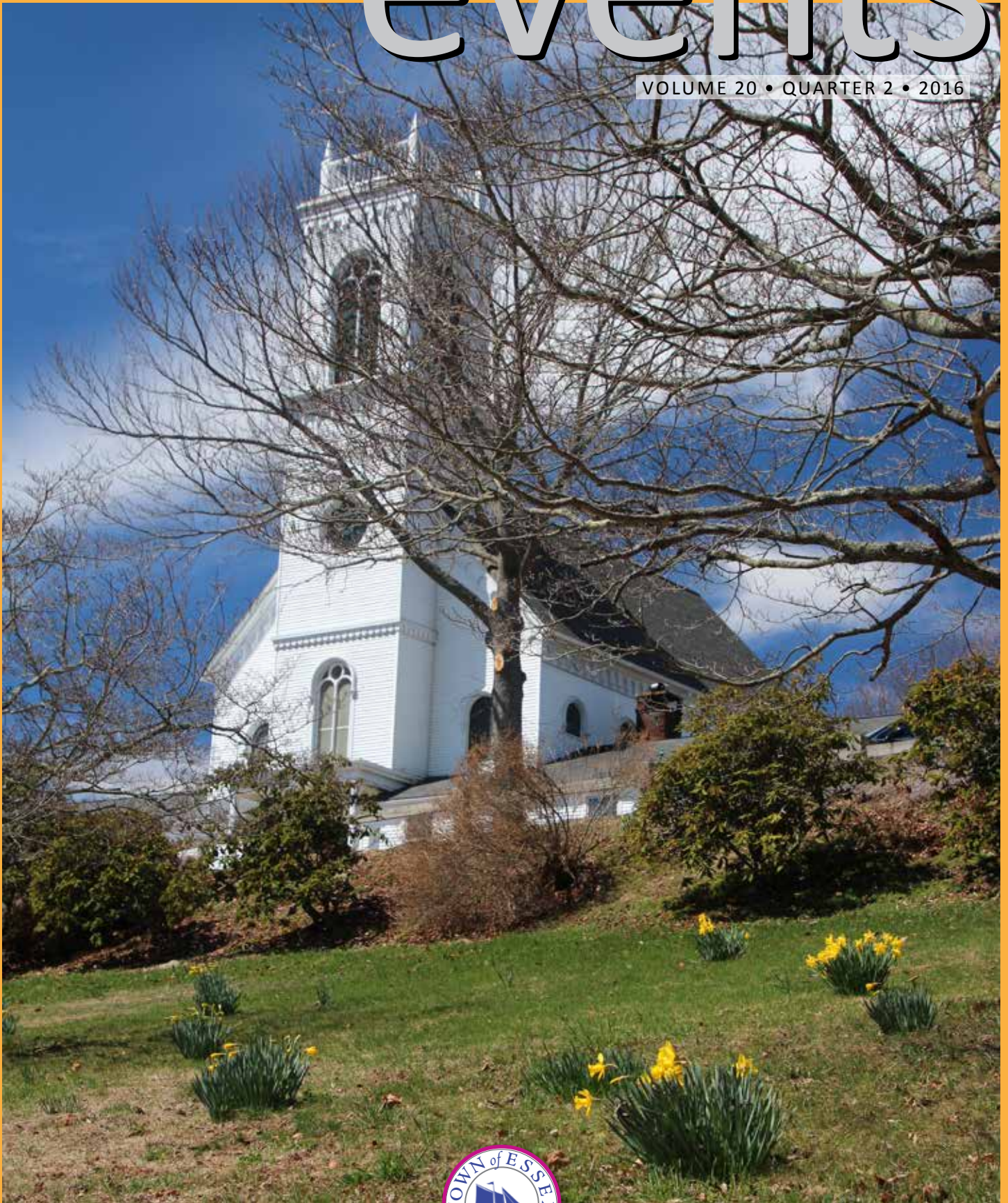


Essex events

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First Selectman's Corner

Dear Friends and Neighbors,

Spring is here and I encourage you to go outside, enjoy the warmer temperatures and partake of the many activities happening in Town this time of year. Take some time to enjoy the Garden Club's May Market and the Memorial Day and the Burning of the Ships Parades. Think about signing the kids up for the Park and Rec Department's summer camp. Go visit the River Museum, take a ride on the Steam Train, or see a show at the Ivoryton Playhouse! While you are out and about, I encourage you to support our local businesses.

The Boards of Selectmen and Education have sent their 2016-2017 Budget proposals to the Board of Finance, which has moved them to Public Hearing. Residents will have a chance to vote on the budget at a Town Meeting on May 9th. For more detailed information about the budget please check the Town and Region 4 websites. Once again the Citizens Guide to the Essex Town Budget is available at the Town Hall and online at Essexct.gov/finance-department.

Several projects will be occurring simultaneously in town beginning this Spring. Bids have gone out for the Essex Court septic repair project and we anticipate completion in

the near future. Construction has begun on the new affordable senior housing units, Essex Place, on the lot adjacent to Essex Court. Renovations will begin on May 1st at the Town Hall in the Land Use, Building, and Health departments and we expect that work to be completed by October 31. These departments will be temporarily relocated to the auditorium and kitchen during the construction period. Construction will begin on a new 4 bay garage for the Public Works Department to store equipment and a new heating system to replace an older existing system in one of the buildings. This should be completed in the fall. Slow but steady progress is being made on the Walnut and Ivory Street bridges.

The Planning Commission and Essex Elementary School officials embarked on the development of a "Safe Routes To School Plan" several years ago. Thanks to a recent grant from the DOT, construction will begin this summer with the installation of new sidewalks around the Essex Elementary School area, replacement and widening of sidewalks down to Falls River and a new crosswalk at Charles Street. For more details about the project please contact John Guszowski at the Town Hall.



First Selectman Norm Needleman

Continued on page 3

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SELECTMAN'S CORNER...continued from page 1

We have heard some complaints about the number of signs in Ivoryton Village that were added as a result of the renovations last year, and we are looking to see if they can be reduced and still comply with the traffic regulations.

I'm glad to see that the Shoreline Times is working on their current delivery issues and plan to go back to postal delivery after receiving consumer complaints, and a letter signed by several of the Selectmen in our surrounding towns, to stop unsolicited deliveries in residents driveways. To get the paper delivered to your mailbox call 866-377-6777 or go online <http://shorelinetimes.com/circrequest/>

Congratulations to the cast and crew at Valley Regional High School who captivated audiences in their March production of *The Addams Family!* Every year this group of talented high school students continues to impress us and turn out quality performances.

Lastly, I'd like to thank Mary Ellen Barnes, our Park and Rec Director, for coordinating The Essex Go Bragh Parade and Festival in Essex Village. We had a great turnout and a fun time was had by all!

All the Best,
Norm Needleman



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Stay Informed.

Signing up for the Essex News e-mail list will provide you with information and updates on events from the First Selectman's Office. (Your address will be used solely for this purpose.) To add yourself to the list, email your contact information to essexnews@essexct.gov with the subject **Town Email List**.

Essex Library Association

We will offer a wonderful lineup of programs and events for people of all ages this Spring, highlighted on June 4 by *A Tour of Essex Village Gardens* sponsored by the Friends of the Essex Library. Tickets are \$25 in advance and \$30 on the day of the event, and will be available at the Library beginning May 2. Enjoy a stroll through eight of the loveliest and most unusual private gardens in Essex! The Friends will also hold their Spring Book Sale on Saturday, May 21.

In addition to our ongoing programs for adults (please visit our website: www.youressexlibrary.org for more information) we have some outstanding events coming up including two installments of the Centerbrook Architects Series. On Friday, April 29 Matthew Silva will screen the Connecticut premier of his award-winning documentary "Modern Ruin: A World's Fair Pavilion." Architect

Reiulf Ramstad, whose Norwegian firm, Reiulf Ramstad Arkitekter, was named 2015 Firm of the Year at the Architizer A+Awards will appear on Tuesday, May 17.

Other programs include a lecture on the artistry of Hieronymus Bosch by Professor Robert Baldwin of Connecticut College on Saturday, May 14, and a special tasting of craft brews for those over age 21 that will be conducted by "Beer Snob" Will Siss on Saturday June 11.

The Essex Library Children's Department will run weekly story times for children from early spring until May 13th. Those with little ones (aged newborn - 2) are welcome to drop in on Fridays at 10 am. Join us during April vacation week for gaming, art, family films and food science. We'll also host multiple visits from the Denison Nature Center which will include live animals.



All Library programs are free of charge and open to the public, but registration is requested. Please call 860-767-1560 to do so.

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Laughter, Suspense And A Whole Lotta Razzle Dazzle!

The Ivoryton Playhouse is the place to be for great entertainment this Spring and Summer.

The month of May features a comedy about dancing and life. *Six Dance Lessons In Six Weeks* opens May 4th and runs until May 22nd. In this touching and human comedy, an aging but formidable woman hires a dance instructor to give her lessons in her home. What begins as an antagonistic relationship gives way to friendship as they tango, foxtrot and cha cha while sharing their secrets, fears and joys.

We travel across the pond and back in time in June with *The 39 Steps* (June 1st – June 19th, 2016). *The 39 Steps* is a comedic spoof of the classic 1935 film, with only 4 actors portraying



more than 150 characters, sometimes changing roles in the blink of an eye. The brilliantly madcap story follows our dashing hero Richard Hannay as he races to solve the mystery of *The 39 Steps*, all the while trying to clear his name. The show's uproarious fast-paced 100 minutes promises to leave you gasping for breath.

