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VOLUME 22 • QUARTER 1 • 2018



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First Selectman's Corner

Dear Friends & Neighbors,

Thank you for re-electing the same team as your Board of Selectmen for the next two years, and special thanks for allowing me to continue as your First Selectman. I am extremely proud of what this Board has accomplished during the last four years by working together for the betterment of our outstanding community.

I'm happy to report that through careful budgeting, the Town is in good financial shape and we've earned an increase in credit rating to AA+ with S&P Global Ratings in the face of a downgraded rating for the State of Connecticut. The capital and departmental improvements accomplished this year through grants and policies implemented will benefit the Town well into the future.

This year the Town is honored to dedicate the 2016-2017 Annual Report to Judy and John Heiser. Their collective commitment to the community and years of public service are admirable and span decades. You can read more about John and Judy in the Town's Annual Report, copies of which are available at Town Hall and on the Town's website under the Finance Department. (www.essexct.gov) We thank them for their many years of service and dedication to the Town.

Preparation for the 2018-2019 annual budget is underway. Letters have gone out to schools, departments, and boards and commissions and they will soon compile and submit their requests. The Town's goal is to continue to meet the needs and expectations of our residents while keeping expenditures low. The schedule of budget meetings has been posted on the website. The budget meetings are public meetings and we hope you will attend. The Board of Finance has overall responsibility for the budget process and will submit a final budget to a Town Meeting currently scheduled for May 14, 2018 for approval from Town residents.



Norm Needleman
First Selectman

Several projects that were part of the two year Capital Improvement Plan have been successfully completed. This year the Town Hall bathrooms will be renovated and brought up to code. The Walnut Street Bridge project will get the finishing touches and we expect completion by the end of spring.

continued on page 3

An advertisement for Saybrook Country Barn. On the right side, there is a photograph of a black metal bed with a white bedspread and several pillows. On the left side, there is text in a mix of fonts. The top text says 'Marvelous METAL BEDS' in a large, elegant script. Below that, it says 'Over 100 original designs available in over 30 finishes.' in a bold, sans-serif font. At the bottom left, there is a dark blue rectangular logo with the text 'Saybrook Country Barn' in white. At the very bottom of the advertisement, there is a line of text: '2 Main St. Old Saybrook, CT | 860.388.0891 | www.saybrookcountrybarn.com'.

events

TM Ventures, LLC
dba Essex Printing & Events Magazines

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Cover Photo

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AJ Shea Construction

ajshea.com

First Selectman's Corner... continued from page 1

The \$491,887 Steap Grant for the Centerbrook Village is anticipated to go out to bid in February and construction to begin in the summer months. The project will focus on sidewalk improvement and replacement along the south side of Main Street where there are currently continuous sidewalks in various stages of deterioration. Street lighting will be installed along the sidewalk area consistent with the character of the Village. This grant will help define a connected area within Centerbrook from the Valley Railroad to Essex Elementary School.

I know many of you have noticed the new LED bulbs Eversource is installing on streetlights in Town. If anyone is experiencing a problem as a result of the new LED bulbs please contact the First Selectman's office at 860-767-4340 x145 with your address and a pole number and we will request shields to be placed on those lights.

I encourage you to go see the new trails that had to be created at Viney Brook as a result of beaver activity. The public has been supportive in the past with donations that have allowed the beavers to stay in their habitat while making it safe for people to visit too. I appreciate the willingness of the public to donate money to maintain the habitat. The fund that was created to maintain this area is almost depleted and donations would be helpful once again. Your continued support makes all

the difference. Donations can be made payable to "The Town of Essex" with Beaver Fund on the note line.

The Town of Essex needs your help! So much of what we accomplish is a direct result of the dedicated citizens who volunteer their time for the benefit of the townspeople. Please consider volunteering in some capacity for the Essex Ambulance, Essex Fire Department, a Town board or commission, FISH, the Garden Clubs, or any other non-profit community organization that makes Essex unique. Volunteers are needed to fill vacancies on the Economic Development Commission, the Conservation Commission, and the Park and Recreation Commission. Please call the First Selectman's office for more information. You can be the difference by giving even a small amount of your time.

As we have asked in the past, please clear your sidewalks of snow as soon as possible after storms so pedestrians have a safe place to walk. If you see something that needs to be repaired contact our Public Works Department at 860-767-0715.

On behalf of all of us here at Town Hall, we wish you a very happy, healthy and prosperous new year!

All the Best,
Norm Needleman

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Maureen O'Grady x3116



CHESTER: Elegant French Country home beautifully appointed offering 3 BRs, 2.1 baths, open floor plan, delightful chef's kitchen with plenty of storage. Located on 18+ acres, the house is surrounded by gorgeous gardens.
\$1,150,000

John O'Grady x3116



DEEP RIVER: Light streams through this wonderful Colonial offering dramatic open floor plan adorned with Doric columns, vaulted ceilings and gleaming red oak wood floors. 4 BRs, 2.2 baths, finished lower level.
\$463,000

Gigi Giordano Taylor x 3113
River to Shore Group



ESSEX: Exquisitely redesign 3-level townhouse at Heritage Cove overlooking the length of the Falls River estuary. Heat pump with 5 individual units, radiant heat in floors. Quarter sawn oak cabinetry and woodwork. Simply stunning.
\$370,000

Chip Frost x3112
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Ivoryton Playhouse Announces 2018 Season

2018 SEASON



The Ivoryton Playhouse 2018 season will open on March 21st with seven glorious productions to keep you smiling, singing and dancing all year long!

THE FANTASTICKS, starring David Pittsinger and Patricia Schuman (March 21st - April 8th, 2018), is a gem of American theater. THE FANTASTICKS is the longest-running musical in the world - a timeless fable of love that manages to be nostalgic

and universal at the same time. Try to remember and if you remember then follow....

A new comedy called LOVE QUEST that explores the journeys of two women in the perilous world of online dating takes the stage on April 25th. Is there hope to find a "normal man" through an online dating service? Stars Tony® award winning actress, Karen Ziemba. Runs until May 13th, 2018.

From Broadway to Ivoryton, spend an evening with the Queen of Rock 'n' Roll when A NIGHT WITH JANIS JOPLIN opens May 30th. This musical celebrates Janis and her biggest musical influences. Featuring such unforgettable songs as "Me and Bobby McGee," "Piece of My Heart," "Cry Baby" and "Summertime."

Dust off your leather jackets, pull on your bobby-socks and take a trip to a simpler time as Danny and Sandy fall in love all over again when GREASE roars onto our stage from July 5th - July 29th. Featuring songs from the hit movie "You're The One That I Want," "Summer Nights," "Hopelessly Devoted To You," and many more. One for the whole family!

continued on page 6



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SOLD

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SOLD

17 Riverview Street*
Essex \$3,180,000



SOLD

26 Main Street
Essex \$1,985,000



PENDING

7 Cove Landing
Old Saybrook \$1,395,000



SOLD

8 Red Bird Trail
Old Saybrook \$1,350,000



SOLD

77 Neck Road
Old Lyme \$1,195,000



SOLD

52 Sterling City Road
Lyme \$1,090,000



SOLD

10 Heron Pond Road
Essex \$875,000



SOLD

11 Turnstone Road*
Old Saybrook \$795,000



SOLD

173 Essex Street
Deep River \$775,000



SOLD

12 Hudson Lane*
Essex \$765,000



SOLD

18 Lookout Hill
Essex \$745,000



SOLD

14 Anchorage Lane
Old Saybrook \$625,000



SOLD

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1 River Road
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Ivoryton Playhouse ... continued from page 4

A CHORUS LINE (August 8th - September 2nd, 2018) examines one day in the lives of 17 dancers, all vying for a spot in the "chorus line" of a Broadway musical. Based on real Broadway dancers' stories, this singular sensation is the longest-running American Broadway musical ever. A musical for everyone who's ever had a dream and put it all on the line.

Winner of eight 2012 Tony Awards® including Best Musical, ONCE (September 19th - October 7th, 2018) tells the enchanting tale of a Dublin street musician about to give up on his dream when a beautiful young woman suddenly takes an interest in his haunting love songs. Featuring an impressive ensemble of actor/musicians who play their own instruments onstage, this is an unforgettable story and music to make your heart soar.

Set in Alabama in 1962, THE QUEENS OF THE GOLDEN MASK (October 31st - November 18th, 2018) is a stunning new play about a group of mothers and daughters that takes us from church picnics and summer camp to the secrets and hypocrisy that lie just beneath the surface. A world premiere.

