

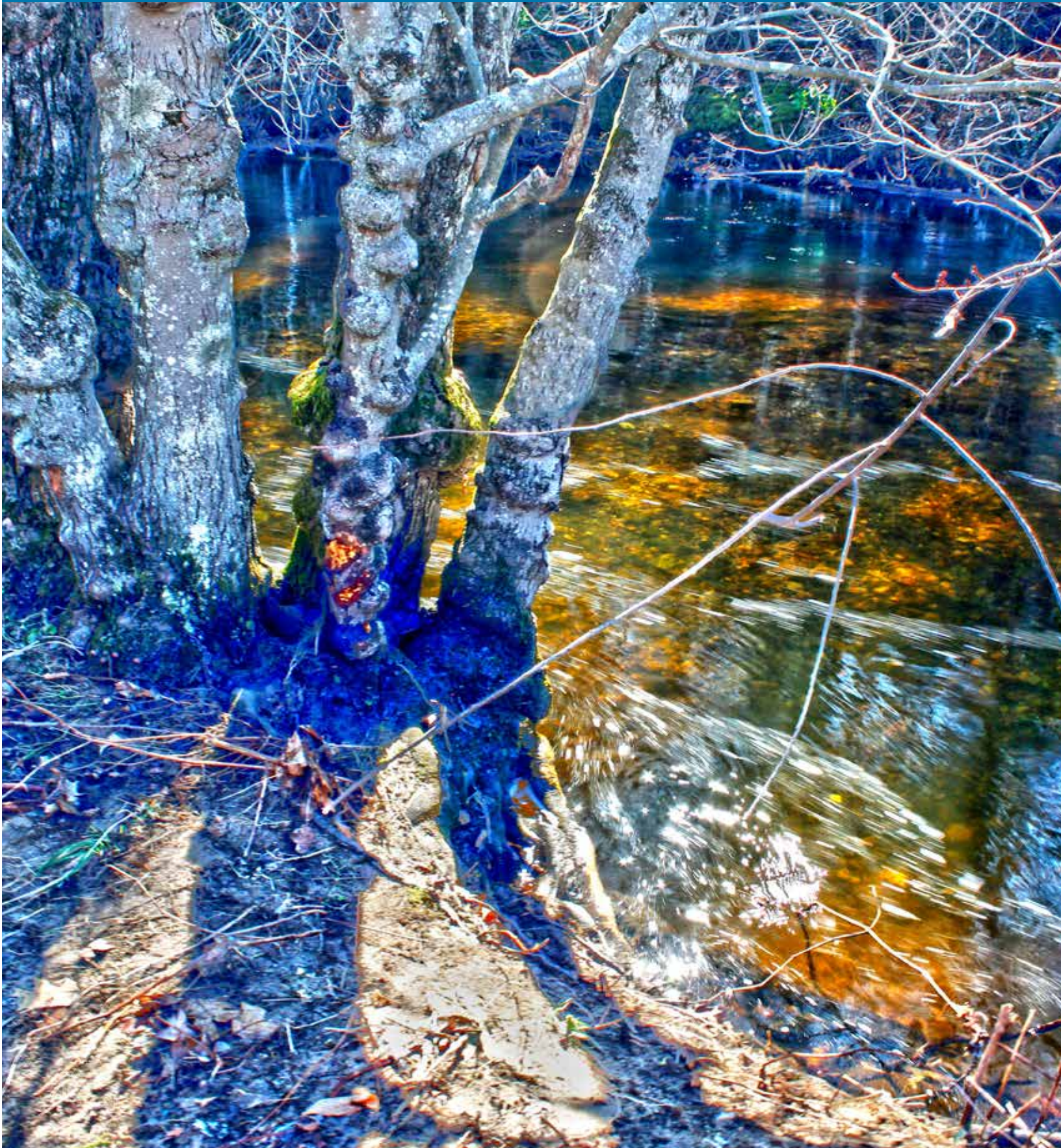
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Chester Parks

History and What is Available

Cedar Lake. The Town of Chester owns Cedar Lake and maintains two public beaches on its shores. The area of the lake is about 80 acres and is fed by two springs and two inlet streams with outflow into the Pattaconk Brook. The lake is about 60 feet deep in the middle. The Town owns approximately one third of the shore. Another third is owned by Camp Hazen YMCA. The remainder is private residences and State owned property, including a boat launch. Chester's main beach, on West Main Street, has a 50,000 square foot swimming area that is as deep as 20 feet in one corner during the spring. The park at the shore is named Robert H. Pelletier Park in memory of the Chester resident who was the Head Lifeguard for more than two decades. The park area is 0.7 acres and includes seasonal lifeguard coverage, picnic tables, a pavilion, grills, and a food concession. The smaller waterfront facility is located on Cedar Lake Road and was named Lake View Park in 2012. It is unstaffed and has no designated swimming area. The beaches require patrons to have a permit. Details and prices may be found on the Park Fee Schedule link.

North Quarter Park. North Quarter Park is a 22 acre, multi-use facility, located at the corner of Main Street and Middlesex Avenue. It includes a playground, picnic area, volleyball net, baseball field, and a multi-use practice field in a wooded setting. The northern section of the park has a well-maintained .5 mile nature trail loop. The end of the trail offers beautiful views of the wildlife and habitat of the Chester Creek. A

variety of water fowl, birds, and vegetation can be seen along the trail and in the creek.

Parker's Point Boat Launch. This .6 acre boat launch facility is located at the end of Parker's Point Road on the Connecticut River. It offers boat trailer parking and a picnic area with a beautiful view. The shore is a favorite winter eagle viewing location. A permit is required for parking. Details and prices may be found on the Park Fee Schedule link.

L'hommedieu Park. This old mill site is located on Spring Street, along the Pattaconk Brook. It is a peaceful setting with a dam, rushing waters, a picnic table, and views of Mallards, Wood Ducks, Great Blue Heron, and beavers. A historic narrative is located in the park.

Chester Creek Overlook. The overlook is a .4 acre waterfront spot with a deck, seating area, and parking lot on the Chester Creek, just a stone's throw from the Connecticut River. It is located at the end of Railroad Avenue. The Town dock at the overlook, houses marine rescue and law enforcement watercraft.

Chester Elementary School Baseball Fields. Three baseball fields are maintained by the Parks and Recreation Department at Chester Elementary School, on Ridge Road. The property was originally donated to the Town in 1928 by Jessie C. Bates, Hilton C. Brooks, and William P. Holden for athletic fields. The fields may be available for group usage by submitting the *Group Use Application for Chester Park Facilities* form.

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Animal Control

It's almost Spring – it was a strange winter – one day cold the next day warm – I wonder what Mother Nature has in store for us this Spring?

Now is the time to check on the status of your animals' rabies vaccinations especially when wildlife becomes more active. Also, please be considerate and remember to pick up your dog's waste for the health and safety of other pets in the area and to avoid a fine.

As an aside, over the winter I saw some very well dressed pets being walked around town – way to go pet owners! That shows me that those animals are well cared for and being treated like family!

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 or stop into the Guidance Office at Valley Regional, Xavier, Mercy or Vinal High Schools.

All applications and supporting documentation is due by April 30th. A decision of the recipient will be made by May 15th. If you have any questions please call (860) 526-0013 ext 203.

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

ATTENTION DOG OWNERS & CHESTER PARKS

DOG OWNERS! Please abide by the statutes of our State and ordinances of our Town. Dogs are not permitted on playgrounds or beach parks, except guide dogs. Dogs in other areas of the parks must be controlled by a leash. Dogs may not roam on the property. Any waste material deposited by your dog must be removed before leaving the immediate area.

Looking for New Members!

The American Legion is a social and mutual-aid veterans' organization including members of the United States armed forces. The Legion organizes commemorative events, volunteer veteran support activities and volunteer assistance at Veterans Administration hospitals and clinics. Its primary political activity is lobbying on behalf of the interests of veterans and service members, including support for veterans' benefits such as pensions and the Veterans Affairs hospital system.

American Legion Post 97, located in Centerbrook, serves veterans from Chester, Deep River and Essex and has been very active with veteran affairs and in the community. Members participate in local parades, sponsor a number of events that raise funds for veterans programs, and provide a support system and comradeship to veterans in the community.

The American Legion Post 97 is looking for new members to carry on these honored traditions. Stop by the Legion Hall in Centerbrook or contact a current member and see what the American Legion has to offer.

Memorial Day Parade Monday, May 26

The annual Memorial Day Parade and Exercises in Chester is planned for Monday, May 26th with Lieutenant Colonel Bruce Watrous serving as Parade Marshal. All service people, interested groups and residents are invited to participate. We would also like to encourage children riding on decorated bicycles alongside the parade.

Your participation in the traditional Memorial Day Parade is encouraged and welcomed. If you are interested in participating in this special day of remembrance for those who have died in our nation's service, please contact the Town Hall at 860-526-0013 ext. 202 for more information.

The formation of units will start at 8:30 am at St. Joseph's Parish Center on Middlesex Avenue. Parking will be on the right side of the parking lot and parade formation will be on the left. Upon arrival, you will check in with Bruce Watrous or Jerry LaMark and they will guide you to your position in the lineup.

Please support our military members – past and present – and take part in making this event a special day of remembrance.

*Lt. Colonel Bruce Watrous
Ed Meehan, First Selectman
Larry M. Sypher, Selectman
Tommy K. Englert, Selectman*

For town updates & information:
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Sharon Echtman	216	
FIRE DEPARTMENT	860-526-0019, Non-emergencies	
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CHESTER FAIR WINE TASTING

The Chester Fair will be holding its 3rd Wine & Beer Tasting on Saturday, June 7th from 6:30 pm to 10 pm at the Chester Fairgrounds. There will be wine and beer vendors, live entertainment, and various local restaurants will be selling food. Admission is \$20, and proceeds will go towards the Chester Fair scholarship program. The Chester Package Store will be sponsoring this event which will be held rain or shine.



Diana Grzybowski Scholarship

The Chester Ambulance Association is offering a \$1,000 scholarship in 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. Questions may be emailed to caa07@att.net.

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Save the Date!

