

Chester



Events

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Happy New Year!

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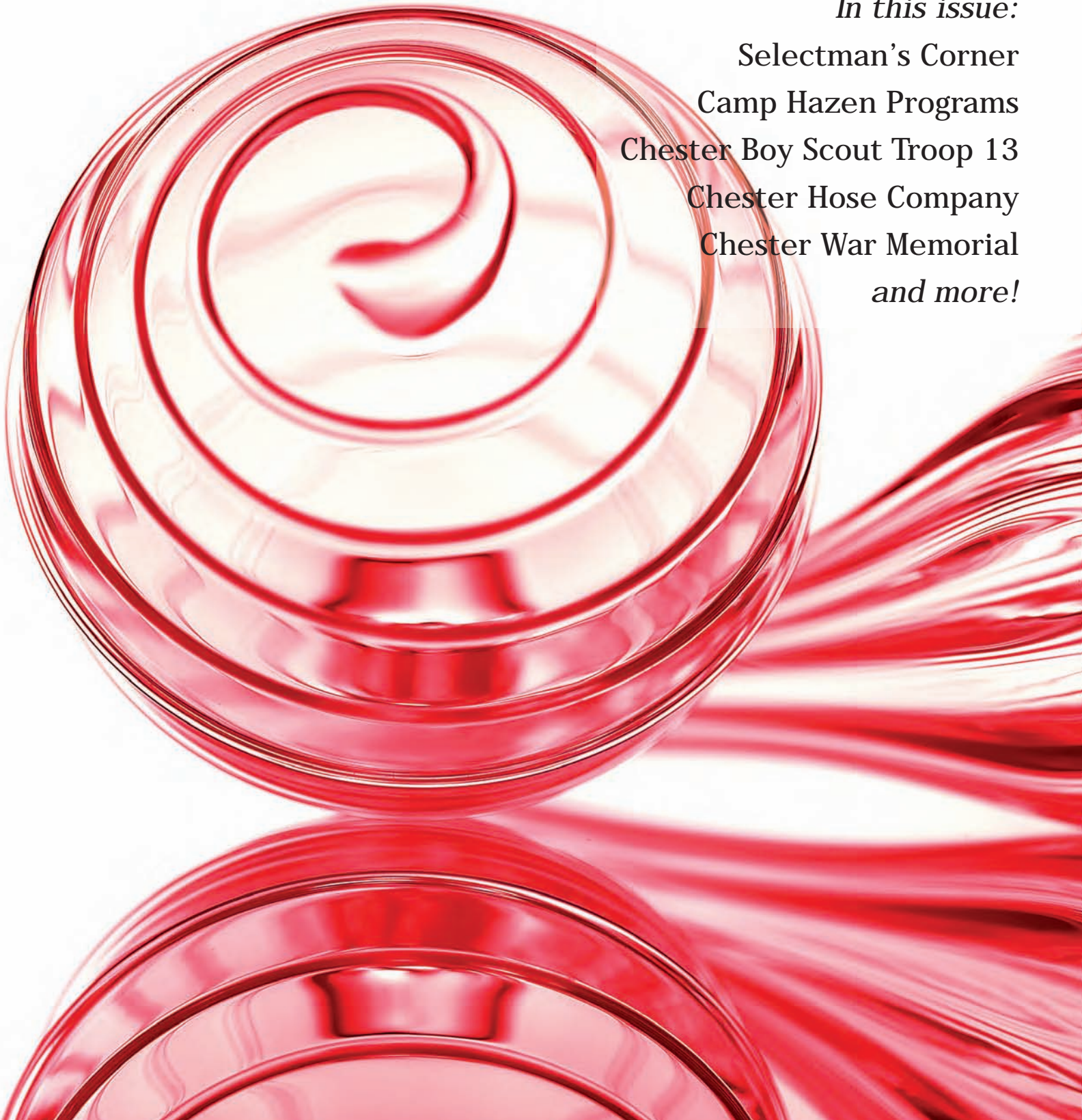
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Selectman's Corner

Welcome Home

I would like to acknowledge the four servicemen who have recently returned from Afghanistan: Sgt. James Sypher, Sgt. Jason Frey, SSG Derek Walden, SFC David Finnerty. We thank you for everything that you are doing for our country.

Town Hall Staffing Changes

Chester recently entered into an agreement with the town of East Haddam to provide Assessor services. Through this agreement we are able to secure the expertise of an accredited assessor to supplement the services of our local assessor's clerk Sheila Ahearn. I am certain that you will be pleased by the level of service provided by the assessor's office staff of Sheila and Loreta Zdanys.

Bridge & Construction Update

The Route 154 bridge is complete leaving two Chester D.O.T. bridge projects in our future. After my last meeting with D.O.T. staff we can be very certain that the bridge over Great Brook (on Water Street by the New Alliance Bank) will be replaced in 2012. Site work will begin in mid summer. The existing bridge will be removed in mid-September, closing the road for approximately 2 months. Construction should be complete by mid-November 2012.

The Main Street bridge is the last of the three projects. Current projections indicate that that project will not be ready to go until 2013 at the earliest. Also in the mix is the reconstruction of Main Street, which in a general description will include completely rebuilding Main Street from the Main Street bridge to the intersection with Rt. 154, as well as sidewalk and curbing replacement. We will begin the public information and input process for that project in early winter. Check the town website or town-wide e-mails for meeting notices. Scheduling of the Main Street bridge project will be predicated upon the timing of the Main Street reconstruction.

ENERGY TASK FORCE

The Energy Task Force, mentioned in the previous issue of *Chester Events*, is off and running. Seven talented and enthusiastic volunteers are busy assembling an energy plan for Chester. And since the first steps in any plan are finding where to start and how to determine priorities, the group is in the process of collecting energy use data to establish a baseline. They expect to have the plan and the baseline available early next year.

Although the main thrust of the ask Force is to accomplish energy savings for the town, a secondary goal is to provide linkages to energy-related resources and information for businesses and residents in the community. Chester has taken the key steps to be recognized as a clean energy town by the state.

Firehouse Expansion

The firehouse expansion project, while a work in process, is well on its way to completion. As a result of the generous time and effort of local contractors, Hose Company members and area residents the value to the community will far outweigh the municipal price tag. It is my understanding that while completion is still quite some time off, the first "official" public use of the facility will be the staging of the Chili Cook-off at the upcoming Winter Carnivale which will take place on February 20th.



Budget Season is Upon Us – There Will Be No Easy Answers

Though preparations began in late November, the formal budget process will begin in late January or early February. Prior years have seen challenges, but the coming fiscal year will be like none in recent memory. Most are aware of the state's problems, and no doubt some of those problems will be pushed down to become municipal problems.

What Do We Know?

- Connecticut is facing a budget deficit of at least \$3.5 billion

Continued on page 2

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David Winstead, owner of Essex Printing in Centerbrook



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

and ranks in the bottom 5 of all states in many key categories; deficit burden, debt burden, tax burden, job creation, business climate, loss of population, age of population. We also rank near or at the top in per capita income.

- Connecticut ranks 1st in per capita income. If we are looking for federal help to get out of our mess, I expect it will be quite difficult to get support from other states to bail out the "richest" state in the nation.

- Though we will have a new governor, essentially the same legislature and legislative leadership is in place as has been for the last several years.

- Stimulus funds that the state has used to support education funding to towns for the last two budget cycles expire on June 30, 2011. As a result every town in the state will start off the next fiscal year with 14.3% less state aid for education in the next fiscal year. Obviously that can change, but only through budget cuts elsewhere (likely in addition to other municipal aid cuts) or tax increases.

- None of this is a surprise. The state has known about the problems since 2008 as have we. Locally, we have kept spending in check with municipal spending decreases and education increases of 2% or less. These figures are among the best in the state. Unfortunately the state has not been so prudent.

- Some good news: Our overall share of the Region 4 budget will go down slightly, so at least we will not get hit with a big increase due to school population changes.

What Does It Mean?

- Our town services and education programs will be under intense scrutiny.

- Cuts in services will be required just to maintain our current tax burden, keeping in mind that the local budget is $\frac{2}{3}$ education and $\frac{1}{3}$ municipal services. Even negligible increases in services will mean an increased local tax burden. That's in addition to a most certain increase in our state tax burden.

- Understanding community priorities, within prudent fiscal management practices, will be more crucial than ever.

- Without your input those hired or elected to manage town and education services will not know for sure what the priorities of the community are.

- Without our input our legislative representatives will not know for sure what the priorities of our community are.

Chester Needs Individuals Willing and Able to Serve on Boards and Commissions

During the last local election there was a lot of hoopla about moving some boards from elected to appointed, and protecting our rights as citizens to vote for our governmental personnel. My position at that time and still is today, that all sounds well and good provided there is interest in the community to serve. Unfortunately, that interest has been lacking. As of this writing we have vacancies on all the major elected boards: Finance, Education, and Planning & Zoning. In addition we have vacancies on appointed boards including: Parks and Recreation, Conservation, Youth Services, Regional Planning, and Tourism, among others. Please consider becoming involved. Check the town website for a complete list of vacancies.

— Tom Marsh

Imagine Your Family - Being Shattered In an Instant

This is what happened to the family of my colleague Kellie Kenney, R.N. On June 10, she underwent outpatient surgery to remove polyps from her sinuses. When doctors couldn't awaken her after the procedure, a CT scan was done. It revealed that her carotid artery had been severed during the procedure and brain damage had already occurred.



This crisis has galvanized her family who are by her side as much as possible. She remains hospitalized in Boston and is receiving the best care possible.