Summer officially opens with all that jazz on June 29th with the sizzling hot Broadway hit musical *Chicago*. Winner of six Tony Awards, including Best Musical Revival, *Chicago* has everything that makes Broadway great: a universal tale of fame and fortune, one show-stopping song after another and a whole lotta razzle dazzle – *Chicago* always delivers. Don't miss the experience of this show live on stage at the Ivoryton Playhouse until July 24th.

The inspirational rock musical, *Rent* runs August 3rd – August 28th. Loosely based on Puccini's *La Boheme*, *Rent* is set in the East Village of New York City. Exuberant, passionate and joyous, *Rent* is



about falling in love, finding your voice and living for today. Winner of the TONY Award for Best Musical and the Pulitzer Prize for Drama, *Rent* has become a pop cultural phenomenon.

Man Of La Mancha, runs from September 7th – October 2nd and stars David Pittsinger. The season closes with a beautiful new play, *Tenderly: The Rosemary Clooney Story* (October 26th – November 13th) – an exhilarating and inspiring musical biography.

Call the Playhouse box office at 860-767-7318 for subscriptions or tickets or visit our website at www.ivorytonplayhouse.org.



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58th Essex Annual Shad Bake – A Local Tradition



The Rotary Club of Essex's 58th Essex Annual Shad Bake returns to the Connecticut River Museum on June 4th! Co-hosted by the Museum and Rotary Club, this quintessential summer event is a longstanding tradition on the Connecticut Shoreline.

Historically one of the most important fisheries on the Connecticut River, American shad is considered a delicacy whose annual arrival in the River heralds the coming of spring. The Rotary Club of Essex has been maintaining the custom of planking and roasting this important fish for nearly 60 years, a style of cooking shad that is part of our State's history.

In addition to shad and many side dishes, there will also be live music from the Essex Corinthian Jazz Band and an antique car show. Various organizations, including the Connecticut River Watershed Council and the Haddam Shad Museum, will also be on hand with shad related lectures and demonstrations. The DEEP will also be present to commemorate the 150th anniversary of the founding of the Connecticut Fisheries Commission.



The Rotary Club of Essex cooking crew cook the shad on planks before an open fire.

Please visit the Rotary Club of Essex's website (www.rotaryclubofessex.com) for more information or to purchase tickets for the event.



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Know Your Farmers

More and more, people are becoming interested in where their food comes from and how to support their local farmers. And more and more, they seek to find the freshest food around for their families.

Did you know that there are almost 75 farms in Middlesex County alone!? Ever wonder if there was an easier way to find the farms, learn about what products they sell and find the best times to visit?

The Lower Connecticut River Valley Council of Governments Regional Agriculture Council – the first formed in the state – has taken a step that will make it easier to find where to buy such fresh food!

Using an “Ag Viability” grant provided by the Connecticut Department of Agriculture, the Regional Ag Council has launched a website titled “Know Your Farmers” in an effort to introduce many of the farms and farmers from Middlesex County to the public. The public will be able search for fresh food by town, by farm and by product. The website will also provide notices of events occurring at our local farms and will include a page sharing recipes. The Ag Council, whose members are all local farmers themselves, will include a “Farm of the Month” which will tell the story of a farm and the people who pour their blood, sweat and tears into the land.



The mobile-friendly website will allow you to search out just the right farm and products to support your efforts to support your local farmers! Go to <http://www.ctrivervalleyfarmers.org> at your desktop, on your tablet or on your Smartphone and start exploring! To learn more about the RiverCOG Regional Ag Council, go to <http://www.rivercog.org/agriculturecouncil>.



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<http://www.mansionglobal.com/articles/22546-listing-of-the-day--a-seaside-getaway-with-a-lighthouse>

Shining a Light on the Shoreline and Connecticut River Valley



Old Saybrook, CT \$3,650,000 Stunning waterfront in prized North Cove location. 4BR fully renovated Colonial offers casual open living. Fully permitted dock. *NI0098772*



Lyme, CT \$1,595,000 Graciously renovated 18th Century home on 12 acres of farmland. Chef's kitchen, separate quarters in main barn. *NI0036124*



Essex, CT \$2,150,000 Village landmark Colonial has been restored to perfection. Stunning pool complex. Carriage House guest apartment. *NI0109897*



Haddam, CT \$795,000 Mid Century Modern home exquisitely updated using the finest materials and craftsmanship. In-ground pool, overlooking the scenic Connecticut River. *NI0103056*

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The Friends Of Essex Library News

The Friends of the Essex Library will host their Spring Book Sale on Saturday, May 21st in the Library at 33 West Avenue in Essex. This is a large one-day sale with longer hours and an additional option for purchasing books. Library services will be unavailable the day of the sale to accommodate additional tables throughout the building.

The doors will be open from 9 am to 5 pm. From 3-4 pm books will sell for half price. "Fill your bag for \$10" will run from 4-5 pm. Customers are encouraged to bring their own tote or paper bags to fill with books, excluding those that are specially priced. Canvas tote bags with the library logo will be available for purchase.

Books will be sorted, categorized and pre-screened to ensure that the best possible selection is presented to the public.

Specific information about the sale, including signed books and particularly interesting books offered in the various categories, will be on the Essex Library website two weeks prior to the sale. Go to www.youressexlibrary.org, click on "Friends" and then on the "Book Sale" page. In addition to the books for purchase, there will be a large number of board games from which to choose.

Save July 7th for *Chicago* at the Ivoryton Playhouse, co-sponsored with the Ivoryton Library. The event, which will include pre-performance sparkling wine and light hors d'oeuvres, is a not-to-be missed opportunity to support both libraries. Look for details in late spring.

Thank you to all who supported our very successful March CD Sale. This sale, and our other events, provide funds to



Linda Bierre, Renate Houchin, and Joan Weingardt.

support the library's special programs and activities, as well as practical improvements to the building. We are grateful for your help.

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One Month Away Until the Annual May Market

Take time and smell the garlic salt. Its “world famous” if you ever visited the Essex May Market.

Mark your calendars for a Fabulous Day in Essex, Saturday May 7th from 9 am to 2 pm. Rain or shine, in the town park, located on Main Street in Essex Village.

Just in time for Mothers day there will be Herbs and herbal gift creations as well as the Garden Club’s famous garlic salt, made from a closely guarded secret recipe since 1953.

Always the star of Essex May Market is the ever-popular Members Plants. People have been coming to Essex on May Market day for years from all over New England to take advantage of the healthy plants dug and nurtured by the Garden Club members. These plants include perennials, ground covers, grasses and shrubs dug and potted from the garden club members. An early sell out in the Members Plants area each year are the many varieties of tomato plants grown from seed and cultivated carefully. There will be 300 tomato plants, including many heirloom varieties guaranteed to grow in our climate. There will also be a colorful assortment of annuals and hanging baskets for sale. Knowledgeable Garden Club members will be available to help with any questions on



caring for the plants. Back by popular demand this year is the all natural compost available for sale.

The “Treasures” section is a great place to find gently used pieces of jewelry, garden pieces, planters, books. Children’s items, gardening tools and a mix of odds and ends. There will be lots of interesting finds for all ages.

The Silent auction will have an incredible array of goods and services donated from many generous merchants.

Continued on page 13

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ANNUAL MAY MARKET...continued from page 12

The May Market Café offers donuts and coffee starting in the morning and light lunch fare at midday.

Local CT Breads and Honey will be for sale and make great gifts

May Market is the Garden Club's only annual fundraising event. Proceeds

support civic improvement projects, such as beautifying town parks and traffic islands in Essex, Centerbrook and Ivoryton. Plantings are also purchased for the Essex Town hall, Town Park and for public schools serving Essex students. Funds also provide scholarships for high school seniors and college students, summer camperships for young students,

and educational programs for Essex Elementary school and John Winthrop Middle School.

May Market is truly a gardeners dream. Come early, Rain or Shine, and for sure you will find something beautiful for your garden or a special gift to take home.



The first CT Spring Boat Show features some of the newest boats on the market including center consoles, fishing boats, luxury cruisers, sport and sail boats. The free show is open to the public May 13-15, 2016 at the new Brewer Essex Island Marina. www.ctspringboatshow.com. The show is the merger of two previous shows, Essex Spring Boat Show and SailQuest Mystic, in an effort

to share resources and to get people excited about boating. The larger location of the new Brewer Essex Island Marina and in water show will allow for visitors to view power and sail models of all sizes. Sea trials will be available throughout the weekend.



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Sister Cities Essex/Haiti

Celebrate the opening of the Bibliotheque Communautaire Deschapelles (the new library in Deschapelles, Haiti) on the evening of June 9 at Brewers Essex Island Marina. Sister Cities Essex Haiti is planning an evening of food, drinks, jazz band entertainment and more to thank all the supporters who have made his library a reality. For additional information, contact Mary-Beth Harrigan at mharrigan3@comcast.net.



FISH (Friends In Service Here)

FISH was founded locally in 1970 to provide free rides to medical appointments for residents of Essex, Deep River and Chester. The FISH logo originated during the World War II bombings in London. A London household with available food and a place to sleep would place a fish symbol, a reference from the Bible, in the house's front window to let displaced people know that free food and a place to sleep were available.

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

For calendar 2015, we had 783 round-trip rides for our three towns of which over 60% are for Essex residents.

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

Henry May, Driver and President

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1,500 - 1,750 SF	RAKA042JAZ	3.5	\$6,200.00
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Essex Boy Scouts - Troop 12

Essex Troop 12 has room for additional scouts and adult leaders and is pleased to offer this opportunity to boys ages 14-18, looking for fun and adventure who are ready to expand their horizons. It is not necessary for your son to have attended Cub Scouts or Webelos to be a Boy Scout. The Scouting program is geared toward teaching boys teamwork, reliability, responsibility, integrity, charity, and humility, while at the same time transforming your boy into a leader and an honorable young man. The best part is that we have a boatload of fun in the process.