Call the Playhouse box office at 860-767-7318 for subscription options. Single tickets go on sale February 20, 2018. www.ivorytonplayhouse.org.

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

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Building a Thriving Music Community in Deschapelles, Haiti



Haitian bassoonist Daniel Charles ran sectional workshops last summer for the Deschapelles beginner band, part of the Sister Cities Essex Haiti Music Project.

A beginner band 40 members strong, summer camp opportunities for musicians, an avenue for a musician to play with the Port-au-Prince Philharmonic –this and more because of Sister Cities Essex Haiti (SCEH) Music Project in Deschapelles, Haiti.

Sister Cities Essex Haiti collaborates with the people of Deschapelles on projects identified by its Haitian partners as important. Music, a vital part of

life in Haiti, is an example. Most towns have a Fanfare Band for local events. In 2011, Deschapelles wanted to build up its music community, so instruments and music books were sent. In 2011 and in 2015, Paddy Hurley, founder of Essex's Community Music School, ran week-long workshops in Deschapelles with the assistance of Essex Musicians for Deschapelle's Fanfare Band and a beginner band.

Through Twitter, the SCEH Music Project caught the attention of classically trained Haitian bassoonist Daniel Charles who is based in Port-au-Prince. Trained in the U.S. in music theory and with


skills on many instruments, Charles wanted to give back to his fellow musicians. Last summer he and five other musicians held a week-long workshop in Deschapelles for the 40 members of the town's beginner band. Instruction included music theory, lessons in the care and cleaning of instruments, and individual section and group training. It ended with a well-attended final performance of traditional and classical pieces. Daniel Charles and his fellow musicians are committed to continuing their nurture of Deschapelles musicians in future years.

Clarinetist Castillo Armand began his music studies 5 years ago through the SCEH Music Project. With hard work, music camp experiences in Haiti, and lessons with the principal clarinetist of the Port-au-Prince Philharmonic, he now plays with the orchestra. Castillo established a small wood wind group that played at the Hôpital Albert Schweitzer's 61st Birthday celebration.

SCEH is grateful to the many people of Essex and beyond who support its efforts, as well as the investment of fellow Haitians like Daniel Charles and musicians from Port-au-Prince, and the enthusiasm for music of men and women from Deschapelles. This is but one example of what makes Sister Cities Essex Haiti Projects successful.

By Brenda Floyd

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Essex Community Fund

Essex Community Fund's New Fundraising Event – Cheers for Charity



We are excited to announce our new fundraising event – Cheers for Charity, coinciding with the Essex Go Brough parade and festivities being held in the three villages of Essex on March 10th. Held in the historic Oliver Jensen Gallery and

River Valley Junction Hall at the historic Essex Steam Train in Centerbrook from 1-4 pm, there will be over 4,000 square feet dedicated to this special afternoon event of beer tasting from a wide variety of small and craft breweries.

As part of this year's event, Alex Foulkes, owner of Penny Lane Pub and a Craft Beer Institute Certified Cicerone®, is lending his proven expertise in selecting and tasting today's beers, and will be presenting as part of the special VIP program (12-1 pm). We are very fortunate to have him. In addition, Epicure Brewing of Norwich is brewing a special beer just for our event!

For More Information visit: www.essexcommunityfund.org

2017-2018 Fuel Assistance Challenge Underway

The Fuel Assistance Program (FAP) is an on-going program available to residents who meet the funding criteria and provides a one-time fuel drop valued at \$400. In recent years, ECF has brought awareness to the situation by establishing a matching gift challenge. Members of St. John's Episcopal Church in Essex and friends and family of Peter Berrie answered our call last year.

Please consider helping our neighbors and joining this year's Challenge. Donations can be mailed to the Essex Community Fund with a note that it is for FAP. Thank you in advance for helping us to keep our neighbors warm and to Maryellen Barnes for administering this important program.



WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 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.

Visit the website for more information:
<http://www.211.org/#>

Town Clerk

Town Clerk's Office

Submitted by Yvonne Roziak, Assistant Town Clerk

Welcome to Centerbrook, Essex and Ivoryton

Enrique J. Salvo	7 Prospect Street	Essex
Robert & Lynn Green	85 River Rd., Unit B5	Essex
John Brodzinski, Sr.	47 Hickory Lane	Ivoryton
Peter Atkinson & Joanne Vitarelli	83 B Main Street	Ivoryton
Stephen & Anne Gilewski	28 Townwoods Road	Ivoryton
Nathan D. Sczygiel	8 Hickory Lane	Ivoryton
Travis & Alyssa McDaniel	55 A Pond Meadow Road	Ivoryton
Louis Grey Spann Jr.	41 Prospect St.	Essex
Keith Sorensen & Susan Pawluk	7 Foxboro Road	Essex
Donald & Moira Boucher	4 Keyboard Lane	Ivoryton
Paul Owen	2 Birch Circle	Ivoryton
Melissa Anthony & Todd Roswech	51 Summit Street	Ivoryton
Diana L. Charnok	23 West Avenue	Essex
John & Flora Stetz	103 Main Street	Centerbrook
Bryan & Kristen Gilbert	24 Windemere Way	Ivoryton
Madeline Romano & Thomas Walsh	9 Book Hill Road	Essex
Jonathan & Beth Winikur	61 River Road	Essex
William Engfer & Yu E Sun	58 Mares Hill Road	Ivoryton
William Lee	82 Mares Hill Road	Ivoryton
Dickon Pownall-Gray	17 Riverview Street	Essex
Ann M. Gamble	14 Blake Street	Ivoryton
Michael & Lucy Bascobert	17 Laurel Road	Essex

Loss of Residents and Friends

September

Ann Watson Wilson Itnyre
Stephen Spires
John A. Johns

October

Roseanne M. Leger
Geraldine Ficarra
Avery L. Morgan
Edward McLaughlin

November

Wayne D'Amico
Arthur J. Samuelson
Elizabeth Dean Katz

November

Mary E. Thody
Frank L. Riggio
Paulette E. Alexander
Mark T. Hobson

December

Anna M. Vidbergs
John F. Croce
Helen Freeman Weber
James F. Byrne

Respectfully submitted,
Yvonne Roziak
Assistant Town Clerk

Social Services

Dear Community,

The Town of Essex Department of Social Services thanks all of the friends and supporters of our Holiday Change for Change Campaign. Your generous giving allowed us to serve over 65 children this holiday season. We distributed retail gift cards for each child to assist parents with their holiday shopping. We also distributed grocery store gift cards to over 30 families to help offset the cost of food.

Your cherished donations assisted with providing some financial relief during this holiday season to our local families in need of support. On behalf of the families of Essex, we offer our deepest gratitude. Thank you again for supporting those less fortunate. Our campaign's success was only possible because of the donations from our kind hearted community.

Mary Ellen Barnes, CPRP
Town of Essex
Park and Recreation Director
Social Services & Municipal Agent
mbarnes@essexct.gov

FISH (Friends in Service Here)

FISH was founded locally in 1970 to provide free rides to medical appointments for residents of Essex, Deep River and Chester. The officers for 2017 are: Henry May, President; Stuart Warner, Vice President; Ali Nichols, Secretary; Barbara Ryan, Treasurer and Dana Hill, Driver Recruitment. Dispatchers are John Heiser and Tony Carrano.

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

This year in 2017, FISH drivers will have provided over 700 free rides, of which over 300 for residents of Essex.

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

Henry May, Driver and President



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Essex Land Trust Celebrating 50 Years - The Early Years

Editor's Note: In 2018, the Essex Land Trust will be celebrating 50 years of preserving and enhancing our community's open space and natural resources for the benefit of future generations. We are kicking off the celebration of this landmark moment with a first in a series of articles detailing some of the high points in our history.

In July of 1968, readers of the Deep River New Era or Hartford Courant newspapers found an announcement tucked into the pages.

In the face of growing concern over development in the area, a group of Essex residents had formed a land trust to acquire open space property for public use. It was called the Essex Conservation Trust (ECT) and its mission, said president Thomas S. Willetts, would be "to promote for the benefit of Essex residents ... the preservation of natural resources and the plant and animal life therein ... as well as scenic and historic sites." It would seek to "acquire by gift or purchase ... real or other property ... exclusively for educational, scientific and conservationist purposes."