BRAYCE Yourself for Pizza, our annual fundraiser, to be held on Saturday, July 19th at the beautiful riverside home of Jim Scala and Roz Sullivan. Live entertainment, silent auction, bar, vibrant company, a great cause and yes, brilliant pizza. We also have one or two surprises up our sleeve! Details to follow on the BRAYCE Website www.brayce.org.

Join BRAYCE friends and fans as they celebrate their 10th anniversary of providing enriching educational opportunities for marginalized young people from the favelas of Brazil. Support the fundraiser and help us to *change a life, make a difference, built a future, one person at a time.*

Margot Calder
BRAYCE 2014

Town Clerk

Fishing and Dog License Notice

Fishing season begins Saturday, April 19th. Resident inland waters fishing licenses for anyone 16 years of age or older who want to fish in ponds, lakes and streams, are available in the Town Clerk's Office for \$28.00. Resident marine fishing licenses cost \$10.00. Also available are all waters inland and marine fishing licenses for \$32.00. All licenses expire December 31st. Senior citizens age 65 and older may get licenses at no cost.

Dog licenses will be available starting June 1st in the Town Clerk's Office. A neutered or spayed dog will cost \$8.00 while and unneutered or unspayed dog is \$19.00. Beginning July 1st a \$1.00 penalty fee will be charged for every month a resident is late in registering a dog. Licenses can be mailed once proof of current rabies vaccination and a spaying certificate are mailed to the Town Clerk at 203 Middlesex Ave., along with a self-addressed stamped envelope. If you no longer have your dog, please let us know so that we may update our records.

For more information call the Town Clerk's Office at 860-526-0013 Ext. 511. The office is open 9 am to noon, and 1 pm to 4 pm Monday, Wednesday and Thursday. On Tuesday the office is open until 7 pm and on Friday the office closes at noon.

Bulky Waste Transfer Stickers

Spring is here and it's time to clean the basement. If you need to get rid of bulky waste, you need to get a bulky waste transfer sticker, if you don't already have one, prior to using the transfer station, which is located in Deep River on Route 80. Those stickers may be obtained from the Town Clerk's Office with proof of residency and the license plate number of the vehicle you plan to use for hauling the bulky waste.

**Deadline for the next issue of
CHESTER EVENTS
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Chester Fife and Drum Corps 1868



Welcome to the spring/summer of 2014. Here is hoping that your summer is great. I would like to start off by giving you a little bit of history about our Corps and Corps in general. As you all know by now, Chester Drum Corps was established in 1867 but was put on the road in 1868. This Corps has continuously been playing our music since the beginning with no time taken off for good behavior. We have gone through many uniform changes and are now in our fourth or fifth uniform in 146 years. We now sport a more easily manageable colonial white shirt, colonial vest and Tricorn with medallion on it. We are also in the midst of designing a new uniform. We play on wooden colonial drums and 6-hole fife in the key of B flat.

A little background on fifes and drums: A fifer and a drummer were officially and necessarily attached to each company in both European and American military forces in colonial times. While in camp, they sounded all the duty calls, such as dinner time, reveille, taps. In the field, on maneuvers or in battle, they signaled movements and actions ordered by the officers, such as forward, retreat, fire.

The earliest American reference to the massing of fifers and drummers under the leadership of a fife major or drum major occurs in George Washington's general orders for August 23, 1777, wherein he not only orders the massing, but specifies how they will look or act.

So much for ANCIENT history, now "back to the future." We need members to help bring our/your corps back to its strength. We currently have a small drum line and our fife line needs more players, but if you do not want to play, we also need members in the Color Guard to carry our colors. We offer free drum and fife lessons, no musical experience is required. We also teach to march in unison. We are still practicing at the Chester Elementary School until summer. Then, we will be at either Cedar Lake once a month or North Quarter Park.

Our modern lives are very busy. With commitments to sports, school, and family, there seems to be little time available for organizations such as ours. However, how many



groups can offer music instruction, an opportunity to play the music in both parade and muster formats, an ongoing history lesson, and genuine fellowship for adults as well as children all in one package? This is what we are. Consider us and join us at a practice or two to see who we are and what we do. We are aiming for our 150th anniversary and would love to add some new members to help us achieve this.

We play colonial style music, with some pieces that date back to the beginning of our Corps; some of it has been lost thru the decades. We have a repertoire of nearly 60 pieces of which we barely play 20 on the street. We choose not to change the tempo of our music to a faster, modern pace. We are consciously trying to preserve the music in its original form, because we believe in its value. We value our musical tradition and feel it is important to maintain the "Chester style."

If you are interested in becoming part of history and are interested in joining our Corps, please feel free to call me at 860-691-1735.

Just as a reminder, we are neither a Junior nor Senior Corps. We are a family oriented organization and intend on remaining so.

So, come on down and see what we are about. We practice from 6:30 – 8:00 pm at the Chester Elementary School, every

continued on page 9



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Chester Hose Company

Everyone was a winner at the Chili Cook-Off, however, bragging rights and awards were given to:

- People's Choice: Chesterfields
- Best Table: Wheat Market
- Most Unique: Bliss Gourmet
- Best Fire Dept.: Old Lyme

The other winners were the 940 tasters that sampled all the delicious chilies represented; the spectators that watched the ice carving competitors as well as the tractors roll through the center of Town. A special thank you to all those who played a part in organizing the Winter Carnivale. We look forward to next year!

On March 29th the Hose Company held their Annual Banquet, moving it back to the Hose Company headquarters, utilizing their new addition space. The Chief proudly presented awards recognizing members for their years of service, Top Responders, Member of the Year and the Chief's Award. Chief Greeney Jr., also acknowledged local businesses and organizations that were present and directly support us throughout the year, including our mutual aid departments.

Mark your calendars for the following upcoming events and as always, "Like" us on Facebook (Chester Hose Company Inc.) and visit our website at www.chesterhoseco.org

- April 19th: Auxiliary Easter Egg Hunt; Noon at the Firehouse
- April 26th: 3rd Annual Firehouse Food Drive; 9am-1pm
- May 11th: Mother's Day Breakfast; 8-11:30am at the Firehouse
- Family Movie Night hosted by the Hose Company Juniors
- Annual Firefighters Competition & Family Fun Day in June at Fireman's Field, Old Saybrook

*Chief Charles F. Greeney, Jr.
Chester Hose Company*

• **Chester Fife and Drum Corps continued from page 8** •

Thursday night. Please call ahead to verify our practice nights just in case schedules change. Summer practice nights may vary depending on our schedule. Hope you have a most enjoyable spring and summer. Hope to see you at a muster or at a parade.

This is our schedule to date: (More to be added)

- May 25 – Memorial Day Parade in Cheshire
- May 26 – Memorial Day Parade in Chester TBD
- Jul 4 – 4th of July Parade Provincetown Ma
- July – Deep River Muster
- Aug 10 – 53rd Annual VJ Day Parade
- August – Westbrook Muster
- Sep 20 – Guilford's Citizens Day Parade 350th
- Sep 21 – CT State Fireman's Convention
- October – Moodus Muster

*Frenchy Cordeau
Business Manager and Major*



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Today is Tomorrow's History – What's New with Chester Historical Society

Transportation Plus. It's back (and revised) by popular demand! Our "Over the River and Through the Woods" exhibit received such good reviews that we are extending it for the summer season with modifications and a new area on early bicycles. We're including a 54-inch Columbia Expert "Allbright" bicycle dating from the 1880s, on loan from the CT Historical Society. The museum will be opening for the season on Memorial Day Weekend and will continue to be open on Saturdays and Sundays, free, through the summer. More details will be on our website, www.ChesterHistoricalSociety.org.

We're especially pleased to be hosting a program by Chester resident Stephen Holmes on "The Origins of Cycling in Connecticut." Stephen is an avid cyclist and bicycle collector. The free program will be on Sunday, May 4, at 4:00 pm in the Chester Meeting House.

Society's Collection. We are always on the lookout for Chester historical items and photos for our Collection, so we encourage you to think of us when you find something from Chester's past (and remember, the "past" may even be the 1950 and '60s!).

A team of volunteers, led by Curator Diane Lindsay, a Chester native, meets twice a week to help research,



Stephen Holmes, avid cyclist and bicycle collector from Chester, will give a free program about bicycling history on Sunday, May 4, at 4 pm in the Chester Meeting House.

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photograph, and digitally catalogue our growing collection. As an item is catalogued, it often is moved either to the Archive Vault or Collection Vault at the museum, both of which are controlled for temperature and humidity. Our goal is to have a computer data base of most items available for public lookup and research. It goes without saying that only a portion of the Society's collection and archives can be exhibited at a given time. Thus, we often field questions and requests regarding objects not on display.

If you have something to share with us but don't want to give it up at this point, may we take a photo of it? Or if it's a photograph, we can scan it into our database and you can still hang onto the original. We are always looking for Chester people, happenings and structures. If you want any more information, email us at chestercthistoricalsociety@gmail.com.

Two Ways to Be in the Know. Information about historical society activities, as well as new gifts to our archives, is in our monthly e-newsletter. 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 chestercthistoricalsociety@gmail.com. All addresses are kept confidential. We are also on Facebook and regularly post old photos of Chester. Check it out at [Facebook.com/chestercthistoricalsociety](https://www.facebook.com/chestercthistoricalsociety).

Membership. Approximately 400 people support the Historical Society's ongoing mission to share Chester's rich

continued on page 11

• *Chester Historical Society continued from page 10* •

history through exhibits and programs for all ages. If you are not already a member, isn't it time to become one? Annual dues for members are \$30 (family) and \$20 (individual). New membership forms can be mailed to you by leaving your name and address at info@chesterhistoricalsociety.org.

SAVE THE DATE



Hop on over to the
CHESTER HOSE COMPANY AUXILIARY

EASTER EGG HUNT!

Saturday, April 19th, 12 pm sharp

Once again the Chester Hose Co. Auxiliary will sponsor their annual Easter Egg Hunt on Saturday, April 19th at the Chester Hose Co. at 12 pm rain or shine. It is open to all children ages toddler to 10 years old. The cost is free. It is suggested that children bring their own basket. Hot dogs will be available for sale.