The scouting program, through it's leadership levels and merit badge achievements, adds structure to the learning process and offers courses on everything from Citizenship in the Community to Astronomy, from Personal Hygiene to Archery, and from Welding to Cooking and ATV Riding. The Boy Scout Council's annual week long Summer Camp is packed

with merit badge offerings, yet leaves plenty of room for relaxing and fun activities such as soccer games, sailing, and even canoe flipping wars.

Throughout the academic year, Essex Troop 12 holds multiple camp outs, back packing hikes, camp fires, game nights, and volunteer work parties. In February we all went go-cart racing. In April we will be hiking several hours with full packs in West Point, New York, to our camp site. We will be packing everything we need for the weekend and will be sampling light weight freeze dried meals and military rations. Next month we will be helping the Lions Club with food preparation and serving when Thomas the Tank comes to visit at the Essex Steam Train. An early Summer Mount Washington overnight is also planned. This past season, the older boys made a High Adventure trip to the Rocky Mountains and completed a multi-day hike up a 14,000 foot mountain. Next year we plan to complete a similar trip with white water rafting.

Please reach out to me if your son is interested in joining Essex Boy Scouts Troop 12. Rich Helchowski, Committee Chair, Essex Boy Scout Troop 12.

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Trying To Sell Your House?

Unpermitted Work May be a Problem

Increasingly as potential buyers perform their due diligence or lenders and appraisers check property files in Town Hall they discover unpermitted or unapproved work and are refusing to move forward with transactions. What are town officials able to do to help a homeowner who finds themselves in this position?

At Essex Town Hall we strive for a friendly experience for our land use customers. In these cases we are often able to issue an "after the fact" permit for the work that was performed so that a homeowner can receive a Certificate of Approval. What does this entail?

Basically the procedure is the same as if the work had not already been performed, with a couple of important caveats. Depending on what specifically was done health and zoning permits may be required in addition to a building permit application. We generally waive the requirement to supply building plans since the work has already been done. You must pay a building permit application fee based on the current fair market value of the work including labor and materials. Please be aware that the Building Official has no authority to issue a permit under a previous code version, so all work must comply with TODAY'S building code.

After the permit is issued you will need to request an inspection. Normally the Building Official has the opportunity to see the work at various stages of construction before work is concealed. However in the "after the fact" scenario the Building Official just performs a thorough inspection of everything he can see without destructive testing. He will normally get a good idea of the level of quality and code compliance after this inspection. If the Building Official feels confident that the work is substantially compliant he will issue a Certificate of Approval that includes a notation that rough inspections were not requested or performed.

If code violations are discovered during the inspection they must be corrected before a Certificate of Approval can be issued. If the Building Official becomes concerned about any of the work that is covered up he will require enough of the finish materials to be removed to satisfy him that the work is code compliant. So why should anyone obtain approvals in advance of doing the work if they can just get an "after the fact" permit at a later date?

First and foremost, it is the law. Any person who violates any provision of the State Building Code is subject to penalties as per Section 29-254a of the Connecticut General Statutes. But if you need more personal motivation or are concerned that someday you may have trouble selling your house consider these points:

- 1) The "after the fact" process can be lengthy. Sometimes health or zoning issues come up that can be time consuming to resolve.
- 2) If you wait and count on getting an "after the fact" permit you may then have to pay for upgrades to comply with today's code. These costs could easily be more than the original building

Continued on page 19

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TRYING TO SELL YOUR HOUSE?...continued from page 18

permit fee. 3) You are going to pay for the permit anyway. Building permit fees are approximately 1% of the value of the improvement, so the fee is not a huge budgetary consideration when planning an upgrade to your home. 4) If you do work without a permit and thus without approval by the Building Official you may be in a position of increased liability if

something goes wrong. Imagine a visitor to your home falls on a set of stairs, gets injured, and decides to sue. Would you rather go to court and be able to show the judge that the stairs were permitted, inspected, and approved by the Building Official or that you built the stairs without approval or inspection according to how you thought they should be?

Town officials have rules that are applied through the departments that constitute the Essex land use offices. The point of a great deal of the State Building Code is to make our buildings safe to occupy and use. We certainly prefer to see you before the start of a project or before you try to sell your house, but let us help you, even if it is "after the fact".

Essex Garden Club Offers Scholarship

The Essex Garden Club is offering a \$1,000 Scholarship for the school year 2016-2017. To be considered for this scholarship applicants must be

- A resident of Essex, Centerbrook or Ivoryton CT.
- A high school senior or undergraduate/graduate college student
- Have a "B" or better GPA

- Be Planning to pursue studies related to the environment in an accredited two-year or four-year institute of higher learning. Fields of study may include:
 - Agriculture, Biology, Ecology, Horticulture, Forestry, Environmental Science and Engineering
 - Closely related subjects may also apply: Land Conservation, Landscape Design, Nursery Management.

Application forms are available from Guidance Counselors, or go to essexgardenclubct.org. The deadline for receipt of applications is April 25th 2016. For more information call 860-581-8206.



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'Get Out There!' with Essex Historical Society

With the weather warming up, take the opportunity to enjoy your community's rich history at these indoor/outdoor public events, courtesy of Essex Historical Society:

Sunday, May 15, 4 – 6:30 pm, Rt. 153 (behind Essex Steam Train): **Grand Opening of the Yellow Label Mill**. Join EHS and Valley Railroad for the unveiling of the refurbished c.1915 Yellow Label Mill, part of the former E.E. Dickinson complex. The free tented event includes refreshments, music and tours of selected former Dickinson structures.

June 3 through September, Fridays, Saturdays and Sundays, 1 – 4 pm, 19 West Avenue: Visit the historic 1732 Pratt House, barn, museum shop, illustrated timeline of Essex history and lovely grounds of Essex's only historic house museum. Free guided tours.

Saturday, June 11, 1 – 4 pm: Visit the Pratt House on **CT Open House Day**, the annual statewide event to celebrate CT's vibrant historic, art and cultural sites. Free.

July 29, 30 & 31: EHS's annual **Walking Weekend** will feature our popular walking tours; check our website closer to the date for exact times and locations.

For more information, please visit www.essexhistory.org or call (860) 767-0681. All events are free and open to the public, unless otherwise indicated. We hope to see you soon! To tide you over until the next great EHS event, here's a great tale about Essex's 'vanished history.'

Remembering the Essex Rope Walk by Steve Knauth

This is not a story of the wide sweep of history, but one of a moment in the past so ordinary that no one noticed or suspected at the time that it would ever be special. And yet the unknown writer who penned the recollection for the local newspaper on March of 1893 sees, with the passage of time, that the present becomes the past, that the once-commonplace events of our lives slowly, inexorably, turn into history.

The Essex rope walk, located in the middle of the town, was hard to miss. Some 800 feet long and 20 feet wide, it extended from what is now North Main Street down to the Connecticut River at North Cove, and included a 2-story office at one end and a tar house next door.

Inside, a dozen or so men turned bales of hemp, manila and flax and barrels of tar and oil into lengths of rope for the local shipbuilding industry. Fibers were twisted into yarn, yarns into strands, and those into rope along the great length of the wooden building, using clanking, clattering machinery powered by a horse in the basement below. Built circa 1817, and a thriving business for well over a half-century, it was also a wondrous playscape to the children of 19th century Essex, venturing from their school houses at The Academy, Pound Hill or the Point.

"Every recess, some in every school would run down to the rope walk," our writer begins. There was a little cellar where "not a ray of light penetrated, and [we] children would dare to go in, where there was an old horse going round and round all day long hitched to a beam, which turned a wheel that twisted the ropes" in the building above. The youngsters would watch their chance and when the horse had passed the door, they would spring onto one of the heavy beams and ride around.

The walk above held its own fascinations and rituals. At the far end of the building was a crank used to coil up the new-made rope on a big spool, and the children would run

Continued on page 21



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down the mighty length of the walk, take a swing on the heavy handle, and run, then run back. Sometimes they'd challenge each other to walk the length of the wooden rail which ran down the middle of the building – without falling off. "We have never known it to be accomplished," the unknown author writes.

Then, there was the fascinating Mr. Hannah. A long-time employee, his job was to walk backwards, up and down the walk, all day long, with a large bundle of flax wound about his waist, feeding strands to the twisting rope. "We children," the author writes, "...used to wonder how many times a day the old man walked backward up and down, and how many bundles of flax he could use in a day," but they never asked. "It is as well perhaps," he concludes, "for if one child had thought of asking, the rest would all have had to ask the same questions, and the old man was not pleasant, at best."

Nor was his companion. Mr. Hannah "had a dog as homely as his master who always followed him up and down the walk and when he could bear no more from the children he would make the dog bark at them, which was the only thing to mar the happiness of the old rope walk."

Before going back to their schools, the children made it a habit to stop in the office to be weighed [on the rope-weighing scales]. "No matter if we had been weighed in the morning we would wish to be weighed again in the afternoon," he writes. "We never weighed twice alike, but it never entered our childish hearts that we were weighed incorrectly, as long as we got on the scales and off."

The shop manager, Daniel Andrews, performed the duty. He would also wind the children's kite strings, if asked politely. "We thought him cross then, [but] we can see now he had lots of patience with us."



1836 woodcut by John Warner Barber courtesy of Essex Historical Society .

And then, recess or "dinner time" over, the children would scurry back to their schoolhouses, leaving the rope walk behind, unaware that they'd just done something special, something they would remember, fondly, in their later years; that they were a part of history.