Kellie's husband, Mark, works all day as a police officer and then drives to Boston each night to be with Kellie. Her 5-year-old special needs son prays every night for mommy to come home.

Kellie is in a coma, and the future is unclear. What is clear, however, is the financial devastation the family is experiencing. I ask everyone who reads this story to open your hearts and make a donation to this family. I personally assure you that every dollar donated will go to help the Kenney family to help with their enormous expenses. Kellie needs a miracle and prayers are also vital to her recovery.

To make a donation, contact Dianne Hunt-Mason at 67 North Main Street, Essex, CT 06426. Dianne can also be reached by phone at (860) 662-0650 or email at dihm8@yahoo.com.

— Dianne Hunt-Mason, A.P.R.N./Psychotherapist

Samba Rio!

The Chester Winter Carnivale Samba Dance

Saturday - February 19, 2011 from 8 – 11 p.m. at St. Joseph Parish Center, across the street from 48 Middlesex Avenue in Chester. Samba Rio is the ultimate kick-off party for the Chester Winter Carnivale. Catch the thrill of Brazilian music, dancing, costumes, prizes, cash bar and more! Complimentary food and one beverage is included in the ticket price: \$45 in advance, \$50 at the door; for groups of eight or more ordering online – \$35 per person (complimentary beverage not included); for students with ID – \$25 at the door. Tickets are available at www.brayce.org; at the Hammered Edge in the center of Chester and other locations in the area (see the website); or by check in the mail to BRAYCE, P.O. Box 100, Chester, CT 06412. Proceeds benefit BRAYCE (Brazilian and American Youth Cultural Exchange), a nonprofit foundation based in Chester. Contact Richard Calder at 860-526-2374, or email: rcalder@brayce.org.

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Events

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Tax Collector's Report

Here it is winter already...where does the time go? I think we are all so busy that time is just passing by so quickly. In the hurry-up world we live in, please do not forget to pay your second-half installment on your real estate bill and/or your new supplemental motor vehicle bill that was mailed in December. This bill is for whoever registered a car after the Oct 1, 2009 date and the bill is called a 2009 grand list bill, but it is due now in January 2011. Also, some people could have the second half of their personal property bill due in January. If you are not sure you owe something, be sure to call the Tax Office and double check. It is better to take a minute to find out, than to be late and have interest and late fees in February. This is a more difficult time for tax collecting, because we do NOT send out bills for the second half, and people could forget all about the payment. We do not want to have to charge anyone the mandated 1½ percent interest, which in February becomes 3% automatically.

We will try to send out reminders to any new home owner, in case their lawyer did not give them the information about January taxes, but if you are a new owner, number one, congratulations and welcome to Chester, and number two, be sure to call or find out if you do indeed owe the second half of real estate. We do not have an official list of new owners this year, so if we miss someone, we really don't want you to be late – just call and we will look up the information. We are usually less busy in the afternoon, so that would be a good time to call, but any time that is suitable to you will work and we will check the computer for you.

It is also very important this time that your payment be accurate, because we don't have another payment to apply the extra toward if you mistakenly overpay. That doesn't happen often, but some look at their checkbook from July and write that amount again, but that could include your July MV taxes, which should now be paid in full. So, please double check both the amount you owe and double check that you have signed your check before you mail your payment to Tax Collector, P.O. Box 314, Chester, CT 06412.

Enjoy the winter even if you don't like the cold because that means spring is just around the corner! Stay warm! Stay healthy! Call if you have any questions: (850) 526-0013 x 513.

— Madaline Meyer

Deadline for the next issue of

CHESTER EVENTS

is March 12, 2011.

From the Chief's Desk

Winter is here. Please note the following safety reminders:

- Don't start your car in the garage without opening the door; C.O. is a silent killer.
- Make sure all your C.O. detectors are working.
- Post your house number so that it is visible from the road; this enables us to find you faster to help you in your time of need.
- Have your chimney cleaned and checked.

We have the brick on the firehouse. We are working on the inside. Join us for the Chili Cook-Off in February to see what all your donations have helped achieve. We are so grateful for all the donations from the townspeople and the businesses that have supported us throughout this project.

It appeared that every time we thought that the project would come to a halt due to lack of funds, another generous contractor would show up to donate another phase of work. We started with a donation from Chester Ambulance Association, followed by an overwhelming response to our letter drive. Various contractors who donated labor and equipment include the following: Aiudi Concrete, Aaron Henkind, All Waste, B & L Construction, Conquip Systems, Eric's Towing, Lou the Saw (Desjardins), Middlesex Concrete, Olsen Sanitation, Parker Construction, RJB Home Improvement, Sound Roofing, Chester Roofing, Waterhouse Construction, Whelen Engineering, John Zanardi Oil, and A.A. Zanardi.

Couple this together with the tireless hours donated by our volunteer department work force and you see the evidence of the combined efforts in the progress of the project.

During this time the department maintained its high standards of caring for Chester by responding to a total of 463 calls from beginning of the project (March) to date (November).

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

Attention American Legion Members

The American Legion provides support to our military personnel who served honorably. Chester's local American Legion Post provides programs and services to local veterans, for example, purchasing 500 flags for graves, and other legion functions. In order to continue with these services, veterans are being reminded to pay their annual dues if they haven't done so already.

Checks can be made payable to the American Legion Post 97 and mailed in care of Bruce Watrous, P. O. Box 54, Chester, CT, 06412.

FIRST FLURRIES

A poem by Gerry Feeney

This falling,
sudden winter
not in sheets but swirling flecks,
dandles and whorls
in a pearl-gray sky.

Frigid wet congeals.
No fragile, lazy snowflakes these.
The wind sweeps all in teeming eddies
fluttering and razor-edged.
Already it's the tingling, turning season
with cold of mountain nights.

The wind
and sky wheel away
through a blur,
leaving now
a time of winter knowing.



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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.

January 3	Inland Wetlands Meeting	Meeting House	7:00 pm
January 4	Harbor Management Commission	Town Hall	7:30 pm
	Board of Selectmen	Town Hall	7:00 pm
January 5	Conservation Commission	Town Hall	7:30 pm
January 6	Planning and Zoning Commission	Town Hall	7:30 pm
January 10	Library Board of Directors	Chester Library	7:30 pm
January 17	Town Offices Closed		
January 18	Board of Selectmen	Town Hall	7:00 pm
	Public Forum-Chester Budget	Meeting House	7:30 pm
January 19	Water Pollution Control Authority	Town Hall	7:00 pm
	Board of Fire Commissioners	Chester Hose Co.	7:30 pm
January 20	Board of Finance	Town Hall	7:00 pm
January 24	Zoning Board of Appeals	Meeting House	7:30 pm
February 1	Harbor Management Commission	Town Hall	7:30 pm
	Board of Selectmen	Town Hall	7:00 pm
February 2	Conservation Commission	Town Hall	7:30 pm
February 3	Planning and Zoning Commission	Town Hall	7:30 pm
February 7	Inland Wetlands Commissions	Meeting House	7:00 pm
	Library Board of Directors	Chester Library	7:30 pm
February 15	Board of Selectmen	Town Hall	7:00 pm
February 16	Water Pollution Control Authority	Town Hall	7:00 pm
	Board of Fire Commissioners	Chester Hose Co.	7:30 pm
February 17	Board of Finance	Town Hall	7:00 pm
February 18	Samba Rio Dance – sponsored by BRAYCE		
February 19	Winter Carnivale and Chili Cook Off		
February 21	Town Offices Closed		
February 28	Zoning Board of Appeals	Meeting House	7:30 pm
March 1	Harbor Management Commission	Town Hall	7:30 pm
	Board of Selectmen	Town Hall	7:00 pm
March 2	Conservation Commission	Town Hall	7:30 pm
March 3	Planning and Zoning Commission	Town Hall	7:30 pm
March 7	Inland Wetlands Commission	Meeting House	7:30 pm
	Retirement Committee	Town Hall	7:15 pm
March 15	Board of Selectmen	Town Hall	7:00 pm
March 16	Water Pollution Control Authority	Town Hall	7:00 pm
	Board of Fire Commissioners	Chester Hose Co.	7:30 pm
March 17	Board of Finance	Town Hall	7:00 pm
March 21	Zoning Board of Appeals	Meeting House	7:30 pm
	Library Board of Directors	Chester Library	7:30 pm

Emergency Preparedness

The Town of Chester has a comprehensive emergency operations plan to be used in the event of an emergency. You and your family also need to plan for your own safety, and each member of your family should know that plan in the event that you are not together when the emergency happens.

If you are without utilities for several days, you may be asked to use the local emergency shelter. Depending on the severity of the emergency, the Town of Chester will establish a site where basic supplies such as water and food will be available. Valuable information can be found on Chester's website – www.chesterct.org. Click on "Town Hall," then click on the "Emergency Management" link found under "Public Health and Safety."

For news and information updates, listen to WLIS 1420 AM, WTIC 1080 AM, or WFSB Channel 3 Eyewitness News. For more information, call United Way's Infoline by dialing 211 or call the Chester Town Hall at 860-526-0013. If you have functional limitations and require special assistance during or after an emergency, please call the Town Hall to register. For more information and disaster readiness contacts, see the following websites: American Red Cross www.redcross.org, Federal Emergency Management Agency www.fema.gov, Center for Disease Control and Prevention www.bt.cdc.gov, Homeland Security www.ready.gov, 1-800-BeReady.

BRAYCE

If you come to Chester on Saturday evening, Feb. 19, you'll not only be transported to the festive atmosphere of Carnival in Brazil, you'll also be helping to raise funds to provide unique opportunities for young people from Brazil and the U.S.