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Citizens Emergency Response Team Volunteers

CERT Mission Statement: "The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community."

Our local/regional CERTeam: We participate in a regional emergency response volunteer program called Valley Shore CERT.

CERT volunteers are called upon to assist in searches, working in shelters and other local emergencies/ disasters that exceed the personnel capabilities of our First Responders. We are also available to assist in local events such as the Chester Road Race, Chester Fair, triathlons (in Cockaponset), etc.

We have been dispatched to assist in out of town incidents. Such as the Kleen Energy explosion and fire a couple of years ago. We manned the three checkpoints. We have been to East Haddam to search for the elderly man who walked away from home. Other teams went to Orange a couple of years ago for the massive search for the young girl.

Regionally, we are in the early stages of forming a R2 SART (State Animal Response Team). Once you become a CERT you then can become a SART. SART volunteers are available to assist Animal Control Officers (ACOs) in animal rescues. They (we) have available two trailers in the region that are full of cages, dishes, etc. and even a large tent, that can be set up adjacent to a people shelter.

Funding for the teams comes from the Department of Emergency Management and Homeland Security (DEMHS). In our region, there are 12 CERTeams and 707 volunteers.

Our regional CERTeam is led by Don McDougal in Killingworth. Our sponsor is Valley Shore Emergency Management Association. Members come from all our surrounding towns.

If you have an interest in joining the VSCERT team contact Joel Severance jpseverance@snet.net.

Chester Library Hosts Minstrel Storyteller

Chester Library will host Minstrel Storyteller Mary Jo Maichack in an interactive family program especially recommended for children ages 4 and older. "Einstein's Favorite Fairy Tales" is a delightful show of songs & folktales celebrating summer reading club in a participatory, engaging style. It will take place Monday, June 30th at 3:30 pm. at Chester Elementary School. The show is free and open to the public. To register please call the Chester Public Library at 860-526-0018 or e-mail parkrec@chesterct.org with your name and the number of children attending.

The show connects science with the arts to tie in with this year's statewide theme, "Fizz! Boom! Read@Your Library," highlighting science. Albert Einstein is quoted as saying, "If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales." And great scientist Leonardo daVinci wrote fables. Maichack will weave these tales for the audience, offering bits of German into the Brothers Grimm tales and Italian for all to echo. The audience will be invited to dance a first ever Atomic Fizz Dance created by Maichack.

Child & Family Agency's Annual Sale

The Largest "Tag Sale" in Southeastern CT



If you are looking for great finds in everything from furniture to clothing to household items, come to Child & Family Agency's 60th Annual Sale at the New London Armory, May 1st, 2nd, and 3rd.

For 60 years Child & Family Agency of Southeastern CT has held the largest tag sale in its region – its "Annual Sale." Proceeds from this fundraiser support the many services and programs offered by Child & Family Agency to children and families.

This year the Annual Sale will be at the New London Armory, 249 Bayonet Street, New London on Thursday, May 1st from 9-5, Friday, May 2nd from 9-5, and Saturday, May 3rd from 9-3. First sale day will be "Premium Day" – cost plus 25% and last sale day everything will be half price.

Furniture, household items, books, toys, clothing, jewelry and such can be dropped off at designated locations on "Intake Day." These items will be received by Child & Family Auxiliary Volunteers and transported to the New London Armory.

"Intake Day" for Chester residents will be on Tuesday, April 22nd, at the Old Lyme Congregation Church between 10:00 and 4:00 and on Wednesday, April 23rd, at the Essex Town Hall between 9:00 and 5:00. Tax donation letters will be available when items are dropped off.

Last year 17,000 children and their families, from 79 towns, were helped by Child & Family Agency's staff of 175 dedicated professionals through their many services and programs. To learn more about Child & Family Agency of Southeastern CT visit: www.childandfamilyagency.org.



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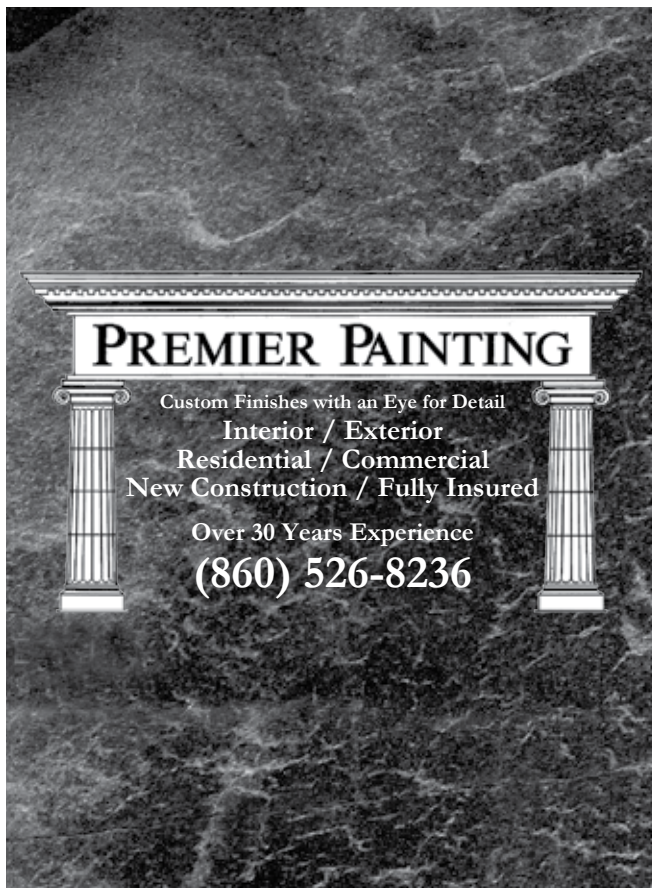
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Chester Land Trust

RECOGNITION OF LAND DONATIONS TO PRESERVE OPEN SPACE IN CHESTER

On Saturday June 14th the Chester Land Trust recognizes the donors of property received in the first six months of 2014. Shirley Feldman Bush has generously given the Chester Land Trust a conservation easement on property on Cedar Lake Road to be designated as The Bush Preserve. The property abuts a parcel previously donated by Shirley to the State of Connecticut for expansion of Cockaponsett State Forest. The easement prohibits development of the site and will continue to provide for the protection of wildlife habitat and natural resources. Shirley is a former Chester Land Trust Board member and this donation is a continuation of her dedication to the preservation of Chester's natural resources.

A transfer of property from the Gateway Commission to the Chester Land Trust will also be recognized at the event. This waterfront property is currently owned by the Commission and will be donated at no cost to the Land Trust. This is the first property on the Connecticut River to become part of the Chester Land Trust stewardship program.

The event will begin at 10:30 am in the gazebo at the Carini Preserve property. The Carini Preserve is located on Water Street (Route 148). Public parking is available adjacent to the preserve on Water Street. The event is free and refreshments will be served. Please join us to celebrate the generosity of Shirley and the action of the Gateway Commission. These actions are a tribute to Shirley and the Commission efforts to preserve open space and natural resources in Chester.

Teenzone

A new addition to Teenzone will be a program for boys. I have been asked over the years to start a group for boys, but needed the right male to run it. The facilitator will be Jeffrey Sasso, who is a certified special education teacher, but also teaches drums and guitar. It will be a self esteem based 8 week program, based on similar lines to the ongoing girls program, but obviously skewed towards the male aspect.

We will still have nutrition, etiquette, and mindfulness for example, but will be adding aspects of Martial Arts, for

respect and discipline. But also journaling, music and hygiene to name a few!

The age group is 13 years to 17 years, and the meeting place will be at a nearby library, actual date to be determined, but probable start date will be mid April, on a Friday evening, from 5:30 pm to 7 pm.

If you would like to refer a boy, or need more information, please check out the website www.teenzonect.com or call me, Victoria E Taylor, 860 995 8238

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Friends of the Chester Public Library

Be a friend!

Love books? Love Chester? Love our community? The Friends of Chester Public Library do.

It doesn't take much to be a Friend – we don't even charge dues or require meeting attendance. We just want your support and your interest in the Chester Library and the community.

What do the Friends do? We hold Book Sales three times a year, which gives us the funds to buy movies and a Netflix membership for the library as well as museum and area attraction passes. We also pay for preschool storytimes, summer reading programs and special events for kids, and adult book discussions. And we help out the librarians wherever and whenever we can.

In other words, we make our Chester Library better for you by supporting programs and services that simply can't be funded within the town's library budget. So when you take out a movie, or use a museum pass, or bring your child to a summer program, you can thank the Friends for that.

We're not looking for your thanks right now, we're asking you to support the Chester Library. If you want to make a donation in any amount, that would be terrific! (All gifts are tax-deductible.) If you can't make a monetary donation, but you'd like to make some cookies for a program, or sort books for a book sale, or help spread the word about the library's potential future expansion, or hang up posters for a program, etc., etc. – please let us know! Leave your name at the library desk or email us at chesterctlibrary@yahoo.com and let us know you are a Friend of Chester Public Library.

Cedar Lake and Sunday Family Activities

The Town Beaches on Cedar Lake are scheduled to be open for the 2014 season from June 9 through August 17, 10:30 am until 6:00 pm. Hours may vary according to staff availability, training, weather, or special programs.

Access to the Town parks, including the beaches on Cedar Lake, is by permit only.

Non-resident passes are available at Pelletier Park during operating hours for \$65 per household.

Chester residents may enter staffed facilities by showing a driver's license, or other proof of residency or taxpayer status with identification. Groups of 10 or more must make reservations in advance.

Join us from 1:45 pm until 2:45 pm on Sunday afternoons in July for activities for all ages. Our Lifeguards will lead different games, crafts, and challenges each week for a fun-filled afternoon at the lake. You're never too old to participate!

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Summer Day Camp. We are an outdoor program specializing in waterfront activities. Our summer 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 8:15 am until 3:45 pm, the weeks of June 23, June 30 (see "Introduction to Camp" below), July 7, July 14, July 21, July 28, August 4, and August 11, at Chester Elementary School on Mondays, Fridays and severe weather days, and Cedar Lake on Tuesdays, Wednesdays, and Thursdays. The children take field trips on Fridays. The fee is \$100 per child, per week, and payable at the time of registration. This fee includes all program and field trip expenses, except lunch. Children do not need to be Chester residents to attend.

