our Facebook page or call us at: 860-464-0478 for the menu and to place your order. All orders must be called in by 4:30 pm, Monday afternoon. The lunches will be available for

a contactless curbside pick-up at noon on Wednesday. This service is available to the general public.

### **WEDNESDAY SOCIAL HOUR**

Join us virtually each week on Wednesdays from 12:30 - 1:30 pm beginning January 6 through Zoom to socialize while safe distancing. Share with other members how your week has gone, what new projects you're working on, new recipes you've tried, and most importantly, getting caught up and checking in on each other. The meeting ID is 856 7221 4229 and the passcode is 324561.

### **TRIPS**

The Ledyard Senior Center has currently suspended all local outings as well as day long trips to shows, plays, museums, lunches and more. Keep checking our Facebook page to see when they will resume.

## **Programs**

**PROGRAM NOTE: Due to the COVID-19 pandemic, our programs and activities may be subject to change. The Ledyard Senior Center is currently only offering virtual online classes and drop-ins are not permitted at this time. When the senior center reopens, these classes will go to in-person classes. Please call 860-464-0478 for up-to-date information.**

### **AQUACISE**

Exercise in the pool to provide a lot of resistance for muscles, but no wear and tear on joints.

DAY: Tuesdays and/or Thursdays,  
8 times in one month

TIME: 10:00 10:45 am

BEGINS: January 5

FEE: \$65

LOCATION: Vitale Aquatics & Tennis, 14 Iron Street, Ledyard

### **VIRTUAL MAT YOGA**

This gentle class is designed for seniors who want to remain active and vibrant. Using traditional yoga poses, with variations and modifications for students who have problems with knees, hips, wrist, shoulders and back, this class focuses on function, strength, balance, and flexibility.

DAY: Mondays, 10 weeks

TIME: 1:00 - 2:00 pm

BEGINS: January 4

FEE: \$50

INSTRUCTOR: Sandy Hartnett

### **VIRTUAL YOGA**

Mats, blocks and chairs (for props) are available or bring your own. Anyone can attend regardless of flexibility or injury and modifications are available for every pose. We practice breathing with stretching and breathing with building strength and balance poses.

DAY: Wednesdays, 10 weeks

TIME: 8:30 - 9:30 am  
 BEGINS: January 6  
 FEE: \$50

DAY: Fridays, 10 weeks  
 TIME: 9:00 - 10:00 am  
 BEGINS: January 8  
 FEE: \$50  
 INSTRUCTOR: Annie Chapman

**VIRTUAL CHAIR YOGA**

Chair Yoga is accessible to all abilities. This class is designed to offer the benefits of yoga including stretching, breathing practices, and relaxation.

DAY: Fridays, 10 weeks  
 TIME: 10:30 - 11:30 am  
 BEGINS: January 8  
 FEE: \$50  
 INSTRUCTOR: Sandy Hartnett

**VIRTUAL LATIN LINE DANCING**

This class instructs seniors in various line dance routines in both Latin and Ballroom Style. Latin dances include samba, merengue, rumba, cha cha, salsa, swing and mambo; Ballroom dances include waltz, foxtrot and tango. From these various dance styles, routines are learned; such as, Burlesque, Hello Dolly, Singing in the Rain,

Puttin' on the Ritz, Senorita, Sway and many more.  
 DAY: Tuesdays, 10 weeks  
 TIME: 10:30 - 11:30 am  
 BEGINS: January 5  
 FEE: \$50  
 INSTRUCTOR: Marjorie Winslow

**VIRTUAL TAI CHI**

Tai Chi has been described as “a prescription to good health for men and women, whether young or old, weak or strong.” For beginning and continuing students.

DAY: Thursdays, 10 weeks  
 TIME: 1:00 – 2:00  
 BEGINS: January 7  
 FEE: \$50  
 INSTRUCTOR: Alex Culligan

**VIRTUAL STRONG AND FIT AT ANY AGE FITNESS**

Strong and Fit at Any Age Fitness is a progressive strength training exercise program designed to increase strength, flexibility, range of motion, mobility, gait, and balance. Light weights, resistance bands and a small ball are used to help increase and maintain daily movement functions. Exercises are performed seated in chairs (optional standing) in a group setting class. Classes meet once (twice) a week for 60 min.

**continued on page 16**



**Valentino's**

*Welcome!*  
 We pride ourselves in providing you with the finest dining experience.

We cook to order with only the freshest ingredients. It may take a little extra time but it tastes better, and your patience will be greatly rewarded!

Having a Party? Leave the cooking to us... ask about our catering menu.

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## Senior Center... continued from page 15

DAY: Wednesdays, 10 weeks  
 TIME: 1:30 - 2:30 pm  
 BEGINS: January 6  
 FEE: \$50

INSTRUCTOR: Charles Shaw

### CHORUS

DAY: Wednesdays  
 TIME: 9:45 - 10:45 am

DAY: Fridays, 10 weeks  
 TIME: 1:30 - 2:30 pm  
 BEGINS: January 8  
 FEE: \$50  
 INSTRUCTOR: Robin Loy

### QUILTING

DAY: Mondays  
 TIME: 9:30 am

### PITCH

DAY: Mondays  
 TIME: 12:30 pm

### DOMINOS

DAY: Tuesdays  
 TIME: 9:30 am

### Wii BOWLING

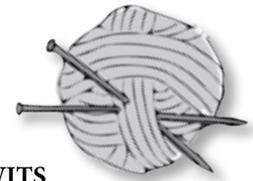
DAY: Tuesdays  
 TIME: 10:00 pm

### OPEN BRIDGE

DAY: Tuesdays and Fridays  
 TIME: 10:00 am

### BINGO

DAY: Tuesdays  
 TIME: 12:30



### THE KNIT-WITS

(Knitting and Crocheting Group)

DAY: Wednesdays  
 TIME: 1:00 pm

### PINOCHLE

DAY: Thursdays  
 TIME: 9:00 am - 1:00 pm

### MAHJONG

DAY: Thursday  
 TIME: 9:30 - 11:30 am

### GROTON BOWLING CENTER, GROTON

DAY: Thursdays  
 TIME: 1:00 pm

### FROM PHOTO TO CANVAS

#### ADULT BEGINNING

#### LANDSCAPE PAINTING

Each class will start with a demonstration of techniques including use of brushes, palette knives, mediums and color mixing. Students need to bring a landscape picture from which you would like to paint. All materials are included.

