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Volume 12 • Quarter 1 • 2013



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TECHNOLOGY WITH A HUMAN TOUCHSM

First Selectman's Corner

Fiscal Year 2013-2014 Budget Preparation Begins. The Board of Finance and Board of Selectmen have begun collecting data and tracking revenue and expenditure trends in preparation of proposing the Fiscal Year 2013-2014 Town Budget. Several public workshops are scheduled during February and March to review funding requests from departments, Board of Education, and area-wide organizations. April 18th is the Board of Finance target date to complete the draft budget and schedule a public hearing for May 1st. Following this hearing the Board of Finance may make changes in revenue and expenditure estimates for calculation of a proposed mil rate. The Annual Budget Meeting will be on May 21st. Residents are invited to attend the public workshops and submit their budget ideas and questions. For web access go to ChesterCT.org – Board of Finance “Budget Saving Ideas Form”.

Town Hall Community Room Renovations and Park and Recreation Pelletier Park Improvements. On December 19, 2012 the Board of Selectmen awarded the contract for renovations to the second floor of Town Hall that will reuse existing space to create a community meeting room for 65 persons and increase storage areas for Park and Recreation and food pantry supplies. Nasi Group, LLC was selected as the lowest qualified bidder for this project with a proposal of \$125,475. Nine companies responded to the public bid proposal. A second component

of this project will be the Park and Recreation Commission's improvements at Pelletier Park on Cedar Lake that will remove the deteriorated bath house and create space for a new storage building for water front equipment and summer camp supplies.

Funding for both these projects is from the insurance payment the Town received when the old community center building at North Quarter Park was destroyed by heavy snow in January 2011.

Voters at the January 23rd Town Meeting approved an appropriation of \$193,000 for these two projects leaving a balance of \$54,000 unassigned in the Capital Improvements Account for potential funding of other improvement projects.

Elderly and Disabled Tax Relief Ordinance Renewed. Residents at a Town Meeting January 23rd approved renewal of the ordinance enabling property tax relief for eligible homeowners who are sixty-five years of age and over, or whose spouses, living with them, are sixty-five years of age or over. Also eligible are homeowners who receive permanent total



First Selectman Ed Meehan

continued on page 6

ASK Marian



Marian Bairstow
Marketing Director, Chester Village West

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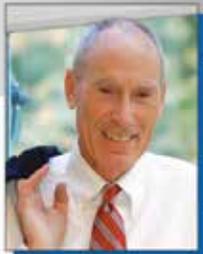
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 860-767-9087 Fax 860-767-0259
 www.essexprinting.com

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Magazine Layout

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Cover Photo by AC Proctor

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Chester Community Clean Up Day – April 20

Do you like to work outdoors? Do you have a lot of pent up energy and are you looking for a fun and rewarding activity that would help to beautify the Town of Chester and help the Public Works Department? Then join us on Saturday, April 20th, and help spruce up the parks and roadsides and community buildings so that community pride can shine brightly!

Chester Community Clean Up Day is designed to encourage organizations and people of all ages to make a difference in the look and feel of the community. Trash bags will be available at Town Hall during office hours the week before the event. Stop by or call 860-526-0013 ext 202 and let us know where you will be picking up trash. Participants are asked to supply their own rakes, brooms, shovels or gloves. Place the bags on the side of the road, notify Town Hall where these bags are, and Public Works will pick up the trash for disposal the following Monday.

Anyone can participate – small groups, large groups, families or individuals – you can even “adopt” a particular location. Wear comfortable shoes and clothes and bring your own water and snacks, and enjoy the day. For more information, please call the First Selectman’s Office, 860-526-0013 ext. 202.

Fire Chief’s Corner

Updates from Chester Hose Company:

Through the tireless efforts of our volunteer members and the incredible support from the community we continue to move forward with our building addition project. We have begun the interior work. Wiring, sheet rocking, and painting is complete in the storage and conference areas. Next, we will begin to wire, insulate, and sheet rock the apparatus area. At this time there is no heat in the addition. We graciously accept donations at P.O. Box 214, Chester, CT 06412.

Watch our board and please join us at these events:

- Easter Egg Hunt – Saturday March 30
- Mothers Day Breakfast - May 12
- Fall Frenzy – Saturday September 14

For 100 years, we continue to stand by; proud and committed with highly trained personnel willing to help you in your time of need.

— Chief Charles F. Greeney, Jr.

• *Selectman’s Corner continued from page 1* •

disability benefits from Social Security. The original ordinance was adopted in August 2004 and became effective with the October 1, 2004 grand list. The renewed ordinance extends the tax relief benefit to October 1, 2018. In a typical year 35 to 40 Chester homeowners benefit from this tax relief program. Please contact the Assessor’s Office for an application and more information on eligibility criteria. The filing period is February 1 to May 15, 2013.

— First Selectman Ed Meehan

Healthy Communities / Healthy Youth

Asset-Building Ideas for Volunteers

Your role as an asset-building volunteer is more than being a program leader, assistant, or coach. It entails being a role model, a guide, a friend, a source of support. Here are ideas to build assets for and with young people as you volunteer:

- Relate in positive, meaningful ways to the age of the young people you're volunteering with. When children or teenagers come, make eye contact with them. Smile. Show them how happy you are to see them, even if your enthusiasm is running low.
- Obtain detailed information about the expectations and responsibilities of your volunteer role. Be clear about what you can offer, what skills you have, and be aware of yourself as a role model.
- Help outsiders feel like insiders. Reach out to young people who aren't included in the group. Help them feel welcome.
- Be accessible but put boundaries on your accessibility. Some volunteers make themselves available only during their volunteer hours. Others give young people their email address and encourage them to contact them. A few invite young people to hang out with them in a public place, such as a park basketball court during daylight hours.
- Stretch young people by teaching them something new and stimulating. For example, demonstrate the different ways to tie knots and discuss each knot's purpose.
- Set realistic, reasonable, and attainable goals for young people to build their social competencies, develop healthy relationships, and form a positive identity. Support them in working toward their goals.
- Be concrete and explicit about teaching young people practical skills, such as peaceful conflict resolution (asset 36), resistance skills (asset 35), planning and decision-making skills (asset 32), and more. And, of course, utilize opportunities to model these skills.
- If you see or meet the parent(s) of one of the young people you work with in your volunteer efforts, tell the parents what you enjoy about their child and what you see that makes their child unique.
- Ask young people meaningful, thoughtful questions that not only challenge them intellectually but also help them think through their beliefs and values.

Deadline for the next issue of
CHESTER EVENTS
is March 15, 2013.

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HUSKY Health Coverage. The HUSKY Plan is Connecticut's free or low cost health insurance program for children and youth up to age 19. Designed to provide health coverage to all uninsured children, HUSKY is open to children in families of every income level. HUSKY can also provide health coverage for parents, relative caregivers and pregnant women, depending on income. Children receive a comprehensive health care benefits package, including preventive care, physician visits, prescriptions, vision care, dental care, physicals, mental health and substance abuse services, durable medical equipment, emergency and hospital care. For more information call toll-free: 1-877-CT-HUSKY (1-877-284-8759), or visit their website at www.huskyhealth.com.

Charter Oak Health Plan. The Charter Oak Health Plan provides affordable health care coverage to Connecticut adults, aged 19 through 64, of all incomes. It's the first time every uninsured adult in Connecticut can get quality, affordable health insurance, and it costs as little as \$75 per month in premiums, depending on your income. Coverage includes preventive care, emergency room and hospital visits, primary care and specialist physicians, pharmacy, behavioral health services and prescription medications. To get more information, request an application or apply by phone. Call 1-877-77-CT-Oak (1-877-772-8625) or visit their website at www.charteroakhealthplan.com.

Housing. You can only apply for Section 8 Housing Choice voucher program and the state Rental Assistance Program when a housing authority or the state opens its waiting list. For information about housing waiting lists that may be taking applications for the Housing Choice Voucher program, dial 2-1-1 or visit the United Way 2-1-1 website at www.211ct.org. You may also register your email address at this website to be notified when a Housing Choice Voucher waiting list opens. There are many other low cost housing options; please dial 2-1-1 for information about options, as well as for information about other housing services, such as eviction and foreclosure prevention, security deposits and shelters for the homeless or victims of domestic violence.