Introduction to Camp with a Full or Half Day Option. If you have ever wanted to try the Chester Parks and Recreation Children's Summer Program, this camp may be just right for you! Introduction to Camp for children ages 4 through entering grade 7 is offered for 4 days the week of June 30th. Camp opens at 8:15 am with a dismissal choice of 12:30 pm or 3:45 pm. Monday and severe weather days meet at Chester Elementary School. Camp is held at Cedar Lake on Tuesday, Wednesday, and Thursday. During the Introduction week campers are assigned to a group according to their age. The children participate in a variety of activities with the same group and supervisors each day. This camp does not meet on Friday, July 4th, and there is no field trip this week. The cost is \$60 for half days or \$80 for full days during this 4-day week.

Children are accepted in the order in which the completed registration form and payment made payable to "Chester Parks and Recreation" are received by the Director of Parks and Recreation. Weekly rates are not prorated for absences. Registration Forms can be obtained by calling the Parks and Recreation office at 860-526-0013 extension 223 or by going on the Town of Chester website for the Parks and Recreation department page. Please return the registration to Chester Elementary School, or place the registration in the Parks and Recreation mailbox, in the second floor lobby of the Town Hall, or mail to: Town of Chester, Parks and Recreation, 203 Middlesex Avenue, Chester, CT 06412.

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Robbie Collomore Music Series Presents May 11 Concert

Wrapping up its 40th anniversary season, the Robbie Collomore Music Series is presenting a concert by TriBeCaStan, from New York City, on Sunday, May 11 at 5 pm in the Chester Meeting House.

TriBeCaStan is called one of contemporary music's most vibrantly eclectic ensembles, using diverse instruments from around the globe to create an exotic palette of sonic colors and melodies. *The Washington Post* hails TriBeCaStan as "an international jazz and folk festival unto itself, fusing Balkan, Middle Eastern, Indian, Latin American, and African musical elements to bold and dazzling effect." The ensemble includes some of New York's finest jazz and word musicians, many of whom have played and collaborated with legendary innovators such as Patti Smith, James Brown and Ornette Coleman.

Following the concert, the audience is invited to stay for refreshments and to meet the performers. Tickets for the concert are \$21 for adults, \$5 for students. For more information about tickets, call (860) 526-5162, or visit www.collomoreconcerts.org.



TriBeCaStan will perform world folk and jazz on Sunday, May 11, in the Meeting House.



Church Street Child Care

Church Street Child Care is now enrolling for the Summer and 2014-2015 School Year sessions. Church Street Child Care is open to children from ages three through sixth grade. We provide a safe and loving environment with a preschool format for young children to explore, learn and discover as well as to offer a welcoming place for older elementary school-age children to play, rest and study in a before and after school structured program. Our summer program offers each child wonderful learning opportunities with weekly theme based activities as well as field trips. Museums, science centers, aquariums or even the zoo may be some of the places we will visit this year.

Come and join the fun! For more information, please contact Stacy Bowe at (860)526-2176, csc.drcc@snet.net or visit us at www.deerprivercc.org/childcare.



The New Middlesex Hospital Shoreline Medical Center to Host Open House

The public is invited to a free community open house to mark the opening of the new Middlesex Hospital Shoreline Medical Center on Saturday, April 19, from 10 am to 2 pm, at 250 Flat Rock Place, Westbrook. The event will feature tours of the new Medical Center; and a health fair that will offer blood pressure screenings, child fingerprint I.D.s, emergency services vehicles; in addition to information about water safety,

medication management, diabetes, asthma and weight management for children and families, and the Lifeline service. A roving magician will entertain and create balloon sculptures. There will also be several food truck vendors offering a variety of cuisines for purchase, including Taco Pacifico (Mexican), Hog Wild (barbecue), High Tide (seafood), The Whey Station (gourmet grilled cheese) and the NoRa Cupcake Company.

Chester Library

The Mark Johnston Book Discussion Series presents: *Views from the South: Looking Forward, Looking Backward.*

Thomas Wolfe, writing in the 1920's, Eudora Welty, writing in the 40's, and Flannery O'Connor, writing in the 50's, all portray a vision of life in rural, small-town South as seen from the inside--inside the family, the friendships, and the community. Strong nets of family and friends and expectations surround the characters with comfort, love, suspicion, jealousy and exclusivity – as well as a sense of superiority for the civility and civilization that is consciously cultivated in the South. How does this strong sense of connectedness interact with Southern warmth and pride to create a world in which outsiders are viewed with suspicion? Within this tight world, the characters in these stories yearn for the wider world, for more learning, for greater adventures. The abundant work ethic and risk-taking behaviors shape the characters' worlds just as their orthodox views of human behavior control their actions. How does this tension between yearning for stability and comfort war with the drive to experience the outside world? What role does the strong sense of the past play as characters shape their own and the region's futures? The rhythmic, rich language becomes a way of life and brings great rewards for the reader.

On April 30, our discussion will be of Thomas Wolfe's *Look Homeward Angel*, in which the protagonist seeks to shape his identity in contrast to and in harmony with his family and Southern community. Then, on May 7, we will look at the view from two famous women novelists, Flannery O'Connor and Eudora Welty, who in their short stories, "Good Country People" and "Why I Live at the P.O.," imagine the inner world and outer actions of bright, adventuresome, misfit women living circumscribed lives.

Books, in a variety of formats, are available at the library. Please be sure to register for these programs by calling the library at 860-526-0018.

Upcoming Book Sales. This summer brings not one, but two opportunities to find reading riches at downright miserly prices. The Friends Spring Book Sale begins on Friday, June 6 at the library and features hardcover and paperback books for both adults and kids. As a special treat this year, on Saturday, June 7, at 11 am, children's author Marilyn Davis will read her book, *Maddie and Beanie's Magical Journey*.

Volunteers willing to help sort and set up for the sale (on June 5) should contact sale chair, Diane Lindsay at 860-526-2443. Donations for both paperbacks and hardcover books

will be accepted at the library from May 1 through June 4. Then, in August, there is a paperback only sale during the Chester Fair. All proceeds benefit library programs and collections. To receive book sale notifications, register for the Book Sale email list (see "Stay in Touch" in this article).

Fizz Boom READ! this Summer at Your Library. Add some Fizz Boom FUN! to your summer with programs and activities for all ages. Here's an idea of what you have to look forward to:

- **Author presentation.** Saturday, June 7, children's author Marilyn Davis reads her book, *Maddie and Beanie's Magical Journey* during our library book sale.
- **Fishing.** Thursday, June 26, at 2:00 pm, Frank Kucharski helps girls and guys ages 7-12 learn the art of fishing at Pattaconk Lake. Rain date is Friday, June 27.
- **Songs and Stories.** Monday, June 30 at 3:30 pm, Mary Jo Maichack, minstrel and storyteller, enchants listeners of all ages at the Chester Elementary School. Families are encouraged to attend this program sponsored by Chester Library and Chester Park and Rec.
- **Summer reading rewards.** Fizz Boom READ! Chester Library's summer reading incentive program begins Monday, June 30 for all children age preschool and up.
- **Themed stories, crafts and games.** Programs for children 3-6 will begin Monday, July 7 at 10:30 am.
- **Craft programs.** Kids 7-10 and 11-14 are invited to try their hands at making Sculpey jewelry, creating with duct tape...and more. Wednesday's beginning July 9 at 3:30 pm.
- **Scrapbooking.** Learn to create memory pages with your photos, etc. while "Scrapbooking with Leigh." Open to ages 10-14 on Thursday, July 24, 4:30 pm in the library.
- **Book discussions!** (for school credit) John Winthrop and Valley students can earn credit for summer reading projects in our popular book discussions with Sally.
 - The JWMS discussion, *The Chocolate War*, by Robert Cormier, will be held Thursday, July 17 at 5:30 pm.
 - The VRHS discussion is scheduled for Thursday, August 7, 5:30 pm. Title to be announced.
- **Adult Summer Reading Program.** Back by popular demand, our second adult summer reading program, "Literary Elements." It's simple; just register, read, record and reap your rewards. Why should the kids have all the fun?

Registration is required for all programs. Please contact the library beginning in June for further details and sign up.

Periodicals for the Younger Set. Sometimes it's nice to sit down with something a little shorter, a little more visual and possibly offering a bit more variety than a book. Often, that's when we adults turn to a magazine. Your library offers children the same option with a selection of magazines just for kids. Most have been recognized by *Parent's Choice* as outstanding publications for children. They include:

- *American Girl* – for ages 8+, loaded with crafts, fiction, recipes, advice and more

A Message from Public Works

Street sweeping will begin the end of April, early May, weather permitting. If you park your car in the street, please be aware of the trucks in your area and park your car elsewhere so the streets can be cleaned. Thank you.

continued on page 19

Probate Court Update

The last 36 months have been very busy for the Probate Court. As most of you know, in 2011, the individual town courts were merged into a regional court, serving nine towns. This merger was part of a statewide effort that reduced the number of Probate Courts from 117 to 54. The Saybrook District Court serves the towns of Chester, Clinton, Deep River, Essex, Haddam, Killingworth, Lyme, Old Saybrook, and Westbrook. The total population of these towns is over 62,000 citizens. As you can imagine, merging nine courts into one was not a simple matter, but with the help and cooperation of the former Judges and the significant effort of the clerks, we were successful in completing the task. The Court is now a full time court and is open week days from 8:30 am to 4:30 pm. It is located on the second floor of the Old Saybrook Town Hall, at 302 Main Street.

The statewide consolidations have been a financial success in that it has saved the taxpayers \$8.5 million dollars, over the past two fiscal years and those savings will continue. Despite the increase in files, the Saybrook Court has been able to keep its budget the same over the last three and a half years.

Most people understand that we handle all aspects of decedent's estates, however the Court also handles a variety of other matters including determining the necessity to appoint conservators, reviewing the conservator's accountings and restoring conserved persons. We also appoint guardians both for minors, if they are going to inherit, and for adults with intellectual disabilities. We oversee testamentary trusts and trust accountings, we determine custody matters including termination of parental rights and visitation. We also handle name changes and adoptions. We do not process passports, as

they are handled at the Old Saybrook Post Office which is just up the street from the Court.