Henry Tower was named vice president. Mrs. Frederick Dagget, secretary and R. William Bevan treasurer. The directors and the advisory board reads like a "Who's Who" and included Merritt Comstock, Herbert Clark, Charles Doane and Walter Budney. The Middletown Press covered the first meeting, held October 9. Already 258 members strong, the auditorium was "packed" according to the Press. Joseph Ward Jr. of the state Council

on Agriculture and Natural Resources gave a talk and showed a film, "Wingbeats on the Sand." But the highlight was an announcement by Land Acquisition chairman Merritt Comstock that the trust had purchased its first property - a 5-plus-acre section on the northeast section of Thatchedbed Island.

Thatchedbed Island was the early focus for land acquisition. In January of 1969, a group of property owners, led by Chester Bowles, donated acreage on the island's south end. This followed an earlier gift of land on Great Meadows by Mrs. Francis K. Buell in memory of her husband, Fishy Buell.



Membership expanded rapidly and included 47 in the Junior Land Trust, made up of 5th and 6th graders from Essex Elementary School under the guidance of 6th grade teacher Alouise Keenan. Yearly dues were \$1.

The ECT acquired six more acres on Thatched Bed Island that winter, purchased from Mrs. Edna Pratt Ek and Capt. Walter Rowe. Rowe, founder and first Commodore of the Essex Yacht Club, had bought land there in 1946 to protect it from development, making him one of the town's first conservationists; Ek's property had been in her family since the 19th century, when it was used to grow salt hay.

Thus, by the early 1970s, a new idea was taking hold, the idea of donating, and deeding

or selling land to the ECT. William Mitchell of Ivoryton deeded 4-plus acres on the Falls River, including three acres of valuable wetlands. Mitchell said he hoped his act would "encourage other landowners to follow suit." ECT pres. E.P. Williams lauded the move, which would "help insure the quality of life in this community."

But the trust was about more than saving open spaces; education through talks and presentations were part of the plan, too. The first of the trust's Ecology Walks took place out on Great Meadows, hosted by Conn College student Rob Hernandez, who explained the flora and fauna of the pendant bar to a group of active members. The Old Saybrook Pictorial covered the event, the trust termed it a success and a second walk was planned.

Throughout the early 1970s, a variety of speakers were bringing current issues to the fore; Christopher Percy, executive director of the Connecticut Watershed Council discussed the pros and cons of the plan to build an oil refinery on Long Island Sound; Yale Univ. forestry expert William Burch Jr. talked about the relationship between humans and the environment; Richard Buck, an expert on the Atlantic Salmon, highlighted efforts to bring the fish back to its Connecticut native river.

Membership was now more than 400; in the space of just five or six years, the Essex Conservation Trust, through acquisition and education, was becoming an integral part of the three-village community.

By Steve Knauth

Focus, Shoot, and Enter the Land Trust's Photo Contest

Attention amateur photographers: The land trusts of East Haddam, Essex, Lyme, Old Lyme, Old Saybrook, and Salem want to see how your lens captures the beauty of these towns. Enter your photo of a stunning sunset, dew-drenched flower, passing bird, or any of the cultural or historic highlights in one of these six towns in the Land Trusts Photo Contest. Winners will receive cash prizes.

Photographers of all ages may enter, with those 16 years and younger entering the Youth category. Entries must be submitted from January 1 through February 28, 2018.

Three judges, all photography and art experts, choose the winning photos of each category - Landscape/Waterscape, Plants, Wildlife, Cultural/Historic, Black & White, and Youth.

All photos must be taken in East Haddam, Essex, Lyme, Old Lyme, Old Saybrook, or Salem. Photos may be in color or black and white, with all black and white photos entering the Black and White category.

Visit landtrustsphotoncontest.org to download contest rules and entry forms. See the fantastic and creative winners from years past, and read more about the judges, sponsors, and land trusts that make this contest possible.

Winners will be announced during a reception in April 2018 where all entered photos will be displayed.

Sponsored by Ballek's Garden Center, Evan Griswold at Coldwell Banker Residential Brokerage, Essex Meadows, Essex Savings Bank, Essex Steam Train & Riverboat, Lorensen Auto Group, OWCM Group Morgan Stanley Wealth Management, Riverquest-CT Expeditions, Dr. Gita Safaian at Hamburg Cove Endodontics.



A view of Thatchbed Island looking south from Essex Village center
Photo courtesy of the Essex Historical Society



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Essex Land Trust 2018 Calendar of Events

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

January 1-February 28, 2018

Land Trusts Photo Contest

Amateur photographers of all ages are invited to submit your favorite photos taken in East Haddam, Essex, Lyme, Old Lyme, Old Saybrook and Salem of Scenic Landscapes, Wildlife, Plants, and Cultural/Historic locations. Includes participation in Youth and Black & White categories. For contest rules, entry forms and other details visit: landtrustsphotocontest.org.

Wednesday, January 17, 7 pm

Essex Town Hall, 29 West Avenue Connecticut and Climate Change – What is happening?

Connecticut Sea Grant College Program Education Educator Juliana Barrett, Ph.D. will explore climate change impacts for Connecticut over the next 100 years, information and tools that are available and adaptation strategies to improve our resilience. Hurricanes Irene and Sandy showed just how vulnerable coastal Connecticut is to storm damage and flooding. These events challenge communities to come up with adaptation strategies to deal with impacts from climate.

Sunday, January 21 at 3 pm

Essex Meadows, 30 Bokum Road Early Industries Along the Falls River

Brenda Milkofsky will present an examination of the mills, forges, cottage industries and larger manufactories all powered by

this damnable waterway with its natural falls. She will explain how the development of all three of Essex's villages depended upon harnessing the river's waterpower. Lecture co-sponsored with the Essex Historical Society. Refreshments provided.

Sunday, January 28 at 3 pm

Essex Meadows, 30 Bokum Road The Williams Shipyard at Falls River Cove

Dr. John Pfeiffer, Professor Emeritus, Archaeology, Wesleyan University, will address the historic Essex Williams Shipyard. Dr. Pfeiffer will explain how the shipbuilding complex's foundations still lie beneath the river's silt and will paint a vivid picture of early interdependent maritime trades, all operated by one family from 1790-1845. Lecture co-sponsored with the Essex Historical Society. Refreshments provided.

Saturday, Feb. 3 at 2 pm

Essex Meadows, 30 Bokum Road, Essex Live Raptor Presentation

A Place Called Hope, Inc. is a Raptor Rehabilitation and Education Center specializing in the rescue and care of Connecticut's wild injured, orphaned or ill birds of prey. This program is about protecting wild raptor species and how to lessen conflicts with wildlife in our backyards. The handlers will share resident raptor species with the audience for a unique close up. All ages welcome.

Saturday, Feb. 24, 10 am-2 pm,

Bushy Hill Nature Center, 253 Bushy Hill Road, Ivoryton Maple Sugaring Event

Attend a Maple Sugaring Open House with the staff at Bushy Hill who will be running the Sugar Shack. Discover their

Maple Sugaring Process from tree to shack to table. You will be able to purchase some sweet liquid gold Maple Syrup too. Other Sugar Shack Open Houses are on February 17th, March 3rd, and March 10th. All ages welcome.

Monday, March 5, 2 pm

Essex Town Hall, 29 West Avenue, Essex Conservation Practices at the NYBG

Co-sponsored lecture with the Essex Garden Club, Brian Boom, PhD, Director of Conservation at the New York Botanical Garden will speak on conservation practices in Connecticut and at the NYBG. All are welcome.

Monday, March 26, 7 pm

Essex Town Hall, 29 West Avenue Protecting Connecticut's Groundwater Resources

Lecture on protecting Connecticut's groundwater resources with a focus on the lower Connecticut river valley by Gary Robbins, Professor of Geology in the Department of Natural Resources and the Environment at the University of Connecticut, Storrs. Dr. Robbins specializes in Hydrogeology and has been at UCONN for 31 years. He has published many papers related to CT groundwater resources.

Thursday, April 12, 5:30 pm

Essex Meadows, 30 Bokum Road, Essex Essex Land Trust Annual meeting

Join us for ELT's festive 50th Anniversary celebration, cocktail party and annual meeting. Light food will be served. Tickets (\$30) for the cocktail buffet (5:30-6:30) will be available at the door. Business meeting and presentation that follow are free to all. Non-members welcome.