For six years, BRAYCE (the Brazilian and American Youth Cultural Exchange), a nonprofit agency based in Chester with an office in Rio de Janeiro, has facilitated cultural exchanges that provide educational and leadership opportunities for Brazilian and American youth. For young Brazilians the real impact of these exchange experiences is measured by the returning program participants becoming inspired role models in their communities. For the young American interns, it's the impact they have had on the young favela children as well as their own lives.

BRAYCE's major fundraiser, the Samba Rio Ball, will be held on Saturday, Feb. 19, from 8 to 11 p.m. in Chester, on the eve of the 21st annual Chester Winter Carnivale. This is the fifth year that Samba Rio has been held, and every year it gets bigger and more festive. At this year's Samba Rio, you'll catch that Latin beat with Trinity Samba and Jose Paulo Brazilian Group and learn samba dance moves with exotic Brazilian performer Quenia Ribiero. The event features a fabulous silent auction, which will include charming primitive paintings and ethnic items from Brazil, and Brazilian foods and beverages, including Brazil's world-famous Caipirinha cocktails. Prizes are awarded for best masks, best costumes,



Learn samba dance moves from Brazilian exotic performer Quenia Ribiero at the Samba Rio Ball in Chester on Sat., Feb. 19. The evening will raise funds for the Brazilian and American Youth Cultural Exchange, based in Chester. More information at www.brayce.org.

and best samba dancing. Tickets are available through the website, www.brayce.org.

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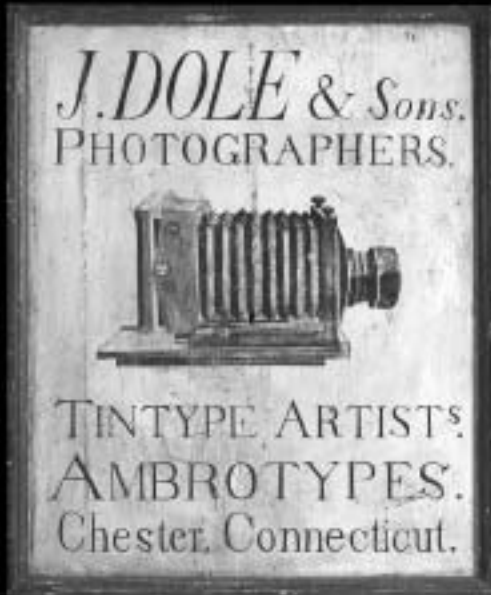
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Back to the future with J. Dole & Sons, Tintype Artists, Chester.

J. Dole & Son's, Tintype Artists was created mainly to get both my boy's more interested in photography! Learning the historic process and creating unique results that we could achieve together was something fun to do that we could all agree on," says well-known career advertising photographer and Chester resident Jody Dole. "Nineteenth century wet plate tintype is a language of photography that is hardly spoken these days. It's a challenging, slow process merging history, chemistry, science and art into one of kind images showing the details of our lives with great clarity."

"First, you must spend time composing the image upside down and backwards through the glass screen of a large, 150-year-old tripod mounted camera. The plate used to capture the image must be prepared by flowing collodion onto tin or glass, which is sensitized in a bath of silver in the dark and loaded into a wooden holder that is placed in the camera. Moments later, the lens cap is removed and replaced for just a few seconds to make the exposure. The plate is developed by flooding it with iron sulfate in a near by dark box tent while the coating is still wet. We have about seven to ten minutes to complete the process or the image is lost. The same way it was done originally in the 1850's."

Reproductions of J. Dole & Sons tintypes by Jody, Sam and Brandon Dole made locally will be available at this season's annual postcard sale at The Chester Gallery, 76 Main Street in Chester December through January and early 2011 at Devon House Antiques, 72 Water Street, Stonington.

Chester Parks and Recreation

CoCo Key Indoor Water Park. There is no school on Tuesday, Jan. 18. Enjoy a tropical day in the winter! Children in grades 2 – 8 may ride the school bus from Chester Elementary School at 8:45 on Jan. 18 to CoCo Key Water Resort in Waterbury. Pizza will be served at the event. We will return at 3:30 p.m. We will be bringing our own lifeguards. The fee is \$45.

Early School Dismissal – Wizard School. Children in grades K – 6 may join the Parks and Recreation staff at Chester Elementary School following the early dismissal on February 11. Magician Tom O'Brien will perform a magic show and teach children how to perform selected illusions. Snack will be provided. Pick-up at the school will be at 3:45 p.m. The fee is \$27.

American Red Cross First Aid and CPR Classes for Teens. American Red Cross First Aid and CPR for Schools and the Community will be offered at Chester Elementary School for students in grades 5 – 9. The classes will be an additional benefit for those who have taken American Red Cross Babysitter's Training in the past. The classes will be offered on Tuesdays from 3:00 until 4:30 p.m. First Aid will be held on Jan. 25, Feb. 1, 8, and 15. Child and Infant CPR will meet on March 22, 29, April 5, and 12. The cost is \$40 for one course and \$65 for both courses. The price includes all materials.

Chester Youth Basketball March Madness. March Madness, for those registered in Chester Youth Basketball, will be

held on Sunday, March 6, between 3:30 and 7:30 p.m. Parents will have an opportunity to challenge their child's team on the court and a pizza dinner will be served.


Winter Youth Lacrosse Clinics. Warm up for this spring sport with Lacrosse Clinics for boys and girls in grades 1 – 6. The program will be held in the Chester Elementary School gym on Mondays, Feb. 28 and March 7, from 3:00 until 4:30. Try a new sport and learn basic skills, or experienced players can get ready for the season. All levels are welcome. Sticks, balls, mouth guards, and goggles will be provided, but students may bring their own equipment. The fee is \$10.

Roller Rink! The Chester Elementary School multi-purpose room will become a roller rink after school until 4:30 on Mondays, March 21, 28, April 4, and 11. Skate to your favorite music! Bring your roller skates or rollerblades and a helmet. The activity is staffed by the Parks and Recreation Camp Counselors and open to students in grades 1 – 6. The price is \$5 per day. Please register at least one week in advance of the days you will participate so that we may provide staff accordingly.


Adult Recreational Basketball. This program meets from Oct. 28 – April 14 at the Chester Elementary School multipurpose room on Thursdays, from 6:45-8:30 p.m. There is no basketball on school vacation days, when the school closes due to severe weather, or when there are special school events in the

Continued on page 11

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• *Parks and Recreation continued from page 10* •

evening. Registration is required BEFORE playing. The registration fee is \$10 for Chester residents and \$15 for nonresidents.

Theatre Workshops for Children. Children in grades 1 – 6 may attend theatre workshops on Tuesdays, conducted by Elise Murphy Mulligan of Tigertale Theatre. The program will meet at Chester Elementary School from 3:15 until 4:30 on March 8, 15, 22, 29, April 5, and 12. Create a character! Dream up a play! Perform it for your family and friends! The fee is \$45.

Karate for Children. Karate classes will be held in the multi-purpose room at Chester Elementary School by Valley Shore Martial Arts. Children who are in grades 1 – 6 will meet on Thursdays from 3:00 until 4:30 on March 10, 17, 31, April 7, and 14 to learn the Kempo style of Karate. The cost of the program is \$25.

Mystic Aquarium Field Trip. There is no school on Friday, April 1, 2011. Chester Parks and Recreation will sponsor a field trip to the Mystic Aquarium for children in grades 1 – 8. The cost is \$45. Please bring a lunch and beverage. The bus will depart from Chester Elementary School at 8:45 a.m. and return at 3:30 p.m. The activities include a class in Beluga Echolocation, a sea lion show, exhibits, and a virtual rollercoaster!

Campardy. Early Dismissal Program. This is a high energy, interactive program that engages children of all ages! This unique activity combines traditional camp games with “Game Show Mania.” If you missed it this summer, you’ll want to be

part of the excitement on Friday, May 6, 2011 at Chester Elementary School for children in kindergarten through grade 6. The program follows the early dismissal from school and meets until 4:30. The cost is \$29. A snack will be served.

Children’s Creative Dance After School. Dance for children is offered on Mondays at Chester Elementary School, from 3:00 until 4:15, for grades K – 4. The program will meet in the gym on May 2, 9, 16, 23, and June 6. Help choreograph moves to your favorite music! Dance, learn basic technique, develop strength and teamwork skills, become familiar with basic choreographic phrases, explore a new style of movement and perform your dances with returning instructor Christine Perry, BFA in Dance Performance. The fee is \$30.

All About Dogs! Would you like your children to have a better understanding and relationship with dogs? “All About Dogs” is for the dog lover AND those who are fearful of dogs. Children in kindergarten through grade 3 will play games, read stories, and work hands on to establish safe, fun interactions between children and dogs with the staff of D-Tails Pet Service. This class corresponds to National Pet Week and Be Kind to Animals week, the first week in May, as well as National Dog Bite Prevention Week in mid-May. The class will meet on Thursdays after school at Chester Elementary, until 4:30, on May 5, 12, 19, 26, June 2, and 9. The fee is to be determined.

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Tri-Town Youth Services

Tri-Town Youth Services has many programs planned for this winter. Please join us whenever you can. All are held at Tri-Town, 56 High Street in Deep River.

Tri-Town Substance Abuse Prevention Council

If you are concerned about substance abuse and have an interest and commitment regarding its prevention, join others who share your values. From time to time, students, parents, educators, clergy, people from the business community, social services, and law enforcement have participated. Meetings are held at Tri-Town Youth Services at 56 High Street in Deep River. The next meeting will be held at 9:00 a.m. on March 2, 2011. Please join us to learn what prevention programming is in place and to share your ideas about what else can be done. For further information call Tri-Town at 860-526-3600.