We open and process approximately one thousand new matters, of all types, per year. Some of these matters require hearings and some do not. As a result I hold, on average, 15 to 20 hearings per week.

Last year the legislature adopted extensive new rules for probate court proceedings which went into effect on July 1, 2013. The purpose of these new rules is to simplify the probate process and to make it more consistent with other court procedures. Additionally, new forms, consistent with these rules, are available online at www.ctprobate.gov. Most of these new forms are fillable for the convenience of the public. The Court has been busy learning and implementing these new rules and forms. I will write an article about these changes shortly.

In addition to the normal duties of a Probate Judge, I was fortunate to be the only new judge elected to the Executive Committee of the Probate Court Assembly. The Executive Committee meets monthly to discuss the rules and policies of the Connecticut Probate Courts. I also joined the National College of Probate Judges, so that I can stay current with the national probate trends and procedures. In addition to attending state seminars regularly, I also attend national seminars annually.

Thanks to the efforts of the chief clerk Valerie Shickel, and the other clerks and assistant clerks, Sharon Tiezzi, Marjorie Calltharp, Stella Beaudoin, Helene Yates, Peggy Schroeder, Jackie Craco and Heather Graves, I am pleased to say the Court continues to operate smoothly and efficiently.

Terrance D. Lomme, Judge, Saybrook Probate Court

• *Chester Library continued from page 18* •

- *Ask* (Arts and Sciences for Kids) – fun facts, stories and illustrations about arts and science for ages 7-10.
- *ChopChop* – recipes and gorgeous photos encourage kids to try new foods, ages 5-12
- *Discovery Girls* – written by girls for girls, ages 8-12
- *Ladybug* – stories, poems, and whimsical illustrations for ages 2-6.
- *Mailbox Preschool* edition (OK, this is for parents, but it's full of great ideas of things to do with preschoolers)
- *National Geographic Kids* – just what you'd expect from National Geographic, but for kids ages 6+.
- *Ranger Rick Jr.* – ages 4-7, wildlife at its best.

Keepin' it Green @ the Library. Remember that Chester Library collects and recycles used ink and toner cartridges. This effort adds some "green" to our supplies budget while keeping the old cartridges out of landfills. Expended cartridges may be dropped off at the library at any time. Thank you for supporting this project!

Stay in touch

- **Friends' Monthly eLetter.** Now deliverable to your inbox, a monthly newsletter produced by the Friends of Chester

Library. Stay up-to-date on library news and happenings, new programs and resources. To receive, simply send a message to chesterctlibrary@yahoo.com with Friends Newsletter in the subject line. We'll take care of the rest!

- **Chester Library is on Facebook!** Like us! You'll know about programs, new materials, and other interesting bits of information and photos shared by your library.

- **Library website** (http://chesterct.org/?page_id=286). Find information about library events and access to library resources. Updated regularly, it's the next best thing to talking to one of your librarians.

- **Library emailings.** Send a message to chesterctlibrary@yahoo.com letting us know which of the following topics you'd like to receive email notices about...and we promise we won't flood your inbox: Adult Programs, Book Discussions for Adults, Book Sales, Children's Programs, Friends News and Updates, General Library News, Library Expansion, and Teen News.

Library hours: Monday: 10-8; Tues: 2-6; Weds: 10-6; Thurs: 2-8; Fri: 10-6; Sat: 10-2.

Chester/Deep River Boy Scout Troop 13 Announces Six New Eagle Scouts

Troop 13 - Boy Scouts of America would like to congratulate our six newest Eagle Scouts: Tyler Johnson and Gregory Merola of Chester and Samuel Jones, Iestyn Norton, William Brown and Dillon Eriksson of Deep River.

To become an Eagle Scout a boy must advance through the seven ranks by learning Scout and Life skills all while providing leadership to his Troop and service to his community. One of the final requirements for the Eagle Rank is to show leadership in and complete a service project that benefits the boy's community, school, or religious institution.

Tyler's project was at the Bushy Hill Nature Center in Ivoryton where he cleared a hiking trail and replaced a bridge to an island at the camp. Tyler wanted to give back to the camp where he spent many summers and was a counselor at the camp.

Gregory's project was to rebuild an amphitheater used by hundreds of campers each summer at Camp Hazen in Chester. Greg led the Scouts in replacing benches, clearing the access trails, and installing new gateway and sign.

Samuel's project was to GPS the location of all 701 storm drains in Deep River. He also supervised the affixing of labels



Chester/Deep River Boy Scouts Troop 13 Five newest Eagle Scouts (L-R) Samuel Jones, Tyler Johnson, Iestyn Norton, Gregory Merola, and William Brown. Photos and article by Lianne Ruttly.

Separate photo of Dillon Eriksson of Deep River.

that informs the public that anything put in the storm drain will make its way into rivers and the ocean.

Iestyn's project was to design and supervise the construction of a snack shack/storage building at Plattwood Park in Deep River for the residents and their guests to enjoy. He secured many donations for material and labor to keep the cost down for the town.

William's project was to replace the boardwalk through the historic Cedar Swamp at Bushy Hill Nature Center in Ivoryton. The old walkway had deteriorated over time and was posing a safety risk for campers. The walkway allows campers to walk through the swamp to view ecological diversity at the camp.

Dillon's project was to show leadership over others by developing and implementing a plan that resulted in the construction of a crush stone base, blue stone slate walkway using historic site pieces on the property of the Deep River Congregational Church. Completing this project entailed working with various private and municipal agencies to meet permitting requirements, securing donations for supplies, designing and overseeing volunteers through the construction and installation of said walkway. The completed project provides an important service to the members and guests of Deep River Congregational Church, in particular the youth members by providing for a more stable ground area connecting the hall to the play yard.

Information about Troop 13 - BSA: Troop 13 Boy Scouts serves the boys ages 11-18 of Chester and Deep River. The purpose of the Boy Scouts of America is to help young men develop their character and life skills all while having fun. There is much emphasis placed on assisting these young men to develop into strong healthy citizens who will lead our communities and country in the years ahead. The Boy Scout methods help to promote these ideals through the challenge of putting them into practice with the Troop Program. This is done in a way that is both challenging and fun. To learn more information about joining Troop 13 please contact our Scoutmaster, Steven Merola at 860-526-9262.

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Parks and Recreation offer American Red Cross Courses

American Red Cross CPR/AED for Professional Rescuers and Health Care Providers. American Red Cross CPR/AED for the Professional Rescuer recertification class will be offered to the general public for \$30 (Please add \$12 if you need a CPR mask) and free of charge to Chester Parks and Recreation staff and volunteers. The class will meet on June 20, from 10:30 am until 3:00 pm, at the Chester Town Hall.

American Red Cross Babysitter's Training. American Red Cross Babysitter's Training will be offered at Chester Elementary School on Thursday and Friday, October 23 and 24, from 1:00 pm until 4:45 pm, following the early dismissal from school. The training will help participants develop skills in leadership and professionalism, basic care, safety and safe play and first

aid. The program is open to participants in grades 5 and 6. The fee is \$40.

American Red Cross First Aid and CPR Classes. American Red Cross First Aid and CPR/AED will be offered at the Chester Town Hall on November 18. First Aid will be from 5:30 until 8:30 pm with the option to add Adult and Child plus Infant CPR and AED until 10:00 pm (CPR/AED only meets 7:30 until 10:00 pm). The cost is \$35 for one class, \$45 for both classes. Classes are free to Chester Parks and Recreation employees and volunteers.

Please call 860-526-0013 extension 223 for more information.

Essex Savings Bank Rated Five Stars Eighteen Consecutive Years

Essex Savings Bank has once again earned the highest 5-Star rating for strength and stability from BauerFinancial, Inc. of Coral Gables, Florida, the nation's leading independent bank rating and research firm. BauerFinancial has been reporting on and analyzing the performance of U.S. banks since 1983. No institution can pay BauerFinancial to rate it, nor can an institution choose to be excluded. Essex Savings Bank has proven its commitment to superiority by earning this top rating for 71 consecutive quarters. Fewer than 10% of the nation's banks can claim this distinction. In order to do so, the Bank has excelled in areas of capital adequacy, delinquent loan levels and profitability to name just a few. Consistently earning BauerFinancial's highest rating assures customers and the community that Essex Savings Bank is a strong financial

institution that will be able to fulfill their banking needs for years to come.

Essex Savings Bank is a FDIC insured, state chartered, mutual savings bank established in 1851. The Bank serves the Connecticut River Valley and shoreline with six offices in Essex (2), Chester, Madison, Old Lyme and Old Saybrook. Financial, estate, insurance and retirement planning are offered throughout the state by the Bank's Trust Department and subsidiary, Essex Financial Services, Inc, Member FINRA, SIPC. Investments in stocks, bonds, mutual funds and annuities are not FDIC insured, may lose value and are not a deposit, have no Bank guarantee and are not insured by any Federal Government Agency.

Tri-Town Parent Survey: A Win-Win Proposition

Are you a parent or guardian of a Pre-K to 12th grade student in the tri-town area? The Tri-Town Substance Abuse Prevention Coalition invites you to participate in a brief, anonymous and confidential survey that asks about your experiences, perceptions and challenges in raising children in Chester, Deep River and Essex. Located on the Tri-Town Youth Services website (www.tritownys.org) from March 28 through April 30, the survey will help the Substance Abuse Prevention Coalition better understand what information, resources and services parents actually need to keep our young people healthy, happy and substance free. Tri-Town has designed the survey process to be a win-win proposition. Parents who take the survey – win for our community – are then invited to enter Tri-Town's drawing to win one \$100 gift card, or one of four \$25 gift cards. The Coalition thanks parents in advance for contributing to the well-being of our tri-town youth and families!