Ivoryton Library

The dust has settled! We recently upgraded aspects for the library for energy efficiency. Thanks to generous donations from Eversource and Southern Connecticut Gas, we replaced many old windows in the children's Rooms. We replaced our furnace with electric heat pumps for better temperature controlled heating and cooling. Our staff and patrons can feel the difference and our materials are safer, too.

Due to construction, we had to suspend activities in the Children's Room. Thursday morning storytime is back. Please join us at 10 am for a drop-in, fun time with stories and crafts. No registration is necessary.

Our November Adult Craft Night was a success! Sign up for our next evening, Wednesday, January 31 at 6:30 when we will learn a

simple decoupage on wood technique. This event is free but space is limited and registration is necessary.

The Ivoryton Library Local History Room recently received a donation of records and other materials from the Ivoryton Congregational Church. These items have been inventoried and catalogued. We invite the public to an opening of an exhibit of these materials and a celebration of the Church on Sunday, February 18 from 3-5 pm.

Looking for a way to liven up the sometimes dreary days of winter? Join us for Trivia Night on Saturday, March 3 at 7:00 at the Centerbrook Meeting House. This is a night of fun, food and friends, at least if you are on the same team! What Trivia is coming to entertain us and test our knowledge of the trivial! Food, drink and fun! Tickets on sale beginning February 5 at the library. Form a team and sign up!

Beavers at Work at Viney Brook



Beavers at work at Viney Brook
Photo courtesy of Jeffrey Lovelace

Come visit Viney Hill Brook Preserve and see nature at work and what your commission is doing to keep the preserve safe for people to visit.

The beavers are working hard felling trees, storing food and fortifying their main lodge and secondary “guest” lodge for the winter. Their major, new project is the construction of a system of dams and large pond across Broadwalk blocking the trail. We believe they are building in this upstream area to control the water flowing into Quarry Pond and thus maintain a constant water level for their lodges. Whether they will build a lodge in the new pond has yet to be observed. Because of this new activity, Conservation Commission members created a new, scenic trail around this area.

The Beaver Fund that was created to maintain this habitat is almost depleted and donations are needed once again. The public has been supportive in the past with donations that allowed the beavers to stay in their habitat. Donations can be made payable to “Town of Essex” with Beaver Fund on the note line. Please include your name and contact information if you would like to volunteer for this project.

Save the date Saturday, April 14, 2018 for the Second Annual Essex Beaver Appreciation Day.

Essex Conservation Commission

Friends of Essex Library

Essex is still America’s Best Small Town! Because of community wide participation in our 2017 fundraising efforts, the board of Friends of the Essex Library was able to make two significant donations during the year. One was given at the Friends Annual Meeting in June and the second at the Library Annual Meeting in October.

We appreciate all who supported our Spring and Fall Book Sales, the December Holiday Book Sale, and the Sept 9th “Festival of Parties,” all of which required help of a dedicated group of volunteers and town sponsors. We would be remiss in not recognizing Centerbrook Cheese Shop, Essex Chocolatier & Coffee Bar, Fromage, Howard’s Bread, and Scotts Farm in Essex for their generous sponsorship of the “Festival,” as well as the fifteen hosts and hostesses who prepared and served gourmet dinners in their homes.

In expressing appreciation, Richard Conroy, library director, said, “The Essex Library is very fortunate to have a dedicated and productive Friends group working tirelessly on its behalf.

The two very generous contributions they gave us in 2017 have made the difference between just getting by and having the ability to provide a high level of service to our patrons. The rest of the staff and I are extremely grateful for their vital support!”

Our January focused book sale features “Art”; February will be devoted to “Children and Young Adults” and in March, “Gardens and Nature.” Each month you’ll find a wide array of interesting books, perfect for lifting one’s spirits on a cold winter day or for getting a head-start on garden plans.

To complement this sale, Friends is offering a “Bag of Books” sale from 10 am to 3 pm, February 3, “Take your Child to the Library” day. Bring a bag or get one to fill for \$5.



Essex Printing and Events Magazines Honored as 2017 Business of the Year



Essex Printing and Events Magazines is proud to announce that it has been named the 2017 Business of the Year by the Old Saybrook Chamber of Commerce. The announcement was made at

the Chamber's Annual Awards Evening and Silent Auction held at The Kate in Old Saybrook on December 6, 2017.

"This is such a special honor for us. The company has been serving this community for many decades now. We always strive to do our best for our customers and the community. And no matter what we do, we always are looking to do more and we will continue to do so," said William McMinn, the company's President. "For our company and our employees, this is a moment to cherish. We look forward to continuing to serve this community, building on existing relationships, and fostering new and exciting partnerships going forward. We are also grateful to the Old Saybrook Chamber of Commerce and the important role it plays in so many ways for so many of us."

Essex Printing and Events Magazines is a full service commercial printing and publishing company. Its skilled staff provides top quality service with respect to projects ranging from business cards to books and from graphic design, digital and large format printing to marketing consultations. The company has won 13 major print awards in the past 5 years, including the "Benny" award - an international award that is universally recognized as the symbol for excellence in the printing industry. The company also produces and publishes Events Magazines. These magazines are published quarterly in 16 Connecticut towns, and have been a trusted source for local news for 22 years. They are mailed directly to every home and business in these 16 towns, are a "must read" for residents, and are widely recognized as a cost-effective advertising vehicle for businesses.

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Estuary Council Regional Senior Center

220 Main Street, Old Saybrook
(860) 388-1611

The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational classes, exercise programs, and socialization activities. We have been promoting healthy and active lifestyles through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at www.ecsenior.org for additional information or call us at 860.388.1611.

ESTUARY GYM IS SILVER SNEAKERS APPROVED! If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness classes. Check eligibility easily by contacting the Estuary at 860-388-1611 x202.

THE MARSHVIEW FITNESS CENTER – Stay healthy and strong by working out in our gym. Membership Options: \$50 for 3 months, \$90 for 6 months, \$150 for a year. Stop by the Office for a tour and learn how to become a gym member.

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

Volunteers are always welcome at the Estuary Council Senior Center. Help pack or deliver Meals on Wheels, work in our Thrift Shop, serve on our Board of Directors, and so much more.

Please contact Judy at 860-388-1611 x213 for details.

Garden Club Decorates Essex for the Holidays



(left to right): Gay Thorn, DeeDee Charnok, Sandy Meister



(left to right): Diane Sexton, Pat Mather, Renate Houchin

In preparation for the holidays, members of the Essex Garden Club decorated merchant window boxes, and tubs of the villages of Essex using a variety of evergreen cuttings from members and other generous donors from the community. The "Silent Policeman" has been decorated with layers of evergreens, berries and lights. The gazebo also has been decorated with garlands and lights. The Essex Garden Club helped the town put on a festive face for Trees in the Rigging on Nov. 26th and the Holiday Stroll Dec. 1st.

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ESSEX VILLAGE WATERFRONT LANDMARK - Uriah Hayden House c1847. Exceptional renovation. Spectacular kitchen, living room with fireplace, family room with fireplace, three bedrooms. Amazing covered porch overlooking sweeping lawn to water. Perfection! **Offered at \$2,900,000**

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ESSEX - SOUTH COVE CONNECTICUT RIVER WATERFRONT - 18th Century Reproduction Gambrel, 4 BRs, formal LR & DR w/fpls. Pretty porch with fabulous views of Harbor & CT River. 3-car barn/garage. Sits on 4.5 exquisite acres. Very private, yet walk to Town. **Offered at \$1,650,000**

ESSEX - FANTASTIC WATERFRONT LOT - Superb 4.6+ Acre residential lot with 216' of waterfront. Overlooks Essex Village and CT River. Walk to Village. Open field & wooded. High & dry no flood insurance needed. Amazing Opportunity to build your dream house! **Offered at \$1,250,000**

ESSEX - EXCEPTIONAL WATERFRONT Breathtaking views of South Cove and CT River. Robert Stern inspired 10 room shingle style home. Fabulous living room, dining room, kitchen and library. Spectacular and Private. **Offered at \$1,475,000**

NEWLY PRICED

ESSEX (Ivoryton) - HISTORIC OSWIN REDFIELD HOUSE c1877 Wonderful Victorian home with fireplaces, built-ins, wood floors, enclosed and wrap around porches. Renovated kitchen. Beautiful yard. **Offered at \$399,000**

ESSEX - STATELY FEDERAL Historic Federal in fabulous Village location. Spacious home with lovely level yard. LR with FP, large family room, formal DR, klaff kitchen, 3-4 BR, 3 Baths, pretty patio. Garage. **Offered at \$599,000**

DEEP RIVER - THOMAS BUCKINGHAM HOUSE c1780 - Perfect marriage of past and present. Living Room and Dining Room with original fireplaces. Architecturally designed wing with chefs kitchen and Master Bedroom. Stunning landscape on 1.5 Acres near the CT River. **Offered at \$595,000**

ESSEX (IVORYTON) - LOCATION! LOCATION! LOCATION! Quick walk to the Ivoryton Center. Open floor plan. Living Room, Dining Room, 2 bedrooms, 2 baths. One level living. Unfinished second floor. 2 Acres. **Offered at \$255,000**

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Essex Foundation



Sullivan Lawn Service crew members install evergreen shrubs and ornamental perennial plants at the intersection of Route 154 and Route 153 in Essex, the second phase of a landscape beautification project funded by The Essex Foundation.



