

Madison events

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First Selectman's Corner

Downtown Center Project Update

The north side of the Post Road through town has been finished and the contractor has buttoned up the operation for the Holiday Season. Granite curbs frame the herringbone bricks that pave the sidewalks. New light posts have been installed and the tree grates are in and I really like the way they bordered the planting and memorial bricks around the town clock in front of the Post Office. All of this is a harbinger of the great things to come (like trees being planted) as the project continues next spring.

Goings on in Madison in December

When you get this we will just have had the Christmas Parade downtown and the tree lighting on the Green. It was the best one ever, led by Santa Claus and yours truly. Thursday nights will be a great time to do your holiday shopping, as the downtown merchants will stay open late every Thursday in December (except Christmas Eve). On December 10 the Chamber of Commerce is having a special "Ladies Night Out" shopping event featuring wine and refreshments in the stores as well as wine specials at Café Allegre and Moxie's. Feel free to use the newly paved parking lot behind the movie theater.

In the New Year

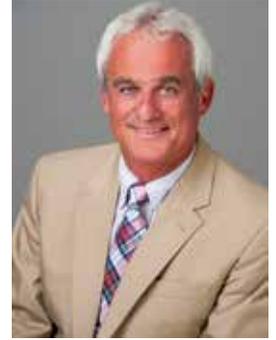
Lots of excitement starting in January. The Downtown Merchants, in conjunction with the Chamber of Commerce, will hold their annual "Inside Sidewalk Sales" on January 14th, 15th and 16th. Later in the month, on the 31st they'll have a "Souper

Bowl Sunday" event right downtown featuring a soup and chili festival. Bring your Oyster Crackers! Good news for those who can't stay awake to watch Town Meetings on late night TV. The Town website is being newly re-designed and should be ready to debut in January. Look for great new features and the ability to sign up for my soon-to-be newsletter!

Be Ready for Bad Weather

I'm hoping for a mild winter this year, so we can all get a breather from the fury of the past few years, but in the event of bad weather, please be prepared. Get to know your neighbors, especially seniors in your neighborhood, and check on them in the event of storms or power outages. Before bad weather hits, create a list of phone numbers of those you may be concerned about and arrange to check in on them daily to make sure they are okay and not in need of aid. There are many different neighborhoods in Madison with their own set of circumstances. Let's all work together to be safe. Go here for more tips on weather planning and safety: <http://www.ready.gov/severe-weather>.

Tom Banisch, First Selectman



First Selectman
Tom Banisch

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Madison Women's Club

The Women's Club of Madison is delighted to remind you that the Santa Letter Program is occurring once again this year! The Santa mailboxes are in Stop & Shop and Robert's Food Center through December 21st. Anyone who wishes to write to Santa may place their letter in the red mailboxes signposted from "The Women's Club of Madison." Each letter to Santa should also have a self-addressed stamped envelope enclosed to receive a personal letter written back! If you are interested in volunteering with the fun of writing the Santa Letters, please contact Margaret Hopkins, Membership Chair at 203-245-4879.

Additionally the Club is currently filling a suitcase of needs for an orphanage in Napel that was damaged in the recent earthquakes. The suitcase will be taken with a volunteer working at the orphanage and delivered personally! The list of items on the wish list is heartwarming and considered basic needs in any community!

Every year the Club adopts a Veterans Family! The Club shops, wraps and delivers Christmas to a Veterans family offering the opportunity to heal, relax and not worry about any added stress of providing a Christmas. Items included in the delivery fulfill the wish lists of children, food for the family and often a few surprises for the adults. These heroes do so much to offer us freedom that it is often one of the most enjoyed programs of the year to play Santa for these families!

To enjoy these great projects and an appreciation of community service with other women in the Club -you are invited you to the meetings which are held at the Senior Center on 29 Bradley Road on the second Tuesday of the month at 7:00 pm. Call Margaret Hopkins, Membership Chair at 203-245-4879 for more information.



With Veterans Gifts for the Holiday pictured are Dee Mulqueen; Veterans Chair, Donna Farrell; President & Kathy DeBurra.

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Middlesex Hospital Joins Mayo Clinic Care Network



Middlesex Hospital is the first health care organization from Connecticut to join the Mayo Clinic Care Network. Through the network, Mayo and Middlesex physicians will collaborate so more patients can get answers to complex medical questions and gain additional peace of mind, all while staying close to home. Network members remain independent, but share a common philosophy, commitment and mission

to improve the quality and delivery of health care.