DAY: Tuesdays, 5 weeks  
 TIME: 10:00 - 12:00

FEE: \$55

SESSION I begins January 5

SESSION II begins February 23



## Ledyard Citizen of the Year 2020

William D. Saums has been selected as the Ledyard Citizen of the Year for 2020 by the Rotary Club of Ledyard. His life is an excellent example of the Rotary motto "Service Above Self".

sessions with town employee unions, and the Town Council Liaison to the Water Pollution Control Authority and the Historic District Commission. In all these roles, Bill brings a professional and bipartisan approach to the issues that affect Ledyard.



Bill's service to Ledyard began in 2003 as a member of the Economic Development Committee. He was a founding member of the Ledyard Town Center Committee that was instrumental in the streetscape improvements we enjoy today in the center of town.

Bill began his public service in 1998, mentoring at-risk adolescent youth for seven years through the Boys to Men Program in Norwich dedicated to preventing the loss of young men to drive-by shootings, drugs, alcohol, and other social pressures.

Bill and his wife, Kathie have lived in Ledyard for 32 years. They are actively involved in the Ledyard Food Pantry and are strong supporters of the Ledyard Education Advancement Foundation (LEAF).

Bill was elected to the Town Council in 2007 and has served on the Land Use, Planning, and Public Works, Information Technology, and Administration Committees, and currently chairs the Finance Committee. Bill is also the Town Council representative during collective bargaining

The Ledyard Rotary celebrated with Bill on December 17th at their 7:00 am Zoom meeting. Email at: [ledyardrotarypresident@gmail.com](mailto:ledyardrotarypresident@gmail.com) for details of the occasion.

*Want to Reach Every Home in Town?  
 Call Events Magazines at 860-767-9087*



# Parks & Recreation

PARKS AND RECREATION OFFICE

12 Van Tassel Drive, Gales Ferry, CT 06335 | Phone: 860-464-9112 | Fax: 860-464-2124

Email: [monika@ledyardrec.org](mailto:monika@ledyardrec.org) | Access us online: [www.ledyardrec.org](http://www.ledyardrec.org)

Office Hours: Monday through Thursday 7:30 am - 4:45 pm

## PARKS AND RECREATION STAFF

Director: Scott Johnson [scott@ledyardrec.org](mailto:scott@ledyardrec.org)

Assistant Director: Monika Verebelyi [monika@ledyardrec.org](mailto:monika@ledyardrec.org)

Office Assistant: Francesca Francischelli [franf@ledyardrec.org](mailto:franf@ledyardrec.org)

Park Caretaker: Russell Smith

## PARKS & RECREATION COMMISSION

The Parks and Recreation Commission meets on the second Tuesday of each month at 7:00 pm. Meetings are currently being held remotely. The public is welcome to join by clicking on the link on the Parks and Recreation agenda, which can be found on the Town's website.

## REGISTRATION AVAILABLE NOW!

**Registrations will be accepted ONLINE, by MAIL or WALK-IN.**

1. Registrations for all programs must be made online, by mail-in or walk-in. Registrations will no longer be accepted by phone.
2. All fees must be paid at the time of registration. Registrations will not be processed without payment and the proper registration forms.
3. Some programs and classes have limited enrollment and registrations are accepted on a first come, first served basis.
4. We reserve the right to re-schedule, relocate or cancel any program due to facility availability and public response.
5. All cancellations due to inclement weather will be announced on Channels 3 and 8 and posted on our website at: [www.ledyardrec.org](http://www.ledyardrec.org) and Facebook.
6. **Special Needs** - If you require any special accommodations to participate in our programs, please call the Parks and Rec Office so that the necessary arrangements can be made.
7. Non-residents pay an additional \$5.00 for program fees \$5 - \$50, and \$10.00 for any program over \$50.00 except for bus trips and camp fees.
8. **NO REFUNDS** after the first week of a class or program and no refunds on trips, or supply fees and some of the Specialty Summer Camps.
9. **Scholarships** - Families needing financial assistance are asked to call Ledyard Social Services at: 860-464-3222.

## RECREATION NEWS & CANCELLATIONS

Follow us on Facebook for updates, news and cancellations. Search for: "ledyardrec" Check our website for all the latest program information and sport league information at: [www.ledyardrec.org](http://www.ledyardrec.org)

The Parks and Recreation Department follows the school schedule for most of our classes. If there is no school, there will be no class for any program held in the schools. All cancellations due to inclement weather will be announced on Channel 3, Channel 8 and posted on our website at: [www.ledyardrec.org](http://www.ledyardrec.org) and Facebook page.

## PARKS & PAVILIONS RENTALS

Reservations for any of our parks and pavilions for the 2021 season will begin on January 4. Call 860-464-9112 for updates and more details.

## WEEKLY WEDNESDAY CURBSIDE PICK-UP

We are now offering a weekly Wednesday lunch, including dessert, for \$7.00. Check our Facebook page for the current menu or call us at: 860-464-9112 for the menu and to place your order. All orders must be called in by 4:30 pm, Monday afternoon, unless otherwise noted on Facebook. The lunches will be available for a contactless curbside pick-up at noon on Wednesday. This service is available to the general public. Let us make your day a little easier with a hot prepared meal which you could use for either lunch or dinner!

**Program Note:** Due to the Covid 19 pandemic and guidelines which we must follow, our programs and activities may be subject to change. Please call 860-464-9112 for up-to-date information.

## Children & Teen Programs

### MINI LEAPERS

This class will introduce your preschooler to basic ballet steps, motor skills, and rhythms through games in this lively class.

AGES: 3 - 5  
DAY: Saturdays, 5 weeks  
TIME: 2:00 - 2:45 pm

SESSION I - 5 weeks  
BEGINS: January 16  
FEE: \$50  
SESSION II - 5 weeks  
BEGINS: February 27  
FEE: \$50  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Annaleah Ramos

### BEGINNER BALLET & JAZZ

This class will be a split lesson of Ballet and Jazz. For the first half we will focus on simple ballet steps and dance etiquette. For the second half, we will learn basic Jazz warm-ups/combinations.

AGES: 6 - 8  
DAY: Saturdays  
TIME: 3:00 - 4:00 pm

SESSION I - 5 weeks  
BEGINS: January 16  
**continued on page 18**

## Parks & Recreation...continued from page 17

FEE: \$55  
SESSION II - 5 weeks  
BEGINS: February 27  
FEE: \$55  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Annaleah Ramos

### CHEF JR. KIDS' VIRTUAL COOKING CLASS

The class for your young chef! Learn how to make delicious appetizers, dishes, and desserts for the whole family!