Supplemental Nutrition Assistance Program – SNAP. SNAP, formerly known as the Food Stamp Program, is a nutrition program that helps low income individuals and families buy food. SNAP is funded by the US Department of Agriculture and administered by the CT Department of Social Services. Benefits are provided through an Electronic Benefits Transfer card that works just like a regular debit card. You can use your EBT card at most grocery stores and at some farmers' markets. All SNAP recipients are eligible to receive free nutrition education. For more information and to find out where to apply, visit www.ct.gov/SNAP or dial 2-1-1.

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Chester Public Library

Friends of Chester Public Library Included on the Community Investment Program Ballot at Essex Savings Bank. Essex Savings Bank has selected the Friends to be part of its Community Investment Program! Through this project the bank donates 10% of its after tax net income to local non-profit organizations. As an approved participant, the Friends will receive a portion of that money; now it's up to the bank's customers to determine what portion that will be. Voting takes place between February 1 and March 15, 2013, so there's not much time left! Each Essex Savings Bank customer is allowed to complete one ballot—will you consider using your vote to support the Friends of the Chester Public Library?

The Friends certainly are a worthy cause. They pay for all of the library's movie purchases, including our Netflix membership; they also underwrite the costs of programs for children and adults and provide most of the library's museum passes. Standing ready to help with special, or innovative projects, the Friends have contributed to the library's access to ebooks, purchased computers, and spruced up the library.

Mark Johnston Book Discussion Series. *The Adventures of Huckleberry Finn* by Mark Twain and *The Souls of Black Folk* by W.E.B. DuBois will be discussed this April when Charlotte Rea returns to lead the series. Dates for the discussions are Wednesdays, April 10, 17 and 24 from 7:30 to 9:00 pm. Books

on paper and on CD will be available at the library. EBook versions of both titles can be downloaded from Overdrive. Please call the library to register, or visit the library website at http://chesterct.org/?page_id=286 to register online.

April is National Poetry Month: Come Celebrate! Join poets living locally for this tribute to the importance of poetry in our lives. The Chester Meeting House will be the site of the library's third annual celebration of National Poetry Month. Leading up to this event, Chester poet Pamela Nomura will be working with sixth grade students at Chester Elementary School. Join us at 7:00 pm on Monday, April 29 at the Chester Meeting House.

Like us on Facebook! You'll receive inclement weather closing notifications, program information, fun photos and lots more. Check out Facebook.com/ChesterCTPublicLibrary.

Library Hours. Mondays, 10 am-8 pm; Tuesdays, 2-6 pm; Wednesdays, 10 am-6 pm; Thursdays, 2-8 pm; Fridays, 10 am -6 pm and Saturdays 10 am-2 pm. The library will be closed on Friday, March 29 (Good Friday) and Monday, May 27 (Memorial Day). Weather-related closings and delays will be announced on the library answering machine (860-526-0018), and posted on the website and the library's Facebook page (have you 'liked' us yet?).

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Chester Historical Society

2013 Transportation Exhibit. We are already working on this summer's exhibit at the Chester Museum at The Mill. Titled "Over the River and Through the Woods: One Hundred Years of Road, Ferry, Train, Trolley and Steamboat Transportation," the exhibit will demonstrate how our town developed as the mode of transportation evolved over 100 years. Five exhibit areas, each related to a different mode of transport – roads, ferry, train, trolley and steamboat – will show how the progress of transportation impacted the growth of our town. Part of that story will be told through interactive exhibits, such as a road map with overlays and a video of train and ferry travel.

We are excited to have received a grant of \$4,655 from the Community Foundation of Middlesex County/Connecticut Humanities Fund for the exhibit.

The Middlesex County Community Foundation is a non-profit organization whose mission is to improve the quality of life for the people of the County, now and in the future, by developing endowments, making grants that have impact and assisting donors in meeting their philanthropic objectives. Since its founding in 1997, the Community Foundation has awarded 850 grants totaling over \$2.5 million for the arts, cultural and heritage programs, educational activities, environmental improvements and for health and human services.

The grant will help us print exhibit signage; enlarge and mount photos from our archives; create a video of travel on the Chester-Hadlyme Ferry and Valley Railroad; create an interactive road map with overlays; record oral histories onto SoundSticks ; and more.

The exhibit will open to the public on Memorial Day weekend. Anyone interested in becoming a museum host during the summer can contact Diane Lindsay to find out more (526-2443).

Side Doors Benefit Concert. We are hosting a concert by Leif Nilsson's Side Doors band and the Dizzy River Band on Saturday evening, April 20, in the Meeting House, from 8 to 10 pm. A \$20 donation to the Historical Society includes refreshments. Ticket information will be on our website, chesterhistoricalsociety.org.

Historical Society Newsletter. We've started a monthly e-newsletter, giving information about historical society activities and items in our archives of Chester history. If you're interested in receiving the newsletter (even if you're not a member of the historical society), please send your email address to chesterhistoricalsociety@gmail.com. All addresses are kept confidential.



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Garden Club Scholarship

The Chester Garden Club offers a scholarship of \$500 for graduating high school students and current college students who are residents of Chester and are pursuing the study of horticulture and/or environmental-related fields. Interested students are encouraged to apply.

The purpose of this scholarship program is to encourage and promote the study of horticulture and/or environmental-related fields. The Club will award a scholarship in the amount of \$500 to a graduating high school senior or currently enrolled college student from Chester who plans to pursue a degree at an accredited two- or four-year institution with the intent on majoring in horticulture, floriculture, landscape design, conservation, forestry, agronomy, environmental science, botany, biology, plant pathology or other related field.

Please contact Chester Garden Club member Margo Novak with any questions or if additional information is needed about this scholarship. Contact information is (860)-345-2409 or margonov@comcast.net. Students may send completed applications to the Chester Garden Club, Attn: Scholarship Committee, P.O. Box 415, Chester, CT 06412. Applications are due by April 30, 2013. Scholarship recipients will be notified by May 31, 2013.

Region 4 Spelling Bee

Region 4 Education Foundation will be holding their annual Spelling Bee on Friday, April 5th at 7 p.m. at Valley Regional High School Auditorium. Registration costs \$300.00 for a three-member team, which can consist of coworkers from a company or organization, family members, residents at assisted living facilities, etc. The three-member team picks a spokesman for the team and amongst the team they decide how to spell a word. The spokesman will spell the word for the team. Costumes are encouraged. Registration deadline is March 15th. Checks may be made payable to Region 4 Education Foundation and sent to the following address: Taffy Glowac, 61 Ingham Hill Road, Essex, CT 06426. If you have any questions you may call Taffy at 860-767-0650 or email her at tafyc@aol.com. The money raised will help to provide independent, financial assistance for the development of enrichment programs, worthy educational projects and other learning initiatives that are not ordinarily included in Valley Regional High School or John Winthrop Middle School's budget. The Region 4 Education Foundation is a non-profit corporation organized in 1998 to broaden and enhance the educational experience of our students at these two schools.

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A Brief Look at Alzheimer's Disease

More than 5.4 million Americans suffer from Alzheimer's disease, the most common form of memory illness known as dementia. This means millions of spouses, adult children, friends and other family members are suffering alongside the Alzheimer's patient as they progress through the different stages of the disease. It also means no one travels through dementia alone, and family and friends are needed now more than ever.

Spouses or other relatives may be the first to notice warning signs of memory loss beyond what is considered normal, such as a change in someone's ability to concentrate or work with numbers, taking much longer to do things than before, confusion of time and place, or even complications having a conversation. (Visit the Alzheimer's Association at www.alz.org for more information on early signs and symptoms of memory loss that may help determine if there should be concern).

These signs may not necessarily mean someone has dementia. There can be medical reasons for them, such as depression, or the result of an infection, or even dehydration. If there ever is any doubt about changes in memory, all families are encouraged to seek a proper diagnosis from a qualified geriatrician or physician with specific geriatric experience.