As a member of Mayo Clinic Care Network, Middlesex will have access to the latest Mayo knowledge. Network tools and services include:

- eConsults that enable Middlesex physicians to connect electronically with Mayo specialists when they want additional input on a patient's care.
- AskMayoExpert that provides Middlesex physicians with point-of-care, Mayo-vetted information on disease management, care guidelines, treatment recommendations and reference materials for medical conditions.
- eTumor Board Conferences that enable Middlesex physicians to present and discuss management of complex cancer cases with a multidisciplinary panel of Mayo Clinic specialists and other network members.

Through network resources, Middlesex providers also will be able to consult with Mayo Clinic on operational and business processes such as patient engagement; quality, safety and accreditation; nursing leadership; and physician engagement. Providers also will have access to Mayo's extensive library of educational materials for use with their patients and grand rounds presentations that feature Mayo physicians and scientists.

Since its inception in 1904, Middlesex Hospital has continuously maintained the highest standards in medical care while focusing on delivering the very best patient experience possible. It does this through state-of-the-art medical technology and innovative approaches to care, along with a highly experienced staff that embraces the mission and culture of the organization.

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Welcoming Our New Teen Librarian!

My name is Jessa Franco and I am the new Teen Services Librarian at the E.C. Scranton Memorial Library. I am so excited to be working in this amazing library! From day one it has been clear that Madison teens are actively involved in their community and library. I plan to encourage their commitment by continuing the excellent work of my predecessor. Teens that are interested in working with their community can participate in Teen Tech Support, Reading Buddies, or the Teen Advisory Board.



Photo by Steve Nadler

In addition to community involvement, Madison teens can look forward to programs that are both educational and fun. Whether you are interested in art, writing, or technology, there is something for everyone. Weekly Teen Writers Workshops and monthly Teen Art Studios are already available, soon to be followed by a monthly technology program! Be sure to check the library calendar regularly for more information about teen events.

It is my goal to support all Madison teens in their informational, educational, and recreational needs. That being said, the E.C. Scranton Memorial Library is an inclusive library. Teens of all ability levels are invited to attend our events. Please contact the library if you have any concerns or would like to inquire about accommodations. It is my goal to see that every Madison teen has the opportunity to experience all this amazing library has to offer. You can reach me at francoj@scrantonlibrary.org or (203) 245-7365.

Champagne & Sparkling Wine for the Holidays

Tis' the season and holiday shopping is upon us. Shopping can be fun, especially if you are in the market for a festive Champagne or Sparkling Wine. There are some important things to know when looking for a 'bubbly' so that you can best decide which to purchase.

Champagne is a region in France, and only wines from this region can be called 'Champagne', all others are considered to be sparkling wine. Champagne is considered in many eyes to be the premier sparkling wine. There are large Champagne houses such as Taittinger, Veuve Clicquot, Perrier Jouet and Moët & Chandon which are very popular and sell extremely well. Smaller, less well known houses that have the grapes grown and produced on the property are called 'Growers Champagnes.' These champagnes are becoming very popular since there is such time and care put into the winemaking process. These Growers Champagnes are of superb quality and are usually a very good value. Many other areas in France produce less expensive sparkling wines including the towns surrounding Champagne, Alsace and the small town of Limoux.

There are many different styles of Champagne and sparkling wine. The most traditional is a blend of Chardonnay, Pinot Meunier and Pinot Noir. Blanc de Blancs is a sparkling made solely of Chardonnay. Blanc de Noirs is made from Pinot Noir and Pinot Meunier, which has a pinkish hue resembling the color of onion

skin due to the grape skins having longer contact with the grapes. Rosé is considered the best wine of the winery and gets its color from still Pinot Noir being added during the winemaking process. Brut is a very dry sparkling wine, drier even than Extra Dry, and a lot less sweet than a Demi-Sec.

Sparkling wines are available from all different parts of the world which can be much less expensive than Champagne. The United States produces a good amount of sparkling wine, most notably in California, but also has a wide selection from Washington and New Mexico. Spanish sparkling wine is called Cava, and is traditionally made with Macabeo, Parellada and Xarel-Lo varietals. These wines are extremely approachable and are significantly less money than Champagne. Then there is the very popular Prosecco, a light and pleasing varietal from Italy. Prosecco has grown in popularity over the years, most likely due to its very reasonable pricing and friendly palate. For something a little sweeter Italy also produces fantastic Moscato d'Asti and Spumante sparkling wines.