AGE: 5 - 12  
DAY: Thursdays, 3 weeks  
TIME: 4:30 - 5:30  
SESSION I: 1/7, 1/14, 1/21  
SESSION II: 2/4, 2/11, 2/18  
SESSION III: 3/4, 3/11, 3/18  
FEE: \$55, includes recipe with each class  
(*equipment and utensils needed are also included in the recipes.*)  
LOCATION: ZOOM Virtual Online Class  
INSTRUCTOR: Erika Gradecki, Chef/Owner Food for Your Soul, LLC.

### VIRTUAL JUNIOR LEGO MASTERS CHALLENGE!

Is your child up for the Junior Lego Masters Challenge? Each week, you will receive a new story and challenge to solve using LEGO. Children can use their own LEGO collection OR we can provide a two pound bag of LEGO for a one time fee of \$20, which your child then get to keep.

AGE: 6 - 10  
DAY: Tuesdays, 12 weeks  
TIME: 3:30 - 4:30 pm  
BEGINS: January 12  
FEE: \$200  
LOCATION: ZOOM Virtual Online Class  
INSTRUCTOR: Corey Schmidek, Exceptional Youth Educational Services

### SPANISH LESSONS

Learn some key Spanish words, play some games, design a travel brochure and learn about a different culture.

AGE: 8 - 10, accompanied by an adult  
DAY: Wednesdays, 6 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 6  
FEE: \$45  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Rosa Fontanez

### LEDYARD YOUTH ROWING / COMPETITION TEAM ROWING

Give rowing a try! We will row in 25' Gigs, 16' Dories and Sliding Seat Training Shells.

AGE: 12 and up  
DAY: Saturdays, 8 weeks  
TIME: 10:00 - 11:30 am  
BEGINS: March 6  
FEE: \$80  
LOCATION: Thames River and Coves  
(*call for specific address*)  
INSTRUCTOR: Russell Smith

### TAE KWON DO

Tae Kwon Do is a Korean martial art that means "foot/hand way." It develops many skills such as coordination, focus, balance, strength, and agility.

DAY: Wednesdays, 6 weeks  
TIME: 5:15 - 6:00 pm, ages 5 - 8  
6:15 - 7:00 pm, ages 8 - 13  
BEGINS: January 6  
FEE: \$45  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Bob Chester

### INTRO TO ARNIS

#### Filipino Stick Martial Art

Get an introduction to the Filipino stick art of Arnis (meaning "armor") and some basic Jeet Kune Do (Bruce Lee's art.) This 8-week class will cover: boxing techniques, footwork drills, empty hand drills, and Arnis stick drills. No prior martial arts training required. The rattan stick is included in the registration fee, but students must bring their own boxing gloves.

AGES: 13 and up  
DAY: Thursdays, 8 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 7  
FEE: \$95, includes the stick  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Bob Chester, 6th degree Black Belt in Tae Kwon Do

### ARCHERY

The children will implement math and listening skills, all while learning how to properly use Olympic-style archery equipment. Our main concern is teaching the children safety while making sure they have fun!

AGE: 7 - 12  
DAY: Saturdays, 4 weeks  
TIME: 12:00 - 1:00 pm

SESSION I  
BEGINS: January 9  
FEE: \$130

SESSION II  
BEGINS: February 6  
FEE: \$130

SESSION III  
BEGINS: March 6

FEE: \$130  
LOCATION: Black Bear Archery

### GOLF LESSONS

Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow - thru, sand shots, downswing, chipping, putting, equipment information and golf etiquette. Please bring a putter, 3 wood and 7 iron. Equipment is available to borrow if needed. Small fee for a bucket of balls.

AGE: 8 and up  
DAY: Saturdays, 5 weeks  
TIME: 11:00 am - 12:00 pm  
BEGINS: April 17  
FEE: \$190  
LOCATION: Great Brook Golf Center, Groton  
INSTRUCTOR: Chris Hedden

### HORSEBACK RIDING: BEGINNER

Basic instruction will be given on the skill of horsemanship and horse care. This class is for beginners who have little or no experience in riding. Participants should wear heeled shoes, boots are preferred, and a warm jacket and gloves. Riding helmets are provided by the instructor.

AGE: 5 and up  
DAY: Tuesdays, 6 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 5  
FEE: \$150  
  
DAY: Thursdays, 6 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 7  
FEE: \$150  
LOCATION: Outback Stables, Ledyard

### HORSEBACK RIDING: ADVANCED

This course is for students that have taken the beginner class and are ready to take the next step. Riding helmets are provided by the instructor.

AGE: 15 and up  
DAY: Wednesdays, 6 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 6  
FEE: \$150  
LOCATION: Outback Stables, Ledyard

### SWIM LESSONS

**Your child will learn skills such as proper water breathing, gliding, and rotary arm movement. Children should be comfortable in the water and be able to take direction.**

### PARENT/ CHILD LESSONS IN WATER

DAY & TIME: Saturdays; classes can be set up according to your schedule.

BEGINS: January 9  
FEE: \$100 for (4) 30 minute lessons

### INSTRUCTOR ON DECK

AGE: 6 - 10  
DAY & TIME: Saturdays, classes can be set up according to your schedule.  
BEGINS: January 9  
FEE: \$165 for (8) 30 minute lessons  
LOCATION: Vitale Aquatic and Tennis

### TAKE HOME CRAFT KITS

**Receive all necessary supplies to do a class in the comfort of your own home on your own time! Choose from:**

PAINTED TEA POT PLANTER (receive planter, paints, paint brushes, herb seeds and soil)  
FEE: \$23  
AROMATHERAPY BRACELET KIT (receive everything needed to make your own lava bead bracelet; beads, string and essential oil samples)  
FEE: \$12  
BATH SALTS KIT (receive two jars for your salts, dried flowers, pink Himalayan salt, Dead Sea salt, epsom salt, labels, chalk, string and scoops)  
FEE: \$17

## Adult Programs

### CARDIO-FIT

If you are looking to take your fitness to the next level, Cardio-Fit is for you. It's a high-intensity, rest-based training format where you burn more fat, increase strength, build stamina, and stretch and relax your body. Bring 3 lb weights, mat, and water.