That is an awareness which comes with age. Our unknown author, looking back, says simply: "most of the many who have been associated with the old rope walk are

Continued on page 22

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ESSEX HISTORICAL SOCIETY...continued from page 21

dead [now] and the old building will be a thing of the past and only memories of the rope walk will remain."

Author's note: The Essex rope walk had one last hurrah. In 1883, the Essex Cornet Band decided to hold a muster, inviting 11 bands and drum corps from around the state, and a crowd of hundreds was expected. Where to host them all? The only building in town large enough was the now-abandoned rope walk, dirty with dust and cob webs, filled with junk and smelling of tar. No matter. In the spirit of the day, supportive citizens got together, cleaned the rope walk out, filled it with cedar boughs to freshen the air and set up 400 feet of tables, covered with white cloths. The celebrants arrived, and were served a sumptuous dinner. A concert followed, "the consolidated band of 160 pieces playing that glorious tune, 'Marching through Georgia' with a vim and vigor that would have waked the dead," reported the Connecticut Courant. "This was one of the greatest gala days that Essex ever had."

Shortly afterwards, 100 feet of the rope walk collapsed after a heavy snowfall; it would never ring with voices again.

Town Clerk's Office

Welcome to Centerbrook, Essex and Ivoryton

Joshua A. Schulman & Andrea Schreiber, 28 River Road, Essex
Nicole Shail, 20 Comstock Avenue #3B, Ivoryton
Lyn S. Martin, 65 Main Street #18, Ivoryton
Pasquale & Melissa Chieffalo, 25 Main Street, Ivoryton
Bradley & Michelle Gross, 22 Charles Street, Centerbrook
Diane Riggio & Mauricio Montiel, 8 Verona Street, Essex
Paul Dumaine, 46 Bushy Hill Road, Ivoryton
Frederick & Audrey Weber, 15 Maple Avenue, Essex
William Gunther, 22 Pratt Street, Essex
Daniel V. Tavares, 12 Keyboard Lane, Ivoryton
Gregory & Marjorie Sandvik, 14 Little Point St., Essex
Charles M. Dole, 13 Primrose Ledge, Essex
John Stephanick, 14 Mikes Terrace, Ivoryton
Nancy & Peter Simms, 9 Kings Lane, Essex
Andrew Bronin & Rita Elaine Jones-Bronin, 17 Dickinson Lane, Essex
Ruth Belding Nardini, 10 Collins Lane, Essex

Loss of Residents and Friends

January

Elizabeth Smith
John Evans Jr.
Martha Burd

February

Sandra Szymanski
Albina Stopa
Elizabeth Ann Dennis
Ruth Liebegott

February continued

Nancy L. Lombardi
Gillian R. Farrell
C. Thomas Hamel
Willard L. Ford

March

Charles A. Ruhe
Merrill Bunce Wilder

Respectfully submitted by Yvonne Roziak, Assistant Town Clerk

5th Annual Run For Chris

The 5th Annual Run For Chris 5K will be held Saturday, June 25, in Essex, CT, starting at Town Hall. The race is held in memory of Christopher Belfoure, a 2005 graduate of VRHS, to raise money for the The Chris Belfoure Memorial Fund at the Community Foundation of Middlesex County.

While a student at Valley, Chris went on several school trips abroad. These experiences served as catalysts for a strong desire to learn more about what lay beyond the scope of his horizon. Chris went on to major in History and Chinese Studies at West Virginia University, where he spent a considerable amount of time studying abroad in China. He developed a keen interest in and fondness for the Chinese people and their culture (all the while becoming fluent in Mandarin). Upon graduation from WVU, Chris secured employment in Shanghai working for an international information technology firm.

Influenced by his own life-altering journeys, Chris was passionate about encouraging others to also broaden their horizons and follow their own paths. Sadly Chris lost his life at the age of 24, so to keep his inspiration and passion alive The Chris Belfoure Memorial Fund was established in 2011. The fund is intended to perpetuate Chris's vision by helping local

area high school students travel abroad.

To date 118 students have benefited from the Fund, traveling to such places as Costa Rica, France and Spain. This April they are going to Salamanca, Spain. They will live with families there and attend school. What a great way to be immersed in the culture of Spain. We are excited to share their adventure at the run.

New this year is a partnership with Valley Shore YMCA in Westbrook. The Run for Chris 5K will be their featured 5K to kick off the season for the Run Club. They will be supporting the run by facilitating the Kid's Fun Run and the CB4-1 mile run for ages 7-14, which are promotes healthy living for our youth.

Join us for a fun family event. This is a terrific 5K course thru historic Essex with views of the Connecticut River. Awards and food for the runners, as well as face painting and great raffles round out the morning.

To register for the Run, go to www.aratrace.com. For more information, contact George Chapin, Race Director, at george_c@snet.net.



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Essex Land Trust – 2016 Calendar of Events

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

Saturday, May 16, 9 am - Birding and Nature Walk in the Preserve and Essex Meadows. Essex Land Trust Board Member and birder Jim Denham will lead a 1½ hour walk through the Essex Meadows fields and into the new Preserve property. The timing will coincide with the peak of bird migration and breeding season, so expect to see and hear dozens of species around this very diverse landscape. All levels of knowledge are welcome. Essex Meadows will provide refreshments at the conclusion of the walk. Easy to moderate walking on trails. Bad weather cancels. Location: Meet at front entrance of Essex Meadows. Park at Essex Meadows, 30 Bokum Road, Essex.

Sunday, June 12, 3:30 pm and 5:30 pm - Mid-summer Kayak trip, Concert and Picnic. Join us for an afternoon of activities at Essex's Main Street Park. The kayak/canoe trip into Essex South Cove will be led by naturalist Phil Miller. Boating participants should register and launch their crafts prior to the 3:30 pm departure time (high tide is 6:22 pm). A safety boat will accompany. All others are invited to join us following the boating at the Park at 5:30 pm for a BYO Picnic and concert by the Corinthian Jazz Band. Parking is available on Main St. and behind the Essex Post Office. Bad weather cancels. Location: Main Street Park, Essex.

Saturday, June 25, 9 am - Hike Pond Meadow Preserve. This new ELT property has three distinguishing aspects: an abundance of old trees, a swamp traversed by a 450 foot elevated walkway/ bog-walk...and when the trees are leafed out there is a double canopy not unlike a rain forest. The property comprises 18 acres and includes a bridge over a stream that flows into the Falls River. Rain/thunderstorms cancel. Location: Parking area at Comstock Field, Park Road, Ivoryton.

Saturday, July 9, 9 am - Introduction to Johnson Farm. Come explore one of the latest ELT land acquisitions, a 50-acre jewel of fields and forest in Ivoryton. Will be led by the stewards who nurture and protect the largest open farmland left in Essex. Duration 1½ hours. Easy to moderate walking for all ages. Rain/thunderstorms cancel. Location: ELT parking lot on Read Hill Street, off of Comstock Rd., Ivoryton or pedestrian access only (no parking) off Walnut Street, Ivoryton.

Essex Land Properties & Trails - Since its founding in 1968, the Land Trust has helped preserve over 1000 acres of open space, of which it owns or holds under easement approximately 600 acres.

Continued on page 25

We invite all of the community to enjoy our 23 preserves, many along the spectacular waterfronts of the Connecticut and Falls Rivers. Properties are open sunrise to sunset and we encourage everyone to enjoy these open spaces to experience the natural beauty and diversity of the Essex community. To learn more about the Essex Land Trust, programs, properties, and trails visit us at www.essexlandtrust.org or contact us at info@essexlandtrust.org.

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Call today to schedule your free LASIK consultation. During this, your doctor will determine if you are a candidate for treatment. There are several factors ranging from how much correction is needed, the health of your eye, are you 18 years of age or older, and your past medical history that will affect your candidacy. Blurry vision is the result of the eye not being able to focus light on the retina. By reshaping the cornea with LASIK, you can achieve excellent visual results.

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SmartER Appointments Now Available at Shoreline Medical Center

Why spend your time in the ER waiting room when you could be waiting in the comfort of your own home instead?

The new, innovative SmartER appointment system provides easier access to the Shoreline Medical Center Emergency Department — letting you schedule your ER visit for non-life threatening emergencies up to eight hours in advance.

According to Michael Saxe, M.D., Chair of the Department of Emergency Medicine at Middlesex Hospital, “With people’s often hectic schedules, making an appointment on the SmartER website can improve convenience, help reduce waiting time in the Emergency Department, and allow

patients quicker access to medical care for non-emergency injuries or illnesses, once they arrive.”

Some examples of non-life threatening emergencies include sore throat, earaches, minor cuts, minor strains or sprains, mild diarrhea, or sports injuries. For any medical problem that is life threatening, dial 911 immediately.

To schedule a SmartER appointment, go to www.middlesexhospital.org/smartER. The Middlesex Hospital Shoreline Medical Center Emergency Department is located at 250 Flat Rock Place in Westbrook and provides care 24 hours a day, seven days a week.

Estuary Council Regional Senior Center

The Estuary Council of Seniors, Inc. (ECSI) is a community center for the Estuary region’s residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been promoting healthy and active lifestyles for adults 50 and better through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at www.ecsenior.org for additional information or call us at (860) 388-1611.

BINGO is Back! Beginning Thursday, April 14, and continuing every Thursday evening. Games begin at 6:30 pm. Doors open at 5:30 pm. Admission, including game package, is \$12 per player. Cash prizes with the progressive jackpot maximum payout of \$1,000.00 (increases \$100 each week). Open to all ages.

Junk In The Trunk, Saturday, May 14 from 9 am - 1 pm. Vendors and artisans showcase their one of a kind treasures, antiques, arts and crafts and other assorted bric-a-brac during this one day

shopping event. Will be held rain or shine. Food will be available for purchase, music, information, as well as tours of our wonderful Senior Center, a gift drawing and much, much more.