If the diagnosis is indeed a memory illness, you can work together as a team to prepare a care plan that works for everyone. It is ideal for those suffering from memory-related illnesses to be in a safe environment that also offers stimulation and engagement throughout the day. Sometimes that can be done in a home setting if they don't wander, or at an



Oversized murals help engage patients with Alzheimer's disease.

adult day care center, or at an assisted living community with a memory care specialty.

Regardless of where a person with dementia lives, it is very beneficial for them to have interaction with those who know and love them. For family and /or friends who may be uncomfortable around people with Alzheimer's, it is important to realize that although these memory-impaired folks don't recall your name or relationship, they often sense that you are a significant person to them. By talking about people and places from their past, you not only act as their memory, you validate their sense of self.

Life with dementia is a challenging one, but does not have to mean the end of a relationship with your loved one. Families dealing with this illness are encouraged to seek out educational events as well as educational reading material, to join a support group, and to view your relatives as your care partners during this journey. You may be surprised by how many special moments you will continue to enjoy and treasure with your loved one.

— Kathy Ryan, Executive Director,
The Saybrook at Haddam

What is 2-1-1?

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



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Annual Egg Hunt

The Chester Hose Company Auxiliary will be holding their annual Easter Egg Hunt on Saturday, March 30th at the Chester Hose Co. at 6 High Street in Chester at 12 noon.

Children should bring their own Easter egg baskets to collect the eggs in.

Chester Hose Company Auxiliary Scholarship

The Chester Hose Company Auxiliary will again be offering a scholarship to a well deserving child of a Chester Hose Company firefighter or auxiliary member who has been active for at least four (4) years. The firefighter or auxiliary member must be active now, or have been active within the last four (4) years, or be an honorary member of the Chester Hose Company or Auxiliary. This scholarship is also open to any child or grandchild of a deceased firefighter or auxiliary member who had four (4) years of active service at the time of his or her death. For a complete list of requirements and a copy of the application, please stop by Chester Town Hall and see the Town Clerk, speak with a Chester Hose Company Auxiliary member, or stop into the Valley Regional Guidance office.

Letter of application should be accompanied by the following information: school of intent and verification of acceptance, letter of reference from current education system, extra-curricular school activities and community involvement. A decision of the recipient will be made by May 15th.

All applications are to be sent directly to:
 Chester Hose Company Auxiliary
 Attention: Debra Germini Calamari
 203 Middlesex Ave., Chester, CT 06412

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Hands-On Innovators

Eddie Lupinek is a skeptic. It's in his nature to question, analyze and think through everything, especially when it comes to equipment for his shop Eddie's Auto Body Specialists in East Haddam.

"I don't necessarily take everything as it's presented," says Lupinek, the second-generation owner of the family business, founded by his father in 1956. "I think about things a lot and I'm always jotting down ideas. I have all of these sketches everywhere."

Lupinek and his wife, Carol Lupinek, who together run the 3,300-square-foot shop, are firm believers in the ability of ingenuity and old-fashioned hard work to drive success—it has at their facility, especially in the paint department. When they were unable to find a paint booth that met their needs, they built their own, one that is turning heads in their market, drastically reducing energy costs and helping the shop complete vehicles faster.

It's a reflection of the progressive thinking that has helped the little repair center breach \$1 million in annual sales without a single direct repair relationship.

BUILDING A BETTER BOOTH. In recent years, Eddie's Auto Body had grown to the point where it could no longer handle the volume of traffic coming through its doors. About a year ago, the shop was repairing 50–60 vehicles a month, but it had the potential to repair closer to 70. The shop's biggest bottleneck was its paint booth, Eddie Lupinek says. "We had an old cross-flow booth, which 30 years ago was fine," Lupinek says. "But it was getting outdated."

He had known for years that the booth should be updated, but until Carol Lupinek joined the shop as office manager about five years ago, he hadn't been able to free up enough time to solve the problem. Knowing he wanted a downdraft booth, he researched his options, but none of them quite matched the vision he had spent years developing in his head.

"I looked at everything that has come out, and what I wanted, certain things that I was looking for—economical to use and creating a safe work environment and all of this kind of stuff—I was not seeing them come in the same package," Eddie Lupinek says. "So when I couldn't get what I wanted, I decided to make it." But before the booth was built, Eddie Lupinek discovered what he called the "missing ingredient."

At a trade show last year, he came across a Canadian-built infrared catalytic drying unit from a company called Sun-Spot. Though he was highly skeptical as always, he decided to purchase a couple of units and test them in the shop. What he found was that the product, similar to those used to reduce dry times in the U.K., was able to dry primer in a few minutes, waterborne paint in as little as 6 minutes—and it could cure clearcoats in 10 minutes. The new booth would be built around this technology, he decided.

"From my perspective, we always want to make things better," Carol Lupinek says of the couple's drive to constantly improve. "How can we make things better or more efficient? How can we do things that are more efficient and save money? And we feed off of each other in that we both are not afraid to pick up a shovel."

For two weeks in late June and early July, the Lupineks and a few other employees worked around the clock replacing their cross-flow booth with a custom-made downdraft booth that would incorporate the Sun-Spot units. The result is a booth that has allowed them to repair an additional three cars per week, bringing monthly sales from around \$70,000 to upwards of \$90,000. The booth uses a mere five gallons of propane each month running five cycles a day, resulting in a cost of just 30 cents a cycle. That produces a monthly expense that is thousands of dollars less than conventional downdraft booths.

Some of the booth's most notable features:

- Two adjustable HT-200 Sun-Spot infrared drying units that each have a drying footprint of 4 feet by 8 feet.
- Three portable Sun-Spot infrared units with a drying footprint of 22 inches.



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"Town specific, each Events does something good for the town it serves; it's local on a closer level. With every issue, we hear from our Selectman/woman, and read articles about town officials and town offices. Also, we read about those other organizations in town which are not always on the forefront; it's nice to see them in the spotlight. The colorful cover gets your attention. The magazine is well-formatted and easy to read."

— Deb Umba, Haddam Resident and Chairwoman, Higganum Village Farmers' Market

- A clean room above the booth filters room-temperature shop air three times. First, air passes through a 20-foot-wide by 8-foot-high row of household furnace filters positioned at a 30-degree angle to prevent dust accumulation. Then the air moves through two sets of booth filters. Eddie Lupinek says the air toward the ceiling is several degrees warmer than the air at ground level (he figures a degree of temperature is gained for each foot of elevation), so the booth is naturally being fed a steady flow of warm air. Fresh air is still fed to the shop floor through mechanical dampers in a compressor room, so the booth is creating negative pressure, acting as a big filter of shop air. The Lupineks believe it's a health benefit for employees.

- The booth has no burners. An air makeup unit is unnecessary because the Sun-Spot units, which dry paint from the inside out, do the curing.

"We do spot repair. We're often not painting an entire car," Carol Lupinek says. "So to heat the whole booth to 160 [degrees] and exhaust out 160 [degrees] doesn't make sense to us."

The Lupineks invested \$70,000 in the new booth, including the Sun-Spot units, and expect to recoup the cost in less than two years. They were so enthusiastic about the differences the booth and the Sun-Spot technology made that they hosted an open house last year to share it with other shop owners.

The Lupineks say their techs no longer have to work on several cars at once because down time is all but eliminated. When drying primer, for instance, a car will be done by the time a technician gets his sandpaper.

"It's increased our turnover time considerably," says the shop's painter, Rob Cromeenes. "The jobs are cleaner and the fumes in the booth are sucked out twice as fast as they used to be."

AIMING TO IMPROVE: Eddie Lupinek is always looking forward. Other recent innovations include a bumper rack attached to a garage door lift that hoists bumper covers to the ceiling to clear valuable shop space, and a bright, portable light that utilizes paint booth bulbs to improve technician views of vehicle damage.

Next up for the Lupineks is a shop expansion, planned for their next summer vacation. It will include an expanded customer waiting area, a wash bay, an estimating bay with a lift and a parts room. The goal, the Lupineks say, is not to get bigger, but to work smarter and be better at what they do.

"I love the industry and I love what I do," Eddie Lupinek says. "If I can do everything I can to build an environment that is safe for the employees and it's something I can grow old doing, that'd be the goal."

