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First Selectman's Corner

Dear Friends & Neighbors,

Spring has arrived! I encourage you to spend some quality time outdoors enjoying the tranquility of our small town and check out all the upcoming events as the weather warms. Explore our parks and the Essex Land Trust trails. Take some time to enjoy the Garden Club's May Market and the Burning of the Ships Parade, the Memorial Day and July 4th Parades, and the Ivoryton Farmers Market on Saturdays (June through October.) Think about signing the kids up for summer camp with the Park and Recreation Department. Go visit the River Museum, take a ride on the Essex Steam Train, or see a show at the Ivoryton Playhouse! While you are out and about, I encourage you to support our local businesses.

Before we get into budget talk, I'd like to thank all who came out for the annual Essex Go Bragh Irish Parade. Many thanks go to Mary Ellen Barnes, our Director of Park and Rec, and her staff for a job well done! The weather cooperated and, once again, we had visitors from far and wide coming to enjoy all our town has to offer.

We are in our annual budget season at both the Town and the Boards of Education. Numerous hours will be dedicated by boards of selectmen, finance and education as well as staff to prepare a

fiscally responsible budget while supporting critical services. A number of factors will have an impact on our fiscal year 2019-2020 budget. These include:

- Principal payments for the 2017 General Obligation Bond will begin next fiscal year. As a result, debt service will see an increase of 14.3%.
- The Grand List experienced growth of approximately 1.4% due in part to the last real estate revaluation,
- A reduction in the relative number of Essex students at Regional School District #4 (R4) will cause a shift in the in the Average Daily Membership (ADM) share used to calculate the cost split and will reduce Essex education costs.

Our total budget increase for both Town and education is expected to come in under 1%. The public hearing for the Town and Essex Board of Education budgets will be held on April 24th at 7:30 pm in the Essex Town Hall Auditorium. On Tuesday, May 7th the R4 referendum will take place at the Town Hall from noon to 8:00 pm. The full Town of Essex fiscal year 2019-2020 will be voted on at the Monday, May 13th Annual Budget Town Meeting starting at 7:30 pm in the Town Hall auditorium. I **continued on page 3**



Norm Needleman
First Selectman



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encourage you to participate in all these important budget events.

The Essex Fire Engine Co. #1 held its annual banquet in February to recognize the achievements of its members. It was truly an honor to be there in support of this dedicated group of outstanding volunteers who provide an invaluable service to the residents of Essex.

Lastly, Lois Ely, Registrar of Voters, has officially retired. I'd like to thank Lois for her decades of outstanding service to the Town of Essex. Having served as Agent of the Town Deposit Fund, Zoning and Wetland Enforcement Officer, on the Board of Assessment Appeals, as a Democratic Town Committee member and as Registrar of Voters, Lois has always acted on behalf of residents with professionalism, vigor and integrity. Along with the staff, we wish her a very happy retirement!

All the best,
Norm

Essex Community Fund's 2nd Annual Cheers for Charity A Great Success!



ECF Cheers for Charity – Board Members Melissa Spratt and Adrienne Kiel enjoying the tastings.

Held on a sunny, warm winter day, our 2nd Annual Cheers for Charity event took place at the Essex Steam Train. 24 local breweries attended and a sold-out crowd of 250 people from near and far came; it was another successful event. The delicious food from Pig Candy, Caseus: The Cheese Truck and 744
continued on page 4

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Essex Community Fund... continued from page 3

Express was enjoyed by all. And some were even playing corn hole outside.

Thank you also to our corporate sponsors who helped make this event possible: Norm Needleman & Jacqui Hubbard, David F. LaMay, CFP®, CPWA® at Essex Financial, Noble Construction, Page Taft Christie's International Real Estate, The Clark Group, Underwater Construction Corporation, Safe Harbor Marinas/Essex CT, Essex Savings Bank and Shore Publishing.

The Take-A-Chance was very popular and garnered lots of participants. Thank you to the following companies for contributing some great items! Ashleigh's Garden, The Blue Hound Cookery & Taproom, The Copper Beach Inn, Club Cycle, Connecticut

Valley Brewing Company, Essex Coffee and Tea Co., Essex Golf & Sportswear, Essex Steam Train & Riverboat, Foxwoods Resort Casino, Little House Brewing Company, Mike's Barbershop, Olive Oyl's, Outer Light Brewing Company, Porky Pete's BBQ, Safe Harbor Marinas/Essex, Shashok Farms, Soundview Brewing Company, Spoke & Spy Ciderworks, Thimble Island Brewing Company, Yankee Hard Ciders, Valley Shore YMCA.

A special thanks to all those attending. Our event was even more successful than last year's all thanks to all who participated.

We've already had several breweries asking to attend next year's event. Keep an eye out for details. Planning will begin shortly!



Town Clerk's Office - Dog License

Just a reminder....

2019-2020 Dog License Renewals will be due from June 3rd to June 28th, 2019.
(No early renewals prior to June 1st.)

Up-to-date rabies vaccine information will also be required as well as any current spay or neuter procedures.

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Essex **\$449,000**
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Essex **\$325,000**
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Shane Bonanno 860-227-7353



Essex **\$324,500**
Well cared for 3 bdrm, 2 BA Ranch w/ 1820 sq ft on a/e of an acre. Truly the best value in Essex Village!
Laurel Peters 860-306-2812



Essex **\$285,000**
Designed for casual living! Caribbean inspired custom Cape w/ charm & character. Set on 1.35 acres w/ perennial gardens and level yard.
Peg Mitchel 860-391-1701



Old Saybrook **\$447,500**
Totally remodeled in 2018. Lovely Col w/ FF MBR suite, LR w/ FP, den w/ French doors to rear stone patio. Close to beaches and downtown.
Joel Lucas 860-304-9150



Old Saybrook **\$597,000**
Stunning Ayers Pt home in pristine condition! Overlooking CT River & Marsh. No flood ins. Open flr pln, c/a, 2 car garage.
Joel Lucas 860-304-9150



Old Saybrook **\$329,000**
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



Old Saybrook **\$265,000**
Great Value for this in-town neighborhood near village & beaches! Significant updates, great flr plan, private yard.
Rick Allen 860-575-4200



Westbrook **\$1,747,000**
Carefree Shoreline living in this custom-built 3800 sq ft 3 level direct waterfront home! Gourmet Kit, Elevator servicing all 3 flrs, MBR Suite w/ private deck facing water.
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Westbrook **\$187,500**
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Libby Waldron 860-395-6830

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Town Clerk's Office

29 West Avenue, Essex, CT

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Peter & Catherine Luukko	19 Riverview Street	Essex
Carolyn A. Trotta	23 Hudson Lane	Essex
Christopher Reinhart & Elizabeth Pytka-Reinhart	25 Brooks Lane	Ivoryton
Dagmar & Wilbert Miller	21 Kings Lane	Essex
Shelley L. Rankin	65 Main St., Unit I-8	Ivoryton
Pamela & David Keller	43 West Avenue	Essex
Joseph & Theresa Debonis	2 Gates Road	Essex
Benjamin Bossi Jr. & Barbara Turley	14 Essex Glen Dr., Unit 10	Essex
Matthew & Nicole Parker	40 Comstock Avenue	Ivoryton
Kevin & Jennifer Rogers	10 Clark Lane	Essex
Louis & Karen Mazzarese	60 River Road	Essex
Thomas K. Boyd	15 Meadow Woods Rd.	Essex
Theodore & Molly Lund	53 West Avenue	Essex
Kristin & Derek Rand	8 Clark Lane	Essex
Lauren & Justin Dessereaux	15 Townwoods Rd.	Ivoryton

LOSS OF RESIDENTS & FRIENDS

December	Joanne M. Katzenbach
William DeMars	Irene Avery
William F. Russell	Taylor Moore
Sandra Hart	Frances Sadek
David F. Edwards	
William E. Phillips	February
Mae D. Francis	Elaine Haughton
Nancy A. Simonds	Elaine Burke
	Helen Bevis Fox
January	George P. Bosnach
John W. Osborne	Alice V. Mitchell
Marion J. DuBosque	
Barbara J. Brown	March
Alexander B. Hougrand	Dorothy B. White
Andrew S. Kelley	Carmella R. Peruti
Corneila Paardenkooper	
William J. Burke Jr.	Respectfully
Valerie A. Woronick	submitted,
Harvey Hoberman	Yvonne Roziak,
Virginia C. O'Shaughnessy	Assistant Town Clerk

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Stephen Schwartz
MAY 22ND -
JUNE 16TH

SHEAR MADNESS
Written by Paul Portner
SEPTEMBER 18TH -
OCTOBER 6TH

**GUESS WHO'S
COMING TO
DINNER**
Written by Todd Kreidler
APRIL 24TH -
MAY 12TH

MAMMA MIA!
Music and Lyrics by
Benny Andersson and
Bjorn Ulvaeus and some songs
with Stig Anderson, Book by
Catherine Johnson Originally
Conceived by Judy Craymer
JUNE 26TH -
JULY 28TH

**WOODY SEZ -
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with Nick Corley and
Darcie Deaville,
Helen J. Russell &
Andy Teirstein
OCTOBER 23RD -
NOVEMBER 10TH

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Lyrics by Fred Ebb,
Book by Joe Masteroff
AUGUST 7TH -
SEPTEMBER 1ST

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2019 Essex Memorial Day Parade



In cooperation with the Town of Essex and Essex Veterans Memorial Hall, the 2019 Essex Memorial Day Parade will commence on Monday, May 27, 2019 @ 9:00 am at the "Foot of Main St" in Essex, CT. This parade honors those servicemembers of Essex, Centerbrook

and Ivoryton who gave the ultimate sacrifice while serving the United States of America. The parade route takes us through the villages of Centerbrook and Essex visiting three local cemeteries where honors are rendered for those interned veterans.