The Estuary Council offers social & educational programs, health screenings, exercise classes for many levels, a variety of trips, and much more. We also have a gym with evening hours and affordable rates. View our newsletter on our website or sign up to receive it monthly.

Newly retired or looking to help your community? We have volunteer opportunities to fit your busy schedule. The time and talents of our many volunteers are an integral part of our organization. Find out how you can make a difference.

Our Thrift Shop offers the best bargains on the shoreline. Clothing, furniture, housewares, decorations, and jewelry are just a few of the things you will find. Every day is different. All ages are welcome to come in and shop.

Rosé

There is nothing quite as refreshing as a nice summer rosé. Rosés are wines that are basically “pink” in color, which is attributed to the grape varieties used, and how long the skins stay in contact during the wine making process. The biggest misconception about rosé is that they are sweet, due to the previous popularity of White Zinfandel, which is made sweet by cutting the fermentation process early. This results in higher residual sugar and lower alcohol.

Rosés are typically a blend of more than one red varietal, and occasionally a few white varietals. The flavor is very pleasant and refreshing, with accents of fresh berries such as strawberry, raspberry and cassis. Rosés are a delicious alternative to white or red wine for summer. They are great for picnics and barbecues which normally provide a vast selection of foods including chicken, beef and seafood.

Rosés are produced all over the world, so each country's unique blend of grapes varies. France is the most popular country for rosé production, with Provence being the dominant region. Provence produces very light and refreshing rosé that can be drunk on their own or paired perfectly with seafood. Côtes du Rhône also produces a bit fruitier, full-bodied wine, which consists of the classic Rhône varieties; Grenache, Syrah and Cinsault. Spain also produces fantastic

rosés that are on the heavier side consisting of Tempranillo, these are referred to as Rosado. California also does a beautiful job producing Pinot Noir rosé, which are soft yet very flavorful and refreshing. In South Africa it is typical to blend a bit of Viognier into the rosé, giving a pleasant floral quality to the wine.

Whether you typically drink white or red wine, you cannot go wrong with a rosé. During the hot summer months when all you want to do is cool down, try a great bottle of rosé. They are guaranteed to please the palate as well as any guest you may have. Enjoy your spring and these mouth-watering wines!

Art LiPuma, General Manager
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Help Wanted – Bookkeeper

Bookkeeper – full time. Must have experience with QuickBooks, record daily transactions, A/R & A/P, customer invoicing, sales tax and payroll, month end close, reconciliation, filing and other tasks as needed. Hours 9-4:30. Please send resume to wmcminn@essexprinting.com.

PASSION

We are fortunate and grateful for the great work being done by our neighbors, those who are giving of their time, talent and resources to support a passion or area of interest that is special to them and benefits our communities. At the Community Foundation of Middlesex County, we connect these valued donors with worthy causes to address the important work of helping others.

We provide donors with a way of targeting their gifts, so they have the maximum benefit in the community, and we provide support services, programs, and grants to local nonprofit organizations. The result is improving the quality of life for all through the arts, education, the environment, heritage enhancement, human services, animal welfare, and much more. Learn how we can help you support your passion and your community. Learn how we can help you support your passion and your community. **Visit us at middlesexcountycf.org or call us at 860-347-0025.**



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Upcoming Events at the Ivoryton Library

The Ivoryton Library provides resources far beyond books. Our Book Group, seven languages classes, programs educational and entertaining, as well as a slew of programs and activities for children and their families are well attended. Our library building hosts meetings and tutoring, even a birthday party. An important aspect of our service is flexibility. Our space is small and our patrons' needs drive many of our decisions. One example of this is the creation of our new Large Print Collection. Small but growing, some titles duplicate those in our regular print sections and some are unique. Let us know what titles you would like us to add.

Our Local History Committee received a visit from US Fish and Wildlife when Jay Slack, Steve Chase and William Woody came to view our materials on the ivory trade and ivory processing in Ivoryton. We also host school groups, scholars and authors for research. In the meantime, our committee is very busy: The next exhibit in our series, *An Intimate History of Ivoryton* is The Ivoryton Home Front during WWII. Please join us on Sunday, May 1 at 4:00 to view this interactive exhibit representing our life in the village during the Second World War. We would be very happy to showcase your memorabilia during this exhibit. Please let us know if you have anything to contribute or loan by contacting Elizabeth Alvord at the library.

The Ivoryton Library is partnering with Tri-Town Youth Services Bureau and the Essex Lions Club for an Eye-Popping Story and Activity Time in the Children's Room on Wednesday, May 4 from 3:30 – 5:30. During this time, the Lions Club will have available equipment to provide free eye screenings for all preschoolers. Parents will be given immediate results to take to their pediatrician or ophthalmologist. This is a very short, noninvasive test using a camera-like device that takes highly accurate measurements of a child's eyes in seconds. More information about this test can be found at www.clerf.org.

Our annual Mother's Day Sale takes place on Saturday, May 7 from 9 am – 2 pm. Plants, Baked Goods, and, of course, Used

Books will be for sale. Also, children are invited to decorate a pot and Plant a Flower for Mom from 11am to 12 noon or while supplies last. Donations of books, pots and plants are welcome anytime. Please drop off baked goods beginning Thursday, May 5. Thanks!

Miss Elizabeth is getting ready for Summer Reading!

We are continually grateful to our community for their support, especially EES PTO, Essex Park and Rec, Essex Police Union, Essex Fire Company #1, Essex Ambulance Assoc., The Clark Group, Scoops, Toys Ahoy and Sweet P's. THANK YOU!

Look for these programs this summer and many more!

- Sunday Story times at Essex Island Marina – 4:30 pm
- Tuesday Morning visits with Park and Rec Camp, Be sure to bring your reading log!
- Tuesday Afternoon Yoga for Families with Yogi B – 4:30 pm
- Thursday Morning Story times – 9:30 am – Ivoryton Green (weather permitting)
- March with us in the Ivoryton Fourth of July Parade!

Special Events this summer on Thursday afternoons at 4:00 include:

- Eco-Friendly Aeroponic Gardening
- Visit from the Hartford Yard Goats mascot and friends
- Make Your Own Hula Hoop and Demo
- Puppeteer Sharon Didato
- Om-Fly Children's Circus Event
- Maritime Education Network Visit
- Martial Arts program
- Visit from our Local Heroes
- Welcome to Kindergarten Party for incoming EES Kindergarteners

Be sure to Save the Date for our End of Summer Reading Family Social with Scoops Ice Cream, Favorite Musicians and crafts at the Ivoryton Green Sunday August 21st 5- 7 pm. Bring your own

Continued on page 29



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picnic or enjoy a pizza. Please call Elizabeth Bartlett for more information on these programs and to reserve a space. Details will be posted in our library, on our website, Facebook and sent home to EES families in June.

Volunteers are beyond valuable in our library. If you are interested in helping out, at any level, please consider joining the newly formed Friends of the Ivoryton Library. Whether you would be willing to run a fundraiser, bake cookies or anything in between, there is a way to help. Perhaps you have an idea? Speaking of fundraisers, look for information on our annual Night at the Playhouse, when we partner with the Essex Library to bring you a fun evening at the Ivoryton Playhouse in July with great food under the tent followed by a performance of *Chicago!*

The Ivoryton Library is located at 106 Main Street in Ivoryton, mailing is PO Box 515. Contact us at 860-767-1252 or staff@ivoryton.com.

Veterans Day Parade Planning

Attention Tri-Town Veterans and Servicemen and Servicewomen

A Tri-Town 1st Annual Veterans Day Parade is being planned and will be held in Deep River with a tentative date of Sunday, November 6. All veterans and servicemen and women from Chester, Deep River, and Essex who are interested in marching or participating in this parade should call Alex Breen at 609-805-7146.

If you have any questions, please contact Alex; clearly state your name and phone number and he will return your call.

This parade will be our time to thank these brave men and women who served or are serving in our armed forces, ever vigilant and ready to defend our freedom.

Sales Representative Wanted

Due to expanded growth we are seeking a full time sales representative to sell advertising in our publication. We seek someone experienced that understands the consultative sales process. Responsibilities include maintaining ongoing relationships with existing clients including daily contact over the phone and in person, meeting and exceeding sales goals, identifying and capturing new business through cold calling. Apply if you are an overachiever. Send resume to print@essexprinting.com.

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Eighty is the new 60. Americans live longer, feel healthier and stay engaged with work and play well beyond expectations from as recently as 10 years ago.

There's no greater investment in the enjoyment of later life than the investment in health. The baby boom generation is redefining "old age" through a youthful attitude combined with medical help for things like joint replacement, coronary stents, libido-boosters, and aesthetic enhancements that soften the reminders of aging when you look in the mirror.

Old age is not a disease, although it puts us at greater risk for health issues such as osteoporosis, heart disease, diabetes, cancers and depression.

What is normal aging? The landmark Baltimore Longitudinal Study of Aging through the National Institute on Aging set out to answer this question. Scientists concluded that the human body declines over time, but this does not inevitably lead to disease or dementia. The study showed that genetics play a significant role in a person's risk for chronic disease, but so does lifestyle. You can decelerate the aging process by staying physically, mentally and socially active, eating a healthy diet and treating depression.

Living to 100 will soon be "normal." How you take care of yourself now will affect how you feel when you get there.

Advanced Health & Longevity, an expansion of Essex Wellness Center at 28 Main Street, provides the motivation to be your own advocate for wellness. Naturopathic physicians and other practitioners offer evidence-based integrative therapies for pain management and disease prevention, plus acupuncture, orthopedic massage, aesthetic facial injectables, and overall health coaching.