"Outstanding Ones" (children 12 mos. to 24 mos.) Weds., Jan. 5-March 16, 2011 (No class on Feb. 23) from 9:15-9:45 a.m. Tuition is \$45 tri-town residents, \$55 all others.

"Terrific Twos" (children 24 mos. to 36 mos.) Weds., Jan. 5-March 16, 2011 (No class on Feb. 23) from 9:45-10:45 a.m. Tuition is \$60 tri-town residents, \$70 all others. Registration is limited. Please call 860-526-3600 to register.

Winter Family Fun. Mad Science of Southeastern Connecticut (www.madscience.org), the world's leading provider of science-based enrichment activities, will be presenting a hands-on workshop titled "Adventures in Air." Participants

will make and take home a project. This fun-filled hour will be limited to 15 children ages 4-12 and their parents. Please call Tri-Town by January 20, 2011 to register. Date: Saturday, January 22, 2011 (Snow date: Saturday, January 29) Time: 3:00-4:00 p.m. Fee: \$11. per child

Winter Parenting Program - "Discipline: Teaching Appropriate Behavior—including Listening". Linda Stuhlman, an Early Childhood Consultant, will present this workshop. Information will be shared to help families enjoy daily life with young children. John Winthrop Middle School Library on Thursday, January 20, 2011 at 6:30-8:00 p.m. \$10 per family. Please call Tri-Town to register!

Babysitter Training. Tri-Town will offer two American Red Cross babysitter training classes this winter, both on Wednesday evenings, 6:00-8:15 p.m. The first session will be held January 12, 19, and 26 and the second, March 2, 9, and 16. Both sessions will be held at Tri-Town Youth Services, 56 High Street in Deep River. The fee per session is \$70, which includes the book, the course, and a certificate.

Counseling. Tri-Town continues to offer confidential, short-term counseling to local youth and families residing in Chester, Deep River, and Essex with daytime and evening appointments available. If you would like to come in to confidentially discuss issues of concern to you, please contact our office at 526-3600 to schedule an appointment with licensed professional counselor Gail M. Onofrio, M.S., or with Jan Loomis.



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"A Few Good Men"

Chester Rotary's 1st Annual Womanless Beauty Pageant! March 12th at 7:00 p.m. at the Chester Meeting house.

Fund Raiser for the Chester Community Fund

The Chester Community fund supports many of our neighbors in need, supplying fuel to heat homes, food for their tables, and many other necessities. The requests for fuel and food are already surpassing this time last year, which makes this an important event.

Plan now to enjoy a time of hilarity and laughter! See "the celebrities" of our community decked out in their finest, all in good fun, to support a cause that does so much for our Chester residents. Please check the Rotary website at www.chesterrotary.org for more information.

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Chester Elementary School – “A Learning and Caring Community”

I am very excited to inform the community of Chester about the wonderful learning that has occurred during the first half of the year at Chester Elementary School. The dedicated staff, supportive parents, and inquisitive students have been working together to implement a comprehensive educational program for all students.

The title of this article, “A Learning and Caring Community,” which is our school motto, encapsulates the environment we strive to create and foster within the school. It is our goal to teach the whole child by focusing on both the academic and social curriculum. This article will explain some ways we are working towards fulfilling our goal of being “A Learning and Caring Community” by highlighting initiatives and programs in which we are engaged.

In relation to the word “learning” in our school motto, the faculty and staff began the year analyzing student achievement data of both their outgoing and incoming students. A team of teachers along with administration determined areas of focus in reading, writing, and math according to the achievement data. Each grade level then began the process of identifying the specific instructional strategies to implement

to increase student achievement in the identified focus areas. These steps were the beginning of our annual school improvement process. Teachers then worked collaboratively to write SMART goals in the areas of reading, writing, and math. A SMART goal is defined as a goal that is Specific, Measurable, Attainable, Relevant, and Timely. During weekly team meetings, teachers work together to monitor student progress in relation to the three academic goals. In addition, teachers engage in a process of reviewing student work, developing and administering common assessments, then analyzing the achievement results of their students. In response to the achievement data, action plans are written to increase student results. As teachers monitor progress, they learn which students need additional instructional support and those that need enrichment. This is known as differentiated instruction. This collaborative work is part of our dedication to ongoing professional development and our goal of meeting the diversified needs of each and every learner.

We have also assembled a school improvement team composed of teachers from each grade level, a specialist, a special educator, a parent, and a Board of Education member.

Continued on page 15

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• *Chester Elementary continued from page 14* •

This team meets monthly to articulate the goals of each grade and review the progress that is being made towards the accomplishment of the SMART goals. During these meetings, strategies and teaching tools are discussed and reviewed for their effectiveness in the classroom. Student work and common assessments are also reviewed. The information shared at these meetings is then brought back to grade-level teams for further discussion and implementation. This school improvement process is critical in moving towards increasing the educational achievement of all students.

Chester Elementary School fulfills the “caring” attribute of our school motto through our Social Development Program, which has been in place for fourteen years and is a very important part of our school culture. It has many facets that teach and reinforce socially responsible behaviors in our students. Our school code is, “I am responsible, respectful, safe and prepared.” Students and staff engage in activities throughout the year that emphasize these attributes of responsible citizens. At the beginning of the year, we had a day filled with engaging activities that emphasized teamwork and personal responsibility. This day helped set the tone for a positive year where students respect and value each other. Having a climate where students respect others and behave appropriately has a positive impact on education.

One way that students engage in our social development program is by leading our “Town Meetings,” which are designed to promote community within the school. Town Meetings and programs are sponsored by grade levels. Students at each grade share their academic accomplishments for that month with the entire school community. In addition, Town Meetings are the avenue in which students announce the new character attribute. This character attribute then becomes the following month’s focus. For example, the focus for the month of November was “Self Esteem/Confidence.” This theme was then reinforced during our morning announcements. In addition, classes engaged in activities that revolved around the positive character attribute.

We are continuing our Book-of-the-Month initiative this year, which includes the idea of connecting our monthly themes with literature. The school invested in books that have stories that support our monthly social development focus area. This purposeful connection between our social development program and literacy helps our students learn about socially responsible behaviors while reading high-quality literature. This is our third year implementing the Book-of-the-Month initiative, and it has proven to be beneficial in many ways.

I am so proud to be serving as principal of this terrific school and look forward to continuing the hard work of moving the school forward to even greater heights. In my role as principal I look forward to continuing to work with the Chester community. I value feedback and would welcome questions and comments through e-mail or phone: mbarile@chester.k12.ct.us <mailto:mbarile@chester.k12.ct.us> or 860-526-5797.

— *Michael K. Barile, Principal*



Happy New Year!

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**REAL ESTATE IS NOW
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Let us show you what savings are currently available in the real estate market.
This information is for the following towns: Old Lyme, Old Saybrook, Westbrook, Clinton, Essex, Deep River and Chester ... do you live in any of these towns?

Over the past 5 years (2005 - 2010) the highest median sales price for single family homes was \$382,550 in 2006. At that time the average 30 year fixed mortgage rate was 6.42%... doesn't sound too bad, right? So to buy a home that cost \$382,550 @ 6.42% you would have paid a monthly mortgage payment of \$2,400.38 in 2006. (This figure does not include down payment, taxes, insurance or private mortgage insurance - if required. For comparison only.)

4 YEARS LATER ... HERE'S THE GOOD NEWS ...
In 2010, the median price for single family homes in the same area is \$333,250 at an average 30 year fixed interest rate of 4.78%. So to buy this home you will pay a monthly mortgage payment of \$1,744.42.

That's a savings of \$665.97 a month!

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Estuary Council

Estuary Council of Seniors, Inc. has been serving seniors in the nine-town Estuary region for thirty-five years. Call us to receive our **Gazette Newsletter**.

Donate Your Car or Boat to the Estuary Council. Turn your car or boat into a tax deduction by calling **1-800-716-5868**. Vehicle does not have to run. *Proceeds benefit the vital services we provide in the nine-town Estuary Region.*

Please note the **SNOW CLOSING** policy at the **ESTUARY COUNCIL**.

INCLEMENT WEATHER: If Old Saybrook school system closes due to weather, the Estuary and all Café sites will be

closed. Meals on Wheels clients should use their emergency meals. EMOTS clients should use their backup driver for appointments.

We are open normal hours if schools are delayed. Closings posted on local media.

NEW! GET FIT WHERE YOU SIT - Chair Yoga; Saturdays from 10 – 11 a.m. Very beneficial for conditions such as osteoporosis, arthritis, chronic pain, COPD. Increases flexibility and energy, too! Mary Shapiro, Certified Instructor, 203-214-4853. Cost \$3 per class - classes are ongoing.

NEW! INDOOR WALKING TRACK - The town of Old Saybrook has invited Estuary Council patrons to use the walking track in the town hall on designated days. You must call Deb at 860-388-1611 and register before you can use it. Please remember that we are guests and it is very important to follow the rules & regulations setup by the Parks and Recreation commission. Running is not allowed on the track.

INTERESTED IN WOODCARVING? 1st and 3rd Wednesday at 9 a.m. Beginners to advanced levels welcome. This group of men and women met and did their first project! Call Ed Gorman at 860-388-5737 for more information.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION. For medical appointments, to any medical location beyond the nine-town estuary region. Call Judy at 388-1611. Suggested donation of \$25. EMOTS is supported by the Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

CAFÉ MEAL SITES – Chester, Clinton, Old Lyme, Old Saybrook, & Westbrook. Reservations required by calling 860-388-1611 by 11 a.m., 24 hours in advance.