With all this info you should have no problem picking out a perfect sparkling wine for the holidays. So raise your glass, and toast to the holidays with friends and family. Cheers!

Art LiPuma, General Manager
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A sampling of some Adult Events:

Thurs. 12/17 at 7 pm. Movie - "Christmas in Connecticut", a comedy from 1945. A food writer who has lied about being the perfect housewife must try to cover her deception when her boss and a returning war hero invite themselves to her home for a traditional family Christmas.' (IMDB) starring: Barbara Stanwyck, Dennis Morgan, Sydney Greenstreet. No registration required. Free refreshments!

Sat. 1/9: 1 pm- 3 pm. Author book signing: Christine Wilson: *Faces of Hope*. A book dedicated to any person touched by a child with Down syndrome. Filled with black-and-white photographs and inspirational quotations to warm the heart.

Fri. 2/26: 12 pm – 1 pm. Superintendent's Brown Bag Lunch: Bring your own lunch and discuss school-related issues with Madison Public Schools Superintendent Tom Scarice.

Sun. 2/28. Concert: Willie and Jan Nininger will perform a tribute to legendary songwriters Carole King and James Taylor. Music will include songs from the well-known records, "Tapestry" and "Sweet Baby James", as well as pieces performed in the Broadway Hit Musical, "Beautiful".

Teen Programs & Events

December 16 at 3:30 pm. Teen Writers Workshop: Teen Writers are invited to share current pieces, write new material, and expand their creative process in this weekly workshop.

December 22 at 7:00 pm. Teen Advisory Group: Teens that are interested in helping the library grow. Meet to plan programs, suggest book purchases, and more. Meets monthly on the 4th Tuesday; future dates include: January 26, February 23, and March 22.

January 25 at 4:00 pm. Teen Tech Support: In collaboration with the Madison Senior Center and Madison Youth and Family Services we offer tech support for senior citizens with a teen volunteer. Meets monthly on the 4th Monday; future dates include February 22 and March 28.

January 12 at 7:00 – Teen Art Studio: Explore new art styles and develop new skills while working on custom masterpieces. Meets monthly on the 2nd Tuesday; future dates include: February 9 and March 8.

February 16 at 7:00 – Chocolate Painting: Paint an edible chocolate masterpiece for Valentine's Day.

March 7th at 7:00 – Wreck the Tech: Celebrate Teen Tech Week by taking apart damaged computers to learn about how they work!

March 8th at 7:00pm – Monster Making with Teen Art Lab: Join us for a specialized Teen Art Lab where we will make monsters out of damaged computer parts.

Childrens Events:

Tues. Dec. 22nd at 10 am: Christmas storytime and craft
Week of January 4th: Registration for Childrens programs

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The Mighty Oak

“The mighty Oak reigns over the land connecting earth and sky. It bears abundant fruit promising everlasting life” – anonymous

I am sure everyone noticed the abundance of acorns produced by the Oak trees this past fall. I have heard all kinds of speculation about the acorn deluge being a sign of a harsh winter ahead. While the bumper crop may coincide with such a winter, there is no scientific evidence to back this theory. What we do know is that the bumper crop is a cyclical process referred to as a Mast year. Other trees also produce Mast years (though not necessarily within the same year as the Oak), such as the Beech. However, the mighty Oak is most noticeable because of the dropping of giant acorns. The famous Chicken Little can attest to that as she ran warning of the falling sky!

The acorn is the seed produced by the Oak tree. It requires a great amount of energy for the tree to produce this seed. In an average year, an Oak conserves energy by producing an average amount of acorns. A Mast year occurs irregularly

and unpredictably every few years over a widespread region. The interesting thing is that scientists believe there is some kind of communication going on amongst the trees, signaling the production of a Mast. It is not known how this communication occurs, perhaps through the root systems. Mother Nature works in mysterious ways! The reason for the abundance of acorns during a Mast year is to ensure proliferation of its species. There are so many acorns produced that the wildlife cannot even keep up with the surplus. Many acorns remain on the ground, promising future seedlings.