DAYS: Tuesdays and Thursdays  
TIME: 6:00 - 7:00 pm

#### SESSION I - 6 weeks

BEGINS: January 5  
FEE: \$90

#### SESSION II - 6 weeks

BEGINS: February 23  
FEE: \$90  
LOCATION: Juliet Long Gym  
INSTRUCTOR: Sally Derusha

### POUND®

Pound is the world's first Cardio Jam Session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Try the first class for FREE!

DAY: Tuesdays, 8 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 5  
FEE: \$80

**continued on page 20**

## Parks & Recreation... continued from page 19

LOCATION: Ledyard Senior Center

INSTRUCTOR: Lindsay Strand

### YOGA CLASSES by Karen Clarke

**INSTRUCTOR: Karen O'Donnell Clarke, E-RYT500, Certified Yoga Therapist, Advanced Certifications from Kripalu Center for Yoga and Health, Integrative Yoga Therapy and Yoga of the Heart. Recommended: Yoga mat, 2 yoga blocks, 1 yoga strap - 8 - 10ft, 1 blanket.**

### VIRTUAL YOGA BASICS

For all levels, especially beginners. Go at your own pace using props and modifications that provide an accessible yoga experience for everybody.

DAY: Mondays, 8 weeks  
TIME: 5:30 - 6:30 pm  
BEGINS: January 4  
FEE: \$66  
LOCATION: ZOOM Virtual Online Class  
INSTRUCTOR: Karen O'Donnell Clarke

DAY: Tuesdays, 8 weeks  
TIME: 11:00 am - 12:00 pm  
BEGINS: January 5  
FEE: \$66  
LOCATION: ZOOM Virtual Online Class  
INSTRUCTOR: Karen O'Donnell Clarke

### VIRTUAL CHAIR YOGA

This fun class offers a balanced approach for strength and flexibility, breath work and meditation.

DAY: Thursdays, 8 weeks  
TIME: 9:30 - 10:30 am  
BEGINS: January 7  
FEE: \$66  
LOCATION: ZOOM Virtual Online Class  
INSTRUCTOR: Karen O'Donnell Clarke

### HEADBOARD BENCH BUILDING

Learn new skills and meet new people as you build a headboard bench worthy of Pinterest! Most supplies are included.

DAYS: Thursdays, 8 weeks  
TIME: 6:00 - 7:30 pm  
BEGINS: January 7  
FEE: \$80, includes most supplies  
LOCATION: Call for specific address  
INSTRUCTOR: Russell Smith

### INTRO TO ARNIS

#### Filipino Stick Martial Art

Get an introduction to the Filipino stick art of Arnis (meaning "armor") and some basic Jeet Kune Do (Bruce Lee's art). This 8-week class will cover: boxing techniques, footwork drills, empty

hand drills, and Arnis stick drills. prior martial arts training required. The rattan stick is included in the registration fee, but students must bring their own boxing gloves.

DAY: Thursdays, 8 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 7  
FEE: \$95, includes the stick  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Bob Chester, 6th degree Black Belt in Tae Kwon Do

### TAI CHI

Tai Chi has been described as "a prescription to good health for men and women, whether young or old, weak or strong." Some benefits include improved balance, decreased tension, and better breathing. For beginning and continuing students.

DAY: Thursdays, 8 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: January 7  
FEE: \$52  
LOCATION: Gallup Hill School  
INSTRUCTOR: Alex Culligan

### HISTORICAL EUROPEAN MARTIAL ARTS (HEMA)

Historical European Martial Arts (HEMA) is the study and recreation of medieval fighting systems from surviving books and manuscripts. This class will teach you the fundamentals of fencing with a longsword. The class will have two halves; the first half being dedicated to drilling and learning new techniques, the second half will be open floor space for free play, or to practice your skills. Required equipment for partnered drills: 350N Fencing Mask Recommended: Feder (practice longsword) and hand protection. Contact instructor for recommendations.

DAY: Sundays, 13 weeks  
TIME: 10:00 am - 12:00 pm  
BEGINS: January 3  
FEE: \$100  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Lucas Marra

### WOMEN'S BASKETBALL

We play friendly 3-on-3 half-court games. All ages (18-100) and all skill levels are welcome.

DAY: Mondays  
TIME: 7:00 - 9:00 pm  
BEGINS: September 14  
FEE: \$20 for the school year  
LOCATION: Ledyard Middle School

### MEN'S OVER 30 BASKETBALL - LEDYARD RESIDENTS ONLY!!!

Get some exercise in a pick-up play format.

DAY: Tuesdays  
TIME: 7:00 - 9:00 pm  
BEGINS: September 8

FEE: \$20 for the school year  
LOCATION: Ledyard Middle School

DAY: Fridays  
TIME: 7:00 - 9:00  
BEGINS: April 10  
FEE: \$20 for the school year  
LOCATION: Ledyard Middle School

### WOMEN'S ROWING

Come join us on the Thames River and Coves! We will row in 25' Gigs, 16' Dories and Sliding Seat Training Shells. Learn to row, join the comradery, make life-long friends and have a good time!

DAY: Saturdays, 8 weeks  
TIME: 8:30 - 9:30 am  
BEGINS: March 6  
FEE: \$80  
LOCATION: Call for specific address  
INSTRUCTOR: Russell Smith

### GOLF LESSONS

Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow - thru, sand shots, downswing, chipping, putting, equipment information and golf etiquette. Please bring a putter, 3 wood, 7 iron, and pitching wedge. Equipment is available to borrow if needed. There is a small fee for a bucket of balls for each lesson. Class size is limited to 10.

### ADULTS' CLASSES

CLASS I -  
DAY: Mondays, 5 weeks  
TIME: 10:00 - 11:00 am  
BEGINS: April 12  
CLASS II -  
DAY: Mondays, 5 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: April 12  
CLASS III -  
DAY: Wednesdays, 5 weeks  
TIME: 10:00 - 11:00 am  
BEGINS: April 14  
CLASS IV -  
DAY: Wednesdays, 5 weeks

TIME: 6:00 - 7:00 pm  
BEGINS: April 14  
FEE: \$190  
LOCATION: Great Brook Golf Center, Rt. 184, Groton  
INSTRUCTOR: Chris Hedden

### BOAT MAINTENANCE

Learn basic wood-working skills as you refurbish and maintain several different types of boats.