MEALS ON WHEELS – Hot meals delivered to your home. Call Diane at 388-1611. A \$2.50 donation request for those aged 60+ ; otherwise cost is \$6.25. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

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EMERGENCY FUEL FUND

The Town of Chester Emergency Fuel Fund has been helping town residents keep warm since 1994. Established and funded completely by donations, the program has been critical in helping Chester residents defer basic fuel and electric bills. And with the current economy conditions, there will be an even greater need for funds. Donations are always appreciated as even a small donation can make a tremendous difference.

If you would like to assist your neighbors, please send your donation to the Emergency Fuel Fund, 203 Middlesex Avenue, Chester, CT 06412.

Chester Public Library

The dark days of winter are upon us. To help brighten the days 'til the sun returns, you might...

Borrow a museum pass. The library has passes available to the Connecticut River Museum, Eric Carle Museum of Picture Book Art, Florence Griswold Museum, Mystic Aquarium, Mystic Seaport, New Britain Museum of American Art, Old Connecticut State House, Peabody Museum of Natural History, and Wadsworth Atheneum. For more detailed information and links to each museum's website, visit www.chesterct.org/library.php.

Drop in for a story. Preschoolers age three and up are invited to join the Monday morning fun at Chester Library. Story time takes place at 10:30 a.m. and includes a creative experience in addition to the read-aloud story. The first Monday of the each month features music and movement as Judy Potter presents It's Theatretime! No need to pre-register—just join us. Story time is held each Monday that school is in session.

Join the Monday-night knitters. Needles are clickin' and stitchers are yakkin' from 6-8 p.m. on Monday nights. The welcome mat is always out; no need to register, just drop in.

Start reading for a spring book discussion. The Mark Johnston Book Discussion Series presents a 3-part program, including *The Great Gatsby*, by F. Scott Fitzgerald (April 6, 2011) and *Empire Falls*, by Richard Russo (April 20 & 27, 2011). Books will be available at the library.

Curl up with a good movie. Last summer, for the first time, more movies were checked out of libraries than were rented from Netflix! Chester Library offers you a collection of more than 1,000 movies, ranging from classics and foreign films to children's favorites and current releases. Looking for a film that is not in the library's collection? Ask about requesting it from Netflix. The library's Netflix membership is generously provided by the Friends of the Chester Public Library.

Shop the Used-Book Sale. While away a winter's day with a new (to you) book from the Friends of Chester Library used-book sale. The sale begins on Friday, January 21 at 10 a.m. and runs for two weeks during regular library hours. As usual, there will be a wide selection of hardcover and paperback books for both children and adults, offered at great prices. Volunteers interested in helping sort for the sale on January 20 should call Diane Lindsay at 860-526-2443.

Visit the library's new website at www.chesterct.org/library.php. With the most up to date information about library programs and services, as well as links to the library card catalog and other resources, this is worth a visit. Let us know your thoughts about how we can improve the library's online presence.

Learn a new language. Mango Languages offers intuitive language learning for 22 different languages, with even more to come soon. It's fun! Visit the library website and click on the button. You'll need your Chester Library card to get started.

Library Hours. Your librarians are available to assist you on Mondays, 10 a.m. - 8 p.m.; Tuesdays, 2 - 6 p.m.; Wednesdays, 10 a.m. - 6 p.m.; Thursdays, 2 - 8 p.m.; Fridays, 10 a.m. - 6 p.m.;

and Saturdays, 10 a.m. - 2 p.m. The library will be closed in observation of Martin Luther King Day on Monday, January 17, 2011; President's Day on Monday, February 21, 2011; and Good Friday on April 22, 2011.

WINTER CARNIVALE

Sunday - February 20, 2011

10 a.m. - 5 p.m. • Main Street, Chester Center

Free parking is available at the Water Street and Maple Street parking lots, both a short walk to the center. A courtesy shuttle bus will run into town from the commuter lot at exit 6.

21st Annual Winter Carnivale includes a Public Outdoor Ice Carving Competition, Chili Cook-Off, Tractor Parade, Gallery Openings, Receptions, Shop Events, and more! See the website for schedule of events. Arrive early! Free! (But donations are welcome to offset the expenses.) Contact Leif Nilsson, 860-526-2077 and www.visit-chester.com for more info.



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Boy Scout Troop 13 - Serving Chester and Deep River

"Where Eagles Still Soar"

Troop 13 has produced over 40 Eagle Scouts. And the tradition is continuing, with a lineup of Scouts at various stages of their Eagle work.

To earn the Eagle rank, the ultimate rank in Scouting, a boy must show a pattern of achievement by earning at least 21 merit badges. An Eagle Scout must also organize a public service activity, gain approval of the project from the District Advancement Chairperson, set up a plan for the project, manage other Scouts in performing the project, and finally pass an Eagle Review Board.

Kurt Manning, Patrick Campbell and Dylan Elliott completed projects, and passed their Eagle Boards of Review earlier this year. Kurt earned his Eagle on May 25, Dylan on October 12 and Patrick on October 14.

Four more Life Scouts have recently completed, or are nearing completion of their Eagle projects to add to the three Scouts that completed projects earlier in 2010.

David Lloyd designed a new bus stop and assembled and installed a bus stop shelter in the downtown Chester Water Street parking lot.

Zach Merola renovated the premises at L'Hommedieu Park on Straits Road in Chester, including fencing, pathway rebuilding and installation of an historic marker.

Will O'Hearn constructed a bridge and restored natural flora in the Winthrop Cemetery in Deep River.

Zack Sanders developed a database and map of the storm drainage system in the Town of Chester for use in town roadway design activities.

Philmont Scout Ranch - Twice in a Lifetime

Chester-Deep River Scouts are again planning to participate in an expedition to the Philmont Scout Ranch in New Mexico in the summer of 2011. Philmont is the high point of the Scouting career for anyone who has ever been there. Philmont provides an incomparable hiking challenge at the same time that it teaches lessons about low-impact camping that only wilderness hiking can offer.

Nine scouts and three adult leaders completed the twelve-day program last summer, hiking over 100 miles of trails at altitudes as high as 12,000 feet above sea level. A similar sized crew will be preparing for the adventure next summer.

Other Activities

The highlight of the Boy Scout summer is the annual week at Camp Mattatuck in Plymouth. This past summer 30 scouts and adult leaders attended camp from July 18 to July 24. Scouts participated in swimming, water polo, rowing and canoeing, white water, climbing, archery, riflery, camping, and cooking, and worked on a host of merit badges and advancements.

Troop 13 continues to participate in many community-oriented activities. Recent activities included parking cars at the Chester Rotary Lobster Fest, moving books for Deep River Library, and lighting luminaria at the Chester tree lighting.

Fundraisers

Troop 13 conducts a regular can and bottle drive at the Chester Town Garage. The next three bottle drives are tentatively scheduled for January 8, February 5 and March 5. Watch for the signs around town for future collections. You can drop off your clean deposit cans and bottles a few days in advance at the Garage.

The Scouts would like to thank all those who purchased popcorn items during the recent sales effort.

Would you like to be a part of this?

Troop 13 encourages all boys from the towns of Deep River and Chester who are between the ages of 11 and 18 to join. Meetings are held at "The Shack" on Cedar Lake Road in Chester, every Wednesday night from 7:00 and 8:30 p.m. during the school year except during school vacations. To find out more about Scouting in Deep River and Chester, to volunteer your time, or become a merit badge counselor visit <http://www.troop13chester.org/>.



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The United Church of Chester



Pictured at the CT Conference of the United Church of Christ meeting are Pastor Kathy Peters, Chester delegate Diane Lindsay and the Rev. Chuck Wildman, interim conference minister.

"No matter who you are or where you are on life's journey, you are welcome here at the United Church of Chester, an Open and Affirming Church!" On November 15, 2009 the United Church of Chester took the courageous step of voting to declare itself an Open and Affirming (ONA) Church. At the recent October 23, 2010 annual meeting of the CT Conference of the United Church of Christ in Middletown CT, the Chester congregation was honored for this accomplishment. "Though the congregation has always welcomed all who come through its doors," said the Reverend Kathy Peters, pastor, "this declaration assures everyone, especially our gay, lesbian, bisexual and transgender neighbors, that all truly means all are welcome into the full life and ministry (e.g., membership, leadership, employment, etc.) of the church!"

A special committee of the church led by chair Lynette Bester worked for close to three years to bring the issue before the congregation; to study, to pray, to discuss concerns, and to draft an ONA statement. The statement reads in part: "We believe each of us is a unique creation of God. We believe

that Christian unity is grounded in love and acceptance of each other. We welcome all people of any age, race, gender, sexual orientation, economic, educational and marital status, physical, emotional and mental capacity, and those in traditional and nontraditional families." It declares the congregation's intention "to put our beliefs into action" and to make all feel welcome, accepted, and affirmed. It speaks to a spirit of hospitality and a willingness to live out that welcome in meaningful ways.

In addition to the chair, members of the committee included Pat Holloway, Diane Adams, Claudia Epright, Ann Skagen, Pete Zanardi, Elaine Melillo, and our youth members Petru Bester and Dom Melillo.

The United Church of Chester is located at 29 West Main Street in Chester, CT. Worship is on Sunday morning at 10 a.m. A full description of its mission in the community and a list of activities can be found on its web site at www.chesterucc.org.

GRANT AWARDED

Community Music School has received a grant of \$6,079 from the Connecticut Commission on Culture & Tourism, a state agency. This grant was awarded through the General Operating Support program and it will help to fund music education and appreciation programs at the School. State grants are awarded through a competitive process. This grant signifies that Community Music School provides a high level of quality in its programs, community service and administrative ability.