To learn about Essex Wellness Center's Advanced Health and Longevity, call 860-767-7770, visit essexwellnessctr.com, or stop by 28 Main Street in Essex.

by Marcia Simon

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Visiting Nurses of the Lower Valley



Have you completed your Advance HealthCare Directive?

Who should have an Advance Healthcare Directive? Everyone over age 18.

In Connecticut, Advance Healthcare Directives include:

- The living will and health care instructions
- The appointment of a health care representative

Completing an Advance Healthcare Directive allows you to:

- Provide your directions or express your preferences concerning health care for the time when you might not be able to speak for yourself.
- Appoint a healthcare representative to act on your behalf.
- Discuss wishes with your agent, loved ones, and your doctor.
- Give copies to your agent, loved ones and MD.
- Periodically review and make any changes.

The key to effective advance care planning is talking with your loved ones and your healthcare provider. How do you communicate your deepest values and priorities related to quality of life? Who should you choose to be our agent? How do you talk with your doctor about our wishes regarding life sustaining treatment? It is important to think about the things that matter most to you in your life. There are many resources available on line to help answer these questions.

National Healthcare Decisions Day - www.nhdd.org

State of Connecticut - www.ct.gov/agingservices/lib/agingservices/pdf

For more information call Deborah Ringen MSN, RN-BC Faith Community Nurse at 860-767-0186. Visiting Nurses of the Lower Valley.

About Visiting Nurses of the Lower Valley

Visiting Nurses of the Lower Valley, Inc. is a not-for-profit, Medicare and Medicaid home health care organization serving Deep River, Essex, Chester and the Lower Valley region. Please check their website (www.visitingnurses.org) or call (860) 767-0186 for service information.

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Betsy D'Amico	x145	bdamico@essexct.gov

ANIMAL CONTROL OFFICER

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Kerry Berardinelli	x119	kberardinelli@essexct.gov

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

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William Angier, Boris Churyk,	x161	dcaroline@essexct.gov
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Paul Kenefick		jkeneffick@essexct.gov
Todd Belcourt		tbelcourt@essexct.gov
Karen Reilly		kreilly@essexct.gov
Christopher McCarthy		cmccarthy@essexct.gov

SOCIAL SERVICES

Mary Ellen Barnes	x201	mbarnes@essexct.gov
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Lynne Skinner, Assistant	x121	lskinner@essexct.gov

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Yvonne Roziak, Assistant	x128	yroziak@essexct.gov

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Calling all Businesses

MARC Community Resources (MARC) has advocated for the rights of people with disabilities since 1955. Since that time MARC Community Resources has grown into a multi-service agency with nearly 100 paid staff and over 100 volunteers. Today we serve more than 200 people with disabilities throughout Middlesex County and the Greater Hartford area by providing choices for housing, employment, advocacy and social/recreational life.

MARC's largest program is its Group Supported Employment Program. Small Group Supported Employment crews provide a vast array of companies with eager and enthusiastic employees capable of a multitude of tasks.

We provide a low cost work force while improving productivity. "The Crew from MARC has been an integral part of our Connecticut operation since 1996, and has contributed to our company's growth here during this period. They are a pleasure to work with; they have become family. There is no Greenwald without MARC," said Helmut Henry, Traffic Supervisor, Greenwald Industries (Chester).

Hiring a work crew from MARC provides companies with many benefits including increased profitability, employees who happily accept repetitive tasks without complaint, lower insurance risks, and a richer work environment for their own employees. "The MARC crews are a valuable part of our stores, not only do they keep our stores clean and safe, they brighten the experience of our staff and guests. They bring inspiration, cheer and good work ethic everyday they are here," said Gino Pacitto, Facilities Maintenance Manager, Shop Rite East Hartford/Manchester.

No job is too big or too small for MARC's work crews. Work crews are available Monday through Friday from 10am-1pm. If you are interested in receiving more information on hiring a MARC work crew, contact Erin Gasparini, Vice President of Vocational & Leisure Services at (860) 635-5151.

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New Dementia Caregiver Group Formed at The Saybrook at Haddam

Caring for a family member or loved one suffering from dementia requires patience, fortitude, and a network of much-needed support from others in similar situations. To help caregivers develop this network, better understand the disease, and reduce stress and anxiety associated with dementia care, The Saybrook at Haddam has created a new monthly Caregivers' Support Group. The group, which is open to the public, offers caregivers as well as family and friends of persons with dementia an opportunity to share information, talk through challenges, and learn more about local resources. Meeting dates and times vary, so interested individuals should contact Brooke Conley at 860-345-3779 for details.

Each meeting of the support group will focus on one of the many stages of dementia or issues surrounding those suffering from dementia, as well as general caregiving concerns of members. Recent research or relevant articles will be discussed along with personal stories and experiences (including humorous ones). Group members are encouraged to suggest themes and topics for the meetings based on their specific needs.

"It is very powerful and therapeutic for caregivers to spend time and share experiences with people who also are facing

dementia in their families," said Brooke Conley, The Saybrook at Haddam's licensed clinical social worker who created and moderates the group. "Just having a community to talk to, learn from, and laugh with can bring a sense of reassurance and relief to caregivers, and can improve day-to-day life for those with dementia."

Attendees at the group's first meeting said they were happy to know they were not alone and were eager to build and strengthen connections with others. Those who are new to dementia care were pleased to talk directly with others who have coped with dementia for longer periods of time. The exchanges were helpful on many levels.

"Since Safe Harbor opened in 2011, we have worked one-on-one with family members to help them understand dementia, to try to relieve some of the anxiety families feel, and to work with them to enjoy happy visits with their loved ones," Conley said. "Now with this larger Caregivers' Support Group, we can share our knowledge base with the greater community, build a larger community, and hopefully improve lives for dementia patients and caregivers."

Continued on page 34



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 First Baptist Church..... (860) 767-8623
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 Ivoryton Congregational Church..... (860) 767-1004
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 Trinity Lutheran Church..... (860) 767-0228

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 Democratic Town Committee (860) 767-7665
 Community Foundation of Middlesex County (860) 347-0025
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 Essex Cub Scouts of America..... (860) 790-0681
 Essex Garden Club..... (860) 767-2860

Essex Historical Society (860) 767-0681
 Essex Land Trust..... (860) 767-7355
 Essex Little League www.essexlittleleague.org
 Ivoryton Company of Fifers & Drummers (860) 767-2237
 Lower Valley Visiting Nurses..... (860) 767-0186
 Republican Town Committee (860) 510-8318
 SCORE (860) 388-9508
 The Shoreline Soup Kitchens..... (860) 388-1988
 Tri-Town Youth Services Bureau (860) 526-3600
 9 Town Transit (860) 510-0429

SCHOOLS

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

Essex Park and Recreation



Essex Go Bragh Irish Parade and Festival: The 2016 Essex Go Bragh Parade was quite the success as a cheerful crowd dressed in green lined the streets in this Irish celebration. Grand Marshall Augie Pampel led the parade in a carriage drawn by a team of horses from Allegra Farms. Marchers included, The Essex Community Fund who generously gave out balloons, Girl Scouts, Daisy's, Bushy Hill, Mulkernin School of Irish Dance, amongst many other community organizations and local business. Music was provided by the Sailing Masters. ICRV Radio, The Ivoryton Playhouse, Save a Tree, and the Deep River Garden Club all presented impressive floats.

Following the parade festivities included; horse drawn carriage rides, face painting, suitcase performers, arts & crafts, and Irish step dancers. It was great to see everyone out on a beautiful day enjoying the activities.

Summer is right around the corner and Essex Park and Recreation has plans for many fun filled activities.

Summer Concerts: Spend your summer evenings with Essex Park and Recreation and enjoy great music from a variety of bands. Country, Jazz, Classic Rock, Acoustic Blues, and more, we offer it all. Our venue changes each week allowing everyone to enjoy our town greens in Ivoryton and Essex. Please check our Website or Facebook page for weather related information. All Concerts are from 6:30 pm-8:00 pm.

Wednesday, June 29, Essex Main Street, Middletown Symphonic Band.

Tuesday, July 5, Ivoryton Green, Long Island Sound.

Wednesday, July 13, Essex Main Street, River of Dreams (NEW!).

Tuesday, July 19, Ivoryton Green, Beatles Forever.

Wednesday, July 27, Essex Main Street, the Shiny Lapel Trio.

Tuesday, August 2, Ivoryton Green, Southern Voice (New!).

Wednesday, August 10, Essex Main Street, Blues on the Rocks .

Tuesday, August 16, Ivoryton Green, U.H.F.

Essex Summer Camp: Join us for tons of summer fun at our exciting, engaging Summer Camp! Sports, games, arts & crafts, field trips, and more. Camp is offered to children ages 5-12, Monday-Friday, 8:30 am-3:30 pm (early care is available),

Continued on page 36

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ESSEX PARK & RECREATION...continued from page 35

June 20 through August 12. Choose any week or all eight; cost is \$125 per child. Camp is at Essex Elementary School, with Field Days Fridays as weather permits at Grove Street Park.

Spring and Summer Programs: For full information please see our brochure available on our website.

Slamma Jamma: April 22

Running Rams: April 25

Youth Floor Hockey: May 3

Tennis: April 23

Introduction to Archery: April 28

Summer Specialty Camps:

Running Rams: June 20

Tennis Clinics: June 20

Slamma Jamma Competition Week: June 27

Slamma Jamma Basketball Camp: July 25

Baseball Camp: July 11

Girls Basketball Camp: August 8

Adult Programs:

Sound Steps Walking Program

Department Staff:

Park and Rec Director: Mary Ellen Barnes, 860-767-4340 ext.110

Recreation Aide: Tim Lachance, 860-767-4340 ext.148

Contact Us. We'd love to hear from you! Remember to visit our website for updated announcements, program information, and online registration. Also like us on Facebook for the latest updates.