In the event of inclement weather there will be a ceremony at the Essex Town Hall. Preceding the parade, Essex Veterans Memorial Hall will host an open house where all can enjoy fellowship, camaraderie and complimentary food items.

On behalf of the town and Essex Veterans Memorial Hall, I thank all who continuously take part and support this annual significant day of remembrance.

Sincerely yours,
 Alex Breen Jr.
 US Army Retired (1SG)
 President – Essex Veterans Memorial Hall

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 121 Saybrook Road, Essex \$815,000
 This stately and highly recognized residence known as the "Milestone House" pays tribute to its history while exhibiting modern amenities throughout. This is a unique property ... a special blend of old and new, all sited in close proximity to the quintessential Village of Essex ... definitely a "must see"!

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*Source: BrokerMatrix, SmartMIS, closed sales for residential single family homes, lots and land in New London, New Haven, Middlesex Counties 1/1/17-12/31/18

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Sister Cities Essex Haiti (SCEH) Board Members' recent trip to Deschapelles

Essex residents Terry Parkinson, SCEH Library Chair, and Jenifer Grant, SCEH Vice President in charge of projects, traveled to Deschapelles, Haiti, over the week of March 18 to work with the Deschapelles Community Library staff and to meet with the organization's liaisons for its music, tennis, and robotics projects.

Since the Deschapelles Community Library's inception in 2010 until its completion in 2016, Terry has been SCEH's team leader instrumental for planning and operations for the library. Jenifer has been traveling to Deschapelles since the 1950s and is fluent in Creole, Deschapelles's native language. She has strong ties with many in the Deschapelles community.



Children at the Deschapelles Community Library with book bags made by SCEH volunteers in Essex. Photo by Jenifer Grant during her recent trip to visit the Deschapelles Library and other SCEH projects.

The trip was significant because of unsettled conditions in Haiti over the past few months brought on by public dissatisfaction with the country's political leadership. Though the travel and communications disruption has been hard on the community, its location in the Artibonite Valley of central Haiti has insulated it somewhat from the strife, mostly centered in Port-au-Prince, two hours away.

Terry and Jenifer reported that the library and other programs have been operating successfully during this period, providing valuable opportunities for the community without interruption during this turbulent time. The library has proved a haven, providing a safe place for children and families to gather to read and enjoy workshops and lectures.

To learn more about Sister Cities Essex Haiti, visit www.sistercitiesessexhaiti.org. To learn how you can get involved in SCEH's work in Deschapelles and Essex, email: info@sistercitiesessexhaiti.org.

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Sustainable Essex Committee

Sustainable Essex held a well- attended free educational event at the Town Hall on March 27th about C-PACE, a program that allows commercial, industrial and multi-family property owners to receive up to 100% in low-cost, upfront, long-term financing for clean energy upgrades to their properties.

The Commercial Property Assessed Clean Energy program (C-PACE) is administered by the Connecticut Green Bank. It provides upfront funding for building owners to implement large energy efficiency and clean energy projects such as heat and cooling equipment replacement, window and door replacement and insulation and solar panel installation. Property owners pay for the improvements over time through a voluntary amortized assessment on their property tax bill. If the property is sold the repayment obligation transfers to the next owner. This is an attractive program, especially to building owners who would like to implement large projects without having to commit large amounts of capital.

The Town of Essex sponsored the meeting because we know that the program will make our local economy grow stronger as our town's portfolio of energy-efficient buildings increases. C-PACE buildings help create jobs and reduce our town's carbon footprint. They make our town a better place to do business and result in a stronger and healthier community. Sustainable Essex is helping Essex progress in the statewide

The Sustainable Connecticut program provides a list of actions and initiatives that can be implemented to earn municipalities points toward certification. Among the broad array of projects that our committee is currently working on are:

- Mapping Tourism and Cultural Assets
- Reporting Materials Management Data and Reduce Waste
- Recycling Additional Material
- Designing and Implementing a Housing Needs Assessment
- Assessing Climate Vulnerability

Keep posted about upcoming Sustainable Essex events on our website: <https://sustainableessex.com/>. To apply for membership in the committee please contact Betsy D'Amico at the Essex Town Hall, 860-767-4340 x123. Meetings are held at 7:00 pm on the fourth Tuesday of the month at the RiverCOG, 145 Old Dennison Road, Essex (behind Dunkin' Donuts.) Visitors are welcome.

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6 Mohegan Avenue, Old Saybrook | Stunning waterfront property with over 3,800sqft of living space overlooking LI Sound. Offered at \$4,980,000



NEWLY LISTED

23 Pettipaug Avenue, Old Saybrook | This beautiful waterfront home with seven bedrooms was built in 2016 with an open floor plan. Offered at \$4,880,000



1 Foxboro Road, Essex | Waterfront signature property totally renovated from top to bottom. Overlooking North Cove, CT River and Essex Village. Offered at \$2,995,000



NEWLY LISTED

79 Cove Road, Lyme | Waterfront 570 ft on Hamburg Cove with a deep water dock, this airy light filled home has an open floor plan. Offered at \$2,800,000



NEWLY LISTED

32 Sill Lane, Old Lyme | Situated at the end of a long stone driveway sits this lovely 6.75 acre property on banks of the Lieutenant River with a dock. Offered at \$998,000



36 Gates Road, Essex | This antique Classic Stephen Starkey Circa 1847 home is surrounded by flowering shrubbery on a nearly one acre lot. Offered at \$459,000



549 Maple Avenue, Old Saybrook | Overlooking Fenwick golf course enjoying views of the sparkling waters of Long Island Sound. Offered at \$3,575,000



102b Sequassen Avenue, Old Saybrook | Traditional Fenwick cedar shingle home with spectacular views of the CT River and South Cove. Offered at \$3,480,000



25 Pettipaug Avenue, Old Saybrook | This beautiful 5,400sqft waterfront, classic Fenwick cottage has 6 bedrooms, 5 full baths, with an in-law suite. Offered at \$3,375,000



5 Foxboro Road, Essex | The last waterfront building lot at Foxboro Point with breathtaking water views of the Connecticut River. Offered at \$1,600,000



24 & 33 Shore Road, Clinton | Gull Cottage! A treasured family home that promises to be the ideal setting to make many years of family memories. Offered at \$1,495,000



SOLD

20 Nibang Ave, Old Saybrook | Private waterfront property overlooking Fenwick golf course, South Cove, CT River and Long Island Sound. Offered at \$8,500,000



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11 Pettipaug Avenue, Old Saybrook | Expansive, wide views of the calm Long Island Sound are enjoyed from sunrise to sunset. Offered at \$5,725,000



LISTED & SOLD

104 Sequassen Avenue, Old Saybrook | Stunning, panoramic water views from this extraordinary and pristine home. Offered at \$5,400,000



LISTED & SOLD

2 Selden Road, Lyme | a 3.5 acre historic property in Hadlyme where privacy, efficiency, ease and comfort are key elements. Offered at \$1,095,000



SOLD

100 Sequassen Avenue, Old Saybrook | One of the most highly prized and widely recognized properties at the mouth of the CT River. Offered at \$3,900,000



LISTED & SOLD

10 Sequin Avenue, Old Saybrook | Charming Fenwick style Cottage with spectacular panoramic water views of Long Island Sound. Offered at \$1,595,000



SOLD

1 North Main Street, Chester | "The Stone Store," an 1809 Greek Revival landmark, lies at the focal point of Chester. Offered at \$1,250,000



SOLD

30 Mack Lane, Essex | Antique Cape expertly restored and in a superb Essex location overlooking the beautiful Connecticut River. Offered at \$1,075,000



SOLD

1 Mill Pond Lane, Old Lyme | Charming and exquisite 3 bedroom Colonial set on 2 pastoral acres overlooking Mill Pond. Offered at \$1,070,000



SOLD

49 North Main Street, Essex | Pristine 1850 Niles Tooker Federal house is on a notable, tree lined street of historic homes. Offered at \$775,000



SOLD

60 River Road, Essex | This immaculate three bedroom open floor plan home is a gem. Only minutes to charming Essex Village and the majestic Connecticut River. Offered at \$750,000



SOLD

17 Hudson Lane, Essex | Total Renovated New England style home, located at the end of a cul-de-sac only one mile from Essex Village. Offered at \$610,000

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*Source: SmartMLS closed sales for residential single family homes in Middlesex County 1/1/18-12/31/18

HOW DID THE WORLD FOOD PROGRAMME START AT OUR SCHOOL?