Community Music School is a not-for-profit arts organization that has been serving the music education needs of students for more than 25 years. Our mission is to provide a full range of the finest possible instruction and musical opportunities to persons of all ages and abilities, to increase appreciation of music and to encourage a sense of joy in learning and performing, thus enriching the life of the community. Please call 860-767-0026 or visit www.community-music-school.org for additional information about Community Music School programs.



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Camp Hazen YMCA Youth and Family Programs

Come Rekindle Your Hazen Spirit!

Camp Hazen YMCA is committed to helping youth develop valuable life skills through camping experiences that build a healthy body, open mind, and awakened spirit. When most people think of camp they think of summer. At Camp Hazen YMCA, our Youth and Family programs have expanded throughout the "off season" to better serve our community. The goal of all of the Youth and Family programs is to build strong kids, strong families, and strong communities. Camp is no longer just in the summer, and it is no longer just for the kids. This winter, Hazen has some truly great programs being offered. Participants can have a blast at Hazen's Winter Camp,

or kids can return to camp for the always-action-packed Vacation Days. Campers considering resident camp may want to give our Overnight Expo a try, and finally, teens can spend some time learning life skills in leadership at our Teen Leadership Weekend.



JANUARY

The fun never ends at Camp Hazen YMCA. Bring your camp friends or introduce someone new to Camp Hazen. Winter Camp is a great way for day campers and first time campers to try an overnight experience. Winter Camp provides all of the fun of Summer Resident Camp but in the middle of a New England winter. Winter camp will be taking place on January 14-16. Even with trees covered in snow and the lake frozen solid, Hazen's staff still provide an opportunity for campers to have the most FUN imaginable and meet some new FRIENDS!

FEBRUARY

Over 200 families local to the shoreline area take advantage of the two dozen Vacation Camps that Hazen offers throughout the school year. A school holiday spent at Hazen means quality programming by positive adult role models. Vacation campers climb the Alpine Tower, experience diversity from around the world, cook up a feast in the kitchen, discover what a day of Resident Camp is like, and meet new friends - not bad for a day out of school! Camp Hazen YMCA will be offering Vacation Camps February 21-25. Do you think your camper is prepared to try something different? Do you think they might be ready for sleepover camp? Spend the night at Hazen during the OVERNIGHT EXPO! Experience all of the fun of both Creature Feature and Intro to Summer Camp Vacation Days February 24-25 without having to go home at night.

MARCH

Camp Hazen YMCA's leadership program has grown throughout the years. In order to prepare our campers for making the transition from a camper to leader, we offer this Teen Leadership Weekend. This is a weekend just for teens to bond with one another and to sharpen their leadership skills. The goals of the weekend are for the teens to hone their personal leadership styles, build trust, raise self-esteem, promote cultural awareness and diversity, and learn conflict resolution skills. For campers considering being an LEA at Hazen, this is an excellent stepping stone on their way there. Camp Hazen YMCA's Teen Leadership weekend will be taking place March 25-27.

The winter of 2011 is a busy time, full of exciting activities here at Camp Hazen YMCA. For additional information regarding any of these programs, visit the Youth and Family Programs link at www.camp hazenymca.org or e-mail our Youth and Family Director, Camille Erickson, with any questions at cerickson@camp hazenymca.org. Come join us and let the Hazen spirit keep you warm throughout these winter months!



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Essex Winter Series

Our Mission. The Essex Winter Series mission is to bring the finest music, in live performance, to the Connecticut River Valley and Shoreline Region during the winter months and to cultivate its appreciation to the widest audience.

January 9, 2011 - Tokyo String Quartet with pianist Mihae Lee. The Tokyo String Quartet has captivated audiences and critics alike for over 40 years. Regarded as one of the supreme chamber ensembles of the world, the quartet includes Martin Beaver and Kikuei Ikeda (violins), Kazuhide Isomura (viola) and Clive Greensmith (cello). Joined by our Artistic Director and renowned Deep River artist Mihae Lee, the group's performance will include the Mozart String Quartet No. 16, K. 428 and the brilliant Schumann Piano Quintet. Sponsored by Essex Printing and Linda and David Frankel.

January 30, 2011 - Soprano Dawn Upshaw and pianist Gilbert Kalish. Four-time Grammy Award winner Dawn Upshaw has achieved worldwide celebrity as a singer of opera and concert repertoire ranging from sacred works to today's freshest sounds. A long-time collaborator and distinguished pianist, Gilbert Kalish will join Ms. Upshaw for a debut recital with the Essex Winter Series. Sponsored by Landscape Specialties and Herb and Sherry Clark

February 20, 2011 - Jeff Barnhart and the Northeast All-Stars. Jeff Barnhart, a world-class musician, band leader and entertainer, will present a program that demonstrates the various styles of piano and their proponents that came into being during the period when jazz was developing (1890-1935). He also will discuss each notable pianist's influence on the changing scene. Assisting him will be the Northeast All-Stars, a six-piece band comprised of an equally outstanding group of musicians, all of whom are band leaders in their own right. This is a rich and entertaining "history lesson" on the growth of jazz, America's unique contribution to the art of the world. Sponsored by Essex Savings Bank.

March 27, 2011 - Stringfest. Ani Kavafian, violin, Ettore Causa, viola, Carter Brey, cello, and three emerging artists Closing our thirty-third season is a very special event we have titled Stringfest, a new concept for Essex Winter Series that brings young talent together with world-renowned artists. This unique concert will feature returning violinist Ani Kavafian, Italian violist Ettore Causa, and New York Philharmonic's Principal Cellist Carter Brey. They will will perform Tchaikovsky's string sextet Souvenir de Florence and Mozart's beloved Viola Quintet in C Major. Stringfest will be a spectacular concert that you will not want to miss. Sponsored by Guilford Savings Bank and Community Music School.

Concert times and locations. All concerts are on Sundays. Our first three are at 3 p.m. at Valley Regional High School. Our final (March 27) concert is at 4 p.m. at John Winthrop Junior High School.

Come to our Meet-the-Artists Parties! As a member, you're invited to lively, convivial receptions held after each concert in the warmth of beautiful area homes!

Gift Certificates. Our handsome gift certificates, available in any amount, are thoughtful presents of live concert music for friends or relatives.

For general information visit essexwinterseries.com or call (860) 391-5578 for tickets, season subscriptions or gift certificates.

Memberships. Your membership gifts help ensure the continued high quality of Essex Winter Series. (Ticket sales cover less than half of expenses.) Your donations also help to underwrite our senior citizen and student discounts, music education programs in local schools, and grants and awards to music students. We are pleased to offer senior citizens a discount on individual concert and season subscription ticket prices. Student tickets cost less than a third of the full ticket price for each concert.

The individual concert ticket price for senior citizens is \$20; for children and students \$6. Please call for information on membership rates.

Continued on page 23

 <p>Mihae Lee, Artistic Director</p>	<p><i>Save These Sunday Dates!</i></p> <p>SUBSCRIBE NOW!</p>
<p>January 9, 2011:</p>	<p>Tokyo String Quartet with pianist Mihae Lee</p>
<p>January 30, 2011:</p>	<p>Soprano Dawn Upshaw and pianist Gilbert Kalish</p>
<p>February 20, 2011:</p>	<p><i>Jazz:</i> Jeff Barnhart & the Northeast All-Stars</p>
<p>March 27, 2011:</p>	<p><i>Stringfest:</i> String sextet with violinist Ani Kavafian, violist Ettore Causa, cellist Carter Brey, and three emerging artists</p>
<p><small>All concerts are held in Deep River – the first three at 3 p.m. at Valley Regional High School; the last (March 27) at 4 p.m. at John Winthrop Junior High School.</small></p> <p><small>Sponsors: Herb and Sherry Clark, Community Music School, Essex Printing, Essex Savings Bank, Linda and David Frankel, Guilford Savings Bank and Landscape Specialties</small></p>	
<p>P.O. Box 383, Essex, CT 06426 • (860) 391-5578 • essexwinterseries.com</p>	

Middlesex County Community Foundation Honored

Middlesex County Community Foundation (MCCF) was honored November 18, 2010 with the Award for Outstanding Foundation at the Association of Fundraising Professionals (AFP) 2010 Connecticut National Philanthropy Day Awards Luncheon.

"We are thrilled to receive this award," said Cynthia H. Clegg, President & CEO of MCCF. "The staff and volunteers of MCCF work very hard to support the Middlesex County community and fulfill our mission. To be recognized and honored for these efforts is both an honor and humbling."

The Award for Outstanding Foundation is presented jointly by the AFP Connecticut and AFP Fairfield Chapters. It honors a foundation that demonstrates commitment to the community through financial support and through the encouragement and motivation of others to get involved, to help make the community a better place, and to take leadership roles in giving back.

MCCF was nominated by a MCCF Fund for Women & Girls Committee member who has interacted with the Community Foundation for four years. Her work with a local nonprofit organization brought her into contact with MCCF, and her developing relationship led her to volunteer for the Fund for Women & Girls.

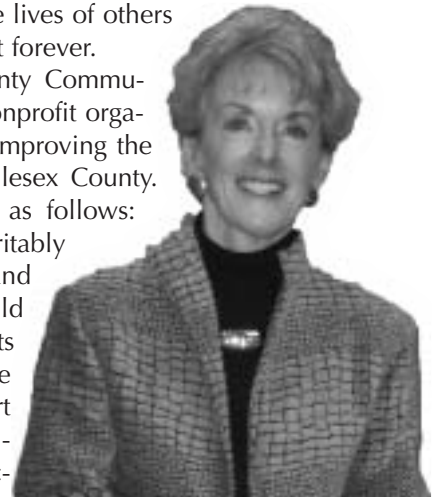
MCCF works from a simple premise – the Community Foundation idea is a simple one: anyone can be a philanthropist; anyone may use it to give something back to the community. MCCF represents local people, giving locally to

make an impact on the lives of others – not just for today, but forever.