The Oak tree has something to teach us. I think it is about balance. Don't produce ALL your acorns ALL of the time. Maybe it's better to conserve energy at times so that when something big hits, you have the strength to deal with it. It's important to take care of others, but you have to remember to take care of yourself too. If you don't take care of yourself you will not be able to take care of others with a strong happy heart.

Melissa Blundon - CNAP, AOLCP
Madison Earth Care

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Once diagnosed with a cataract and deemed ready for surgery, our patients are sent to the surgical schedulers. The scheduler will educate the patient and make appropriate appointments. The process begins. Patients will have an ultrasound of their eye with specialized equipment. After this measurement, patients will be placed on a machine that will capture fine details on the eye for surgery such as the eyes external blood vessels and the iris composition (color part of the eye). This precise computer information is transferred to the physician to view and create a plan for cataract surgery. More precise measurements customized to the patient’s own eyes means better visual outcomes.

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Winter Events at The Barn/Friends of Madison Youth!

Winter is here and we at The Barn are keeping everyone busy with some great events to keep away your family's cabin fever.



Starting in December, The Barn will present its latest production. On Friday December 11th and Saturday December 12th all are welcome to come see Haphazardly Ever After. This comedic play is about a king and queen who are frustrated with their spoiled and lazy children and try EVERYTHING from therapists to teachers to change them into proper royalty. But as each attempt fails, their desperation grows. With a little fairy intervention the King and Queen develop a plan that leads to a twist and turn of hilarious outcomes that eventually lead to all living "happily ever after".



On Sunday December 13th, The Barn will be celebrating the upcoming release of "Star Wars Episode VII" by having a marathon of the ORIGINAL THREE Star Wars Movies! Come watch these epic movies on a



15' screen and hear all the action through our epic sound system. We will have popcorn, drinks, food, and candy for sale in the MadBarn Café. Bring your sleeping bag, pillow, and droids. Come enjoy!

Our final event of December comes the following weekend with our annual Winter Wipeout! This all-ages event is a great way to get in out of the cold and burn off some energy while enjoying our inflatable indoor obstacle course, inflatable indoor bungee run, Midway games, double shot basketball, food and prizes! Have a birthday coming up? How about a birthday party?!?! We offer a birthday party package for those interested. For more information about Winter Wipeout, go to www.madisonartsbarn.org and click on the Winter Wipeout tab.



Stay tuned for MORE events like the Daddy Daughter Dance in 2016!

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MINI-EXPLORERS

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January 15 - Birds of Winter

January 29 - Mixing Madness

February 12 - Animal Tracks and Traces

Come join in the fun of exploring! We will learn about nature and science through activities such as hiking, singing, games, reading and making crafts. Indoor/outdoor programs – dress for the weather.

For preschoolers ages 3-5, accompanied by an adult - \$10

NATURE TRACKERS

Thursdays, January 14 – February 18

9:30-11:00 am or 1:30-3:00 pm

Does your child like to explore outdoors? Make nature collections? Observe plants and animals? Then join the club! From salamanders to seals, junior scientists will learn about the diversity of life on land and in the sea. We'll focus on a different topic each week, searching for clues and

conducting experiments to unlock the secrets of nature. Classes include stories, games, experiments, crafts and outdoor exploration. Ages 4-6 - \$60



Become a Nature Tracker at Bauer Park.

UNVEIL THE SECRETS OF TREES IN WINTER: THE BEAUTY OF TWIGS & BUDS

Sunday, January 24, 1:00-3:00 pm

Learn the tricks of identifying trees in winter by their bark and growth form in the forest. Then, come inside to explore the beauty of their twigs and buds. These

intricate structures tell the story of a tree's past and foretell its burst into lush green life in the spring. This class will change how you see trees and connect you with their marvels. Dress for the weather and a short easy walk. For adults and high school students. - \$10

LOCAL OWLS

Sunday, January 24, 3:30-5:30 pm

Owls are amazing birds of prey. Indoors, participants will learn about their haunts and habits. Before swallowing their prey, owls separate out what they can't digest and toss the pellet out of their roost. By dissecting these sterilized pellets and assembling the bones found in them we will discover what they eat. Then, the group will take owl calls outside to see if we can get our local owls to answer back.