In December 2014, two students, Julia Doran and Paulina Adams, were in Contemporary Issues, a class in which students learn about the rapidly changing world around them (events such as the Syrian Refugee Crisis). Julia and Paulina were moved to tears while watching a video about such people living in misery. Social Studies teacher Mr. Russ Arrigoni told them that if they were so disturbed they should do something about it. The girls asked Mr. Arrigoni to be the teacher advisor as our school started the World Food Programme. Since then, the club has grown in numbers and raised over \$12,500.

HOW WAS THE NATIONAL WORLD FOOD PROGRAMME STARTED?

The World Food Programme was established in 1961. After a disastrous earthquake in Boein Zahra, many people were left homeless and in need of food and shelter. Dwight D. Eisenhower tried an experiment with food aid through the UN system. It was continued by the Food and Agriculture Organization and United Nations General Assembly. They have continued to grow as a group and are continuing to aid people in need overseas. At the rate they are going they have predicted they will completely end world hunger by 2030.

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We hope you will find our website to be a useful tool to find updated information and explore our wonderful community.

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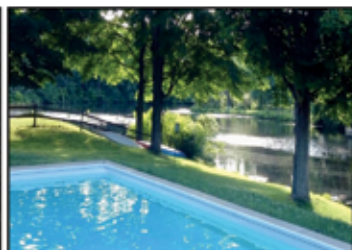
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Overlooking the Falls River, this waterfront antique Colonial boasts 5 bedrooms, 2.1 baths, central air and a first floor Master Bedroom suite. Beautifully landscaped, in-ground pool, patio.

Listed by: Maureen/John O'Grady
860-767-5390 x 3116
mogrady@pagetaft.com



ESSEX

\$1,999,000

Classic elegance is the essence of the c1804 Elijah Worthington residence. The home has been lovingly maintained, updated with integrity, and enjoys views of the CT River, North Cove, and hills of Lyme.

Listed by: CT River Properties Team
Chip Frost and Linda Freedman
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Paddle craft are often left on racks, shores or docks when not in use and spring storms or floods carry these unattended vessels into waterways. Affixing the "If Found" sticker on board your

paddle craft will help emergency responders determine if a true emergency exists if your boat is found.

The "If Found" sticker for human-propelled (kayaks, canoes,

SUPs) and other non-registered boats is designed to help save lives, recover missing property, and reduce the time, effort and resources expended on non-emergency search and rescues.

The waterproof stickers provide space for your name and two phone numbers. It's important to list two phone numbers because if you fall overboard, your cell phone may end up in the water with you and no longer work. It's also important to use a waterproof and UV resistant marker on the label. Place the sticker in your canoe or kayak cockpit or on the side of your SUP.

"If Found" stickers are available free of charge in the Essex Land Use Office located on 3rd floor of Essex Town Hall, online at the CT DEEP Boating Division: deep.boating@ct.gov, or by calling: 860-434-8638.

William Buckridge,
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Essex Park & Recreation Department

MISSION STATEMENT: *Creating Community through People, Parks and Programs!*

We have several 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

We had a wonderful turn out on Sat. March 9th for the Essex go Bragh Irish Parade. We had clear skies and brisk temperatures, but a parade route filled with warm smiles. Park and Recreation wants to thank all those who came out in celebration of our annual Essex go Bragh Parade. See you in 2020!

ESSEX EGGSTRAVAGANZA

Our annual egg hunt was held on Saturday April 13, 2019, at 10:00 am. We were back



at Grove Street Park. The Eggstravaganza was open to Essex Residents and their guests whose children are birth to third grade. All joined the Easter Bunny for story time at Essex Town Hall Auditorium and arrived for the egg hunt at 10:00 am. Fun was had by all!

PARK UPDATES & HIGHLIGHTS

- The Ivoryton Green enjoyed the

Ivoryton Illuminations decorations for the holidays thanks to the Ivoryton Business Alliance. Also, our Main Street Park gazebo was decorated for holidays, as well as greens around town.

- Our Grove Street Tennis Courts and lower level lot at Viney Hill Brook Park reopened April 1st.



SPRING & SUMMER PROGRAMS

- Intro to Digital Photography
- Cooking with Kids
- Jr. Warrior Basketball
- Tennis Stars

continued on page 16



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Essex Park & Rec... continued from page 14

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SUMMER CONCERTS

Spend your summer evenings with Essex Park and Recreation and enjoy great music from a variety of bands. Country, jazz, classic rock, acoustic blues, and more, we offer it all.

Our venue changes each week allowing everyone to enjoy our town greens in Ivoryton and Essex. Please check our website or Facebook page for weather related information. All concerts are from 6:30 pm - 8:00 pm.

Tuesday, June 25,
 Ivoryton Green, Southern Voice
 Wednesday, July 3,



Essex Main Street, Middletown
 Symphonic Band
 Tuesday, July 9,
 Ivoryton Green, java Groove (NEW!)
 Wednesday, July 17,
 Essex Main Street, Old Dog New Trick (NEW!)
 Tuesday, July 23,
 Ivoryton Green, U.H.F

Wednesday, July 31,
 Essex Main Street, leaf Jumpers
 Tuesday, August 6,
 Ivoryton Green, Long Island Sound
 Wednesday, August 14,
 Essex Main Street, Blues on the Rocks

PARK AND RECREATION COMMISSION MEMBERS

Bob Russo, Chair
 Tony Mosa
 Brette Fitton
 Doug Senn
 Ginny Willetts
 John Bean

PARK AND RECREATION COMMISSION MEETINGS

The Park and Recreation Commission welcomes you to help with issues involving the Department and our community. The public is invited to attend our meetings, held 6 times per year at 7:00 pm at the Town Hall. Please refer to the Town Meeting Calendar 2019 for dates.

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Rebecca Mozzochi 860-575-7754 | Sandy Orsie 860-575-0174 | Pardi & Zucco Team 860-510-2310 | Mark Patterson 860-575-3593 | Angela Ruel 860-575-0754 | Bob Senger 860-391-5563 | Lori Valimont 203-910-4930 | Greg Young 860-395-1551 | Linda Talmadge Office Leader

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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 at: www.essexct.gov, click "Departments" click "Park and Recreation."

Join us on Facebook and Instagram to hear about our department and interact with our friends!



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

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Friends of the Essex Library

PUTT FORE THE ESSEX LIBRARY

The final weekend in January, a new and unique event took place at the Library. Putt Fore the Essex Library featured an 18-hole mini-golf course that wound its way through the entire library. The Friday evening, adults-only round of mini-golf saw the library buzzing with laughter, music, and good cheer. On Saturday, the library was filled with families having a great time on imaginative fairway layouts sponsored and built by local businesses.

Putt Fore the Essex Library was a first time effort that saw a dedicated team of volunteers work for months on the many details that made the event successful. We would also like to extend a big thank you to our sponsors. Their generosity and creativity were keys to the success of Putt Fore the Essex Library. And to everyone who played mini golf with us, thanks for supporting the Essex Library. You not only had fun, but you also helped the library continue as a point of pride in Essex... a truly



extraordinary community center for learning and cultural enrichment.

SPRING 2019 BOOK SALE AT ESSEX LIBRARY

The Board of the Friends of the Essex Library would like to thank all who contributed to the success of our Spring 2019 Book Sale. A profitable sale requires significant work by many volunteers, and we appreciate the effort of those who worked during the Saturday and Monday sales, those who sorted, repaired, priced and stored books in preparation for it, those who helped set



up, and those who put everything away afterwards. We are especially grateful to the several students who lifted heavy boxes of books before and after the sale, and, as in the past, we thank the library staff, who always supports us. Lastly, we would be remiss in not thanking all of you who contributed to the sale, and who purchased, books, CDs and DVDs. Your support of the library is deeply appreciated.