DAYS: Thursdays, 8 weeks  
TIME: 6:00 - 7:30 pm  
BEGINS: January 7  
FEE: \$80  
LOCATION: Call for specific address  
INSTRUCTOR: Russell Smith

### CT SAFE BOATING CLASS

This in-person class has been suspended, but DEEP is offering free online classes. Consult their website for more information.

### LIVE WELL WITH DIABETES

The in-home version of the popular Live Well with Diabetes workshop is now available to adults in the comfort of their home without having to use technology beyond the telephone. The toolkit can be sent directly to participants at no cost and includes a Living a Healthy Life Book, instruction booklet and exercise and relaxation CDs. Weekly phone calls from a trained Live Well leader enhances the experience and can help to alleviate social isolation during the COVID epidemic. Participants must be willing to share their name, address and phone number so the toolkit can be mailed directly to them and the leader can place the weekly call. Calls

CLASS I  
DAYS: Tuesdays, 6 weeks  
TIME: 7:00 - 8:00 pm  
BEGINS: January 5  
CLASS II  
DAYS: Wednesdays, 6 weeks  
TIME: 10:00 - 11:00 am  
BEGINS: January 6  
FEE: Free, but you must register with Cindy Barry of Ledge Light Health District at: 860-448-4883  
LOCATION: Phone conference call from your own home



### 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/#>

# Ledyard Public Library

## Library Information

### BILL

860-464-9912

Email: bill-lib@ledyard.lioninc.org

### GALES FERRY

860-464-6943

Email: gf-lib@ledyard.lioninc.org



### DID YOU KNOW

#### Ledyard Library is now Fine Free?

Ledyard Library is joining a growing number of local and national public libraries that have eliminated fines for overdue items. The library has waived all overdue fines over the past few months due to the pandemic shut down and phased reopening and we are pleased to make it a permanent change.

**Library items will still have due dates and will automatically renew if there are no holds on the item. If an item is lost or damaged, a replacement fee will be added to your account.**

Old overdue fines for Ledyard owned items have been wiped clean. Any replacement fees for lost or damaged items will remain. If you happen to still have long overdue items we are happy to get them back and will remove the replacement fee from your account.

## Upcoming Events

### MONTHLY / WEEKLY EVENTS

#### PRESIDENTS VIRTUAL BOOK DISCUSSION

##### Second Tuesday of the Month - 7:00 pm

January 12: *James Polk: The Man Who Transformed the Presidency and America* by Walter R. Borneman  
February 9: *Millard Fillmore: Biography of a President* by Robert J. Rayback

March 9: William McKinley, book TBA

The American Presidents Book Discussion group will focus on the White House years of former American presidents.

#### COOKBOOK CLUB

##### First Tuesday of the Month - 12:30 pm

January 5, February 2, March 2:

Join us for our virtual monthly cookbook club meetings. We will pick a theme for each month and discuss recipes we have tried. Email Lisa, lmurno@ledyard.lioninc.org for your Zoom invitation.

#### STOCK INVESTMENT DISCUSSION GROUP

##### First Tuesday of the Month - 7:00 pm

January 5, February 2, March 2

#### BEGINNERS STOCK INVESTMENT DISCUSSION GROUP

##### Third Tuesday of the month - 7:00 pm

January 19, February 16, March 16

The link to join each group will be found on our website.

Beginners who are interested in getting started in stock investing and learning how to manage an existing or new portfolio are encouraged to join on the third Tuesday.

#### ONLINE BOOK DISCUSSIONS RETURN

##### January - Civil Rights

On our website at: [www.ledyard.lioninc.org](http://www.ledyard.lioninc.org)

For adults and older teens

To celebrate Martin Luther King Jr. Day and to prepare for Black History Month, let's read about civil rights and discuss it online. Choose a book, fiction or nonfiction, which covers a topic such as race or social injustice. We will have a discussion thread on our website for you to post which book you read and what you learned.

##### February - Romance Book Discussion

On our website at [www.ledyard.lioninc.org](http://www.ledyard.lioninc.org)

For adults and older teens

Valentine's Day is around the corner. Choose a romance novel to read and then post a review of it on our website. We will have a discussion thread going and encourage you to read the reviews to find a new book to read!

## Special Events

### INTRODUCTION TO THE LEDYARD TOWN TRAILS

#### Wednesday, January 13 - 6:30 pm - Via Zoom

Join us on Zoom for an introduction to the 13 trails in Ledyard. Explore nature and history in the scenic woodlands, wetlands, tidal estuaries, and glacial remains more than 13,000 years old. Sponsored by the Ledyard Conservation Commission and the Ledyard Public Library. Guided outdoor hikes will follow.

### GLACIER TRAIL HIKE

#### Saturday, January 16 - 11:00 am

Gary Paul with the Ledyard Conservation Commission will lead a hike through Glacier Park. This trail provides a view of boulders 3 and 4 deep that were left by the Wisconsin glacier about 12,000 years ago.

### KETTLEHOLE TRAIL HIKE

#### Saturday, February 13 - 11:00 am

Join Gary Paul for a hike around a large dry kettlehole - a circular hollow created when a block of glacier ice was buried and later melted. At the southern end of the trail is a side path to the bottom of the kettle hole.

### CHINESE CALLIGRAPHY FOR ADULTS

#### Saturday, January 23 - 11:00 am - Via Zoom

Jo Jo Liu will instruct students in the art of Chinese Calligraphy, one of the most traditional art forms in the world, truly  
**continued on page 24**



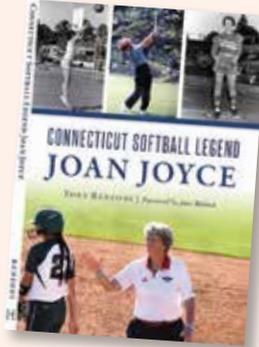
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legendary Joan Joyce.



The book is available at Amazon  
and Barnes & Noble.

Signed copies can be found locally at:  
RJ Julia Bookstore (Madison); Griswold Inn's  
“Goods and Curiosities” store (Essex),  
and Seaside Homes and Gifts (Branford).

**Library... continued from page 22**

representative of eastern art and culture. Participants will need 1 brush, 2-3 tsps of black ink, and 3 pieces of calligraphy paper.