The Middlesex County Community Foundation is a nonprofit organization dedicated to improving the quality of life in Middlesex County. Its twofold mission is as follows:

(1) to work with charitably minded individuals and organizations to build permanent endowments and other charitable funds, and (2) to support local nonprofit organizations through effective grant-making to address community needs. Since its founding in 1997, the Community Foundation has

provided more than \$1.5 million in grants to more than 200 organizations for the arts, cultural and heritage programs, educational activities, environmental improvements, and for health and human services. For more information call 860-347-0025, e-mail info@MiddlesexCountyCF.org, or visit the website: www.MiddlesexCountyCF.org.



Cynthia Clegg, President & CEO, County Community Foundation, accepted the AFP award for Outstanding Foundation

Warm the Children

The need is great this year. In the Valley Shore, needy children will go cold this winter without your help. The Warm the Children Fund is neighbor helping neighbor. Events Magazines and the Old Saybrook Rotary Foundation are asking readers to donate to the fund, and all proceeds will be used to buy new winter clothing for needy area children. This is the 17th Warm the Children campaign. Children who benefit from the program live in Essex, Chester, Deep River, Lyme, Old Lyme, Old Saybrook and Westbrook. Social service agencies in each town will work with coordinators Walt Osborne and Jason Smith of the Rotary. The coordinators will make arrangements with Wal-Mart in Old Saybrook and assign Volunteer Shoppers to take the families shopping for their winter clothing. Shoppers are local residents who want to help out by donating their time for this worthwhile cause.

As donations are received, volunteer shoppers are asked to call a family to set up a shopping trip to Wal-Mart. Shoppers then meet the family at the store and assist in picking out approximately \$90 worth of clothing per child. All \$90 is spent on clothing whether it be coats, hats, gloves, mittens, boots or winter clothing. There are no administrative costs of any kind.

Simply complete the coupon and send it to the address on the coupon. All donations are tax deductible.

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• *Essex Winter Series continued from page 21* •

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Please send check, self-addressed, stamped envelope and this form to: Essex Winter Series, P.O. Box 383, Essex, CT 06426-0383 and include your name, address, and e-mail address.

Empower Young People to Make a Difference

One of these days, the young people in your home, school, neighborhood, and workplace will be the people in charge – in charge of their own lives and in charge of the world. You can help young people get ready for their future roles by empowering them now.

Just what is empowerment? Young people are empowered when they feel valued, valuable, and safe. They need to believe that adults like them and respect them. Finally, they need plenty of opportunities to contribute to their communities through volunteering; working in paid jobs; and sharing their ideas, knowledge, and creativity.

It's not always easy to know what it takes for young people to be empowered. Here are some keys for really helping youth in your community, program, family, neighborhood, or school feel valued and valuable:

- Find safe, appropriate opportunities for young people to be leaders, decision makers, teachers, helpers, and role models for children, other youth, and adults.
- Work to ensure youths' safety at school, at home, and in their neighborhoods. Never tolerate any form of violence or abuse.
- Don't always do things for youth. It might seem easier or faster at the time, or maybe you think you can do things better yourself. But in the long run, young people will learn and contribute more if adults do things with them.
- Young people don't always have the opportunities or the skills to defend themselves against negative stereotypes, assumptions, or rumors. Speak up for youth when individuals or the media say negative or judgmental things about them.
- Deal openly and honestly with young people about all serious issues. They need to know that their questions and concerns are valid and important.



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Winter Health Tips

The mention of winter evokes images of sparkling snowflakes and skaters gracefully gliding across the ice. But winter can also be a time of illness and injury if people fail to take adequate health and safety precautions.

Colds. More than 100 viruses can cause colds, the world's most common illness, so few people escape being exposed to at least one of them. In the United States, most people average about three colds every year.

Once it enters the body through the nose or throat, the cold virus begins to multiply, causing any of a number of symptoms: sore throat, sneezing, runny nose, watery eyes, aches and pains, mild fever, nasal congestion, and coughing. A cold usually lasts a week or two.

The best way to treat a cold is to take a mild pain reliever, avoid unnecessary activity, get as much bed rest as possible, and drink plenty of fluids, especially fruit juices. Over-the-counter cough and cold remedies may relieve some of the symptoms, but they will not prevent, cure, or even shorten the course of the illness.

While there is no vaccine to protect you from catching a cold, there are ways to lessen your chances of coming down with the illness. Keep up your natural resistance through good nutrition and getting enough sleep and exercise. Turn your thermostat down and keep the humidity up in your home. Dry air dries out the mucous membranes in your nose and throat and causes them to crack, creating a place where cold viruses can enter your body. Avoid direct contact with those who have colds and wash your hands frequently.

Influenza. A contagious respiratory infection, influenza is not a serious health threat for most people. However, for the elderly or those who have a chronic health problem, influenza can result in serious complications, such as pneumonia.

Symptoms of the flu usually develop suddenly, about three days after being exposed to the virus. They include fever, chills, cough, sore throat, runny nose, and soreness and aching in the back, arms, and legs. Although these are similar to those caused by cold viruses, flu symptoms tend to be more severe and to last longer. Abdominal cramps, vomiting, or diarrhea symptoms of what is commonly called stomach or intestinal flu do not accompany influenza.

The flu is highly contagious and, if it occurs in your family or community, there is no practical way to avoid exposure to the virus. Bed rest, a mild pain reliever, and lots of fluids are the best treatment. (Caution: Unless advised by a physician, a child or teenager with a flu-like illness should not take aspirin. Its use in the presence of a flu infection is linked with an increased risk of Reye syndrome. Instead use another mild pain reliever that does not contain aspirin.) Antibiotics are not effective against flu viruses.

Flu vaccines, while not always effective in preventing the illness, do reduce the severity of the symptoms and protect against complications that could develop. The shots are strongly recommended for persons 65 years of age and older and those who suffer from such chronic health problems as heart disease, respiratory problems, renal disease, diabetes, anemia, or any disease that weakens the body's immune system. Infants, children, and young people up to 18 years of age who are receiving long-term treatment with aspirin should also get a flu shot. Persons allergic to eggs or who have a high fever, however, should avoid or postpone getting a flu shot.

Because influenza vaccine is only effective for one year and viruses vary from year to year, it is necessary to get a flu shot every year. In Illinois, the flu season usually begins in November and lasts until around the middle of April. If you plan to get a flu shot do so early since it takes about two

Continued on page 26

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CHESTER NEWCOMERS' GUIDE

Welcome to Chester!

On behalf of *Events Magazines* welcome to Chester. Whether you are new to Connecticut or just new to Chester you will find wonderful people and places to visit in town. From the Winter Carnival to the Chester Fair, Chester has something for everyone. Below are important phone numbers. Please tear out this page and keep it for future reference. We at *Events Magazines* and Essex Printing support local businesses.

Please use this guide and "Buy Local" – we do!

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• *Health Tips continued from page 24* •

weeks to develop full immunity. However, even a shot in January may protect against a late winter outbreak.

Hypothermia. Hypothermia – a drop in body temperature to 95 degrees or less -- can be fatal if not detected promptly and treated properly. In the United States, about 700 deaths occur each year from hypothermia.

While hypothermia can happen to anyone, the elderly run the highest risk because their bodies often do not adjust to changes in temperature quickly and they may be unaware that they are gradually getting colder. The condition usually develops over a period of time, anywhere from a few days to several weeks, and even mildly cool indoor temperatures of 60 to 65 degrees can trigger it. If you have elderly relatives or friends who live alone, encourage them to set their thermostats above 65 degrees to avoid hypothermia.

When the body temperature drops, the blood vessels near the surface of the body narrow to reduce heat loss. Muscles begin to tighten to make heat. If the body temperature continues to drop, the person will begin to shiver. The shivering continues until the temperature drops to about 90 degrees. Temperatures below 90 degrees create a life-threatening situation.

Signs of hypothermia include forgetfulness, drowsiness, slurred speech, change in appearance (e.g., puffy face), weak pulse, slow heartbeat, and very slow and shallow breathing. If the body temperature drops to or below 86 degrees, a per-

son may slip into a coma or have a death-like appearance.

If you notice these symptoms in a person, take his or her temperature. If it is 95 degrees or below, call a doctor or ambulance or take the victim directly to a hospital. To prevent further heat loss, wrap the patient in a warm blanket. A hot water bottle or electric heating pad (set on low) can be applied to the person's stomach. If the victim is alert, give small quantities of warm food or drink.

There are several things you should not do to a hypothermia victim. Do not give alcoholic beverages. Do not give a hot shower or bath, since it could cause shock. Generally, do not try to treat hypothermia at home. The condition should be treated in a hospital.

Frostbite. The parts of the body most affected by frostbite are exposed areas of the face (cheeks, nose, chin, forehead), the ears, wrists, hands and feet. Frostbitten skin is whitish and stiff and feels numb rather than painful. When spending time outdoors during cold weather, be alert for signs of frostbite and, if you notice any, take immediate action.

To treat frostbite, warm the affected part of the body gradually. Wrap the area in blankets, sweaters, coats, etc. If no warm wrappings are available, place frostbitten hands under the armpits or use your body to cover the affected area. Seek medical attention immediately.

Do not rub frostbitten areas; the friction can damage the tissue. Do not apply snow to frostbitten areas. Because its temperature is below freezing, snow will aggravate the condition.