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our May Focus Sale. A large collection of maritime and sports books will be available.

And, so that you're prepared for family fun when summer arrives, in June we will focus on books for children and young adults. Stop by at any time. The shelves are updated daily.

Remember, there are no dues to become a Friend of the Library. Ask for an application at the circulation desk.

SAVE THE DATES FOR THE ESSEX LIBRARY EVENTS

The Friends of the Essex Library are busy working on future events and fundraisers. All events are at the Essex Library unless otherwise noted.

- Friends Annual Meeting
Wednesday, June 5, 2019 at 10:00 am
- Open House
Saturday, June 8, 2019 from 4:00 pm - 6:00 pm (Please stop by and wish Richard Conroy congratulations on his retirement after 11 years as Director of

the Essex Library Association!)

- Moonlight Swallows Cruise
Friday, September 13, 2019 at 5:00 pm (A great date night aboard the RiverQuest)
- Fall Book Sale
Saturday, October 5, 2019 and Monday, October 7, 2019 (The best Book Sale in town!)
- Friends Fall Festival of Dinners
Saturday, November 2, 2019 (All around Essex!)



Essex Library

Spring is in full bloom and the Essex Library has a great array of programs popping up!

On Wednesday, April 24 at 7:00 pm Adam Wheeler from Broken Arrow Nursery gives a talk titled "Natives with a Twist" that explores our exceptional native flora. Thursday, April 25 at 7:00 pm Matthew Duman will give a talk on the "Grotesque 10." Using original photographs, Mathew explains the use of grotesques and gargoyles on academic

buildings. A "Grotesque Safari" walking tour of Yale University at 2:00 pm on Sunday, April 28 will be led by Matthew. The tour will be limited to 20 people.

The "Wings of Life" will be shown at the Library at 6:30 pm on Thursday, May 2. Narrated by Meryl Streep, this intimate look at butterflies, hummingbirds, bees, bats and flowers is a celebration of life, as a third of the world's food supply depends on these creatures. On Friday, May 17 at 7:00 pm at Centerbrook Architects *continued on page 20*

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Essex Library... continued from page 19

landscape architect Tracey Miller will lecture on "Three Gardens: Garden Design in the Country House Era." Tuesday, May 21 at 7:00 pm Mike Urban, a regular Yankee Magazine contributor, will give a talk "New England Seafood Shacks." Find out the best places to go for fresh seafood this summer!

The Children's Department is running weekly story times for children in April and May. Those with little ones (aged newborn - 36 months) are welcome to drop in on Fridays at 10:00 am (4/5 - 5/3.) Families with preschool aged children are invited to join us on Thursdays at 10:00 am (4/4 - 5/2.) Help us celebrate the warmer season with a live animal series from the Denison Nature Center that spans April, May, and June. Register your child for a library visit with the West Hartford Children's Museum Star Lab in June - space will be limited! For more information, please call the Essex Library at: 860-767-1560.

Ivoryton Library

THE IVORYTON LIBRARY IS PLEASED TO BRING YOU OUR 5TH HOME AND GARDEN TOUR: "Through the Garden Gate."

- a tour of 8 homes and gardens in Centerbrook and Ivoryton, on Saturday, June 15, 2019.

On our Tour:

An historic Victorian home which is emblematic of the Industrial Revolution as well as a Victorian farmhouse which was more popular style seen frequently throughout the Connecticut River valley.

Visit Brookside Farm: Although the livestock is gone, there remain many gardens along the route of the Essex Steam Train. A converted carriage house with a large perennial garden and vegetables has a lovely view of Falls River.

More unique homes will be open to display the history of this period as well as a newer house with a butterfly garden.

Tickets will go on sale mid-May and will be available at the Ivoryton Library, 106 Main St in Ivoryton, or by calling us at: 860-767-1252. Check our website for updates: www.ivorytonlibrary.org.

MOTHER'S DAY SALE

Our annual Mother's Day Sale will be the Saturday after Mother's Day: Saturday, May 19 from 9:00 am - 1:00 pm. Enjoy plants, baked goods and the big used book sale. We happily accept donations of books, DVDs and audio-books year-round. Labeled plants can be dropped off in the two weeks prior to the sale (we have pots and labels here at the library.) Baked goods Friday afternoon and Saturday morning. Thanks for the support both in donations and in coming to the sale!

SUMMER READING

Keep an eye out for Summer Reading information at the library, on our website and to come home with the kids at Essex! This year at the Ivoryton Library, there will be A Universe of Stories! We're planning programs all around this fun space theme. Also, this year, we'll be planting a butterfly garden in the back yard. Be sure to check by regularly to see what's growing!



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FISH was founded locally in 1970 to provide free rides to medical appointments for residents of Essex, Deep River and Chester.

The officers for 2019 are:

Henry May, President; Stuart Warner, Vice President; Mary Samburg, Secretary; Barbara Ryan, Treasurer, Dana Hill, Driver Recruitment and Leo Zavatone, Director. 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.

In 2018, FISH drivers provided 943 free rides, of which 446 were for residents of Essex. This total of all rides is a 26% increase over the number of 2017 rides of 747.

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, Smith Brothers Insurance and other organizations, as well as by contributions from our drivers, riders and friends.

Henry May, Driver and President

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Essex Fire Engine Company #1 Banquet

On February 23, 2019 the members of the Essex Fire Engine Co#1 gathered for their annual appreciation banquet. The dinner is held each year at the Clinton Country Club to honor the members and thank them for their volunteer service to the Essex community.

This year's banquet honored the following firefighters for their achievements:

- Top Responder and Firefighter of The Year: Peter Lindner
- Rookie Firefighter of the Year: Abby Stivers
- Chief's Award: Andy Unghire
- Training Award: Chris Denison
- Engineers Award: Jared Brown
- 5 Years of Service: Archie Leonardis, Dylan Defrino
- 20 Years of Service: Doug Harreys, Brandon Fazzino
- 40 Years of Service: Ron Senn



Above: Peter Lindner (top responder and firefighter of the year.)



Above: Doug Harreys (20 years of service.)

This year's banquet also honored Past Chief Paul Fazzino Jr. for his time as Chief of the Department.

In addition to this year's firefighter award recipients, Cumberland Farms was also recognized for its




Above: Recognition of Past Chief Paul Fazzino Jr. being "pinned" by Paul Fazzino Sr.

fundraising efforts in the spring of 2018. The Essex Fire Engine Co#1 would like to extend a sincere thank you to The Centerbrook Cumberland Farms for all of their support. It was an honor to partner with them for their grand opening celebration.

Many local businesses made donations to the raffle in support and appreciation of the volunteers. We would like to extend a sincere thank you to all of the businesses that made generous donations and helped make the raffle a huge success.

Thank you to everyone in the Essex Community for the ongoing support of the Essex Fire Engine Co#1. It's our pleasure to serve such a great community.

Aron Schumacher,
Chief of Department,
Essex Fire Engine Co#1



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Spring at Essex Historical Society



Interested in your local community or just love history

in general? Essex Historical Society offers plenty of opportunities to connect lifelong-learners with our dynamic past.

COME SEE THE PRATT HOUSE WITH NEW EYES!

EHS welcomes all ages to visit (or revisit) Essex's only historic house museum, Pratt House, 19 West Ave. Open weekend afternoons, 1:00 - 4:00 pm, June through September, Pratt House offers free guided tours by trained, knowledgeable guides. Learn what life was like in the 18th and 19th centuries for an Essex family in a seaport town. New guides welcome!

WALKING TOURS

As the weather warms, EHS brings back its popular walking



Both photos above: Look for a new EHS walking tour of River View Cemetery in the late summer and fall!

tours featuring the architecture, events and colorful people of Centerbrook, Essex and Ivoryton. NEW for 2019: EHS is developing a walking tour of River View Cemetery. This beautiful, historic burying ground reflects the town's growth, changing social climates and beliefs. Guided tours will address significant 'residents', burial practices, gravestone iconography and Essex history to put the full story in context. EHS gratefully thanks the

Essex - Community Listings

HOUSES OF WORSHIP

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

Community Foundation of Middlesex County in supporting the walk's development. EHS seeks researchers and guides for the tour.

Still cannot get enough of our Follow the Falls project with Essex Land Trust, highlighting the natural and historic beauty of Falls River Cove? Check out our innovative online magazine, or "e-mag," on our website at: www.essexhistory.org. Follow the "Follow the Falls" tab and then the "e-mag" link to access more than 70 pages and dozens of period images that trace the area's rich history, especially the Williams Complex & Shipyard, 1690-1840. If you really want to dig deep, EHS created a special webpage of selected scholarly articles in support of the project - study like a historian!