*— Eddie's Auto Body, East Haddam
by Jake Weyer, January issue of FenderBender*

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Flood Proofing Your Home Permanently



Before.



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After.

If you live along the immediate shore south of Route 1, you are seeing houses being lifted and reinforced. In the past two years we have had record setting flood waters caused by two major storm events. Shoreline town officials (and insurance companies) are encouraging homeowners in flood prone areas to consider raising their homes before destructive flood waters cause expensive and frustrating damages.

Unfortunately, it is not easy or cheap to raise a house out of harm's way. There are some grants and loans available through FEMA, but they come with strings attached and rules to follow. Below are the five major steps that are involved in raising your house:

Permits: Depending on your location, you may need permits from DEEP, Zoning, Building, Wetlands, & Zoning Boards of Appeal. Each of these permits may require specialized information and documentation that must be prepared by engineers, surveyors, & professional contractors.

Engineering: The type of foundation that is required depends on your proximity to the water, soils under your house; depth of water table, type & construction of your house, and other variables.

Lifting the house: This is actually the easy part of the job; easy, not cheap. The house can be raised as high as needed to get construction equipment under the house, and then lowered onto its new foundation. Some people want their houses high enough to park cars underneath.

Foundation: Engineering will tell you what kind of support you need; options include pile driven wood piers, helicoils, cement piers, or a more traditional concrete foundation.

Access: Now that your house is several FEET higher off the ground than it was, how do you get into the house with those groceries, and where does the grille go? This part of the project may require some real lifestyle planning and special permissions from your town.

Many homeowners will go through this process in the coming years, whether they want to or not. Prudent planning and retaining competent, experienced professionals will make this a more palatable experience.

— Mark J. Reeves, Mark Reeves, Builder

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Mothers Day Pancake Breakfast

Chester Hose Company will host
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Sunday May 12, 8-11:30 a.m. • Chester Firehouse
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Adults: \$7.00 • Kids 12 and under: \$4.00

Vacancies on Boards and Commissions

Are you interested in volunteering for any of the following board or commission positions? Contact your party chairman or the First Selectman's Office for more information. The Town would appreciate your interest and time.

Citation Review Board (three positions)
Community Decommissioning Advisory Committee
(Two positions: full and alternate)

Fields/Grounds Committee for Region District 4
Harbor Management Commission
Lower CT River Valley Regional Planning Agency
Municipal Economic Development Commission
Regional Mental Health Board
Retirement Board

Tri-Town Youth Service Bureau Representative
(There are two positions on this committee)

Loli Marquez-Sterling in a Cuban Cabaret

Loli Marquez-Sterling brings her cabaret act – brimming with humor, song and Cuban culture – to Chester on Sunday, March 24 at 5 p.m. at Congregation Beth Shalom Rodfe Zedek.

"Loli's music comes from within, strong and hot as café Cuban," wrote Cabaret scenes. "Her Latin influenced music, her ebullience and the patter about her life reveal a knockout singer with her own sound who is charismatic and playful."

She is the winner of the New York City Outstanding Bistro Act of 2010.

The concert, which also features members of Ms. Marquez-Sterling's band, kicks off the fifth season of Music & More at CBSRZ (cbsrz.org). For ticket information (\$25 for adults, free for children under 16), please call the synagogue office at 860.526.8920, and ask for Wendy. Tickets will also be available at the door.



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Chester Parks and Recreation

Chester Parks and Recreation

203 Middlesex Avenue, Chester, CT 06412

860-526-0013 extension 223, parkrec@chesterct.org

Visit our website at: http://chesterct.org/?page_id=476

A Taste of Jazz and Contemporary Dance: offered to Chester Elementary School students grades K through 3rd! Students will work on new combinations, help with choreography, work with a dance prop and have a fabulous time with Chester Parks and Rec instructor and professional dancer, Christine Perry. Three classes, for \$20, will be held on Tuesdays. 3:00 to 4:15 in the Chester Elementary School Gym on March 19th, 26th, and April 2nd Please bring a snack, water bottle, wear comfortable clothing and be ready to dance! HOPE TO SEE YOU OUT ON THE DANCE FLOOR!

Karate for Children: Karate classes will be held in the multi-purpose room at Chester Elementary School by Valley Shore Martial Arts. Children who are in grades K through 6 will meet on Wednesdays, March 27, April 3, and 10 and a second session on April 24, May 1, and 8 to learn the Kempo style of Karate. Register for one session or both! The cost of the program is \$25 per three class session.

New Britain Rock Cats Baseball Game during School Vacation Week: A field trip to the Rock Cats v the New Hampshire Fisher Cats is offered on Wednesday, April 17th, during the school vacation week. We will depart by school bus from Chester Elementary School. Participants will be supervised from 9:00 am until 3:00 pm and lunch will be provided. The fee is \$32. Please call or e-mail if you are interested.

American Red Cross Babysitter's Training and Pediatric First Aid and CPR/AED: American Red Cross Babysitter's Training will be offered at the Chester Town Hall during April school vacation week on Thursday and Friday, April 18 and 19 from 9:00 am until 2:30 pm. The schedule will be adjusted if these emergency days become school days. The training will help participants develop skills in leadership and professionalism, basic care, safety and safe play, first aid and CPR. The program is open to participants ages 11 through 15. The fee is \$60.

ADULTS or those who have previously taken Babysitter's Training may register for Pediatric First Aid/CPR/AED, only, on April 19 for \$40.

Children's Summer Program Day Camp: See the 2013 camp schedule, filled with a variety of camp experiences run by our qualified staff. We are an outdoor program specializing in waterfront activities!

Traditional Day Camp - Our traditional camp rivals any camp in the area! We offer swimming, sports, science & nature, arts & crafts, and more, but unlike many camps, children choose most of their activities throughout the day. It is open to children entering grades 1 through 7 and the hours are from 8:30 am until 3:30 pm, the weeks of July 8, 15, 22, 29, August 5, and 12, at Chester Elementary School on Tuesdays, Thursdays and severe weather days, and Cedar Lake on Mondays, Wednesdays, and Fridays. The children take field trips on Thursdays. The fee is \$95 per child, per week, and

payable at the time of registration. Children do not need to be Chester residents to attend.

Extended Day Camp Care - This year we are offering extended camp care daily, from 8:00 until 8:30 am and 3:30 until 4:00 pm, for those registered in our traditional camp program. The cost is an additional \$25 per week. When the camp meets at Cedar Lake the afternoon care will be swimming lessons, weather permitting.

Introduction to Day Camp - If you have ever wanted to try the Chester Parks and Recreation Children's Summer Program, this half-day camp may be just right for you! Introduction to Day Camp for children ages 4 through 7 meets from 8:30 am until 12:15 pm, Tuesdays and severe weather days at Chester Elementary School and Mondays, Wednesdays, and Fridays at Cedar Lake, the weeks of July 8, 15, and 22, with staff and programming designed specifically to meet the needs of younger children. Activities include games, sports, crafts, nature, swimming and story time. This camp does not meet on Thursdays. The cost is \$55 for the 4-day week.

Chester Parks and Recreation Swimming Lesson - The swimming lessons offered by the Park and Recreation Commission are open to Chester residents OR current park pass holders. Children must be at least three years of age and able to attend the classes independent of their parents. The small group classes meet on Mondays, Wednesdays, and Fridays on July 8, 10, 12, 15, 17, 19, and 22. The fee is \$40 for the 7 classes. Severe weather makeup days will be held on July 24 and July 26 if needed. The classes currently available are: Non-swimmer 12:30-12:55, Non-swimmer 1:05-1:30, Swimmer 1:40-2:15, Non-swimmer 2:25-2:50, Non-swimmer 3:00-3:25, Swimmer 3:35-4:10 and Advanced Swimmers by appointment.

Chester Town Hall

203 Middlesex Ave., Chester, CT 06412

Ph: 860-526-0013 • Fx: 860-526-0004

Town Hall Hours

Monday, Wednesday, Thursday:

9:00 AM - 12:00 PM, 1:00 PM - 4:00 PM

Tuesday: 9:00 AM - 12:00 PM, 1:00 PM - 7:00 PM

Friday: 9:00 AM - 12:00 PM

www.chesterct.org

Chester Rotary is Looking For "A Few Good Men"



Photo by Caryn B. Davis

The Chester Rotary will be holding their 3rd Annual Womanless Beauty Pageant on Saturday, April 6th, 2013 and are looking for a few good men to say "yes to the dress" in support of our local community.