Recommended for adults and children 5 years and older. Children must be accompanied by an adult. - \$5

Continued on page 12

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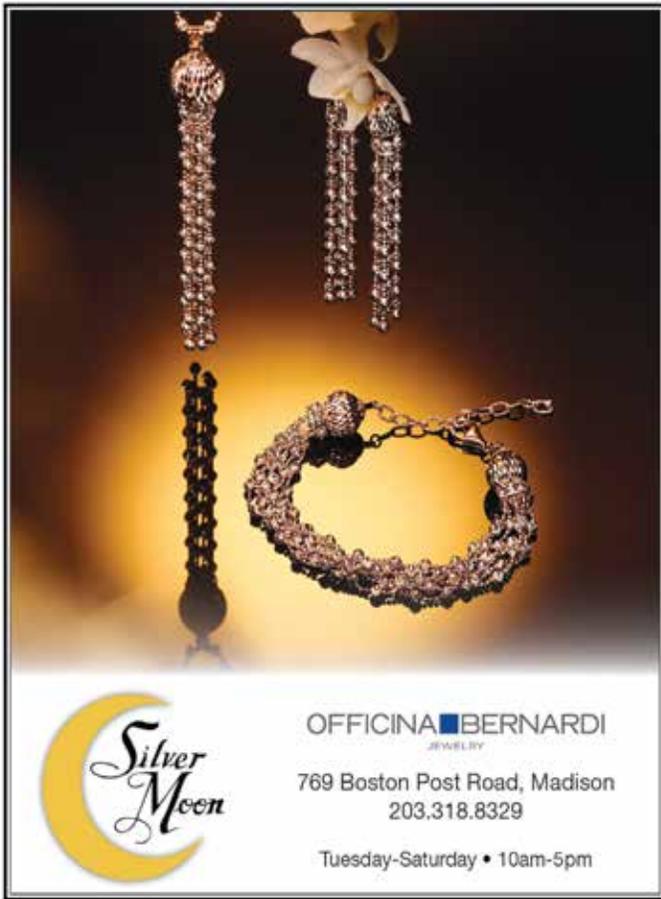


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Bauer Park, continued from page 11...

PINTSIZED SCIENTISTS

Tuesday, February 9, 1:00-2:00 pm

Celebrate Valentine's Day with science!

Ages 4-6 - \$19

FAMILY MAPLE SUGARING

Sunday, February 28, 10:30 am -12:00 pm

Come learn how maple syrup is made, from tree to table. We'll tap some of Bauer Park's maple trees, taste the sap, and learn how to turn it into syrup (which we'll also taste!). Information on where to acquire sugaring supplies, and when, where and how to tap the maple trees in your own yard will be provided. Boots are recommended as we'll be hiking into the woods to tap the trees. Recommended for adults and children ages 3 and older. Children must be accompanied by an adult. - \$5

Registration and more information at www.madisonct.org/bauer/programs.htm or in the Madison Beach & Recreation office. Questions? Call 203-245-5623.

Learn about upcoming events at Bauer Park at: www.facebook.com/bauerparkmadisonct

Educational programs can be arranged for school, scout and community groups at Bauer Park, Rockland Preserve and the town beaches. Contact the Beach & Recreation Office at 203-245-5623 for more information.



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I'm Sharing My Beauty Secrets

As children, we were taught to share. When your friends came over to play, you shared your toys. As adults, we share our time and our knowledge. But do you share your beauty secrets? I think we all tell each other where we found those shoes, but what about facial treatments?

I know women who speak openly about face-lifts, the benefits of therapy and when their husbands drive them crazy; and others who would never dream of mentioning Botox, foundation garments or their annoying children.

Why are they called beauty secrets? Traditionally, secrets are kept because we are ashamed. I'm excited that there are procedures that can help me look as good as I feel. Here's what I do...

I have a frown line in-between my eyebrows that I relax with Botox. The frown line was making me look angry and tired. I'm happy and vibrant, and a small amount of Botox every few months helps me stay that way.

Last year, my face started losing volume. My beautiful high cheek bones were starting to flatten and horror of horrors – jowls were making their dreaded appearance! Thankfully there are machines and injectables to solve these problems. I used both.

First, I had six Viora treatments. The radiofrequency waves tightened up my over the hill collagen. Next, I put back the volume that nature took away. My cheeks were injected with Voluma and my jaw line was maintained with Juvederm. Aging gracefully is overrated!

I maintain my skin with medical grade products and wear a sunscreen every day. Some mirrors are better than others and some days are better than others. But we're all in this together. Don't think for one minute other women don't share your concerns. They're just keeping it a secret.