**SOCIAL SECURITY & RETIREMENT INCOME MAXIMIZATION WORKSHOP**

**Wednesday, January 27 - 6:00 pm - Via Zoom**

If you are approaching or in retirement, this free virtual workshop is for you. Learn how to protect yourself from retirement’s greatest threats, increase your Social Security retirement income by up to 76%, and more. All attendees will receive a FREE personalized Social Security Maximization analysis. Sponsored by AAA Retire and the Ledyard Public Library

**MEDITATION AND MINDFULNESS**

**Wednesday, March 3 - 7:30 pm - Via Zoom**

Amy Rutledge returns with guided meditation focusing on mindfulness and healing the body.

**PYSANKY EASTER EGG DECORATING**

**Saturday, March 6 - 2:00 pm - Via Facebook**

Attend a live virtual session with Olivia as she demonstrates the traditional Pysanky Easter Egg Decorating art form. Watch for the pre-recorded session available on Facebook following the Live Session.

**Children’s Department**

**WELCOME WEDNESDAY EVENTS: Preschool Fun via Zoom!**

We are offering dance parties, I spy scavenger hunt parties, holiday editions and more. We meet at 10:30 am on Wednesdays on Zoom.

**PRESCHOOL STORYTIME**

Offering another 6 week Zoom story time starting January 12 and 13. Check our website for details.

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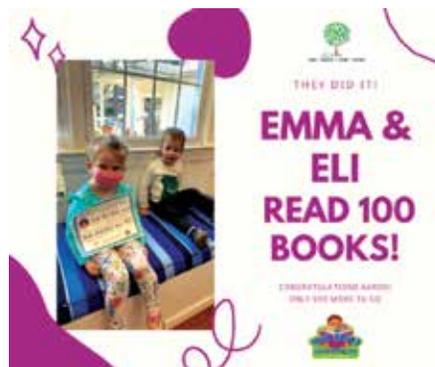
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Some of our 1000 book readers and Grab N' Go participants.

## 1000 BOOKS BEFORE KINDERGARTEN

A free program that encourages you to read one thousand books with your child before he or she begins kindergarten.

## GRAB AND GO BAGS

This popular program will continue each week. The library will put out different activities for you to take home and do when it works in your schedule. They are available on a first come, first served basis.

## POP UP STORIES

Follow our Facebook page to see stories read by Mrs. Burt. You can watch them on your own time and as many times as you like.

## Teen Department

### WE LOVE ART!

**Programming with Grab N' Go Bags - Ages 11 and up**  
Crafts and activities will be available for pick up in the teen areas at either library. They are available on a first come, first served basis.

### TEEN ADVISORY BOARD

The TAB meets quarterly to discuss our plans for the future. Interested in participating - we would love to have your input. Email Mrs. Burt at: [sburt@ledyard.lioninc.org](mailto:sburt@ledyard.lioninc.org).

### VOLUNTEER OPPORTUNITIES:

We are hopeful that we can begin offering opportunities to volunteer in the library very soon. Until then, you can earn volunteer hours virtually. For more information email [sburt@ledyard.lioninc.org](mailto:sburt@ledyard.lioninc.org).

### CODE CLUB YEARLY WRAP UP

#### Recommended age is 8 to 18.

Hello Ledyard coders! Overall we had 35 members of our code club this year! Access to our Prenda code club software will continue to be available remotely through March 31, at which time we hope to resume in-person code club meetings. Create an account on [app.prendacodeclub.com](http://app.prendacodeclub.com) and choose "Ledyard Library" as your code club when you register.

### SPHEROS AND OZOBOTS AVAILABLE FOR CHECKOUT

#### Recommended age is 8 to 18.

We have a Sphero and an Ozobot robot available at each library to check out!

Our Spheros, Beep and Bop, are rolling, spherical robots that are controlled using a Bluetooth-enabled device such as a smartphone or tablet. Just download the Sphero Edu app to get started. You can also follow a curriculum on the Prenda code club software.

continued on page 26

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## Library... continued from page 25

The Ozobots, Evo and Bit, can be programmed using any device including a computer, or by drawing codes with different color markers on plain white paper. If you have any questions, please contact Stacey Burt or Elaine Steele.

## Friends of the Ledyard Libraries

### VIRTUAL WINTER MEMBERSHIP MEETING

**Thursday, January 14, 2021 - 7:00 pm**

Join us for our winter meeting at which we will discuss our plans for 2021. The Zoom Link for the meeting will be available on the Library home page.

Congratulations to Linda DeRose for a great Books and More Silent Auction! Thank you, Linda, the library staff, and all of the volunteers that assisted, for all of your hard work. Thanks to all those who donated items for the silent auction.

And finally, thanks to all of the patrons who supported this important event. All proceeds go directly to support the Ledyard Library.

Stop by either Bill or Gales Ferry Library for your winter reading

material! We have a great selection from our ongoing book sales at both locations. We are now accepting gently used book and media donations at Gales Ferry Library.

Mark your calendars for the Friends Buy One Get One Free (BOGO) sale at both the Gales Ferry Book Cellar and Bill Library ongoing used book sale locations. The BOGO sale will take place during the week spanning February 22 through February 27. The sale will be held during normal library hours, so be mindful of the schedules at Gales Ferry and Bill Libraries.

I wish everyone a great holiday season. I look forward to seeing you at the library!

Sincerely,  
Harry Pearson, President,  
Friends of the Ledyard Libraries  
pearsonhl@tvconnect.net or 860-287-2670

Stay up to date with all Library programs - follow us on Facebook and Instagram and check the Library Website at: [www.ledyard.lioninc.org](http://www.ledyard.lioninc.org).

## Cemetery Committee

Some time between fifteen and twenty years ago, the Town of Ledyard Cemetery Committee decided to try and get people to "Adopt a Cemetery." Slowly the plan worked. We can now say that every abandoned cemetery has an "adopter."