Last year's pageant was a great success, raising close to \$7,000 used for supporting many local charities.

If you are interested or would like more information please contact Susan Wright at 860.526.3294 or Suzie Woodward at 860.322.4012.

You can see clips of last year's contestants by going to the Chester Rotary website at www.chesterrotary.org

Diana Grzybowski Scholarship

The Chester Ambulance Association is offering a \$1,000 scholarship in the memory of deceased Association founding member Diana Grzybowski. The scholarship is offered to any graduating student from Chester, Chester Hose Company member or child thereof, or any Chester resident entering an accredited school or continuing education program that prepares the person for professional practice in a health related field. Some career pursuits to be considered would include nursing, therapy, paramedic, social work and health administration. Applications may be obtained from the guidance departments of Valley Regional High School, Vinal Technical High School, Xavier High School, Mercy High School, Chester Town Office Building or the Town of Chester website. Applications are due to Chester Ambulance Association, P.O. Box 209, Chester, CT 06412 no later than May 1, 2013. Questions may be emailed to caa07@att.net.

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Well you can make that happen. It's called an investment property. And now is a GREAT time to begin or expand your real estate investments. Why? Mortgage rates can be under four percent and demand for housing in some communities is exceeding supply. That's why!

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Subaru Share the Love and Meals on Wheels Holiday Campaign Celebrates Shoreline Seniors with Christmas Gifts

After four weeks of participation by the ten shoreline first selectmen, local rotary clubs, VISTA volunteers and Reynolds Subaru family and staff delivering meals to seniors, area students took their turn at bringing holiday cheer to shoreline seniors on December 19th.

Area Boy Scout and Girl Scout troops along with Old Saybrook and Westbrook Interact Club students gathered at the Estuary Council of Seniors in Old Saybrook to prepare for their distribution of holiday gifts. The students delivered meals to 250 Meals on Wheels Shoreline seniors along with holiday cards made by them. They also presented the residents with poinsettias and other holiday plants donated by Grove Gardens and Clinton Nurseries of Clinton, VanWilgens of North Branford, Riggio's of Essex and the Old Saybrook Walmart store.

Estuary volunteers and staff, including Executive Director, Paula Ferrara, Bill McLaughlin from the Old Saybrook Rotary Club, VISTA volunteers and Westbrook First Selectman Noel Bishop were on hand to serve hot chocolate and donuts to the students and to thank them for their time and effort in making the holidays a little brighter for shoreline seniors.



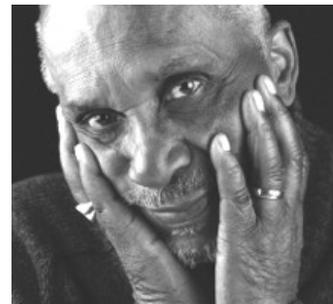
Names L to R: standing Hudson Roarick; Connie Cliffe; Bill McLaughlin; Mike Neville; Brad Morrison; Lydia Murphy. Kneeling: Morgan Wilderman; Mahlah Givehand; Sophia D'Ambrosi

Season Five of Music & More: Cuban, Croatian, San Franciscan, and 'Chesterite'

The fifth season of Music & More offers a far-flung musical journey this spring at Congregation Beth Shalom Rodfe Zedek. It begins on Sunday, March 24, at 5 pm. with the sounds (and conversations) of Cuba – Loli Marquez-Sterling's hilarious and tuneful cabaret act. The reception afterward will be sponsored by Trapiche, the Chester restaurant. Jazz vocalist Ed Reed, of San Francisco, brings his critically acclaimed band to the synagogue on Sunday, April 28, at 5 pm. The reception will be sponsored by the Red House, of Deep River. Dalia Lazar, the classical pianist from Croatia who has performed at Carnegie Hall, and all over the world, will play for us on Sunday, May 19, at 5 pm. The reception will be sponsored by the Lori Warner Gallery in Chester. The final concert of the season will be the annual free community performance of A Klez Act, the synagogue's house band, Sunday, June 23, at 5 pm. For tickets (\$25 for adults, \$10 for children under 16), call the synagogue office at (860.526.8920) or see cbsrz.org.



Classical pianist Dalia Lazar.



Jazz vocalist Ed Reed.



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Bone Arts Lead to Creativity

Dipping back into Chester's roots as a manufacturing town, the Chester Historical Society has created its third challenge for area artists, sculptors, photographers, engineers, and all others with a creative mind. The event, titled "Bone Arts," uses "a bag of bones" (bone handles for crochet hooks and flatware made by Bishop and Watrous Novelty Works on Maple Street in the 1930s and '40s) as a starting point for imagination.

This spring, those accepting the challenge are using the simple bone handles to create finished pieces of art, jewelry, sculptures, etc. As with the Brooks for Hooks Challenge and the Bates Square Roots Challenge offered by the Historical Society in past years, the Bishop and Watrous Bone Arts Challenge will culminate in an exhibit and silent auction reception. It will be held on Saturday, March 23, at the Meeting House from 5:30 to 7:30 p.m. Hors d'oeuvres from local restaurants and kitchens will be served as a Taste of Chester along with champagne.

Tickets for the evening are just \$25 and will be limited. They can be purchased at Chester Gallery and Ceramica. All the proceeds from the event will benefit the Chester Historical



If you had a "bag of bones" from the old Bishop and Watrous Novelty Works of Chester, what might you create for the Chester Historical Society's 2013 Challenge?

Society and its programs, including Chester Museum at The Mill. Information is available on the Society website www.chesterhistoricalsociety.org.

What Are You Waiting For? Go Solar!

The Town of Chester and the Chester Energy Team are helping to make solar energy systems affordable for Chester residents and businesses by sponsoring the CT Solar Challenge™.

CT Solar Challenge™ is a community-based group-purchasing program that promotes the adoption of solar energy through cost reductions, and volunteer-driven outreach and education.

The CT Solar Challenge™ presents a new purchasing model. Volunteer outreach, networking and education efforts replace traditional marketing and advertising costs, which typically comprise up to 15% of the cost to install a solar system. Community involvement reduces these marketing costs dramatically. Group-rate savings are gained by installing multiple solar energy systems in the same geographic area through a pre-selected single source vendor. These savings are passed on to participants who save thousands of dollars on the cost of installing a solar energy system.

Installing a solar system has never been, nor will it ever be this affordable again. Here's why.

At present:

- Solar systems are sales tax exempt
- No increased property taxes on solar systems
- Rebates available
- 30% federal tax credit
- Reduce your energy consumption

However, the State of Connecticut's policy is to reduce solar rebates until they are eliminated. Residential solar rebates have been reduced twice in the past 9 months.

Also, the cost of solar panels has dropped dramatically over the past 24 months as solar manufacturers have lowered prices (and lost money or closed down completely) to compete with heavily-subsidized Chinese panels. This downward trend in pricing has ended abruptly as the US Trade Commission recently imposed heavy tariffs on the Chinese panels. As demand increases and the tariffs take effect, prices will rise.

The Energy team has already conducted one of these workshops for Chester residents and businesses. We are very enthusiastic about the response to this opportunity to save energy, enhance your property values and contribute to our growth as a Clean Energy Community.

For each system installed through the program, the Town of Chester will earn credits toward the installation of a free solar system on a town property. First Selectman Ed Meehan said "the Board of Selectmen endorses and encourages residents to consider the long term benefits of solar energy. Voters at our January 23rd Town Meeting unanimously approved our partnership with CT Solar Challenge, there will be no costs to the Town except for reducing building permit fees to \$100 as a small incentive to help promote this program."

To learn more about the CT Solar Challenge and solar energy systems for your home or business, please visit CTSolarChallenge.com, click on "CHESTER", and register to attend the next solar workshop.

For more information, visit CTSolarChallenge.com or call (800) 505-7419. Find us on Facebook.