EVMH Members of the Essex Foundation Board of Directors present a check to Veterans Memorial Hall to pay for the paving of their parking lot. Pictured from left to right are Judy Bombaci, Jim Clark, Bruce Glowac, Sam Riggio (EVMH member), Alex Breen (EVMH member), Herb Clark, and Stick Hyde.

2017 was a busy year for The Essex Foundation, Inc., a nonprofit 501(c)(3) organization dedicated to making a difference in the lives of Essex residents. Much progress on the multi-phased

Essex gateway beautification project was made. Soon after the painting of the Route 9 highway bridge at the intersection of Route 153 and Route 154 was completed, the Foundation moved forward with the installation of twelve Chanticleer pear trees and over 300 low-growing, low-maintenance evergreen and perennial plants in the southeast corner of the state-owned underpass area. Matthew Verry Landscape Design provided the planning and design while Sullivan Lawn Services provided the installation and maintenance services.

The Foundation also provided financial assistance to Essex Veterans Memorial Hall, which serves as a resource for veterans, their families, and the greater community. The donated funds were used to fully underwrite the cost of paving the gravel parking lot on the Centerbrook property. Sullivan Paving Company submitted the winning bid, which included a donation of their time and materials to line stripe and mark the new pavement.

Support was also given for the purchase of furniture for the community room, game room, office and kitchen at the newly constructed Essex Place, an affordable senior housing complex also in Centerbrook. The request for support was made two weeks before the grand opening of the 22-unit complex developed by Essex Elderly & Affordable Housing and the Women's Institute of Housing & Economic Development when it was realized that last minute adjustments to the overall project budget left no available resources for the furnishings.

The Essex Foundation is funded through donations from the community and strives to fill needs not met by other organizations or sources and usually require quick action and have immediate impact. More information can be found at www.theessexfoundation.org.

Regional Mental Health

The holidays have passed and we now have a new year before us. For some, this will simply be a change of date but for others it will carry much more importance. For them January first represents a fresh start, new resolutions and a chance to make positive changes that they fell short on, or altogether missed, during 2017. If you find that you're in the position of looking at the proverbial clean slate, I would encourage you to ask yourself how you will make 2018 your best year yet.

When considering how to address the opportunity before you it may help to

consider how you handled the past year. Surely we are living in interesting times, sometimes scary and often confusing. However challenging our days may have been, we have survived them, even if only barely. It's true that what we look for, we will find. Do we envision that which brings us joy or what angers us? Are we expecting to connect with what we love or what frustrates us?

What if in 2018 we were able to put our energy into being a better version of ourselves - for others? What if we were kinder, more considerate, more forgiving and

more patient with those we encounter? Imagine if we worked as hard at bridging a broken relationship or fostering healthy ones as we do when we seek out the latest trending product or status object. How would 2018 be different if we were able to find value in things like love, peace, and acceptance instead of a bank account, new car or designer bag?

A wonderful quote from Peter De Vries states, "We are not primarily put on this earth to see through one another, but to see one another through." What if we all just did that?

Essex Historical Society Events



Postcard of the Looby Brush Factory, Centerbrook, circa 1900.

Essex Historical Society invites you to its popular Winter Lecture Series, "Follow the Falls River."

Each illustrated talk will feature in-depth discussion of the resources – natural, human and industrial – along the waterway that ties together the town's three villages.

Entitled "Follow the Falls," the series is part of a year-long collaborative program between Essex Historical

Society and Essex Land Trust. Hosted by and presented in partnership with Essex Meadows, 30 Bokum Road, Essex. All lectures are free.

Sun. Jan. 14, 3 pm: Phil Miller, Bushy Hill Nature Center, addresses the natural resources of the Falls River Cove Estuary.

Sun. Jan. 21, 3 pm: Brenda Milkofsky, Connecticut River Museum, addresses the early industries operating on the Falls River in the town's three villages.

Sun. Jan. 28, 3 pm: Dr. John Pfeiffer, Prof. Emeritus, Wesleyan, addresses the Archaeology of the Williams Shipyard Complex, 1790 – 1845, at Falls River Cove.

For more information, please contact us at www.essexhistory.org , (860) 767-0681 or find us on facebook

Visit our town Website at: www.essexct.gov



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Valley Regional High School

On the morning of September 24th, five students from Valley Regional High School, accompanied by Interact Club advisor Ms. Hambor, set out for New Haven. The goal of this group of six was to help make a difference in the lives of people who are less fortunate. The Interact Club at Valley was established with the intent of getting students involved with the community. One such opportunity is Habitat for Humanity, a non-profit volunteer-based group that builds houses across the nation for those in need.



The participating Valley students arrived on site at nine in the morning, ready for the hard labor that greeted them. On site, the students were able to work alongside Habitat house owners. "... I really enjoyed working alongside the other volunteers," explained Freddie Kerr, a Valley student partaking in the Habitat for Humanity program.... They [the other house owners] were all very friendly which created a



very positive work environment." This environment was a factor in the amount of work that was completed on that day. Not a single member of the Habitat team grumbled at the tasks at hand, but rather jumped at the chance to get involved. Students learned how to apply insulation and drywall, as well as how to operate a power drill to effectively drive

screws into boards. This hands-on, learning-as-you-go-technique really gave volunteers a chance to explore something on their own.

When seeing high school students partaking in volunteer work, it is not unpopular for others to believe that the work is being required by the school that the students attend. This is what sets the students at Valley Region apart from others. Valley students are not required to turn in volunteer hours in order to graduate, thus making volunteering in the community completely optional. When asked why students like Kerr would still fill their already busy schedules with



volunteer work, he responded, "Even though it seems cliché, I joined Habitat to make a positive difference in my community. I knew I could physically make a difference in somebody's life. That's something you can't really do every day."