Tri-Town Youth Services supports the families, youth and communities of Chester, Deep River and Essex. We coordinate

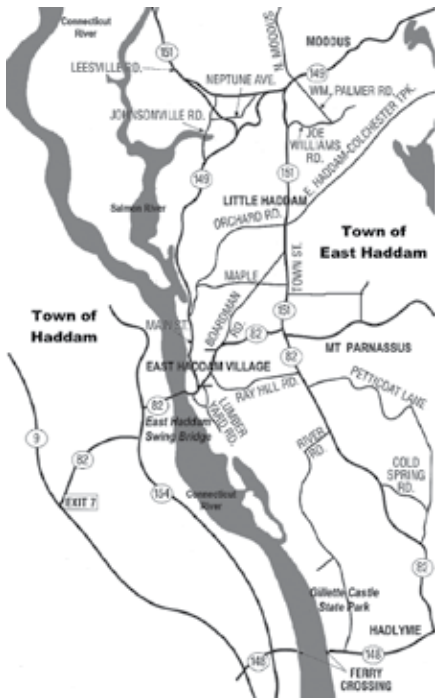
and provide resources needed to make position choices, reduce substance abuse, and strengthen the relationships that matter most. Discover programs and information for families, as well as opportunities for community collaboration at www.tritownys.org

DUB4U

DUB4U is a non-profit charitable organization. This is a free program formed to support those in need of obtaining incontinence wear. www.dub4u.org (860) 383-2290.

East Haddam

Just Over the River and Through the Woods...



**East Haddam is open
for business and visitors.**

See you soon.

Detour in East Haddam Village

Follow Signs to Stay On Route 149

In East Haddam Village, Route 82 (Norwich Road) will be closed to through traffic due to reconstruction of two bridges by the State Department of Transportation. The road will be closed north of the Main Street (Route 149) and Norwich Road (Route 82) intersection at Creamery Road. There will be access to local businesses in the construction area.

The road closure will begin on April 15 and end on November 1. Passenger vehicles may use Route 149 to Landing Hill to Maple Ave. to Route 151. All truck traffic must follow the State road detour of Main Street (Route 149) to Moodus Center and Route 151 back to the Route 82 intersection.

For the most updated information, visit the East Haddam municipal website easthaddam.org.

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.

VRHS Music Students Hold Drive for Humane Society

VRHS music students have been demonstrating an advanced understanding of local effects of a civic decision to volunteer and have participated in a food drive to collect food for the CT Humane Society's Pet Food Pantry to be distributed directly to families in CT with financial need who are struggling to feed their pets.

This effort by our music students is part of the "VRHS 21st Century Learning Expectations" ongoing in the school and in all departments. The tenants for Civic Competencies are:

Students will contribute to their local and global communities by:

- Exercising the rights and responsibilities of citizenship
- Interacting and engaging effectively in a global world
- Understanding local and global implications of civic decisions

Please join us in congratulating our students in this recent effort accomplished in the December/January time period. Please note the hundreds of pounds of food to help out the many unfortunate that cannot speak out.





Bicentennial Commemoration of British Raid Begins in 2014

War of 1812 Celebratory Events are Planned

This year marks the 200-year anniversary of one of the more significant, yet somewhat obscure, events that occurred in the history of Essex – the British attack on the town which took place during the War of 1812.

A full roster of commemorative activities is planned for Saturday, May 10. Reenactments throughout the town, narrated excursions by boat tracing the events along the Connecticut River, historic walking tours, and geocaching, a gps-based scavenger hunt, are being organized. These events will surround the Commemoration Day Parade, also known as the Burning of the Fleet Parade, which is hosted and led by the Essex Sailing Masters of 1812, a fife and drum corps. This year will mark the Parade’s 45th year! Additional commemorative activities will occur over select weekends throughout the summer and fall.

Essex is already recognized by the State Register of Historic Places as a War of 1812 Battle Site District. Designation as a Battle Site by the National Register of Historic Places is anticipated around the actual anniversary date of the conflict. Public recognition will take place as part of the May 10 commemorative event.

Jerry Roberts, battlefield historian for the National Parks Service grant project concerning this 1814 incursion, has brought it to life through storytelling and a dynamic written account which sheds light on this significant chapter in



American maritime history. The release of *The British Raid on Essex: The Forgotten Battle of the War of 1812* is scheduled in the spring, to coincide near the actual anniversary date of the skirmish.

For more information and continual updates of commemoration activities visit BattleSiteEssex.org.

Chester Town Hall

203 Middlesex Avenue
Chester, CT 06412

Ph: 860-526-0013

Fx: 860-526-0004

Town Hall Hours

Monday, Wednesday, Thursday:

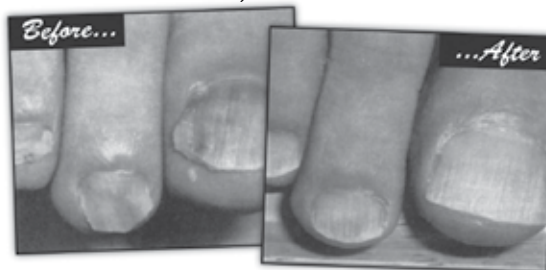
9:00 AM - 12:00 PM, 1:00 PM - 4:00 PM

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

Friday: 9:00 AM - 12:00 PM

www.chesterct.org

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0817-18-13

Hepatitis C: Who Should Get Tested?

WHAT IS HEPATITIS C? Hepatitis C is a serious liver disease caused by an infection from the Hepatitis C virus (HCV). People can be infected with the virus and not know it. About 20% of people infected with HCV “cure” themselves but most 80% of people who get infected develop a chronic or lifelong infection. This chronic infection can lead to liver damage, liver failure, or even liver cancer.

HOW CAN SOMEONE BE INFECTED WITH HEPATITIS C? The most common way Hepatitis C infection occurs is when someone is exposed to the blood of an infected person. This exposure might occur from intravenous drug use, blood transfusion, organ transplants, or just carelessness in a variety of settings. Prior to 1992 the blood supply for transfusions was not tested for the presence of HCV so people were often infected by this method. A less common way the infection spreads is by sexual activity with a person infected with Hepatitis C. Getting a tattoo or body piercing in an informal setting or with non sterile instruments is another risk factor for getting an infection.

WHO SHOULD GET TESTED FOR HEPATITIS C?

- Anyone born between 1945 and 1965.
- Anyone who has injected drugs even once and even many years ago.
- Anyone who received a blood transfusion or organ transplant prior to 1992.

- Anyone with abnormal liver tests or a liver disease.
- Anyone with certain medical conditions such as HIV or AIDS or with a chronic liver disease or kidney disease on dialysis.
- Health or safety workers who have been exposed to blood at work or in an emergency situation.
- Anyone born to a mother infected with Hepatitis C.

TESTING FOR HEPATITIS C. A simple blood test for the Hepatitis C antibody can be done by your personal physician. If that test is positive it means the person has been infected with Hepatitis C at some time in the past. A second blood test is done to determine if the person has “cured” themselves or if the virus is still in the blood which can lead to the chronic infection.

WHY IS IT IMPORTANT TO GET TESTED FOR HEPATITIS C? People with Hepatitis C often have no symptoms. A person can live with the infection for decades without getting sick and they might develop liver cancer or liver failure.

New treatments for Hepatitis C are available that can cure the infection with minimal side effects from the medication. Treatment will reduce or prevent the person from getting liver cancer or liver failure.

Chester Land Trust Sponsors Presentation

CHESTER LAND TRUST: Sunday May 4th , 4 p.m. Chester Town Hall 2nd floor. At NO FEE we ask you to please fasten your helmet, put on your PFD, get out your boots and binoculars and join the Chester Land Trust for: **“Oh the Places You’ll Go – From Local Hiking to Grand Adventures.”**

Local Adventurer David Fasulo will be presenting on behalf of the Chester Land Trust at the Chester Town Hall, Middlesex Avenue (2nd floor) on Sunday May 4th at 4 pm. The presentation is open to the public and will focus on outdoor recreational opportunities in the tri-town area: hiking, rock climbing, sea kayaking and sailing. David will share some of his adventures such as: ascending the 3000-foot El Captain in Yosemite Valley, a near death experience while climbing the 2000-foot Half Dome in Yosemite Valley, sea kayaking the 54-mile “Stonington Triangle” (Stonington, CT to Montauk, NY, to Block Island, RI, and back to Stonington, CT in a single day), kayaking the CT River from Massachusetts to Old Saybrook (70 miles) in a day, as well as blue water sailing races from Newport to Bermuda and Marblehead to Halifax. The presentation will feature photographs and equipment used from some of these adventures. The theme of the presentation is to encourage locals, young and old, to explore the recreational opportunities in the area and to get involved in the preservation and protection of our natural resources. The Chester Land Trust invites Scouts and other youth groups to attend and encourage the use of the outdoor recreational activities surrounding the tri-town area.

David Fasulo is the author of two internationally renowned books on self-rescue skills for climbers, as well as the author of *Rock Climbing Connecticut*. His travels include numerous climbing trips throughout the American west, mountaineering in South America, rock and alpine climbing in the French Alps, and sea kayaking along the New England coast. David is a former president of the Ragged Mountain Foundation Land Trust, and a current board member of Pettipaug Yacht Club. David is also a certified climbing and sea kayak guide. Further information on local outdoor activities can be found on his website www.essexadventures.com.

Refreshments will be served. Please email probinson02@snet.net for more information on this event.

Help Wanted

If you have extra time, you can earn extra money! Part-time Sales Representatives needed due to our recent growth. Set your own work schedule. Sales experience helpful but not necessary. Ideal for persons interested in supplementing their current income. Grow with us! Send resume and cover letter to print@essexprinting.com. No phone calls please.

Interested in “Online” Payments for Taxes?

As you read this issue of “EVENTS”, and enjoy our spring-time weather, the Tax Office is busy getting ready for another collection time. So we wanted to inform you that even though the Tax Office does NOT accept credit cards or debit cards, there is an easy way for you to pay town taxes without writing a check or coming into the office with cash or your check. You can set up the “Town of Chester” or “Tax Collector” as an account with your regular bank and pay your tax bills with the online feature provided by most banks.