Nearly all of EHS's programs are offered at no or low admission, so we appreciate support from our loyal members. Please consider membership in 2019. Thank you in advance! We would love to hear from you. Call us at: 860-767-0681. Check out our site: ehs@essexhistory.org or see us on Facebook.

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Essex Health Department

Fat, Oils & Grease (FOG) Should Not Go Down the Drain

Essex and most of southern Middlesex County are served by subsurface sewage disposal systems (aka septic systems) and it's important that owners of these systems ensure they are functioning properly. Only a few areas in Chester and Deep River are served by a public sewer system and community members play a critical role in assuring it is operating at 100%. Accumulation of fats, oils, and grease can wreak havoc on both private septic systems and public sewer systems.

Fats, oils, and grease (FOG) are byproducts of cooking and are generated from meat fats, shortening, butter, sauces, and dairy products. When FOG in food products are washed down the drain from cookware, plates, and utensils, they can negatively impact a building's interior plumbing, private septic system and public sewer system. FOG cools down, hardens and builds up on the inside of pipes and sewer drains. The buildup will eventually block pipes and potentially result in wastewater backups into the home or business or breakout onto the ground's surface and into the surrounding environment.

Septic system owners can protect the environment, their property, and their investment by pumping the septic tank every 3-5 years (refer to the Town of Essex Wastewater Management Ordinance) and by refraining from the discharge of FOG down the drain. Scraping FOG off cookware and serving ware prior to washing or putting into the dishwasher and using screens in all drains will eliminate solid food particles from entering the building's wastewater system.

Foodservice establishments must be especially vigilant about their washing practices and must minimize FOG put down the drain. Due to their problematic wastewater having a higher concentration of FOG, food service establishments with a wastewater design flow of 500 gpd or greater are required to install and properly maintain a grease trap mechanism. Internal grease trap mechanisms must be cleaned very frequently (daily or weekly) and external grease tanks must be pumped by a licensed wastewater hauler on a weekly or monthly basis depending on the amount of grease generated. Simple and routine maintenance prolongs and protects the existing septic system and protects the business from unwanted and costly problems.

It takes a coordinated effort by home and business owners to implement and maintain "Best FOG management practices," which in turn, protects the environment and our community from public health nuisances.

Zachary Faiella, MPH/RS,
Essex Health Dept.

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Essex Garden Club Offers Scholarships



The Essex Garden Club is pleased announce that applications are available for scholarships to be awarded in June, 2019.

In order to be considered for a scholarship, applicants must be residents of Essex, Centerbrook or Ivoryton CT.

Eligible students include high school seniors and undergraduate/graduate college students with a "B" or better GPA, who are pursuing studies related to the environment in an accredited two-year or four-year college program.

Examples of acceptable fields of study include Agriculture, Biology, Ecology, Horticulture, Forestry, Environmental Science, Environmental Engineering, Land Conservation, Landscape Design and Nursery Management.

Application forms are available at: essexgardenclubct.org and at the Essex and Ivoryton Libraries. The deadline for receipt of completed applications is April 30, 2019.



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The standard treatment for obstructive sleep apnea is the use of a CPAP machine, which is a positive pressure therapy that involves the use of a mask, hose and small machine. The CPAP mask works by having a flow of air create a pressure in the back of your throat and mouth to hold open the soft tissues that are falling back and closing your airway.

If patients cannot use a CPAP machine then they may be offered an oral appliance or surgery, such as transoral robotic-assisted surgery. They may also be offered an implantable device called Inspire Therapy, which is similar to a pacemaker.

Dr. Mark D'Agostino, Middlesex Health's chief of Otolaryngology, was one of the first in the country to offer Inspire Therapy, which treats sleep apnea by implanting into patients a small device that senses breathing. A stimulation cuff is placed around a nerve that controls the tongue, allowing patients to breathe normally through the night. Patients control the therapy with a remote control.



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Welcome to Essex



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.

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It takes a community to improve the quality of life for all – neighbors and friends who give their time and resources to support a passion or area of interest. We applaud the good people who are partnering to provide access to essential services to those who might otherwise go without.

Together, we are making a real difference. Thanks to our donors and Funds, critical programs for veterans and seniors continue in Middlesex County. One of our newest Funds, the St. Luke's Home Fund, is providing financial support to nonprofit organizations working to improve the daily lives of seniors and veterans. Grants are awarded to programs offering basic services such as shelter, access to care, and transportation.

Thanks to you, we are able to make even the smallest gift have a big impact - through charitable funds that support animal welfare, arts and culture, health and social services, education, history, the environment, civic improvements, recreation, and economic security and opportunity.

We celebrate all of you who share the same desire to help our local community thrive today, and tomorrow.

We invite you to learn more by calling us or visiting us online.

Ivoryton Playhouse Opens Record Breaking Season

Ivoryton Playhouse opened its 2019 season with the highest number of subscribers ever, with some shows selling out on the first day of tickets going on sale. Don't miss great entertainment coming up at this historic gem of a theatre.



In April, Guess Who's Coming To Dinner opens on the 24th. Based on the iconic film, this thought-provoking comedy classic is a witty and insightful reflection on two families confronted by their prejudices. It is 1967 when Matt and Christina Drayton's daughter Joanna arrives home unexpectedly with her fiancé, Dr. John Prentice, an African American doctor 11 years her senior. They're in love and they want the Draytons' blessing for their marriage - today. It's not long before a multi-family clash of racial and generational difference erupts. At the end of the day, will love prevail? Guess Who's Coming To Dinner runs until May 12th.

In May, prepare ye the way to Godspell. Written by three-time Grammy and Academy Award winner Stephen Schwartz, Godspell is loosely based around the Gospel of St. Matthew. The show follows a company of characters who unite to become a community through teachings of love, kindness, and acceptance.



Led by the international hit, "Day by Day," Godspell features a parade of beloved songs including "Prepare Ye the Way of the Lord," "Learn Your Lessons Well," "All Good Gifts" and "By My Side." On stage until June 16th including two Saturday matinees (June 1st and 15th).



Audiences will be dancing in the aisles during a five week run of Mamma Mia! from June 26th - July 28th. Over 60 million people worldwide have fallen in love with the characters, the story and the music that makes Mamma Mia! the ultimate feel-good show! Set on a Greek island paradise, the story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show.

Sure to sell out, this musical includes such hits as "Super Trouper," "Dancing Queen," "Knowing Me, Knowing You," "Take a Chance on Me," "The Winner Takes It All," "SOS" and more. The show has grossed \$2 billion worldwide since its 1999 debut. A mother. *continued on page 32*

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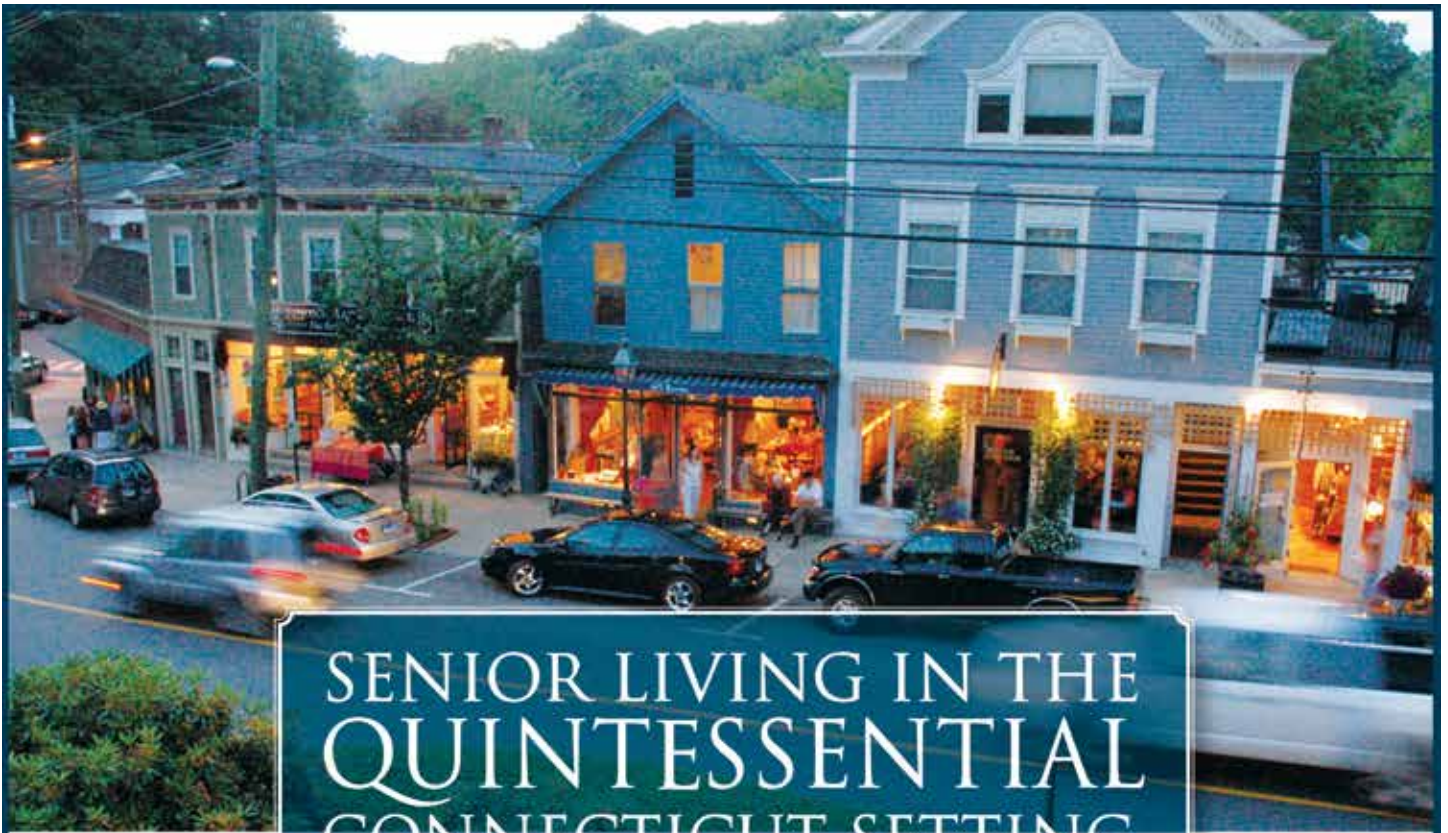
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Ivoryton Playhouse... continued from page 30