By Sydney Peacock, student

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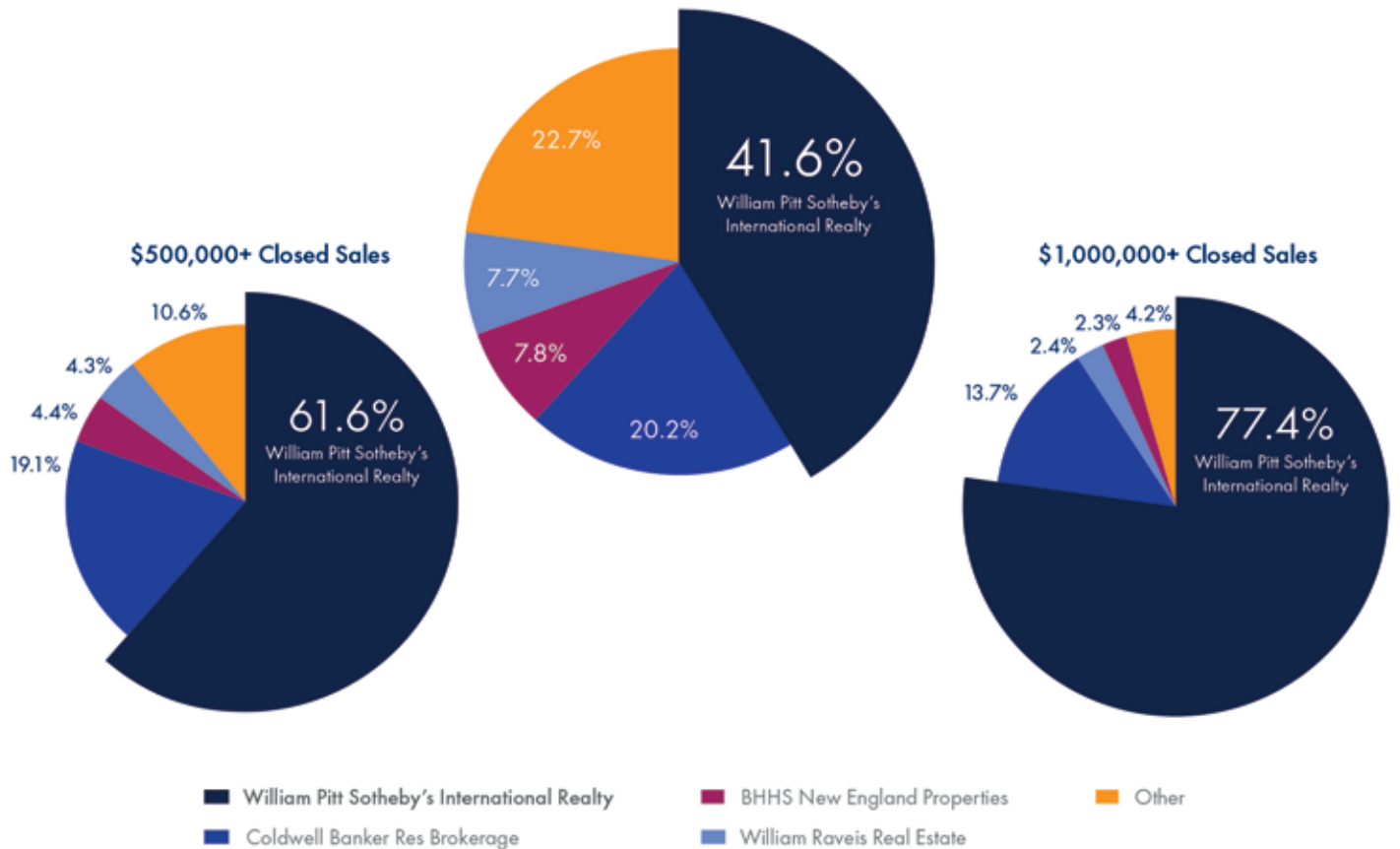
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Dee Hasuly 860-214-1864



Westbrook \$314,900
Sun-drenched 2200 sq. ft. condo on the Patchogue River. FF MBR Suite, open LR/DR w/gas FP, 4 season porch w/ private deck.
Laurel Peters 860-306-2812



Essex \$574,000
Nantucket style home in the heart of Essex! Open concept home w/ complete renovation in 2016, eat-in KIT, great rm w/ FP, detached barn w/ heat.
Kyle Hinding 860-857-4219



Old Lyme \$999,000
One of the most admired homes in Old Lyme, 'Ten Gables' has deeded access to a dock/picnic area on the Connecticut River. LR w/ Stone FP, Cathedral ceiling, arched beams.
Maureen Nelson 860-227-9222



Old Lyme \$539,000
Year-round 'new' condition - quality built custom home on spacious double lot in Miami Beach assoc. FF Master suite w/ private terrace, gourmet KIT. FF Laundry rm.
Joel Lucas 860-304-9150



Old Saybrook \$2,250,900
Fenwick Home featuring light filled rms w/ views of L.I. Sound. Formal LR w/ FP. Guest Suite w/ lrg LR, Kitchenette, bdrm w/ balcony & 1.5 BAs.
Diane Gregory 860-395-8433



Old Saybrook \$1,289,000
Beautifully landscaped waterfront Cape w/ breathtaking views of L.I. Sound. FF MBR Suite, open flr pln, renovated KIT, part of Knollwood Beach Assoc.
Joel Lucas 860-304-9150



Old Saybrook \$569,000
New Construction w/ 1 yr Builders new home warranty! 4 BDRM home w/ hill top views of L.I. Sound. Open flr pln, gourmet KIT, hrdwd flrs, C/Vac, 3 car garage.
Joel Lucas 860-304-9150



Old Saybrook \$485,000
Beautiful Colonial w/ 2700+ sq ft. FR w/ cathedral ceiling, great FR w/ cathedral ceilings, FP & sliders to deck. Large fenced yard w/ outdoor shower
Joel Lucas 860-304-9150



Old Saybrook \$469,900
Water-view of Fenwood Beach! Beautiful ranch-style w/ views of the LIS in the front & Marsh views from backyard. C/A, 3 car garage, 2 lrg BDRMS.
Joel Lucas 860-304-9150



Old Saybrook \$369,000
Beautiful 4BR/3BA home with stellar features. Engaging residence with an array of extras. Generous floorplan. 2 fireplaces. A very enticing style!
Kyle Hinding 860-857-4219



Deep River \$561,000
Enjoy spectacular views of the CT River and the Lyme Hills from this custom designed Contemporary home. Light filled interior with spacious open floor plan. Corner office with built in bookshelves & large picture window.
Peg Mitchel 860.391.1701



Westbrook \$359,000
Surrounded by picturesque Salt Marsh is this beautiful condo w/ updated KIT offering granite counters, breakfast bar, SS, 2 Bdrms & oversized deck.
Peter Bonanno 860-227-9798
Shane Bonanno 860-227-7353



Westbrook \$299,000
Enjoy beautiful Hammock Point in this 2 bedroom, 1.5 bath condo in a 55+ community. Enjoy views of tidal rivers and marsh from back deck.
Peter Bonanno 860-227-9798
Shane Bonanno 860-227-7353



Westbrook \$229,000
Great investment opportunity in the village of Westbrook. 2 family home w/ side by side units w/ 1 BDRM each. Situated on the Patchogue river.
Peter Bonanno 860-227-9798
Shane Bonanno 860-227-7353

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Vista Supports USVI Family Impacted by Hurricanes

Members and staff of Vista Life Innovations, a community-based organization that supports the personal success of individuals with disabilities, recently mailed care packages to a family in the U.S. Virgin Islands struggling due to the impacts of Hurricanes Irma and Maria.

After hearing about the devastation wrought by these two powerful storms, members of Vista's Connect day program researched ways in which they could aid hurricane victims. Through social media,

they were turned on to Adopt a Family USVI, a grassroots initiative that pairs families in the U.S. Virgin Islands affected by the hurricanes with supporters.

Once the Connect program was matched to a family in need, members and staff spearheaded a collection drive—which yielded enough supplies to fill eight care packages. Items included canned goods, personal hygiene products, diapers, batteries, snack foods and more.

Giving back is a key component of Vista's philosophy. From hosting American Red Cross blood drives to volunteering with programs like Meals on Wheels, Vista students, members and staff actively seek opportunities to support their communities throughout the year.

With campuses in Madison, Westbrook and Guilford, Vista has been providing services and resources to individuals with disabilities for over 28 years.

Welcome to Our Town

Essex consists of three unique villages and is ideally located on the Connecticut River a few short miles from Long Island Sound. Well-known for its beautiful landscapes, majestic trees and gardens, fascinating architecture, and cultural and historical attractions, we are a boating and sailing destination as well.

Essex is famous for hosting a multitude of parades throughout the year and offers an outstanding culinary and shopping experience to our residents and visitors. Come experience, explore and enjoy the small-town enchantment of Essex, Connecticut.

Essex - Community Listings

CHURCHES

All Saints Episcopal Church.....	(860) 767-1698
First Baptist Church.....	(860) 767-8623
First Congregational Church	(860) 767-8097
Ivoryton Congregational Church.....	(860) 767-1004
Our Lady of Sorrows Church	(860) 767-1284
St. John's Episcopal Church.....	(860) 767-8095
Trinity Lutheran Church	(860) 767-0228

CLUBS AND ORGANIZATIONS

Ancient Order of Weeders.....	(860) 767-2700
Democratic Town Committee.....	(860) 767-7665
Community Foundation of Middlesex County.....	(860) 347-0025
Essex Board of Trade.....	(860) 767-3904
Essex Boy Scouts of America	(860) 304-9027
Essex Community Fund.....	(860) 304-2751
Essex Cub Scouts of America	(860) 790-0681
Essex Garden Club	(860) 767-2860
Essex Historical Society.....	(860) 767-0681

Essex Lion's Club.....	(860) 767-8072
Essex Land Trust.....	(860) 767-7355
Essex Little League.....	www.essexlittleleague.org
Essex Veterans Memorial Hall	(860) 767-8892
F.I.S.H.	(860) 388-2693
Ivoryton Company of Fifers & Drummers.....	(860) 767-2237
Lower Valley Visiting Nurses	(860) 767-0186
Republican Town Committee.....	(860) 510-8318
SCORE	(860) 388-9508
The Shoreline Soup Kitchens	(860) 388-1988
Tri-Town Youth Services Bureau	(860) 526-3600
9 Town Transit	(860) 510-0429

SCHOOLS

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

Essex Park & Recreation Department

We have a number of new programs and special events planned for the community and we hope to continue our mission of providing recreational facilities and programs for the growth and enhancement of Essex. As always, we appreciate the support of the Essex residents and many community groups and organizations that make our operations a success!