Things to remember if you do plan on using this process of online banking with your bank:

1. Be sure to use the name: Town of Chester or Tax Collector Town of Chester in the information spot where it asks “who do you want the check made out to”?
2. Be sure to use our PO Box, which is PO Box 314, when you put the address of where to send the check. The payment will get to us quicker with the PO Box number.
3. Be sure to type in the correct amount of what needs to be paid and do not round up or definitely do not round down the payment and in the memo spot, tell us what you are paying such as real estate address or MV plate number.
4. Be sure to do this process by the middle of the month or sooner, since it takes about 7 to 10 days for the payment to reach us after you have posted the information.
5. Be sure to read the tax bills carefully, so that you are paying the correct amount and do NOT double the motor vehicle bill, since it is paid in July in full, and

therefore just use the amount in the box marked “Total due NOW”.

6. Be sure to call us at the beginning of July, if you have any questions, since the end of July, we are much busier, and might not even be able to answer your call right away.
7. Be sure to call the Assessor’s office very early in the month, if you have a question about a missing MV bill or an assessment amount. That office is also very busy at the end of July helping other people. In the case of MVs, open the bill fully, since club billing lists the different MVs registered in your name on the second section of the club billing.
8. Be sure to remember to pay your taxes and be sure to not wait till the last day or last minute, since New England is known for storms, and “Late is Late”, even if we have power outages and Town Hall is closed!
9. Be sure to mark your December calendar for your January tax bill, since we do NOT mail out reminders to everyone. Only one official bill goes out for July and that bill has the coupon attached for the January installment and it is your responsibility to remember to pay the second half of real estate and/or personal property bills.
10. Be sure to enjoy the spring weather and the flowers and everything!

Take care and good luck saving your “pennies” for TAX TIME!

Madaline A Meyer, TC

The United Church of Chester

The United Church of Chester has a variety of events scheduled this spring. For further details on any of these events check out our web site at chesterucc.org or call the church office at 860-526-2697.

“Seven Last Words of Christ” Concert – April 18th at 7:00 pm on Good Friday the River Valley Singers are planning a performance of Theodore Dubois’ “Seven Last Words of Christ”. The cantata will be sung in English, under the direction of Karli Gilbertson and Sue Saltus, Co-Music Directors and Organists at The United Church of Chester. Soloists include Pauline Hyla, William Sorensen and Gregory Flowers.

A freewill offering will be taken for The United Church of Chester’s Organ Upgrade Project

Easter Sunday Schedule – April 20th

Sunrise Service at Mount St. John’s in Deep River, 10:00 am Easter Sunday Service at The United Church of Chester. Childcare and Church School program provided.

Spring Pot Roast Supper - April 26th. The Church will once again host its popular Pot Roast Supper. The menu includes

melt-in-your-mouth pot roast, real mashed potatoes and gravy, glazed carrots and tangy coleslaw, rolls, beverage and surprise spice cake for dessert! Tickets are \$14 for adults or \$3.50 for kids over five years old (anyone younger can eat for free!). Seatings are at 5:00 pm and 6:30 pm. Tickets may be purchased in the church office (M-F, 9-2 pm).

The Spring Rummage & Bake Sale – May 10th, 9:00 to 1:00 pm. The usual restrictions apply: no computers, no large appliances, no exercise equipment and no large furniture. Start hauling out those unused items from your basement and attic and bring them in. Items brought in before May 3rd must be brought to the attic. Delicious, home-made baked goods (cakes, pies, cookies, breads, etc.) will also be available.

United Church of Chester

29 West Main Street

Worship with us on Sunday at 10:00 am

We are an open and affirming church

Epilepsy Foundation of Connecticut

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

Library for the Blind & Physically Handicapped

The Library for the Blind and Physically Handicapped is a network library of the Library of Congress' National Library Service for the Blind and Physically Handicapped. We lend books and magazines in recorded formats along with the necessary playback equipment, and materials in braille, for FREE, to any Connecticut adult or child who is unable to read regular print due to a visual or physical disability. Hours: Mon-Fri: 9 am-3 pm, Rocky Hill 860-721-2020. In-state: 1-800-842-4516. www.ct.gov

life experiences through information, education, recreation, advocacy and support.

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

A seizure is an abnormal electrical discharge in the brain. Seizures can be caused by head injuries, lack of oxygen at birth, brain tumors and other health condition. People often think of seizures only as jerking and shaking uncontrollably; however, not all seizures are convulsions. There are many different symptoms of seizures, which can include eye fluttering, staring and laughing. Recurring seizures can be a sign of epilepsy.

The Epilepsy Foundation of Connecticut has many programs to offer those living with epilepsy. In particular, we offer 7 support groups throughout the state. Those interested in attending meetings are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com. For more information visit <http://www.epilepsyct.com> or call 800-899-3745. Offices are located at 386 Main Street, Middletown, CT.

Run for Chris



The 3rd Annual RUN for CHRIS 5K CHALLENGE will be held on Saturday, June 21 in Essex, CT. Chris was a 2005 graduate of VRHS and received his Bachelor's in History and Chinese from WVU. Chris appreciated educational opportunities that introduced him to new places, including his time

spent in China. He believed everyone should have similar opportunities to expand their own horizons. In his memory, the Chris Belfoure Memorial Fund keeps his dreams and aspirations alive by helping high school students in our area expand their horizons internationally. His fund has been established at the Community Foundation of Middlesex County (CFMC). This fund serves as a catalyst toward integrating multicultural experiences and learning foreign languages into the schools of the Lower Valley of the Middlesex County.

This year a grant was given to VRHS for their trip abroad to France and Spain, where the students lived with families and attended their schools.



New this year for the run: a certified 5K course; CB4 mile run for ages 7-14; a 2 mile walk. The kids fun run for ages 6 and under continues. Registration: 7am; Fun Run: 8:15am; CB4 mile: 8:30 am and 5K/2Mile Walk: 8:45 am. Great food and a great raffle!

Register online: www.aratrace.com. For more information: "Like" Run for Chris at [facebook.com/runforchris](https://www.facebook.com/runforchris), or contact Robin Chapin, robinc83@gmail.com; or Cathy Bishop, cbishop56@sbcglobal.net; 860-767-0354.

What are Shingles?

Shingles, also called herpes zoster or zoster, is a painful skin rash caused by the varicella zoster virus (VZV). VZV is the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays in the body. Usually the virus does not cause any problems; however, the virus can reappear years later, causing shingles.

What does shingles look like? Shingles usually starts as a rash on one side of the face or body. The rash starts as blisters that scab after 3 to 5 days. The rash usually clears within 2 to 4 weeks. Before the rash develops, there is often pain, itching, or tingling in the area where the rash will develop. Other symptoms of shingles can include fever, headache, chills, and upset stomach.

Are there any long-term effects from shingles? Very rarely, shingles can lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis) or death. For about 1 person in 5, severe pain can continue even after the rash clears up. This pain is called post-herpetic neuralgia. As people get older, they are more likely to develop post-herpetic neuralgia, and it is more likely to be severe.

How common is shingles in the United States? In the United States, there are an estimated 1 million cases of shingles each year.

Who gets shingles? Anyone who has recovered from chickenpox may develop shingles, including children. However, shingles most commonly occurs in people 50 years old and older. The risk of getting shingles increases as a person gets older. People who have medical conditions that keep the immune system from working properly, like cancer, leukemia, lymphoma, and human immunodeficiency virus (HIV), or people who receive immunosuppressive drugs, such as steroids and drugs given after organ transplantation are also at greater risk to get shingles.

How often can a person get shingles? Most commonly, a person has only one episode of shingles in his/her lifetime. Although rare, a second or even third case of shingles can occur.

Can shingles be spread to others? Shingles cannot be passed from one person to another. However, the virus that causes shingles, VZV, can be spread from a person with active shingles to a person who has never had chickenpox through direct contact with the rash. The person exposed would develop chickenpox, not shingles. The virus is not spread through sneezing, coughing or casual contact. A person with shingles can spread the disease when the rash is in the blister-phase. Once the rash has developed crusts, the person is no longer contagious. A person is not infectious before blisters appear or with post-herpetic neuralgia (pain after the rash is gone).

What can be done to prevent the spread of shingles? The risk of spreading shingles is low if the rash is covered. People with shingles should keep the rash covered, not touch or scratch the rash, and wash their hands often to prevent the spread of VZV. Once the rash has developed crusts, the person is no longer contagious.

Is there a treatment for shingles? Several medicines, acyclovir (Zovirax), valacyclovir (Valtrex), and famciclovir (Famvir), are available to treat shingles. These medications should be

started as soon as possible after the rash appears and will help shorten how long the illness lasts and how severe the illness is. Pain medicine may also help with pain caused by shingles. Call your doctor as soon as possible to discuss treatment options.

Is there a vaccine to prevent shingles? Yes. Zostavax, made by Merck, was licensed May 25, 2006 by the Food and Drug Administration (FDA) for use in people 60 years old and older to prevent shingles. This is a one-time vaccination. Zostavax does not treat shingles or post-herpetic neuralgia (pain after the rash is gone) once it develops.

Can the shingles vaccine be given to people who have already had shingles? Yes. People who have had shingles can receive the shingles vaccine to help prevent future occurrences of the disease.

Why is the shingles vaccine only recommended for people 60 years and older? A person's risk for getting shingles begins to rise around age 50. However, shingles vaccine (Zostavax) is only recommended for persons age 60 and older because the safety and effects of the vaccine were only studied in this group, which accounts for about half of all cases of shingles occurring each year in the United States. Future research will determine if the recommended age for vaccination should be lowered.

Is the FDA-approved vaccine safe? The FDA has licensed the vaccine as safe. The vaccine has been tested in about 20,000 people aged 60 years old and older. The most common side effects in people who got the vaccine were redness, soreness, swelling or itching at the shot site, and headache. CDC, working with the FDA, will continue to monitor the safety of the vaccine after it is in general use.

How effective is the FDA-approved vaccine? In a clinical trial involving thousands of adults 60 years old or older, Zostavax prevented shingles in about half (51%) of the people and post-herpetic neuralgia in 67% of the study participants. While the vaccine was most effective in people 60-69 years old it also provided some protection for older groups.

For additional information on this disease or information related to Shingles vaccination, visit the Centers for Disease Control and Prevention website.

www.ct.gov

Visiting Nurses

The **Visiting Nurses of the Lower Valley** is offering the **Murtha Scholarship** to students pursuing a nursing education program. Applicants must reside in Essex, Deep River, Chester or Old Saybrook. An application packet can be obtained by calling the Visiting Nurses at 860-767-8383 or by email smaxwell@visitingnurses.org. All applications must be received by April 25.