A daughter. Three possible dads. And a trip down the aisle you'll never forget! Saturday matinees added July 6th and 20th.

WAITING IN THE WINGS:

Cabaret (an international classic and winner of eight Tony Awards opens August 7th - September 1st); Shear Madness (one of the most popular productions in the world on stage September 18th - October 6th); Woody Sez: The Life and Music of Woody Guthrie (America's greatest troubadour will be celebrated October 23rd - November 10th).

For tickets, call, click or visit. Call the Playhouse box office at: 860.767.7318, click to purchase online at: www.ivorytonplayhouse.org or visit us at: 103 Main Street, Ivoryton.

Spring Into Rosé

Spring is finally here and as the days become longer and the weather warms up, the perfect wines to drink are Rosés. The rosé style of wine has become increasingly popular every year, and why not? Aside from being refreshing, rosés pair well with a vast array of foods and are extremely palatable to almost any wine drinker.

Rosés are comprised of mostly red varietals but are occasionally blended with a small amount of white grapes. You might ask, where does the pink color come from? Well, the juice from all grapes is clear, the color of the wine depends on how long the skins stay in contact during the wine making process. The longer the skins stay in contact, the darker the color of the rosé. In my experience, the deeper rosés tend to have dark fruit flavors such as blackberry, cassis and plum, while the pale rosés taste of strawberry, cherry and watermelon. French rosés from Provence, for example, tend to be a pale salmon-like color and are light and refreshing in body, while Cotes-du-Rhone rosés are brighter pink and weightier in the mouth.

Because of the long run of White Zinfandel in the United States, many people believe that all rosés are sweet. White Zinfandel is made in a different fashion than true rosés. It has lower alcohol and higher residual sugar. Most rosés are in fact drier than one would expect. This makes them easy to pair with many different foods, from appetizers to entrees and desserts.

It is time to invite your friends over, uncover and strike up the barbeque grill, and crack open a refreshing bottle of rosé. It will surely please your entire crowd. Happy Spring!

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Connecticut River Museum News



A Peregrine Falcon from A Place Called Hope joined the Connecticut River Museum at our Annual Birds of Prey show at Essex Town Hall.

that perfect nature shot; and the Live Birds of Prey show took over the Essex Town Hall when A Place Called Hope brought their beautiful raptors for a demonstration.

On March 22, many joined us for a lively evening as the historic

Every season along the Connecticut River is special and our winter season was no exception. Our winter season was fun! The Winter Wildlife and Eagle cruises were well attended. While there were days when the weather didn't cooperate, professional and amateur photographers alike acquired many wonderful photos of eagles and their natural habitat.

In addition to the on-water activities, Stanley Kolber held a photography workshop where he taught techniques for catching

Samuel Lay House transformed into a riverside tavern with live music, tasty food samplings, and drink tastings. Argh Matey!

We were overrun with pirates at the annual Privateers Bash looking for a lively way to let off a bit of winter steam. This annual event is a playful nod to the privateers who made their wealth by plundering foreign ships of their cargo during the War of 1812.

DON'T MISS THESE HAPPENINGS THIS SPRING

April Vacation Week workshops - Ages 6-12.

April 15-19, 9:00 am - 4:00 pm

Evening at the Lay House Tavern Night

April 27, live music, delicious food and drink tasting.

Burning of the Ships

Saturday, May 11

Myths and Legends Exhibit Opening

Friday, May 10, explore the history, mystery, and wonder along New England's Great River

Onrust Cruises and Boat Tours

Begin - Friday, May 3

Essex Annual Shad Bake

Saturday, June 1

RiverFare

Thursday, June 6, kick off the warm weather season.



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ELT's 50th Anniversary Hike – The Reopening of Windswept Ridge Preserve

On October 6th, 52 enthusiastic hikers joined the Essex Land Trust to celebrate its 50th anniversary with a tour of the newly expanded Windswept Ridge (WSR). Hikers gathered at each of the three entrances and stewards led each group to a central meeting area for refreshments, a history of the property and a demonstration of a tree coring.



Some of the crowd attending the 50th Anniversary Hike

For its first 17 years, Windswept Ridge was a fairly basic small neighborhood park. Over the last three years, the Land Trust increased the preserve's acreage by 50%, tripled the trail mileage and addressed some of the preserve's original challenges. After many hundreds of hours of steward time, the new Windswept Ridge Preserve was ready for its big reveal.

Windswept Ridge is now the land trust's 3rd largest contiguous preserve and the only one that connects Essex, Centerbrook and Ivoryton. There are now three entrances - the original entryway on Windermere Way, a new entrance at the end of the cul de sac on Windsor Lane and behind Essex Financial on Plains Road.

We engaged a professional trail builder who developed a creative loop approach to address the steep terrain from a recent acquisition. The valley of the property is dominated by wetlands that limited access between the east and west sides.

Recently, the Land Trust's Chief Steward Geoff Furtney designed a set of three bog walks covering over 100 feet, allowing easy and dry access over the wetlands connecting the Yellow and Blue trails:

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- The Lost Shoe Bridge, aptly named by the 11 VRHS seniors who carried in all the wood on a wet and muddy Community Service Day;
- Bridgett's Bridge aptly named for a good friend at the Ivoryton Tavern who heroically puts up with us during our weekly Steward's lunches;
- The last and longest of the bog walks is still awaiting a name. Take a hike through the property and send us suggestions for a name to Gfurtney@aol.com.



Impressive Bog walk designed and built by ELT Stewards.

Myron Stacks, the youngest old man among the stewards, tackled the steep terrain that connects the Green Trail to the new Red Trail loops. This required heavy leveling of the trails, installing steps and building a set of stairs offsite and carrying onto the trails for installation. They are really a sight to be seen and hiked.

To cross over a centuries old large stone wall, Bill French built a wooden bridge offsite that was transported, rebuilt onsite and gives a nod to the Rialto Bridge in Venice Italy.