Essex go Bragh Irish Parade

Park and Recreation is planning the second annual Essex Go Bragh (translated as Essex Forever) Irish Parade & Festival, to be held March 10, 2018. The Essex Park and Recreation has named Essex Resident and Former Park and Recreation Director Alan Miller as the 2018 Essex go Bragh Grand Marshal. The event will feature an Irish-themed parade down Main Street into the heart of Essex Village! All Essex residents and community organizations are encouraged to get involved. You are welcome to walk in the parade and if you are not Irish, then be Irish for a day! Full event information will be posted on our website.

Essex Eggstavananza.

Our annual egg hunt will be held on Saturday March 31, 2018, at 10:00 am. We will be back at Grove Street Park. The Eggstavananza is open to children birth to second grade. Join the Easter Bunny for story time at Essex Town Hall Auditorium at 9:15 am, and plan to arrive for the egg

hunt 15 minutes early as we will begin at 10 am sharp.

Parks Update & Highlights...

- Winter may be upon us but we are already planning park updates and maintenance for Hubbard Park, Grove Street Park and Tennis Courts to commence early spring 2018.
- The Ivoryton Green enjoyed the Ivoryton Illuminations decorations for the holidays thanks to the Ivoryton Business Alliance. Our Main Street Park gazebo was also decorated for holidays, as well as holiday greens around town, through the efforts of the Essex Garden Club.
- Our Grove Street Tennis Courts & Lower Level Lot at Viney Hill Brook Park has closed for the winter season but will re-open in the spring.

In the Works for Spring 2018

Boating Certification Course
Running Rams Track & Field
Tennis Stars
Jr. Warrior Basketball
Engineering
Jr. Valley Cheerleading
Cooking with Kids
Outdoor Explorations and so much more.
Our Summer Programs & Camp Schedule will be posted online in February.

Park and Recreation Commission Members

Bob Russo, Chair
Tony Mosa

Doug Senn
Ginny Willetts
John Bean

The Parks and Recreation Commission welcomes the opportunity to help you with issues involving the Department and our Community. The public is invited to attend our meetings, held quarterly at 7:00 pm at the Town Hall. Please see the Town Meeting Calendar for 2018 dates.

Department Staff

Park and Recreation Director
Mary Ellen Barnes 860-767-4340 x110
mbarnes@essexct.gov

Recreation Aide

Tim LaChance & Kai Recchia
860-767-4340 x148 recreation@essexct.gov

Contact Us!

We welcome hearing from you on our programs, parks, and the operations of our department. Remember to visit our website for updated announcements, program information, online registration and to view our brochure: go to the Town website www.essexct.gov, click "Departments" click "Park and Recreation."

Join us on Facebook as a way to hear about our department and interact with our friends.

Essex Veterans Memorial Hall - Do You Know?

The winter months are among us, it's cold outside and for some, times may be getting tough...

Do you know a veteran and/or a veteran's family member in need of assistance financially or otherwise? Through our "Sunshine Fund" & membership power, we at Essex Veterans Memorial Hall may be able to help.

Many high school seniors are tightening up applications & requesting reference letters as they apply to Post- Secondary Institutions...

Do you know a senior in high school that may be in need of Post-Secondary Educational assistance? Through our "Educational Grant," we at Essex Veterans Memorial Hall may be able to help.

For more information on these two programs feel free to contact me @ huntnfreak@icloud.com or via cell @ 609.805.7146.

On behalf of the membership,

Alex Breen Jr.
First Sergeant, USA (Ret.)
President – Essex Veterans Memorial Hall



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Essex Court and Essex Place

This past year has been full of activity for Essex Court and its new neighbor, Essex Place. The Essex Housing Authority was the recipient of a third Small Cities Grant, sponsored by the Town, to fund kitchen and bathroom updates for all 36 units of Essex Court. Essex Court was built in 1984 as affordable housing for seniors and, over the last seven years, has been performing needed capital maintenance. This latest grant funded septic systems repairs, kitchen cabinet, countertop, and appliance replacements, and bathroom fixture updates. Now, thanks to the three grants, Essex Court exteriors are attractive and the interiors are in good working order for the comfort and safety of residents.

Essex Place, the new 22-unit facility for senior affordable housing on the Essex Court campus, opened in October for occupancy. Interest has been strong and all but three units are now occupied.

Residents seem pleased with the spacious apartments and latest appliances. The large Community Room at Essex Place hosts social events for both Essex Court and Essex Place residents. When completed, the kitchen at Essex Place will serve all residents on the campus.

Construction overruns limited funds available to furnish Essex Place. The Essex Foundation generously agreed to fund the purchase of furniture for the Community Room and the Game Room. Also, the kitchen has not been completed, and Essex Savings Bank has provided Community Reinvestment Act funds toward the costs of kitchen completion. The Management team and the Board of Directors are most grateful to The Essex Foundation and Essex Savings Bank for their generosity.

Essex Library



Got the winter blues?

Shake them off with visit to the Essex Library! You can start by helping us celebrate Take Your Child to the Library Day on Saturday, February 3rd. Featured will

be special children's activities and a family book sale. The Children's Department will also run weekly story times from February - May. Those with little ones (aged newborn - 2) are welcome to drop in on Fridays at 10 am (2/23 - 5/11.)



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Families with preschool aged children are invited to join us on Thursdays at 10 am (2/22 - 5/3). In March, we look forward to a science series for children and a return visit with our friends from the Essex Fire Department.

Plenty of program options are available for adults too. Karen DiRenzo offers up two drop-in yoga classes on Wednesdays through Feb. 7. Paul Colburn returns to present an illustrated lecture on

coyotes in CT on Tuesday, Jan 16 at 7 pm. On Saturday, Jan 20 at 1 pm, Patty Sisson will give a talk on Al Gore's Climate Reality Project. The Centerbrook Architects Lecture Series continues on February 23 with Architect Fred Noyes, FAIA talking about Eliot Noyes and the Harvard Five and on March 9 with Prof. Chuck Benson talking about Cranbrook. Author Susan Strecker will kick off a monthly Writers Workshop on Tuesday, Jan 23 at 6 pm. Ellen Madere will in-

spire us with a Clearing Up Clutter talk on Saturday, Feb 24 at 1 pm. Watch for a special event with the Ivoryton Playhouse's Four Women Playwrights in late February. March starts with a Wadsworth Atheneum Docent visit on Saturday, the 3rd at 4 pm. Look for programs on fly-tying and fly-fishing too.

All programs are free and open to the general public. For more information, please call the Essex Library at 860-767-1560.

Tri-Town Youth Service

Tri-Town Youth Services is thrilled to announce that it has launched a new, more informative and interactive website! Please visit our new online home at tritownys.org to see what is happening now.

Some highlights from our Winter/Spring Calendar include:

Substance Abuse Prevention Coalition

Coalition Work Groups are meeting regularly to address drug and alcohol use and addiction in our towns. The emphasis of our work is education and prevention. We work together to build up positive assets and celebrate wellness in our community, delay the first use of alcohol and drugs and make it easier for adolescents to find help if they are struggling with addiction. Please contact Jennifer Buckley, Prevention Coordinator to learn about the Policy Task Force, Community Wellness Group, Parent Advisory Group or Youth Action Council.

The next full coalition meeting will be March 21, 2018 from 9:00-10:30 @ Tri-Town Youth Services 56 High Street, Deep River. The public is welcome and encouraged to attend.

"No More Mean Girls" An Evening with Katie Hurley
Katie Hurley, LCSW, is a child and adolescent psychotherapist, parenting expert, and writer. She is the founder of "Girls Can!" empowerment groups for girls between ages 5-11. Hurley is also

the author of *The Happy Kid Handbook*, and the new book "No More Mean Girls." She will be joining Tri-Town for a special evening for parents (and girls!). Katie will talk about navigating the ups and downs of friendship building, creating an authentic self, standing up for yourself and others, and expressing yourself in a healthy way.