### A list of the cemeteries & their adopters follows:

CEMETARY	ADOPTER	CEMETARY	ADOPTER
Allyn-Spicer	Ed Butler	Christopher Avery	Jason Major
Edward Avery	Ann Pearson	Barnes	Richard Morgan
Levi Chapman	Bob Gwin	Eldridge	Colin Potter
Episcopal Church Yard	Ken Geer & family	Fanning	Ledyard Lions Club
Fox	Bruce Garstka	Ezekiel Gary	Janice & John Blahuta
Holdridge	Dave Holdridge & family	Latham -Hallett	Ledyard Rotary Club
Peter Lester	Vincent Godino	Lee	Linda & Dave Provencher
Thomas Main	Sandy & Terry Fedors	Maintown	Jeff Shaughnessy
Morgan-Billings	Fred Allyn III & family	Newton	Barry
Isaac Peckham	Mike Washington	Roach	Ledyard American Legion
Nehemiah Smith	Brenda & Steve Foltz	Capt. Amos Stanton	Ben Anderson
Hibbard Stoddard	Jay Crowley	Stoddard-Hurlbut	Paul Krug
Robert Stoddard	Jeff Shaughnessy	Seth Williams	Christine & Jack Schmidt
William Williams	Ledyard VFW Post 4608		

THANK YOU "ADOPTERS"

# Beware of Scams...

*Scams keep popping up all the time. They've become more insidious – and easy to fall for. Please take note of just a few.*

## COVID-19 SCAM

Over the last few months, you have heard about contact tracing in regards to COVID-19. Contact tracing is a program that tracks the people who have been in close proximity to an infected person once that person has been diagnosed with COVID-19. The Contact Tracer then tracks down those people who are at risk of infection and explains that they may have been exposed. They work to help those people get tested and isolate for a set quarantine period to limit further exposure to the community. There is no fee for this program. Recently, scammers have figured out that they can pose as contact tracers and call you to inform you of a fake exposure. The fake scammers will run through a series of questions in order to sound authentic. They then request a credit card or debit card number for the \$50 testing fee. This is the scam... do not give your personal information or any financial information. These scammers will clear out your accounts and send the money to untraceable accounts before you can cancel the card.

## IRS SCAM

This time of year, IRS scammers are looking to steal your money. Thousands receive letters, phone calls and emails indicating that

they owe back taxes and will be penalized, both criminally and financially, if they do not pay the amount due immediately. The written correspondence appears legitimate with IRS letterhead formatting and personal information. The phone calls are equally convincing and very intimidating. The truth is, the IRS will not call, email or send a letter of that nature in a not certified fashion. The IRS will want to know if you have received a letter and document the contact via certified return/receipt letter. If you receive some type of correspondence from the IRS or a call from someone claiming to be the IRS, contact the IRS directly via the online listed number, not the number listed in the letter, email or phone call. Do not give out your personal information. If they are calling you, they will have it. Tell them you will call them back on the number listed for the IRS online or in the phone book. Often times, the caller will hang up as they have realized that you have been educated on the scam and will not be a willing victim at that point.

Taking the extra step to determine if the IRS contact is legitimate will save you, possibly thousands of dollars, down the road. The IRS website has a list of known common scams associated with their agency. What you should know, is that this scam list is evolving almost daily as scammers out there seek to relieve you of your **continued on page 28**

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## Scams... continued from page 27

money in new ways. For more information go to [IRS.gov](http://IRS.gov) or call the New Haven office at: 203-492-8609.

### COMPUTER SCAMS

**Have you received the call from “Microsoft” claiming something is wrong with your computer and they need access to it to fix the “bug.”** It’s a scam. Microsoft will not call you to fix anything. The caller is attempting to gain access to your computer for one of two things. Either they are accessing your computer to take information from your hard drive or they are downloading a “keystroke virus” that will document your login and password information for banks, email, or other sites that contain personal financial information. They will use this information to steal your identity and wreak havoc on your credit.

**Have you ever heard of “click bait?”** The scammers are hoping you haven’t and are fishing for victims with links they send in emails or videos on social media. Click bait is something as simple as an article with an interesting title that you ‘click’ your computer mouse on to view. While you are viewing the link, the virus is spreading throughout your computer. The viruses vary. Some just steal your email contact lists or social media contact lists. Others access personal information and search for usernames and passwords for online banking, insurance and tax sites. Don’t fall victim to this scam. If you don’t know who sent the email, if the email looks suspicious from someone you do know or if the article or video is not from a trusted source, **DON’T OPEN IT.** Just delete it or skip over it on social media. Make sure your anti-virus software is up to date on your computer and if you think your computer may have been accessed, disconnect it from the internet and bring it to a computer expert to make sure it is not infected.

**Have you ever typed in the wrong website into your browser?** For instance, [google.com](http://google.com) instead of [google.com](http://google.com). Hackers are counting on you to misspell websites and then will send you an alert that you have a virus on your computer. The alert looks official, like it was sent from Microsoft or Apple. However, the virus alert is false and the scammers are trying to get you to click on the link they provide or call the number they provide to get access to your computer. If you see this happen, close your browser and disconnect it from the internet. Clear your browser history, clear the cache and cookies. Reboot the computer and you should be fine. Make sure you have up to date virus protection on your computer. There is no definitive way to protect from all viruses and scams but the most important tool for computer safety is educating yourself on the scams and viruses out there. These criminals are lurking out there and waiting for someone to fall into their trap. See the Federal Trade Commission’s website for further information on scams and computer crimes: <http://www.consumer.ftc.gov/>. To report these types of crimes go to: <http://www.ic3.gov> to make sure the complaints are tracked and investigated.

# Fall Home Projects To Boost Your Comfort and Energy Efficiency

By: Enoch Lenge

Fall is a great time to tackle those home improvement projects that have been put off because of the summer heat. In addition to landscaping, gutter cleaning, power washing, and deck repair, here are some home improvement projects to add to your list to boost your comfort while helping save you money and energy this winter:

- Upgrade Your Lighting – Did you know that the average household dedicates about 5% of its energy budget to lighting? Now that it's getting darker earlier and your lights are on longer, consider switching your current light bulbs with LEDs. According to Energy.gov, ENERGY STAR-certified residential LEDs use at least 75% less energy and last up to 25 times longer than incandescent lighting.
- Insulate Doors and Windows – Air sealing, especially in an old, drafty house, can save homeowners more than 20% on their heating and cooling costs. Installing weatherstripping around your doors and windows is an easy and low-cost way to improve your home's energy efficiency and keep the cold winter wind at bay.
- Check Your Attic for Air Leaks – An unfinished, poorly insulated attic is another common area where homeowners experience significant heat loss. Adding insulation to the attic floor and sealing any air leaks can help stabilize the temperature inside your home, prevent ice dams, and save on energy costs.
- Maintain Your Heating and Cooling Systems – Be sure to add scheduling a preventative tune-up with your local



- HVAC company to your list to keep that system running efficiently and preserving air flow. A clean system that is free of dirt and debris will run more efficiently and preserve airflow.
- Install Programmable Thermostats – You can save as much as 10% a year on heating and cooling by simply turning your thermostat back 7°-10°F for 8 hours a day from its typical setting. Programmable thermostats allow you to easily set your home's temperature in advance to avoid coming home to a freezing house. A smart thermostat takes that a step further by allowing you to set your temperature from your smart phone or tablet. Some even learn your habits and adjust accordingly – saving you even more.
- Window Replacement – While this may not be at the top of your list, replacing old windows, especially with high performance ones like triple-pane windows, can improve a home's energy efficiency and overall comfort.