RED TRAIL TIP

These three loops offer some exciting sights - a soaring seven trunk tulip tree, a recently exposed rock cliff, and a hanging glacial boulder. But this trail, closest to the parking lot behind Essex Financial, is an aggressive uphill climb. From experience, the easiest approach is to hike down the Red Trail. Park behind Essex Financial but start by going straight out the Blue Trail to the second set of bog walks and then go left up the Yellow Trail. From there, take a left onto the Green Trail which will connect to the Red Trail. Hiking down the Red Trail with a slight but longer uphill climb on the Yellow Trail is much easier. Your heart and knees will thank you.

continued on page 36








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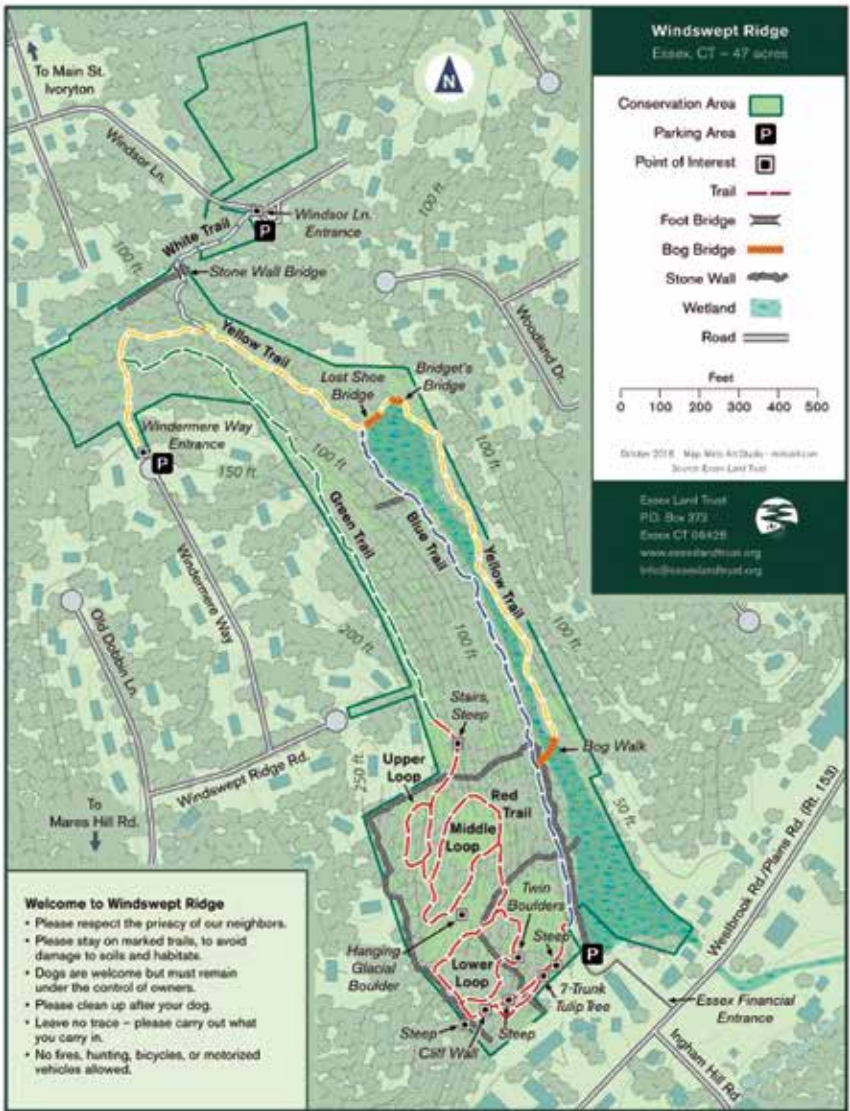
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Connecticut River Museum
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Essex Land Trust Hike... continued from page 35



Windswept Ridge
Essex, CT - 47 acres

Legend:
 Conservation Area (Green outline)
 Parking Area (P)
 Point of Interest (Square)
 Trail (Red line)
 Foot Bridge (Black line)
 Bog Bridge (Orange line)
 Stone Wall (Grey line)
 Wetland (Blue-green area)
 Road (Grey line)

Scale: 0 100 200 300 400 500 Feet

Map Info:
 October 2018 Map: Mrs. An. Daily - www.essexlandtrust.org
 Source: Essex Land Trust

Essex Land Trust
 P.O. Box 373
 Essex, CT 06428
 www.essexlandtrust.org
 info@essexlandtrust.org

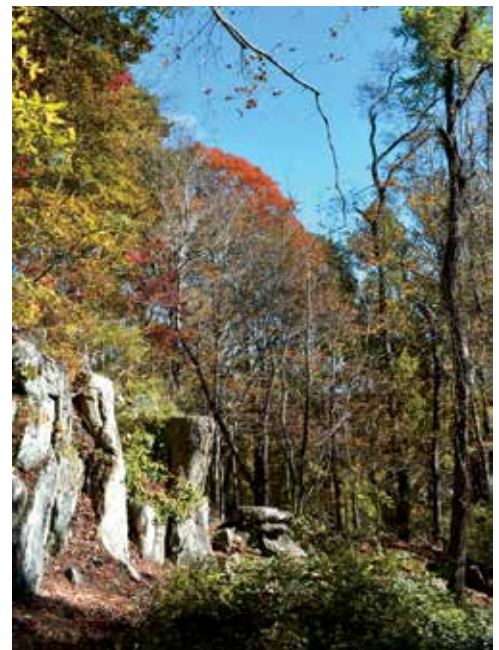
Welcome to Windswept Ridge

- Please respect the privacy of our neighbors.
- Please stay on marked trails, to avoid damage to soils and habitats.
- Dogs are welcome but must remain under the control of owners.
- Please clean up after your dog.
- Leave no trace - please carry out what you carry in.
- No fires, hunting, bicycles, or motorized vehicles allowed.

Above: Map of Windswept Ridge and right: Rock Wall on lower section of Red Trail.

The Essex Land Trust has invested a great deal of resources and steward time over the last 18 months and we encourage all to explore this new gem of a preserve. For those keen to get to know the expanded Windswept Ridge Preserve and its trail systems, the map above highlights its main features and access locations.

Jeff Croyle




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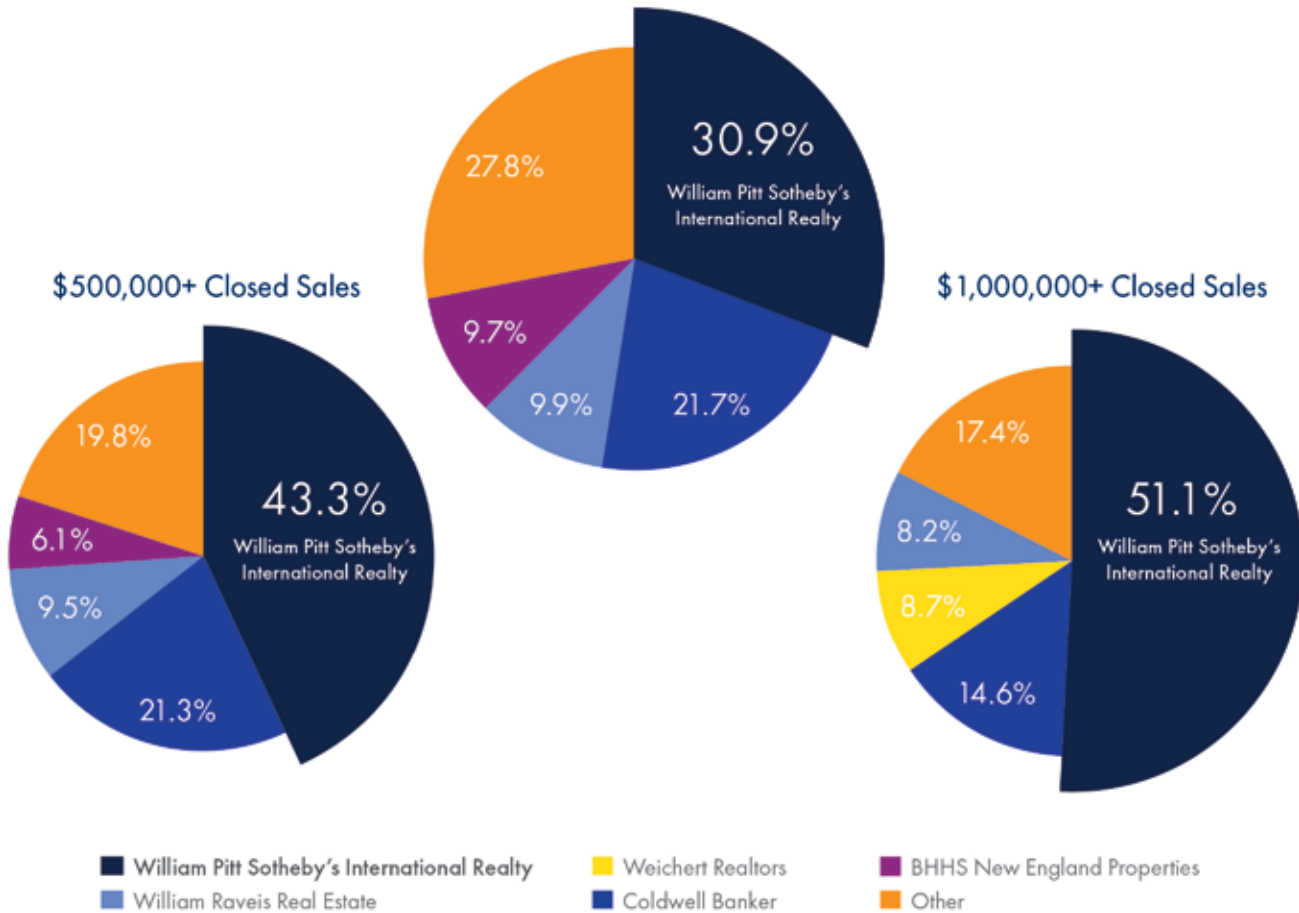
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Upcoming Essex Land Trust Events

Essex Land Trust welcomes everyone to attend any of our upcoming programs. For more details download our Calendar of Events brochure from our website: www.essexlandtrust.org. All events are free and open to young and old.