Happy Spring!

From all of us at
**Essex Printing
 & Events Magazines**



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.

MEALS ON WHEELS – hot meals delivered to your home. Call Peg at 860-388-1611. A \$3 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. Suggested donation of \$35 for a roundtrip Doctor appointment up to 5 hours. Suggested donation of \$70 for appointments over 5 hours.

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 - 3:45 pm, Monday - Friday; and from 9 am - 12:45 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

THE GYM AT THE ESTUARY: Hours expanding-stop in for more information. There are seven different pieces of weight equipment and four cardio machines, including a NuStep. Member packages include a fitness assessment and three (3) training sessions on all machines (required). **Gym Membership Options:** Three months -\$50, Six months-\$90, Full year-\$150. To schedule an appointment with our Fitness Trainer, Skylar Miers, ATC, call 860-388-1611. The gym is available for use only after payment of membership fees and completion of the required fitness assessment and training sessions. Gym Hours are posted at the Estuary.

THE MARSHVIEW GALLERY AT THE ESTUARY: Open daily 8 am - 4 pm, and from 9 am - 1 pm Saturdays. The art on exhibit changes monthly and highlights the talents of local artists from along the shoreline. The artists donate a portion of their art sales to the Estuary Council of Seniors. An artist's reception is held the second Friday of each month from 5 - 7 pm. Refreshments are served, and a door prize is drawn each month. All ages are welcome. Call 860-388-1611 for information.

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.

SAVE THE DATE: The M. Monica Eggert Senior Center turns 40 this year. Save the date and join us at The Kate to celebrate on September 20th.

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

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

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.

April 15	Board of Selectmen	Town Hall	7:00 pm
	Water Pollution Control Authority	Town Hall	7:00 pm
	Board of Selectmen/Board of Finance	Town Hall	7:30 pm
April 16	Board of Fire Commissioners	Chester Hose Co.	7:30 pm
April 17	Board of Finance Meeting	Town Hall	7:30 pm
April 21	Zoning Board of Appeals	Town Hall	7:30 pm
	Library Board of Trustees	Library	7:30 pm
April 22	Main Street Project Committee	Town Hall	7:00 pm
May 1	Public Hearing – 2014-2015 Budget	Town Hall	7:30 pm
May 5	Citation Review Committee	Town Hall	7:00 pm
	Inland Wetlands Commission	Town Hall	7:00 pm
	Region 4 Budget Referendum Vote	JWMS	7:00 pm
May 6	Harbor Management Commission	Town Hall	7:30 pm
	Board of Selectmen Meeting	Town Hall	7:00 pm
May 7	Conservation Commission	Town Hall	7:00 pm
May 8	Planning and Zoning Commission	Town Hall	7:30 pm
May 12	Energy Task Force	Town Hall	9:00 am
	Economic Development	Town Hall	7:15 pm
May 13	Main Street Project Committee	Town Hall	7:00 pm
May 15	Board of Finance Meeting	Town Hall	7:30 pm
May 19	Zoning Board of Appeals	Town Hall	7:30 pm
	Retirement Committee	Town Hall	5:30 pm
	Library Board of Trustees	Library	7:30 pm
May 20	Water Pollution Control Authority	Town Hall	7:00 pm
	Board of Selectmen Meeting	Town Hall	7:00 pm
May 21	Board of Fire Commissioners	Chester Hose Co.	7:30 pm
May 22	Annual Town Budget Meeting Vote	Town Hall	7:30 pm
May 26	Town Offices Closed for Memorial Day		
May 27	Main Street Project Committee	Town Hall	7:00 pm
June 2	Citation Review Committee	Town Hall	7:00 pm
	Inland Wetlands Commission	Town Hall	7:00 pm
June 3	Harbor Management Commission	Town Hall	7:30 pm
	Board of Selectmen Meeting	Town Hall	7:00 pm
June 4	Conservation Commission	Town Hall	7:30 pm
June 9	Energy Task Force	Town Hall	9:00 am
June 10	Main Street Project Committee	Town Hall	7:00 pm
June 12	Planning and Zoning Commission	Town Hall	7:30 pm
June 16	Zoning Board of Appeals	Town Hall	7:30 pm
	Library Board of Trustees	Library	7:30 pm
	Economic Development	Town Hall	7:15 pm
June 17	Water Pollution Control Authority	Town Hall	7:00 pm
	Board of Selectmen Meeting	Town Hall	7:00 pm
June 18	Board of Fire Commissioners	Chester Hose Co.	7:30 pm
June 19	Board of Finance	Town Hall	7:30 pm
June 24	Main Street Project Committee	Town Hall	7:00 pm

Playing it Safe in the Sun

The sun sends us heat and light and is beneficial to our health. Ninety percent of our Vitamin D comes from sunlight hitting our skin but too much sun can cause skin cancer. It is important to balance the benefits and risks of exposure to sunshine and use sunscreen correctly.

Four Steps to Playing it Safe in the Sun

1. **Avoid Too Much Sun:** Wear protective clothing (shirt, hat, pants, sunglasses) when in the sun for more than 15 minutes; seek shade as much as possible; avoid mid-day sun.
2. **Apply Sunscreen to Exposed Skin:** Apply 15 minutes before sun exposure; apply a generous coat and reapply every 2 hours or more often if getting wet or sweating heavily.
3. **Choose Sunscreen Wisely:** Look at the label. Choose a sunscreen that:
 - Offers broad spectrum (UV-A & UV-B) protection
 - Is rated as SPF 15 or 30
 - Contains zinc oxide as the active ingredient or as a blend with titanium dioxide. These mineral blockers are preferable to chemical absorbers.
 - Is water resistant
4. **Do Get Some Sun Every Day:** Your body needs a daily dose of Vitamin D from the sun. For most people 15

minutes of sunshine without sunscreen will not damage the skin and will give you enough Vitamin D.

Why Does Sunshine Cause Skin Cancer?

The sun's rays are composed of ultraviolet radiation called UV-A and UV-B. Both UV-A and UV-B radiation can harm the skin. UV-B rays stop at the skin's surface and cause a tan, but can burn the skin if you stay in the sun too long. UV-A rays penetrate more deeply and can damage the elasticity of the skin, leading to wrinkles and premature aging. Both UV-A and UV-B can contribute to cancer by harming the skin's DNA. Further, sunburn damages the skin and is an added risk factor for skin cancer. A sunscreen must filter out both UV-A and UV-B to prevent skin cancer.

How Does Sunscreen Protect You From Skin Cancer?

There are two basic types of protection afforded by sunscreens: mineral blockers and chemical absorbers.

Mineral blockers form a temporary shield or barrier from sunlight, reflecting harmful rays away from the skin. The main blockers used in sunscreen are zinc oxide and titanium dioxide. They are both good at blocking UV-B and thus preventing sunburn. Zinc oxide can also block the UV-A rays and has the broadest spectrum of protection of any single sunscreen ingredient. Titanium dioxide only blocks some of the UV-A rays and so needs to be complemented by the chemical absorbers or zinc oxide.

Chemical absorbers actually transfer the sun's UV energy into their chemical structure, preventing damage to the skin below. Common absorbers in sunscreen are para-aminobenzoic acid (PABA), avobenzone, oxybenzone, cinnamates, and salicylates. Any individual absorber offers only partial protection and has to be combined with other chemical absorbers or mineral blockers to obtain broad spectrum coverage.

How Do I Choose A Sunscreen?

Read the label for the following features: SPF 15 or 30: The SPF (sun protection factor) is an indication of how much extra time you can spend in the sun and not get a sun burn. For example, if it normally takes you 1 hour to get a sunburn, using a SPF 15 sunscreen will prevent a burn for 15 hours. But that is not realistic as the sunscreen will wear off from swimming, sweating and contact with other surfaces. Proper use of a SPF 15 or 30 sunscreen is usually sufficient to protect the skin. A higher SPF is not needed and would still need to be reapplied just as often.

Should I Apply Sunscreen To My Infant Or Young child?

For babies under six months of age, it is best to shelter them from the sun with hats, clothing and shade. If there is sun exposure, use sunscreen sparingly over small areas of exposed skin. Beyond 6 months of age you can use sunscreen normally but avoid the area around the eyes because children may wipe it into their eyes and cause irritation.

www.ct.gov

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



Did you know
on any given day **160,000** students
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being bullied?

No Bully Zone program, an initiative of CFMC's Council of Business Partners, can make a significant difference in our schools and communities by

- ✦ Empowering students
- ✦ Reducing incidents of bullying
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- ✦ Increasing school staff awareness
- ✦ Increasing communication between students, teachers and parents



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For more information about the "No Bully Zone" program and how to bring it to your community, contact Cynthia Clegg at the Community Foundation of Middlesex County, 860.347.0025 or Cynthia@MiddlesexCountyCF.org.

*The Community Foundation of Middlesex County Council of Business Partners
"No Bully Zone" program is implemented in partnership with*





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Resident Shirley Cannon with daughter Melinda Kingsbury pruning flowers in the courtyard.

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Business Highlights: Over the next decade **Events Magazines** grew, adding towns along the Shoreline and Connecticut River Valley. Now **Events Magazines** is the town magazine in 14 towns: Branford, Chester, Clinton, East Haddam, East Lyme, Essex,

Guilford, Haddam, Madison, Montville, Old Lyme, Old Saybrook, Westbrook, and Woodbridge! Every quarter over 217,000 readers look to **Events Magazines** for the local town news. As one reader said, "It's our town's bible."

Looking Forward: The future looks very bright for **Events Magazines** as they continue to grow and reach more towns and readers throughout Connecticut. **Events Magazines'** dedication to the towns they serve will not change and our commitment to help bring our readers their local news from town leaders, managers, and departments will continue.

Business Information: Events Magazines, 18 Industrial Park Road, PO Box 205, Centerbrook, Connecticut 06409. 860-767-9087 www.eventsmagazines.com



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Old Lyme, 101 Halls Road, 860-434-1646
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