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Our Friends Gardens – A June 4th Garden Tour of Essex

Enjoy a stroll through eight of the loveliest and most unusual private gardens in Essex. Some are in the heart of Essex Village while others are hidden along lanes most visitors never see. While exploring, you will find both formal and informal settings, lovely sweeping lawns and panoramic views of the Connecticut River or its coves. One garden you will visit is considered to be a 'laboratory' for cultivation of native plants.

For many, the pleasant strolls may be enhanced by the opportunity to learn by example. Master Gardeners will be available to point out specific features, offer gardening tips, and answer questions. For others, simply strolling through the gardens at their leisure may be preferred.

While in the Village, enjoy its quintessential New England charm. You'll see examples of early colonial and federal architecture, among a unique blend of



private residences, antique shops, specialty boutiques, inns, restaurants and marinas. There are several restaurants within walking distance of the gardens.

Tickets are \$25 in advance and \$30 at the library the day of the event. Cash, checks, Visa or Master Card will be accepted. Tickets can be reserved by visiting the library or by completing the form included in flyers available at the library and throughout Essex beginning May 2.



Completed forms can be mailed to the library. Confirmations will be sent to the email addresses on the completed forms.

Your ticket will be a booklet containing a brief description of each garden along with a map of the tour and designated parking. Tickets must be picked up at the library beginning at 9:45 the day of the event.

Richard Conroy, library director has said "The Essex Library receives only about half of its operating revenue from the Town. The financial assistance we receive

Continued on page 38



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Deep River \$599,900
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NEWLY PRICED

Chester \$309,000
Attention boating enthusiasts, this home is across the street from the Middlesex Yacht Club with it's own docks, large pool and social events. In addition, there are several marinas close by. Spacious with three 1st floor bedrooms.

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OUR FRIENDS GARDEN...continued from page 37

each year from the Friends is critical. It enables us to provide important resources such as Ancestry.com and museum passes, as well as practical improvements like the automatic front doors that were recently installed. I urge you to help your Library by helping our Friends make this event a success! Thank you for your support.”

The tour will take place rain or shine. For more information, please call 860-767-1560. All proceeds will benefit Friends of the Essex Library.

What's Your Best Side?

Nobody's face is perfectly symmetrical but when we look at each other it is very difficult for us to see the difference. In pictures, however, we all know that one side is better than the other. What is your good side?

If you said your left, there is now science to back you up. According to a study from Wake Forest University, images of the left side of the face are perceived as more pleasant than pictures of the right.

According to the researchers, the love of the left side is probably due to the fact that left cheeks usually display “a greater intensity of emotion.” The thinking is that the left side of the face is controlled by the right side of the brain, which controls feelings.

How ironic then that the left side of the face ages faster than the right because we now get the bulk of our sun exposure in the car sitting next to a left sided window.

UVA rays go through the glass of your car, the glass of your home, your clothing and penetrate your skin to destroy your DNA and collagen. This is why wearing a separate sunscreen for your face every day is so important.

The choice of sunscreens can be overwhelming and most of us seek out the highest SPF number we can find. Unfortunately, SPF measures your protection against UVB but not against UVA.

Your best defense against left sided aging is wearing a sunscreen that contains zinc or titanium dioxide. Both of these minerals protect you against UVA. Now, call the photographer!

Dr. Susan O'Malley, owner and Medical Director of Sonas Med Spa, is dedicated to helping women look younger without surgery. To learn which non-surgical procedures are right for you, please call 203 245-2227 for a free consultation with or visit us at www.sonasmedspa.com.

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East Haddam \$344,900
Absolutely immaculate home w/open floor plan & tasteful decor. Just move in! Expansive KT w/granite, FR w/cath ceil & FP, formal DR & LR, MBR w/BA.
Dee Hasuly
860-214-1864



East Haddam \$314,900
Picturesque setting for this lovely Colonial on quiet country road. Completely updated, KT w/granite, formal LR & DR, sunken FR w/cathedral ceil, FP.
Dee Hasuly
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East Lyme \$169,000
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Essex \$2,790,000
With twelve stately columns, roof-top widow's walk & gar doors crowned w/elliptical windows, the Dickinson Mansion exudes curb appeal. Meticulously restored.
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Joel Lucas 860-304-9150



Essex \$1,975,000
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Essex \$1,195,000
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Essex \$545,000
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Old Lyme \$675,000
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Rick Greene
860-395-6832



Old Lyme \$415,000
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Bobbi McBride Doyen
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Old Saybrook \$795,000
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Old Saybrook \$650,000
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Mary McDonald 860-227-3812



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860-395-6830



Westbrook \$499,000
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Hiking & Exploring Essex Open Space – Trail and Property Maps

By Jim Denham

It's Springtime! What better time of year is there to get out and enjoy the many Town and Essex Land Trust properties available in our community. The town currently has over 1000 acres of open space, of which the Land Trust owns approximately 600. With blazed trails well marked and maintained, different properties are easy to access and explore. Yet, many still want maps to guide them.

There are several ways to access trail maps to Land Trust properties and Town open spaces. In addition to owning a Trail Guide book, given to all new Land Trust members, there are two other ways to access property maps.

1. Maps can be downloaded from the Essex Land Trust website. Use the following link to locate downloadable maps for all the properties with trails: http://www.essexlandtrust.org/04_trails.html.

2. The website also has a downloadable brochure that identifies the entire town's open spaces which are accessible to the public. There is now also a downloadable map to the recently acquired Preserve. Use the following link: http://www.essexlandtrust.org/01_new.html.



3. The latest tool to access maps is to purchase the Maplets Application from your Apple or Android app store (one time cost is \$2.99). The Essex Land Trust has created and installed 16 Essex Open Space properties. Download this application onto your smart phone, select "your location" and maps are then listed in terms of proximity to where one is located. Once a map is selected, you can use the map to locate yourself on the particular property, making it much easier to know where one is and how to reach a specific destination.

The Maplets App can also be used for any number of available maps of national parks, state parks, zoos, ski resorts, trail maps, transit systems, university campuses and more. At last count there were nearly 12,000 different downloadable maps. Maplets is a product of Zaia Design and is available for your iPhone, iPad or Android devices.

Continued on page 41

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Richard and Ellen Klinck enjoy tai chi and many other activities at The Saybrook at Haddam

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4. Finally, if you arrive at a property and have not brought along a map, you can now download a map by accessing a QR code signs. QR Codes enable downloading of maps onto smartphones with installed scanner applications. Scanner apps are available from app stores. QR code signs have been placed at the entrance to ELT properties.



Town Clerk's Office

Just a reminder

2016 - 2017 Dog License Renewals will be due from June 1 to June 30th. Up-to-date Rabies vaccine information will also be required. No dog renewal registrations will be accepted prior to June 1, 2016.



Please Note

Keeping dogs licensed is required by State Statute 22-338 and not just a way to identify lost dogs, it is also a matter of safety, for pets and their owners.

Our Animal Control Officer is Jae Wolf, he may be reached at 860-388-7082. When a dog is impounded it must be licensed before it's released. The fine for an unlicensed dog is *\$75; the fine for failure to have an updated Rabies Certificate is *\$136; and the fine for a roaming dog is *\$92.

Thank you for your consideration.

*Fees Subject to Change

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Happy Spring!

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Epilepsy Foundation of Connecticut

The Epilepsy Foundation of Connecticut is Connecticut's leading source of information for the thousands of people who have epilepsy. Founded in 1982, the Foundation works to ensure that people with epilepsy are able to participate in all life experiences through information, education, recreation, advocacy and support.

"There are approximately 60,000 people in Connecticut who have epilepsy and an estimated 50,000,000 worldwide. Epilepsy is the most common neurological disorder in the United States and is equal in prevalence to cerebral palsy, multiple sclerosis and Parkinson's disease combined," said Linda Wallace, Executive Director.

A seizure is an abnormal electrical discharge in the brain. Seizures can be caused by head injuries, lack of oxygen at birth, brain tumors and other health condition. People often think of seizures only as jerking and shaking

uncontrollably; however, not all seizures are convulsions. There are many different symptoms of seizures, which can include eye fluttering, staring and laughing. Recurring seizures can be a sign of epilepsy.

The Epilepsy Foundation of Connecticut has many programs to offer those living with epilepsy. In particular, we offer 7 support groups throughout the state. Our newest group is meeting in Guilford for adults living with epilepsy and parents of children with epilepsy. The meetings are held on the second Tuesday of each month from 7:00 pm to 8:30 pm at Guilford Parks & Recreation, 32 Church Street, Guilford, Connecticut.

Those interested in attending meetings are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsysct.com. Offices are located at 386 Main Street, Middletown, CT.



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This project was funded in part by matching funds from the Connecticut Department of Agriculture through the Community Investment Act, 05-228.