United Church of Chester

On Saturday, April 6th, the United Church of Chester will once again host its popular Pot Roast Supper. The menu includes tender, mouth-watering pot roast, real mashed potatoes and gravy, glazed carrots, tangy coleslaw, rolls, beverage and a delicious melt-in-your-mouth dessert. There will be two seatings, one at 5:00 and the second at 6:30 pm. Tickets cost \$14 for adults, \$3.50 for children, (little ones under five are free) and may be purchased in the church office or by calling 526-2697. The food is fabulous but space is limited, so get your tickets early!

This year the Bake Sale and Rummage Sale will be held on Saturday, April 27th, from 9:00 am until 1:00 pm. There are always fabulous treats at the Bake Sale and bargains galore in the rummage department. For anyone wishing to donate to the Rummage Sale, items may be dropped off Monday, Tuesday, Wednesday or Thursday of that week, but will NOT



be allowed on Friday the 26th. We do not accept any furniture, computers, large appliances or exercise equipment. Call the office at 860-526-2697 with any questions.

Middlesex Hospital Total Lung Care

Complete Care for Lung Cancer Patients - According to the national Centers for Disease Control (CDC), more than 350,000 people alive today in the United States have been diagnosed with lung cancer. Although lung cancer is a very serious type of cancer, if it is detected in its earliest stages and appropriate and coordinated treatment is provided, a cure is possible.

The Middlesex Hospital Total Lung Care Center, offers a coordinated approach to providing everything patients with lung cancer need – including the one-to-one services of a specially trained nurse navigator, Gean Brown, R.N., O.C.N., increased surveillance improved screening, and appropriate treatment options, including surgery, chemotherapy and radiation therapy.

Surveillance – When Brown first arrived at the Cancer Center in 2009, she realized there wasn't a coordinated system to help patients suspected of having lung cancer "navigate" the steps from diagnosis through treatment, and on to potential recovery. Since then, Brown and a number of physicians have worked hard to change that. The first step in developing the Center, according to Brown, was to begin a quality assurance (QA) program to ensure that any abnormal lung testing done through the Radiology Department would automatically be sent to her. From there, Brown takes the results and makes sure to always inform the patient's primary care physician if the finding looks serious, and then recommends a consultation with a pulmonary physician or thoracic surgeon to review the findings further. The clinicians then refer to what is called the "Fleishner Society" guidelines to assess the lung nodules. The Fleishner Society comprises a group of thoracic surgeons who developed standard guidelines to follow for appropriate actions to take based on the differences in lung tumors, i.e.,

size, whether or not the person is a smoker, has a history of lung disease, etc.

Screening – The Total Lung Care Center offers screening for lung cancer using low-dose CT scanning. Studies have shown that these low-dose CT scans have the potential to catch lung cancer in its early stages, which means that it is more likely to be cured (Stage 1 or 2). They are recommended for people at high risk for lung cancer. The test takes ten minutes and there is no preparation needed. In addition, Hospital pulmonologists utilize an endobronchial ultrasound (EBUS) machine, which employs sound waves to detect cancerous tumors in the lungs.

Treatment Options – In addition to the services offered by the Cancer Center's medical and radiation oncologists, thoracic surgeons now work in concert with other Middlesex Hospital surgeons to treat lung cancer, using minimally invasive techniques.

The Total Lung Care Center is a coordinated and comprehensive one, which includes radiologists, oncologists, pulmonologists, surgeons, radiation oncologists and Brown, the Lung Nurse Navigator. In fact, different doctors may consult on a patient, so he or she can feel confident that the entire team is working for their benefit at all times."

The cost for the low-dose CT scan is \$125 and is not covered by insurance. A physician order is also required for the scan. If you do not have a physician, Brown can assist you in getting a referral. She can be reached at (860) 358-2066.

Middlesex Hospital also offers a smoking cessation program that provides information and counseling to motivate smokers to quit tobacco use. Call (860) 358-3003 for more information.

Collomore Concert Series

To lift your spirits before filing your income taxes, plan on going to the Chester Meeting House on Sunday, April 14, to hear the Grammy Award-winning Parker String Quartet.

Brought to Chester by the Robbie Collomore Concert Series, the quartet consists of four musicians, all in their late twenties, who have been performing professionally for ten years. They have consistently won prestigious awards, including a Grammy Award for Best Chamber Music Performance and the esteemed Cleveland Quartet Award from Chamber Music America. They have been called “something extraordinary” by the New York Times. Their concert is sponsored by Ceramica.

The final concert in the 39th season of the Collomore Concert Series will be on Sunday, May 12, with singer and songwriter Nellie McKay, who has been described by one reviewer as “an amazing performer; quirky and brilliant, smart and adventurous” and by another as having “staggering musical talents.” Not only has she performed on “Prairie Home Companion,” she has also acted on Broadway and in a movie with Hilary Swank. Her concert is sponsored by First Niagara Bank.

Tickets for the 5 p.m. concerts cost \$21. A student ticket (elementary through graduate school) is just \$5. All ticket-holders are invited to stay for a reception after the concert to meet the performers.

For more information about purchasing tickets, and for links to the performers’ websites to hear samples of their music, go to www.collomoreconcerts.org. You may also call (860) 526-5162 for ticket information.



Singer-songwriter Nellie McKay will play at the Chester Meeting House on Sunday, May 12 at 5 p.m. as the last concert of the 39th season of the Collomore Concert Series.

Tax Office in March, April and May

Some people think that the Tax Office is not busy during the spring months of March thru May, but that is not the case. We are busy almost every month, but during March we prepare the billing for the second half of the WPCA Usage bill. There are only 43 accounts and those are for the parcels along Main St and the connecting streets that are on the sewer line. It is a time consuming process though, because we must verify that each parcel is still listed as the same owner as when the first half of the Usage bill was mailed in October. If the owner has changed, we need to change name and mailing address and then print the new bill and mail them for the April collection period.

We also spend a lot of time following up on regular tax bills that did not get paid, and try to convince people to get on a payment plan and not let the interest of 18% continue to accumulate and hurt them more. We give each delinquent person time to catch up, but then we either send the bills to the State Marshal or to our new Collection Agency both of which adds their fee which is approximately 15% more on top of the total bill including interest. Our last step that we can take and will possibly have to do again this year, is to send out warnings or DEMANDS to the owners who have not paid, or who have not set up or kept to a payment plan. If the DEMAND is not then

paid, we must do the next difficult step and start the process of TAX SALE. This is a sad time for us and is not something we want to do, but to be fair to the other tax payers in town who do pay their, taxes, it must be done.

At this time we have 5 parcels at risk of this happening by this spring. After all the steps that we can take, we then turn the accounts over to a TAX SALE attorney, who then sends out his DEMAND covering only a few days payment time, and then a date is set to actually sell the property with only a six month redemption period for the owner to redeem his land, whether it be his home or just land. It is a step that we try very hard to avoid and try to persuade our tax payers to avoid by paying at least on a monthly installment. Luckily, in my four years as your Tax Collector, we have only had to take this step for 2 parcels, but as mentioned, there might be approximately 5 this spring who could lose their property. So, please save your pennies and dollars, so that you will be ready and able to pay your taxes this July and going forward. We do not want to TAX SALE anyone’s property if we can help it. Happy Spring and hope you are looking forward to nice weather and spring flowers like I am.

— Madaline Meyer, Tax Collector

Medication Storage

What's the worst thing that can happen if you take a medication that is past its expiration date? The medicine will just be a little bit weak, right? Wrong. Although that's true in most cases, some outdated medications can become toxic and actually make you sick.

Knowing how to store medications, as well as when and where to dispose of them safely, is just as important as knowing how and when to take your medications. Follow these tips and you'll be on the right track.

When your pharmacist sends you home with a new medication, keep it in its original container, which has your name and dosing information on it. Be sure to re-lock bottles with child-resistant packaging. Many medications—especially those harmful to children—are put in foil packaging. If you find these difficult to open, talk with your pharmacist. For each medication, the law provides for one type of package without child-resistant features. If you don't have children in your home, these might work best for you (although consider whether young children ever visit your home). But whatever you do, don't transfer your medications into an empty bottle. Someone else may take them, not knowing they belong to you. It's been known to happen. If you're unsure, ask your pharmacist about the best place to store your medications. To keep children and pets safe, store medications in a high, locked cabinet. If that's not possible, find a place that's difficult for children to see and reach. Remember: A young child has no idea that these colorful objects are not candy. And even over-the-counter medications and vitamins—particularly those containing iron—can be dangerous, especially if taken in large amounts by children.