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Saturday: 9:00 am-5:00 pm

Madison Land Conservation Trust

The Land Trust will offer its annual Groundhog Hike on Sunday, January 31st at 1:00 pm. Future hike dates, locations and trail maps can be found at www.madisonlandtrust.org.



Young hikers find an Indian Rock Shelter at the Land Trust's Groundhog Hike.

This year's Groundhog Hike will be on the Indian Rock Shelters trail in North Madison. This trail is named for the shallow caves that may have served as a winter home for members of the Hammonasset tribe.

Within the rock ledges that form the western boundary of the trail are several protected spots to find shelter. It's possible to scramble up to the ledges and climb inside, imagining what it would be like to spend the night. The ledges also offer fantastic views of the surrounding area. The shelters overlook the headwaters of the Neck River, which flows south to Long Island Sound. The land trust owns much of the land bordering the river, allowing hikers to follow its course on other trails in town.

To get to the Indian Rock Shelters trail, take Summer Hill Road, North of Route 80 to the second left, Twilight Drive. Turn left on Lake Drive and park at the cul-de-sac. Hikers should wear sturdy boots or snowshoes and be dressed for the weather. Dogs are welcome but must be on a leash. To see a photo album of the trail, visit www.facebook.com/madisonlandtrust.

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Facilities Department

The Facilities Department also keeps itself busy with major facility construction projects. In 2015 the Facilities Department renovated the police dispatch room, replaced the playground at Town Campus, asbestos abatement at Walter C. Polson Middle School kitchen and also replaced the floor; replaced the blacktop at Robert H. Brown School and also refinished the gymnasium floor.

The year 2016 will prove just as busy. The Department is currently planning/designing/researching the replacement of the boilers at J. Milton Jeffrey Elementary School, which consists of researching the best energy savings option; Retro-commissioning of Robert H. Brown Middle School which involves working closely with utility companies for the best possible rebate and best energy savings option; Replace the current Town Campus exterior lighting with LED lights which will not only cut down on maintenance but will significantly cut electrical costs; Replacement of the Walter C. Polson Middle School Roof Phase III. This is the last phase that needs replacement as it was installed in 1988. Phase I occurred in 2004 and Phase II in 2005.

The projects are managed by Laina Piscitelli, Town of Madison Construction Manager. If you would like to learn more about these projects or others, please feel free to call Laina at 203-245-5697.

Be a Santa to a Senior

The Madison Senior Center is partnering with Home Instead Senior Care of Guilford for our annual "Be A Santa to A Senior" program. With the help of Madison residents we are able to deliver gifts to Madison senior citizens who could use a little cheer during the holidays.

Here's how the program works: Paper ornaments with gift suggestions for Madison seniors have been placed on Christmas Trees at the following locations in Madison through December 21st: The Madison Senior Center, Stop & Shop and Roberts Food Center. Select an ornament and purchase the gift stated on the ornament. Bring the purchased gift along with the ornament to the Madison Senior Center. This small gesture of kindness can brighten a senior's day and is a great way to give back during the holidays. Volunteers will deliver the gifts the week of December 21st. Happy Holidays from all of us at Madison Senior Services



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Madison Hose Co. #1, Inc.

Madison Hose Co. # 1, Inc. has recently kicked off a major fund raising campaign to raise money for building improvements. The next fund raising event will be in conjunction with North Madison Volunteer Fire Company.

The two fire departments have teamed up with Santa to deliver presents to your house on December 13th and 20th. The cost is \$20 per present, details and registration can found on the Madison Hose Co. # 1 website at <http://madisonhoseco1.com/christmas-santa-fundraiser/>

Please keep on the lookout for future events.



"Experience the Difference" at The Saybrook at Haddam.

Mom has Blossomed!

"Mom's memory loss meant her way of life was changing, but we did not want her quality of life to change as well. We are so happy – and a little surprised – at how quickly she settled into her new home and routine at Safe Harbor, which is different from other memory care communities. She really has blossomed by making new friends, and even learned new things," says Beryl Thorpe, Doris Whitmore's daughter.

Let your loved one "experience the difference" at the Safe Harbor Memory Care Neighborhood in The Saybrook at Haddam, where people do blossom. With a kind staff, bright studio apartments, cozy social areas, outdoor gardens, and many opportunities for activity and involvement, we take memory care to a wonderful new level.

Expansion opens January 1, 2015! Call 860-345-3779 for a personal tour.



Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.



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