Before researching various contractors or DIY-ing these improvements, take advantage of the limited time only, no-cost Home Energy Solutions<sup>sm</sup> program offered by Eversource. To get started, you can schedule an appointment with an Eversource-authorized energy expert to evaluate your home's energy efficiency needs. During in-person visits, energy experts, while following COVID-19 safety requirements, will also conduct important safety tests and install weatherization measures and energy-saving improvements, such as air sealing, LED lighting, and advanced power strips.

To help make these improvements more affordable, program participants can take advantage of 0% financing on approved energy-saving improvements, and up to 100% off of eligible insulation projects. Eversource has you covered with a wide range of energy-saving rebates and discounts, including a new triple-pane window rebate.

From now through December 31, Eversource is offering a \$100 rebate per window for each window replaced with an ENERGY STAR-certified triple-pane window.

Whether you're looking to improve the comfort of your home, save on your energy bill, or help save the environment, Eversource has several budget-friendly solutions to help you get started. To schedule your energy assessment, call 1-877-WISE-USE (877-947-3873), or visit Eversource.com to learn more about Eversource's residential offerings and additional ways to save.

**Enoch Lenge** is Eversource's energy efficiency spokesman and provides energy saving tips on the company's blog.

PAID FOR BY EVERSOURCE

## Joan Joyce - Our Finest Athlete by Sigrid Kun

Many fondly remember going to Raybestos Memorial field in Stratford, CT. Amid chants of “Joanie, Joanie,” the softball phenom mowed down the competition. Joan Joyce dominated women’s fast pitch softball for decades - beginning her amateur career at age 13 with the Raybestos Brakettes. The Waterbury, CT native excelled at every sport she tried - a true competitor, a lifelong coach/mentor. Joyce combines an unbridled, remarkable talent with a matter of fact, humble personality. While she readily speaks about her success, there is no bragging.

Many consider her as “The Greatest Woman Athlete of All Time.” Her jaw-dropping achievements/honors take pages to list, including 20 Hall of Fame inductions, Connecticut Athlete of the Year (selected by the Connecticut Sports Writers Alliance), and a softball field renamed Joan Joyce Field (a part of Municipal Stadium in Waterbury).



Women’s softball coach at Florida Atlantic University.

### A LIFETIME OF ASTOUNDING ACHIEVEMENTS

Joyce’s softball career covered 1954-1963 and 1967-1975 with the Brakettes and 1964-1966 with the Orange Lionettes. The slingshot pitcher notched 150 no-hitters and 50 perfect games with a lifetime earned run average of 0.09. An outstanding hitter, her career batting average is .327. In 1974, her Brakettes were the first American team to win the World Championships.

She co-founded the International Women’s Professional Softball Association, being the star player for

and part-owner of the Connecticut Falcons. The Falcons won every championship of the IWPSA’s existence (1976-1979).

She is a four-time Women’s Basketball Association All-American and three time AAU Basketball All-American. She played on the USA Women’s National Team in 1964 and 1965, setting a national tournament basketball single-game scoring record (67 points) in 1964.

She formed the Connecticut Clippers volleyball team in 1968, and competed as a player/coach. She was named to the All-East United States Volleyball Association Regional Team. Taking up golf at age 35, she spent 19 years on the LPGA tour (1977-1995). She still holds the LPGA and PGA record of just 17 putts in one round of golf.

Now 80, Joyce is the women’s softball coach at Florida Atlantic University. Starting the program from scratch in 1994, she has amassed 12 Conference Championships, participated in 11 NCCA Tournaments, and won 8 Coach-of-the Year Awards.

### THE SECRET TO SUCCESS?

“I don’t know,” she says. “The only thing I can say about me is that I am very competitive. . . . I will beat you at just about everything. If you beat me, I’d shake hands. But I’d say to myself, you are not going to beat me a second time.”



Joan with her biggest fan - Dad (Joe Joyce).

Photo courtesy of Joan Joyce.

Her mother worked days. She, her father (above) and brother played sports all the time. “We would end up going to my father’s softball games,” she recalls. “We had no gloves. We’d run around everywhere while my father was playing. When they came in from the field, they’d put the gloves under the bench. We’d take them and start catching. When they went back in the field, they’d have to come and get the gloves back from us.” When her father played basketball, she and her brother would wait for the halftime buzzer and then fly onto the court to play.

### SPECIAL MOMENTS - JOYCE SHARED A FEW



**Striking Out Ted Williams/Hank Aaron.** She calls striking out Ted Williams (left) and Hank Aaron her favorite moments. “It’s the easiest thing I’ve ever done in my life,” she relates. “They had no chance against a softball pitcher just because of the distance.” She faced Williams as part

of fundraisers in 1961 and 1966; Aaron in 1978 in a West Hartford exhibition. There were no radar guns then. A doctorate study from USC determined her pitching speed to be the equivalent of 119 mph in baseball.

### Invited to China by the All-China Sports Federation (1979).

“It was the first team ever invited to China,” she recalls of the Connecticut Falcons. “When we played our last game sixty thousand people came to the game. I was looking out and it was like a flood of people just coming and coming and coming. And I’m thinking, ‘Oh, my God!’” The American team won all six games. In the final game, Joyce pitched a no-hitter to beat the Chinese all-star team.



### Softball World Championships (1974).

Joyce pitched a no hitter against Australia. “Only one walk. And we picked her off,” notes Joyce. “It would have been a perfect game.” She also stymied Japan, giving up only two hits. No team wore helmets then. Japan showed up wearing them. Was it to distract her or out of fear of her? “It didn’t work,” she laughs. “You did not want to get me focused or to get my attention. Stare at me? Give me looks? I would say to myself,

keep doing that ‘cause you’re never going to beat me. I just didn’t like to lose.”

Photo of Joan coaching (far left) courtesy of FAU Athletics.

Photo of Joan pitching (left) and photo of Joan with Ted Williams (above left) courtesy of Joan Chandler.

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