To keep a medication safe and potent, keep it out of direct sunlight in a cool, dry place. Some medications are affected by humidity, so the bathroom medicine cabinet isn't always best. Other medications require refrigeration, but don't keep medications there unless instructed to do so by your doctor or pharmacist.

It may be wise to keep a reserve supply of medications, in the event of an emergency. For example, if you need medications for a chronic condition, such as diabetes, asthma, HIV, or a psychiatric condition, carry at least a three to five day supply with you in a purse or briefcase in labeled containers. Make sure these are in child-resistant containers and that your purse or briefcase is kept out of the reach of children.

As for medication disposal, make it a part of your spring (and fall) cleaning ritual. Check expiration dates, but even if the medication is not dated, think of it as expired at six months after purchase. Also, dispose of a medication if it has changed colors or developed an unusual odor—even if it's not past its expiration date. Don't put medications or vitamins into open trash containers or down the toilet. Instead, take all expired medications to your pharmacist for proper disposal. This is the best way to protect family pets, children, people who might scrounge through your trash—and the environment.

Medications are expensive, so it may be tempting to use them, even when they've expired. If this is your thinking, just remember the greater potential cost to you: your health and safety.

— *Killingworth Family Pharmacy*

New Year, New You!

The winter season awakes temptation in most people to hit the couch instead of a gym or training room. Build your body and mind strong, and don't allow temptation to overpower you. Instead, use this time to get your body ready to tackle any fitness goal—whether it's increasing your speed and endurance, boosting your strength, sculpting muscles, or slimming down in time for the spring and summer. The key to scoring a healthy body year round is simple—you need to commit to healthy eating habits and fitness plan that is easy to fit into your busy schedule. So stop with the excuses, make a plan, and start the New Year with a New You!

Your plan should include a minimum of 30 minutes of physical activity every day. Three days of the week you should break a sweat through an effective planned workout, using your body weight, resistant bands, weights or medicine balls. Strength training has some amazing benefits; it increases lean muscle mass, which boosts metabolism and helps torch calories and shed stubborn fat. It also helps improve the quality of your sleep, relieve back pain, and protect you from diseases. Don't feel intimidated, instead ask for guidance. Knowledgeable Personal Trainers will help design exercise sessions you can use more effectively.

Don't forget to stretch for a longer body; you will walk stronger, look thinner, and feel better. Why is stretching so important? Simply put, it makes your body perform. You'll gain a greater range of motion; flexible muscles also help prevent soreness and injury. Aesthetically, a well stretched and limber body appears leaner than a body with shortened, constantly contracted muscles. Stretching also undo a lot of the postural damage (slumping at your desk or while driving...) you inflict on yourself even when you're not working out. Stretching is a type of joint movement that is performed to the limit of the range of motion in specific direction. Stretching elongates muscles and connective tissue, and obtains muscle relaxation. Practical knowledge of the structure and the movement at each joint is essential to ensure the safety of the recipient during joint movements.

Sometimes we need a necessary spark to move us to vital action. Sometimes life is about baby steps towards a bigger goal. Never give up! The ability to move is a gift you need to cherish and use. Build your body and mind strong, and when things are harder to deal with simply adjust your routines. Be mindful that nothing long-lasting happens overnight. Start that new year-new you journey with one step, be patient and persistent!

— *Maryla Radziszewski. LMT, CPT
moreFIT Proactive Health Care*

Estuary Council

ESTUARY COUNCIL OF SENIORS, INC. has been serving seniors in the nine-town Estuary region for 38 years. Call us to receive our *Gazette Newsletter* or go to www.ecsenior.org for our online newsletter, events calendar, menu, and more.

SAVE THE DATE - APRIL 27. PAINTED CHAIR AUCTION: THE SECOND SEATING. Artists and sturdy, wooden chairs and small benches and tables wanted. The finished furniture will be auctioned at our event to benefit Meals on Wheels in 10 towns along the shoreline. Call Rhonda at 860-876-7340 if you are interested in donating a small, sturdy furniture piece, or, if you have an interest in turning a wooden piece of furniture into a piece of art to be auctioned.

"BUY A WHEEL" for \$1 MEALS ON WHEELS FUNDRAISER
During March, National Nutrition Month, local businesses will sell paper "Wheels" for \$1. 100% of the monies raised from the "Buy A Wheel" program will go to our local Meals On Wheels program to feed homebound seniors. Please buy a wheel to provide a meal for a senior citizen in your town.

MEALS ON WHEELS – hot meals delivered to your home. Call Diane at 860-388-1611. A \$3.00 donation request for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

CAFÉ MEAL SITES - Clinton, Old Lyme, Old Saybrook, Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION For medical appointments, to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35.

CLASSES AND ACTIVITIES: Board Games, Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot, and more! Check the Gazette for all of our programs.

ESTUARY THRIFT SHOP: Open 10 am - 4 pm, Monday - Friday; 9 am - 1 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

DONATE YOUR CAR OR BOAT TO THE ESTUARY COUNCIL - Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

VOLUNTEER OPPORTUNITIES: Call Judy at 860-388-1611.

The Shoreline Soup Kitchens & Pantries provides 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.

Learn how you can help at:
www.shorelinesoupkitchens.org



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and CT Transit Hartford in Middletown

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www.9towntransit.com

9 Town Transit is Operated by the
Estuary Transit District

Calendar of Events

Reminder: Dates and times of events and meetings may change. Please be sure to check the town hall bulletin board or website www.chesterct.org before attending.

March 4	Citation Review Committee	Town Hall	7:00 pm
	Inland Wetlands Commission	Meeting House	7:00 pm
March 5	Harbor Management Commission	Town Hall	7:30 pm
	Joint Board of Selectmen/Board of Finance Meeting	Town Hall	7:30 pm
March 6	Conservation Commission	Town Hall	7:30 pm
March 11	Retirement Committee	Town Hall	7:30 pm
	Energy Task Force	Town Hall	9:00 am
March 12	Main Street Project Committee	Town Hall	7:00 pm
March 13	Joint Board of Selectmen/Board of Finance Meeting	Town Hall	7:30 pm
March 14	Planning and Zoning Commission	Meeting House	7:30 pm
March 18	Zoning Board of Appeals	Meeting House	7:30 pm
	Library Board of Trustees	Library	7:30 pm
March 19	Board of Selectmen	Town Hall	7:00 pm
March 20	Water Pollution Control Authority	Town Hall	7:00 pm
	Board of Fire Commissioners	Chester Hose Co.	7:30 pm
March 21	Joint Board of Selectmen/Board of Finance Meeting	Town Hall	7:30 pm
March 26	Main Street Project Committee	Meeting House	7:00 pm
March 28	Joint Board of Selectmen/Board of Finance Meeting	Town Hall	7:30 pm
March 29	Town Offices Closed		
April 1	Citation Review Committee	Town Hall	7:00 pm
	Inland Wetlands Commission	Meeting House	7:00 pm
April 2	Harbor Management Commission	Town Hall	7:30 pm
	Joint Board of Selectmen/Board of Finance Meeting	Town Hall	7:30 pm
April 3	Conservation Commission	Town Hall	7:30 pm
April 8	Energy Task Force	Town Hall	9:00 am
April 9	Main Street Project Committee	Town Hall	7:00 pm
	Park and Recreation Commission	Town Hall	7:15 pm
April 11	Planning and Zoning Commission	Meeting House	7:30 pm
April 15	Zoning Board of Appeals	Meeting House	7:30 pm
	Library Board of Trustees	Library	7:30 pm
April 16	Board of Selectmen	Town Hall	7:00 pm
April 17	Water Pollution Control Authority	Town Hall	7:00 pm
	Board of Fire Commissioners	Chester Hose Co.	7:30 pm
April 18	Joint Board of Selectmen/Board of Finance Meeting	Town Hall	7:30 pm
April 23	Main Street Project Committee	Town Hall	7:00 pm
May 1	Conservation Commission	Town Hall	7:30 pm
	Public Hearing – 2013-2014 Budget	Meeting House	7:30 pm
May 6	Citation Review Committee	Town Hall	7:00 pm
	Inland Wetlands Commission	Meeting House	7:00 pm
May 7	Harbor Management Commission	Town Hall	7:30 pm
	Board of Selectmen Meeting	Town Hall	7:30 pm
	Region 4 Budget Referendum Vote		
May 9	Planning and Zoning Commission	Meeting House	7:30 pm
May 13	Energy Task Force	Town Hall	9:00 am
May 14	Main Street Project Committee	Town Hall	7:00 pm
May 15	Water Pollution Control Authority	Town Hall	7:00 pm
	Board of Fire Commissioners	Chester Hose Co.	7:30 pm
May 16	Board of Finance Meeting	Town Hall	7:30 pm
May 20	Zoning Board of Appeals	Meeting House	7:30 pm
	Retirement Committee	Town Hall	7:30 pm
	Library Board of Trustees	Library	7:30 pm
May 21	Annual Town Budget Meeting Vote	Meeting House	7:30 pm
May 28	Main Street Project Committee	Town Hall	7:00 pm