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Maureen/John O'Grady, x16



ESSEX: New Listing! Maintained to perfection, this stunning Cape Cod style home offers an open floor plan, beautiful HW floors, 3 BRs, 3.1 baths, bonus room over garage. Lovely outdoor entertaining area. \$599,000

Maureen/John O'Grady, x16



CHESTER: New Listing! Set on a private corner lot, this spacious Colonial offers 3+ BRs, 2.1 baths, SS and granite gourmet Kitchen, HW floors, C/A, propane fireplace in LR. 3-car attached garage. \$529,900

Gigi Giordano Taylor, x13



ESSEX: Attractive, well laid out Colonial on a quiet cul-de-sac just a short distance to the village. Living Room w/fpl., 3 BRs, 1.1 baths, hardwood floors. Will require updating and painting but well worth the effort. \$375,000

Joann Stone, x27

5 Essex Square, Essex, CT 06426

860.767.5390

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Ct. River Properties Team

Chip Frost 860.388.7848

Linda Freedman 860.395.7303

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ESSEX: Elegant Village Federal c1817, completely updated. Original floors, elaborate moldings and raised paneling throughout. Intimate Kitchen/ Great Room surrounds brick fireplace. This is a treasure! \$625,000



ESSEX: This non traditional Colonial is not to be missed! Nestled among stunning rock formations, this bright and sun-filled fully updated home features spacious rooms, special detailing, plenty of storage. \$599,000



ESSEX: Offering stunning views of the CT River, this elegant, modernized Cape must be seen. 2400 s.f. of living space. LR w/gas fpl., sunlight Kitchen, 1st floor Master Bedroom. Outbuilding with power and water. \$729,000

Public Advisory From The Essex Tree Warden

The Connecticut Agricultural Experiment Station (CAES) is advising all residents of Connecticut that the emerald ash borer (EAB – *agrilus planipennis*) has quickly spread throughout Connecticut, making it now part of the federal EAB quarantine. Residents should be aware of this invasive insect and the threat it poses to all ash trees in our community.

The emerald ash borer is a beetle in the buprestid family that is native to Asia. First discovered in 2002 in Detroit, it has rapidly spread across the US. It may have first been introduced via wood-packing materials and continued spreading by humans in everything from firewood to rustic crafts. Because the beetle is a strong flier, it can spread on its own as well.



Emerald ash borer perched on foliage.

CAES describes the adult beetle as a metallic green, about ½ inch long. It feeds exclusively on ash trees in the genus *Fraxinus*. Tiny, flat, round 1mm long eggs are laid in the bark crevices. Seven to 10 days later, the eggs hatch and the young larvae begin to feed on the tree's conducting tissues. As they feed and grow, the larvae create distinctive tightly-winding 'serpentine galleries.' This process quickly stresses and girdles the ash tree.

During the winter the mature larvae remain in a pupal chamber and pupate in the spring. The adult beetles emerge by chewing a distinctive 4mm wide D-shaped exit hole. The adults feed on the margins of the ash foliage prior to mating. The lifespan is 4-5 weeks, during which time a single female may lay upwards of 60 eggs.



Emerald ash borer larvae.

It has been difficult to survey for this pest because of its small size. Some monitoring and trapping methods have been used including purple panel traps. Another is "biosurveillance" by scientists and volunteers who monitor the nests of a native wasp that specifically hunts buprestids, including EAB.



Emerald ash borer emerging from D-shaped hole.

The overall effect of the ash borer is the decline of the ash trees. Infected trees are attacked by woodpeckers who strip bark while trying to reach the larvae. The eventual loss of ash trees will have ripple effects on other organisms including butterflies and moths as well as wood duck, bob white, purple

Continued on page 45



Mother, daughter, wife, sister... friend.

As a woman, you play many roles for the people who are most important to you and, by choice or circumstance, wealth manager may be in your repertoire. In fact, in one out of four U.S. households with a net worth of \$1 million or more, a woman is calling the shots when it comes to investing and spending money.¹



Maureen Zavatone
Senior Vice President
Financial Advisor

64 South Main Street
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860-447-4860

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¹ Phoenix High Net Worth Market Insights, August 2010
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GPT1-01086P-N07/11 7177437 SEG002 10/12

finch, pine grosbeak and fox squirrels all of which eat the seeds of the ash tree.

To identify an ash tree look for compound leaves and opposite branching. Ash trees have diamond patterned bark which provides distinct crevices. Ash seeds are winged, resembling maple pinwheels. Ash trees do not produce berries. The ash tree is valued for its combination of strength and flexibility. It is used as shovel handles, baseball bats and in construction of guitar bodies.

According to the Connecticut Department of Energy and Environmental Protection, Connecticut is seeking to slow the spread of EAB by a quarantine to keep any infested ash materials from leaving Connecticut and going to an area that is not infested. The quarantine targets ash logs, hardwood firewood, yard waste and ash nursery stock. Also, a ban on the importation of firewood into Connecticut through New York or Massachusetts – unless it is properly certified as not coming from an infested area – has been instituted.

Individuals can help in the following ways:

1. Know what an ash tree looks like and monitor the ash trees you are responsible for.
2. Act quickly to report any ash trees that are declining and may pose a threat to people or structures.

3. Be careful when moving firewood or young trees. Use locally obtained firewood.
4. Notify the Tree Warden of concerns about street or park trees.

Private trees are the responsibility of the property owner. DEEP encourages owners of ash trees to contact an arborist for further help in monitoring the status of your trees and to use the resources available at the Connecticut Agricultural Experiment Station and DEEP.



Several ash borer d-shaped exit holes on an ash tree.

According to the CAES, ash trees that are still healthy can be treated for and protected against EAB using commercially available pesticides. Ash trees that are not treated will eventually die and should be preemptively removed. Please contact your local arborist for expert advice.

The above information has been provided by the Connecticut Agricultural Experiment Station and the Department of Energy & Environmental Protection. For more information go to the following websites: www.emeraldashborer.info or www.ct.gov/deep or www.ct.gov/caes. Contact Augie Pampel, Essex Tree Warden at: augiepampel@att.net with any questions or concerns.

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The Old Lyme Country Club is celebrating its founding in 1916 with a season long schedule of events. The club, organized in 1916 as a 6 hole golf course and incorporated in the 1920's with an expansion to 9 holes, continues as a key shoreline institution to this day. Throughout its long history it has served its member's social and athletic needs as well hosting many community events. The club's membership has included such well known figures as Walker Evans, the Depression era photographer & Dominick Dunne the celebrity author. The club has survived two World Wars, the Great Depression and most recently, the Great Recession. Over the years the club has continued to evolve. It has added tennis courts, paddle tennis courts, a heated near Olympic size pool in 2005 and, most recently a bocce court. With a growing membership it is looking forward to another century of prosperity!

The Shoreline Soup Kitchens & Pantries provide food and fellowship to those in need. Serving the towns of Essex, Chester, Clinton, Madison, Old Saybrook, East Lyme, Lyme, Old Lyme, Killingworth, Westbrook and Deep River.

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About Essex

The township of Essex consists of three villages: Essex, Centerbrook and Ivoryton, each part of the whole, yet uniquely different. We are located half way between New York City and Boston, and a short commute to the capitol city of Hartford.

Our villages were settled around the Falls River, which flows eastwardly from the hills of Ivoryton, through Centerbrook, along Essex Village down to the sparkling Connecticut River. A few short miles from Long Island Sound, Essex is well-known for its beautiful landscapes, majestic trees and gardens, and fascinating architecture. You can view a bit of history in our factory homes of Ivoryton, our churches and factories, and streets lined with Federal, Victorian, and Cape Cod houses. Even our Town Hall dates back to 1892.

Here you'll find a long tradition of benevolence and volunteerism that brings a "can-do" vibrancy to our community, reminiscent of our Yankee past.

We have many cultural, historical and educational attractions as well, from the Essex Steam Train to the Ivoryton Playhouse to the Connecticut River Museum, Connecticut Audubon Ecotravel, and Sailing Masters of 1812 (whose members are attired in the traditional garb of Navy midshipmen of the time period).

Essex is famous for hosting a multitude of parades, from Groundhog Day (with Essex Ed), to the Burning of the Ships Parade (celebrating the 1814 British raid that left 29 ships burning in the harbor). And many others as well. Parades in Essex are a way of life.

Civic groups invigorate our town with community involvement – groups such as the Rotary, Lions Club, Board of Trade, Historical Society, Garden Club, Veterans of Foreign Wars, and a strong scouting program.

Essex offers an outstanding culinary experience to residents and visitors alike – such hometown originals as the historic 1776 Griswold Inn, the renowned Copper Beech Inn, and the Black Seal. For shoppers of all persuasions, we have art galleries, antique businesses, plenty of great shops and boutiques and a beautiful harbor to relax by.

We are proud of our schools. Essex Elementary School offers an outstanding program. We participate in a regional secondary school with our neighbors in Chester and Deep River.

Emergency services are provided by a superbly trained and equipped volunteer fire department and ambulance corps, along with professional police.

We invite you to experience, explore and enjoy the small-town enchantment of Essex, Connecticut.

Warm regards, Norman Needleman, First Selectman

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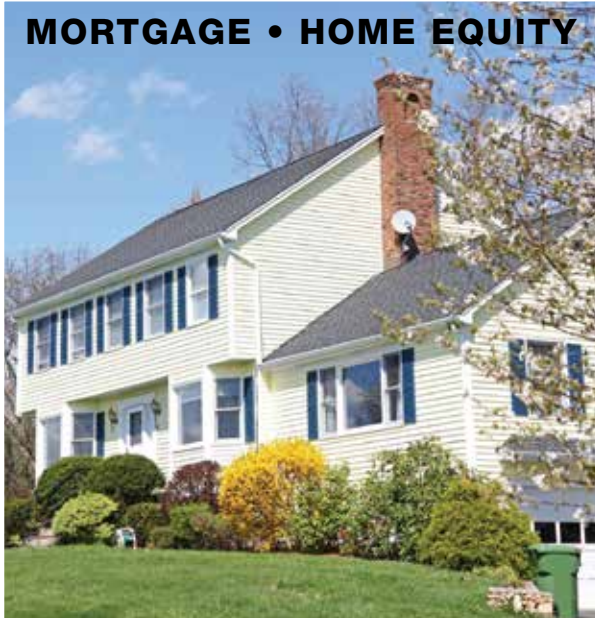
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