Please bring a special girl in your life to this talk on Friday, February 2, 2018 @ 5:00-7:00 pm at Essex Library, 33 West Avenue, Essex. A light supper will be provided, and Katie's books will be available for signing.

Babysitting Course & CPR Certification

Learn how to become a safe and responsible babysitter! Tri-Town is offering the American Heart Association's Pediatric First Aid and CPR course along with a babysitter training certificate program. This course provides an excellent opportunity to help youth, 11-17, to build self-confidence as well as job leadership and decision-making skills. Completion of this course is a plus on your Job Bank application. The \$75 fee includes instruction, books, and certificate.

The spring session will be held Monday evenings, March 5, 12, 19, 26 from 6-8 pm at Tri-Town Youth Services, 56 High Street, Deep River, CT 06417.



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Middlesex Brings Cancer Services to Shoreline

Getting the best possible care close to home is essential for people fighting cancer. Middlesex Hospital recognizes this and has expanded its cancer services to better meet the needs of Connecticut shoreline residents.

In October, Middlesex Hospital Cancer Center opened a second location at the Shoreline Medical Center in Westbrook. This new, state-of-the-art facility offers the same services found at the Cancer Center's Middletown location, including medical oncology, radiation therapy, infusion, genetic counseling, survivorship services and integrative therapy.

The difference: the new center means easier access to care for patients who live in Connecticut shoreline towns. Cancer treatments can sometimes make patients tired or nauseous, and it can be difficult for them to travel. The Westbrook Cancer Center location will make their lives, and the lives of those who support them, a little easier.

Middlesex Hospital is known for its expert and dedicated staff. Highly skilled medical professionals treat patients like people—

not numbers. They focus on providing compassionate, personalized treatment experiences, and specially trained advance practice nurse navigators guide patients through the treatment and rehabilitation process. This is the high-quality care that patients now receive at both Middlesex Hospital Cancer Center locations.

Additionally, Middlesex Hospital is a member of the Mayo Clinic Care Network. Middlesex collaborates with Mayo Clinic and is using its resources to tackle patients' most complicated medical cases in a variety of areas, such as cancer care, pulmonary medicine and urology, among others.

Like the Cancer Center in Middletown, the Westbrook location also uses the latest technology to diagnose and treat patients and is accredited by leading organizations, including the American College of Surgeons Commission on Cancer and the National Accreditation Program for Breast Centers.

For more information, visit www.middlesexhospital.org/cancercenter, or call 860-358-2000.

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Glaucoma National Awareness Month

January is National Glaucoma Awareness Month. Glaucoma affects 60 million people worldwide and more than 3 million people in the United States. Glaucoma is often called the “thief of sight” since often there are no symptoms and glaucoma related vision loss is permanent. As much as 40% of vision can be lost without a person noticing. If not diagnosed and treated, 1 in 10 people go blind from glaucoma. Glaucoma affects people of all ages, even infants.

There are two main types of glaucoma: Primary Open-Angle Glaucoma and Angle-Closure Glaucoma. Open-angle glaucoma is dangerous because most of the time a person affected will not notice any symptoms

until vision is severely damaged. The vision loss isn't noticed because it often starts with your peripheral vision and the brain makes up for what you don't see. The inner eye pressure (IOP- intraocular pressure) rises because the correct amount of fluid can't drain out of the eye, this occurs usually deep into the drainage canals. Closed-angle glaucoma occurs when the drainage canals get blocked or covered. Angle-closure glaucoma is dangerous because, while there are often symptoms of pain including headaches, nausea, and eye pain they happen rapidly and without warning.

It is very important to get an annual dilated eye exam. As you age or if you have a family history of glaucoma you may have the visual field

test performed. This test checks your peripheral vision and the loss of your side vision is one of the first signs of glaucoma. If you are diagnosed with glaucoma there are ways to manage it. In the early stages you might be prescribed eye drops or have laser surgery performed. Other ways to manage glaucoma are done by performing filtering surgery or a drainage implant.

Dr. Mascarenhas at Middlesex Eye Physicians is our Glaucoma Specialist. She is Yale educated specialist and trained in Trabectome glaucoma surgery.

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7th Annual Run For Chris 5K with the Y



The 7th Annual Run for Chris with the Y will be held Saturday, June 23, 2018, in Essex, CT, starting at the Essex Town Hall.

We continue our official partnership with the YMCA in Westbrook, and The Run for Chris will once again be the Y's featured 5K, kicking off their Run Club's race season.

The race is held in memory of Christopher Belfoure, a 2005 graduate of Valley Regional High School, to raise money for The Chris Belfoure Memorial Fund at the Community Foundation of Middlesex County.



While a student at VRHS, Chris went on several school trips abroad. These experiences served as catalysts for a strong desire to learn more about what lay beyond the scope of his horizon. Chris went on to major in History and Chinese Studies at West Virginia University, where he spent a considerable amount of time studying abroad in China and became fluent in Mandarin.

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

To date 189 local high school students have benefited from the Fund, with a total of \$13,679 in grants, traveling to such places as Costa Rica, France and Spain. In April,

2018, students from VRHS will go to Spain for their exchange program, supported by a \$3,000 grant. This year Westbrook High School students will also benefit from the Fund, traveling to Marseille, France, with the aid of a \$1534 grant. Both grants are made possible by proceeds from the run and from our sponsors.

Save the date and join us for a fun family event, which also includes a Kids' Fun Run and other special activities for children. This is a terrific, scenic 5K course through historic Essex, CT. Awards and food for the runners, as well as a great raffle, round out the morning's festivities.

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

Visit the website @ www.chrisbel4mf.com and www.facebook.com/runforchris.



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Looking Forward to Spring



MARC Community Resources (MARC) provides innovative programs and services for individuals with intellectual and developmental disabilities and their families, throughout Middlesex County and shoreline communities. Initiatives

include competitive and supported employment, independent and group home living, as well as outreach and advocacy, adult recreation, and digital literacy classes. Many successful programs incorporate community partnerships and social enterprise. For example, MARC plants, maintains and harvests a number of garden beds on the roof top of The Community Health Center in Middletown. Participants work alongside

the members of the Middletown Garden Club, who lend their expertise, guidance and green thumbs to the project. Plantings include fruits, vegetables and flowers. Throughout the growing season, MARC participants donate the fresh produce to the Amazing Grace Food Pantry. This past year, they delivered over 160 lbs. of produce for individuals in the community to enjoy. During these chilly winter months, plans are already underway for the spring planting. MARC hopes to expand their growing capacity to provide more fresh fruits and vegetables to members of the community. This will require expanding growing locations and planting beds. Participants are looking forward to new opportunities to have a healthy impact on friends and neighbors.

Community Foundation



The Community Foundation of Middlesex County's Animals: Respect & Friendship (ARF!) Fund is on a mission. That mission is to make certain that our pets are safe and secure, even in the face of a fire emergency.

The ARF! Fund Committee found the perfect solution – and “Mission Impossible” became “Mission Possible” with the purchase of Wag’N O2 Fur Life Pet Oxygen Mask Kits. After reading about a similar donation in Chester in 2017, the Committee agreed that every fire station in Middlesex County could benefit with such a tool. That started the “Mission Possible” ball rolling to secure the Wag’N O2 Fur Life Oxygen Mask Kits for all.

Recently the ARF! Fund Committee made a surprise visit at Essex Fire Engine Company to make the special presentation at the company's monthly meeting. The Wag’N O2 Fur Life kits come with masks in three sizes, tubes to connect to traditional oxygen tanks, training materials, and emergency responder documents. The Committee is presenting each department in Middlesex County with a kit for every physical station. However, the vision is even greater: a kit for every truck in the county, and everyone can help make this a reality.

The idea is simple and easy to make happen. Through the ARF! Fund at the Community Foundation or independently, individuals and businesses can work together to provide at least one pet oxygen mask

kit for each truck at fire stations across the county. This would ensure that our local fire departments have the essential equipment to respond to every emergency – human or animal – that may arise at the scene of a fire.

The Animals: Respect & Friendship (ARF!) Fund at the Community Foundation of Middlesex County proudly supports the needs (food, health and shelter), services (training, rescue and adoption) and educational programs provided by organizations dedicated to helping animals and their human friends. To learn more, to help, or to do more, give us a call at (860) 347-0025 or drop us an email at info@MiddlesexCountyCF.org.

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