Middlesex Habitat for Humanity to Build a New House in Middletown, CT

Middlesex Habitat for Humanity is gearing up for a build in downtown Middletown, enabling one more partner family to become a homeowner in Middlesex County.

The property. A vacant wood frame house was recently purchased by Middlesex Habitat for Humanity. After extensive evaluation, the house was determined to be beyond repair and the decision was made to demolish the existing structure and to build a new home. The new home will feature an accessible first floor and bedroom and will be energy star certified. Construction on the new Habitat home to be located at the intersection of Prospect Street and Liberty Street in Middletown, is expected to begin in the spring, 2013.

Habitat is very fortunate to have received a \$50,000 challenge grant from The Peach Pit Foundation, a Middlesex County Family Foundation committed to helping individuals and families with a step up. For information on how to partner with Middlesex Habitat to help fund the Liberty Street house project, please contact Middlesex Habitat for Humanity of CT., Inc. at 860-343-9179 or visit website at www.habitat-middlesex.org.

Home ownership. Families interested in applying for home ownership should attend an informational meeting

on Monday, February 4th at the Habitat Office, 34 Shunpike Rd. Cromwell, CT. For additional information, please call Joyce Yarrow at the Habitat office (860-343-9179). Eligibility requirements can be found on the Middlesex Habitat website www.habitatmiddlesex.org.

Volunteers needed. Construction is expected to begin in March of 2013. Team build requests are now being accepted for full build days. Companies and individuals interested in participating in the build project should contact Manny Cunard mcunard@habitatmiddlesex.org (860-316-8827). Construction will take place every Saturday from 8:30 to 3:30 and on occasional weekdays.

About Middlesex Habitat for Humanity of CT., Inc. Founded in 1996, Middlesex Habitat for Humanity of CT, n Ic. is an independently operated affiliate of Habitat for Humanity International, a non-profit 501(c)3, Christian, ecumenical housing ministry. Our sole mission is to build or renovate simple, decent, affordable houses in partnership with eligible families. Our objective is to eliminate substandard housing in Middlesex County, CT, one house at a time. We seek to make decent housing a matter of conscience and action.

Chester - Community Listings

CLUBS AND ORGANIZATIONS

Chester Land Trust (860) 526-2619
 Chester Fair (860) 526-5947
 Chester Democratic Town
 Committee www.chesterctdems.com
 Chester Garden Club (860) 526-2998
 Chester Historical Society (860) 526-5781
 Chester Merchants Association
 www.visit-chester.com
 Lions Club deepriverchesterct.lionwap.org
 Deep River and Chester VFW (860) 526-3521
 Tri Town Youth Services Bureau (860) 526-3600
 Chester Meeting House (860) 526-0013

LIBRARY

Chester Public Library (860) 526-0018

POST OFFICES

Chester Post Office (860) 526-2780

SCHOOLS

Superintendent of Schools
 District 4 (860) 526-2417
 Chester Elementary School (860) 526-5797
 John Winthrop Middle School (860) 526-9546
 Valley Regional High School (860) 526-5328

USEFUL NUMBERS

Consumer Protection (860) 566-2294
 Middlesex Community Foundation (860) 347-0025

WORSHIP SERVICES

St. Joseph's Roman Catholic Church (860) 526-5495
 Congregation Beth Shalom - Temple (860) 526-8920
 United Church of Chester (860) 526-2697

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Six Ways to Add Good Years to Your Life

You might not be able to stop the clock but why not choose a healthy lifestyle to make your senior years all about living life to its fullest potential. Here are a few suggestions.

Stay Sharp: Turn off the TV and pull out the crossword puzzle. Giving your brain a workout can ward off dementia and cognitive decline. Stimulate your mind by learning to play a musical instrument, a new language or taking up a new hobby. Stay engaged with your community and up-to-date with current events in order to have meaningful conversations with others.

Get Moving: Remaining physically active helps you ward off chronic illness, decrease the chances of obesity and remain independent. This does not mean you exercise as strenuously as a professional athlete, but most everyone can exercise at their own level. Most experts recommend that adults get at least 30 minutes of physical activity 5 days each week. This can be in the form of group exercise classes such as aerobics, yoga or a swimming class. Or take a walk around the block or in the woods. Just keep moving. One can move arms and legs quite vigorously from the safety of a chair.

See the Doctor and Dentist: Regular visits to your doctor can help manage any chronic problems and catch some potential issues before they arise. Develop a good relationship and do not be afraid to ask questions. Dental hygiene is also very important. See your dentist regularly.

Mix and Mingle: Social interaction can be as important as exercise and medical appointments. Stay connected with your friends. Entertaining can be as easy as picking up a prepared meal and adding your own fresh salad. Social interaction can promote a healthier diet, exercise and sleep habits. Isolation can lead to cognitive decline and depression.

Eat to Live: "We are a wonder being. To be alive is a gift. Don't miss out by partaking in foods that are subpar. Keep a watchful eye on eating a moderate diet that balances the food groups. Think in terms of fresh foods with fewer processed foods. Experiment with grains, legumes and nuts to create whole proteins. The same holds true with generous amounts of fresh fish and vegetables. With the diet above, fewer meats will be consumed. Above all, enjoy the ritual of eating with joy in mind. Again, it is a gift to be able to do it." – Chris Pardue, Executive Chef, Chester Village West.

Relax: Take time to reflect on the world around you. Take some deep breaths during the busy day. According to the Mayo Clinic, the benefits of relaxation can lower blood pressure, reduce muscle tension and increase energy levels and concentration. Try yoga, tai chi or meditation. Or set aside some time each day to simply curl up in a favorite chair and read a book.

All these recommendations are a part of our Healthy Life™ Services program at Chester Village West.

– Marian Bairstow, Chester Village West

Meigs Point Nature Center

No registration required for our public programs.

Campfire Stories: March 9th at 7:00 pm; meet at the Meigs Point Nature Center. Gather round as Ranger Russ tells fables and Native American stories around a campfire on the beach. Bring blankets, chairs and marshmallow sticks. Marshmallows will be provided.

Docent Training: Meigs Point Nature Center offers an opportunity for you to get involved and help your community. If you enjoy the outdoors and nature, like to talk to the

public, or to work with children, then this is the opportunity you have been waiting for. Docent duties include feeding animals, cleaning cages, public program presentations, exhibit design and greeting the public. Docents must be at least 18 years old. Thirteen- to 17-year-olds may volunteer by inquiring at the Nature Center. If you have already been trained as a docent and would like a refresher, or if you are a newcomer to the Meigs Point Nature Center, please register by calling 203-245-8743. Additional training sessions will be scheduled at a later date.

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Lisa Berube, Branch Manager

Chester Branch

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 Madison, 99 Durham Road, (203) 318-8611 • Old Lyme, 101 Halls Road, (860) 434-1646
 Old Saybrook, 155 Main Street, (860) 388-3543
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