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PUBLIC WORKS SAFETY POEM

We keep it safe to travel from home to work each day.
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We really do get weary, as we work all through the night.
But safety is our goal, and we strive to do it right.
We strive to do the very best our budget will allow.
We try to keep the public safe as we drive around and plow.
We are the men and women that you think get in your way.
As we do our tasks we're given, too bad you think that way.
We always do our best. We just wish you would admire
The long hours that go into it and the wrath we acquire.
We are safety minded. We're always on alert.
We try hard to be careful so no one will get hurt.
We always wear our hard hats, our gloves and ear gear too.
We even have the latest in fashionable steel toed shoes.
So please let it be known, that no matter where you be,
Come snow or high water, it's Public Works you'll see.

– Author unknown

Chester War Memorial

Years ago, a group of veterans had a vision to expand upon the existing war memorial to honor the service men and women of Chester who served in the military. Through their efforts and the generous support of local residents and businesses, their dreams have been realized and the Bronze Eagle has been installed and the lighting has been updated.

Jerry LaMark, Commandant of the local American Legion, would like to give special thanks to Carlson Landscaping for their wonderful job removing leaves and cleaning the memorial area, Bob Sumner for providing year-round maintenance and placing 500 flags on the graves for Veterans Day, and the Chester Garden Club for placing flowers at the memorial.

Wikipedia defines a war memorial as a building, monument, statue, or other edifice to celebrate a war or victory, or (predominating in modern times) to commemorate those who died or were injured in war. The Chester War Memorial is indeed these things, but it also is a place where one can take time out to quietly sit and reflect upon the sacrifice that military men and women make and about the freedoms that they set out to protect.

The memorial is funded by private donations from individuals, companies, and corporations. Donations continue to be welcome to maintain the memorial and should be made out to the Chester War Memorial Fund, in care of Bob Sumner, 8 Grote Road, Chester, CT, 06412. Everyone is welcome and encouraged to visit the Chester War Memorial. The committee would like to thank you in advance for your support and for helping them thank Chester's military heroes for their patriotism, valor, and commitment to defending freedom.

Cookie Platoon

The Cookie Platoon is a growing group of volunteers from various towns including Chester, Deep River, and Essex, dedicated to the proposition that soldiers presently serving, those who are recovering, and military veterans need never be without reminders of home and the people who love them and respect the job they do. And what better way to show our appreciation and provide a few moments of familiar comfort than to send fresh-baked cookies?

We meet several times a year to pack cookies for our troops. It also gives us a chance to make friends and to share the fulfillment that comes from knowing we're helping to make the tough work of our soldiers just a little bit easier. In each shipment, every soldier receives five containers of cookies. Each container holds approximately a dozen assorted cookies. All boxes are shipped through the United States Postal Service.

If you have a soldier currently serving, or if you know of a veteran or a recovering soldier, please let us know. With your help, we can continue to put smiles on our soldiers' faces by sending a taste of home to the protectors of home.

If you would like to learn more about helping us bake for the troops or send a monetary donation to help with mailing costs, please e-mail Debbie Schaefer at cookieplatoon@sbcglobal.net or visit our website at www.cookieplatoon.com. Join us at our next packing date – Saturday, February 5, 9:00 a.m. at the Deep River Ambulance Association.



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Visiting Nurses Named to 2010 HomeCare Elite

Visiting Nurses of the Lower Valley today announced that it has been named to the 2010 HomeCare Elite™, a compilation of the top-performing home health agencies in the United States. The HomeCare Elite identifies the top 25 percent of agencies in the country by an analysis of performance measures in quality outcomes, quality improvement, and financial performance.

“The 2010 HomeCare Elite winners continue to demonstrate a commitment to providing their patients with the best possible care while performing at the highest level,” said Amanda Twiss, CEO of OCS HomeCare. “We congratulate the Visiting Nurses of the Lower Valley on being one of the top home care agencies in the country.”

Visiting Nurses of the Lower Valley Executive Director Priscilla Munro credits the dedicated and highly knowledgeable staff with the organization’s ability to rank as one of the HomeCare Elite. She said, “I am proud to say this is the fourth time we have received this distinction, a distinction that was only given to 18 homecare agencies in Connecticut this year. Quality and reliability are vital in our industry and the Visiting Nurses of the Lower Valley embrace these traits. Like VNLV, the majority of this year’s winners in Connecticut are small local home health agencies committed to the communities they serve.”

“On the fifth anniversary of HomeCare Elite, DecisionHealth would like to congratulate all of the winners who have achieved excellent clinical and financial outcomes, especially during times of such drastic regulatory changes,” added Marci Heydt, executive editor of DecisionHealth’s Home Health Line.



Visiting Nurses of the Lower Valley.

is brought to the industry by OCS HomeCare, the leading provider of homecare information, and DecisionHealth, publisher of homecare’s most respected independent newsletter Home Health Line. The data used for this analysis were compiled from publicly available information. The entire list of the 2010 HomeCare Elite agencies can be viewed by visiting the OCS HomeCare website at www.ocs-homecare.com.

About Visiting Nurses of the Lower Valley

Located at 61 Main Street in Centerbrook, the Visiting Nurses of the Lower Valley (VNLV) is a licensed nonprofit home health agency serving 13 communities of the Connecticut River Valley for over 90 years. VNLV is a full-service agency whose services include nursing, public health services, diabetes care, cardiac, psychiatric, wound care, maternal child, social work, home health aid, and therapies, as well as geriatric care management, medication management, escorted transportation, homemaker,s and companions through its subsidiary Lower Valley Care Advocates. To learn more about VNLV call 860-767-0186 or visit www.visitingnurses.org.

About HomeCare Elite


The 2010 HomeCare Elite is the only performance recognition of its kind in the home health industry. The 2010 HomeCare Elite

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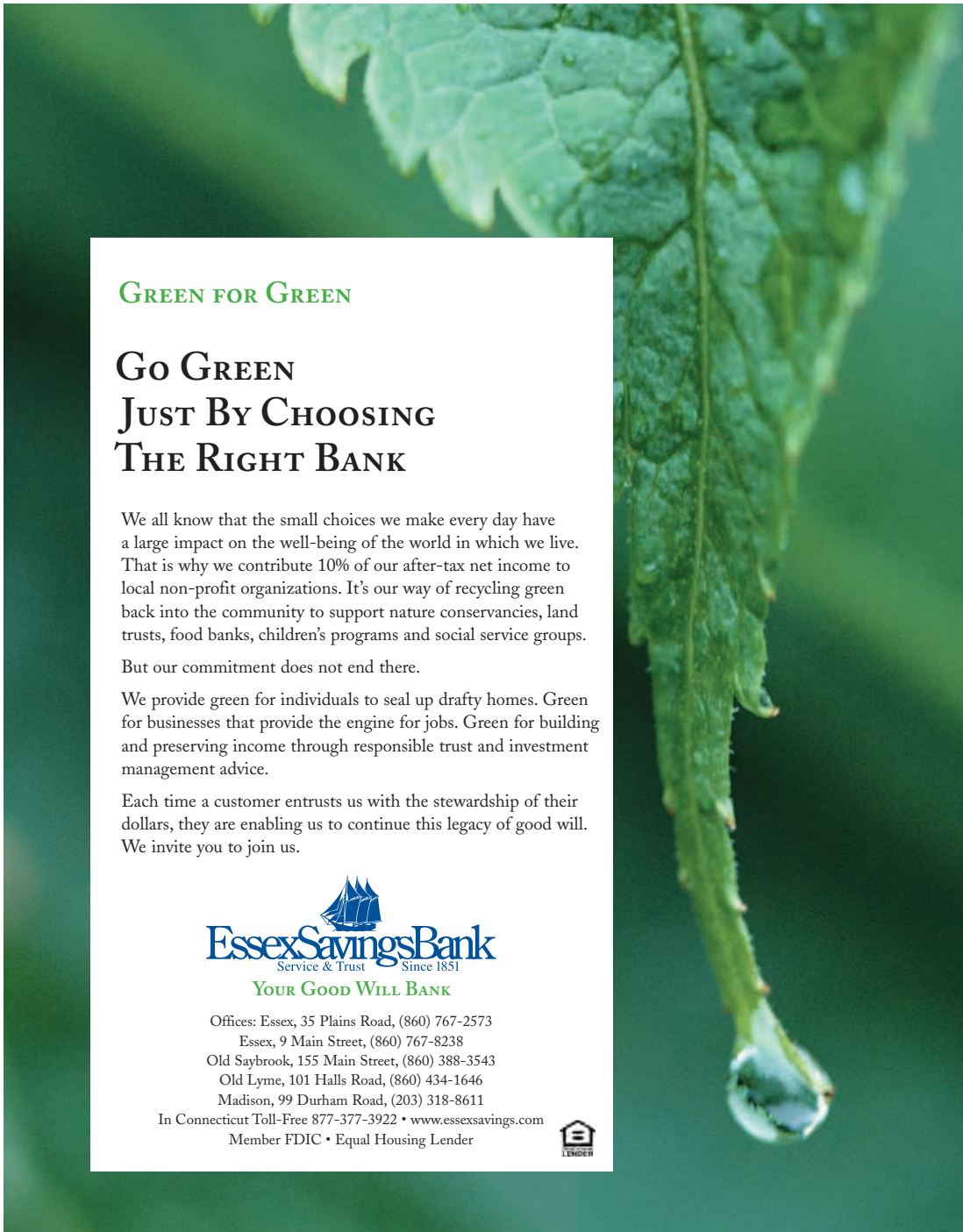
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