GEOLOGY CRUISE WITH RALPH LEWIS ON RIVER QUEST

**Saturday, May 4, 1:00 - 3:00 pm,
Eagle Landing State Park, Haddam**

Back by popular demand, Ralph Lewis, former CT State Geologist, will lead our spring trip down the CT River to explore ancient geological formations. BYO picnic/beverage. Reservations required: \$30/person. Limited space available. Save your seat by emailing Judy Saunders: judith.saunders@comcast.net.

BIRDING AND NATURE WALK

**Saturday, May 18, 8:30 am,
Essex Meadows, 30 Bokum Road**

Essex Land Trust Board member and birder, Jim Denham will lead a 1-2 hour walk through Essex Meadows' woods to explore the peak bird migration and breeding season. You will see and hear dozens of species around this diverse landscape. All levels of knowledge are welcome. Refreshments provided at the conclusion of the walk, courtesy of Essex Meadows. Bad weather cancels.

CANOE/KAYAK TRIP NORTH COVE AND FALLS RIVER

**Saturday, June 22, 2:00 pm,
Meet at the public Boat Launch, foot of Bushnell Street off of North Main Street**

Bring your own boat for an early summer kayak/canoe trip into peaceful North Cove and Falls river, led by Phil Miller. See abundant wildlife and revisit the history of this waterway where many of Essex's colonial ships were built.

Participants should register on site and launch their boats prior to the 2:00 pm departure. A safety boat will accompany. Bad weather cancels.

CONCERT IN THE TOWN PARK

**Saturday, June 22, 5:30 pm
Essex Main Street Park**

Join the Essex Land Trust at the Essex Main Street Park for a summer BYO beverages/picnic and concert by River of Dreams Band - A Tribute to Billy Joel. Bring chairs, blankets. Relax or dance! Bad weather cancels.

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OSAGE TRAILS AND THE WILLIAMS COMPLEX AND SHIPYARD

Saturday, July 13, 3:00 pm,

Osage Trail Head, Foxboro Point Road

Join members of the Essex Land Trust and Essex Historical Society Follow the Falls team who will describe the history

of the Osage Trails property and its connection with the Williams family complex and shipyard. Learn about the various industries which were located in Falls River Cove starting in the late 1600s culminating in a ship-building industry that survived until the 1840s.

8th Annual Run for Chris 5k with the Y

JOIN US FOR A GREAT FAMILY-FUN EVENT!

June 22, 2019, in Essex, CT



Proceeds from the Run for Chris with the Y 5K support the Chris Belfoure Memorial

Fund at Community Foundation of Middlesex County. This fund honors the memory and vision of Chris Belfoure, a 2005 graduate of Valley Regional High School. Influenced by his own life altering experiences traveling and living abroad, Chris was passionate about

encouraging others to broaden their own horizons. The fund benefits foreign language study abroad programs at local area high schools.

In April, 2019, students from VRHS will go to France for their exchange program, supported by a \$3,000 grant. The grant is made possible by proceeds from the run and from our sponsors. You will find race information and registration at: www.chrisbel4mf.com. Note: until June 7, ages 14 and under are free, and group rate discounts are online only.


Awards include...

Under 20 age group awards (<10, 10-14, 15-19). Food for runners include a generous donation of bagels from Cohen's. Great raffles including a family membership to the Westbrook Y.


Friends of Chris Belfoure Memorial Fund @ CFMC thank the following local sponsors: Tower Labs, The Clark Group, A.J. Shea Construction, Essex Savings Bank, The Crehan's, Middlesex Health. Raffles from Savour. Please consider a sponsorship or raffles. Please email at: robinc83@gmail.com.

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SOLD Deep River



SOLD Old Saybrook



SOLD Essex

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Essex May Market Set for 2 Days this Year

The Essex Garden Club is hosting its long-awaited May Market this year for 2 days. Set your calendars, I-phone and smart phones to Friday May 10th, 2:00 pm to 5:00 pm, and Saturday May 11th from 9:00 am to 2:00 pm. Rain or shine, in the town park, located on Main Street in Essex Village.

Just in time for Mother's Day there will be herbs and herbal gift creations as well as the Garden Club's famous garlic salt, made from a closely guarded secret recipe since 1953. This garlic salt is made by the Essex Garden Club members and it's "World Famous." Many people come from surrounding states to buy the garlic salt. Don't forget to pick up a jar or 2. The star of Essex May Market is the ever-popular Members Plants. People have been coming to Essex on May Market day for years from all over New England to take advantage of the healthy plants dug and nurtured by the Garden Club members. These plants include perennials, ground covers, grasses and shrubs dug and potted from the garden club members.



Early sell outs in the Members Plants area each year are the many varieties of tomato plants grown from seed and cultivated carefully. There will be 300 tomato plants, including many heirloom varieties guaranteed to grow in our climate. There will **continued on page 42**

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Deep River Water Views! 350 River Road
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Essex Village Fall in Love! 25 Pratt Street
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Essex Village .5 ac w/Waterview! 33 Main St
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Essex Village Water Views! 24 Mack Lane
Offered at \$765,000



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May Market... continued from page 40

also be a colorful assortment of annuals and hanging baskets for sale. Knowledgeable Garden Club members will be available to help with any questions on caring for the plants.

The "Garden Gifts" will include Hypertufa troughs, made by the Essex Garden Club members filled with succulents. These will sell fast so come early. The "Treasures" section is a great place to find gently used garden pieces, planters, books, children's items, gardening tools and a mix of odds and ends. There will be lots of interesting finds for all ages. The Jewelry Tent is a great place to find vintage and costume jewelry at a fabulous price. There will be Miriam Haskell necklaces to sterling chains to jewelry making supplies. The silent auction will have an incredible array of goods and services donated from many generous merchants. What a great gift for Mother's Day. The last two years our FRESH FLOWERS, pictured above right, were such in demand, we are going to have them again!

The May Market Café offers donuts and coffee starting in the morning and light lunch fare at midday. And don't forget to look for the Artist in the Park who will be painting scenes of the May Market.

May Market is the Garden Club's only annual fundraising event. Proceeds support civic improvement projects, such as beauti-



fying town parks and traffic islands in Essex, Centerbrook and Ivoryton. Funds also provide scholarships for high school seniors and college students, summer camperships for young students, and educational programs for Essex Elementary school and John Winthrop Middle school. Funds also support adult and children's programs in both Essex and Ivoryton Libraries.

May Market is truly a gardener's dream. Come early, rain or shine, and for sure you will find something beautiful for your garden or a special gift to take home. For more info please visit: www.essexgardenclubct.org.

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Summer (and the Sailing Masters of 1812) are Coming!

SUMMER IS COMING!
SUMMER IS COMING!

You can almost picture a colonial rider in a tricorne hat spurring his horse down Main Street to arouse the town folk that another Summer in Essex is almost upon us!

Essex is the postcard perfect, New England colonial village. From the beautiful old homes in town, to the scenic views on the Connecticut River, to the friendly welcome of the town's pubs and restaurants; locals and tourists alike flock to enjoy Essex in the Summer.

You know summer has arrived in Essex when you see (and hear!) a parade of Fife and Drum Corps proudly marching down Main Street in May on "Burning of the Ships Commemoration Day." Commemoration Day kicks off the Essex Summer season by memorializing the raid by the British during the War of 1812; when they burned all of the ships, cordage and sail lofts (and the



Sailing Masters of 1812 Commoration Day.

rum! AHHHHHH!!!!) in the village. And who is leading the parade? That would be the Sailing Masters of 1812, looking sharp in our "USS CONSTITUTION" uniforms with our distinctive "fore and aft" hats. You will find the Sailing Masters of 1812 leading the way in many of Essex's parades and events throughout the year. The

Sailing Masters of 1812 is the Fife and Drum Corps that is an Essex institution. The men and women of the Corps are a part of living history, and proudly represent Essex.

Essex comes alive in the summer. And **continued on page 44**



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Sailing Masters... continued from page 43



Sailing Masters Burning of the Ships Commemoration.

the Sailing Masters have their hand on the pulse of Essex. Wherever you find history and fun in Essex, you are sure to find the Sailing Masters. If you would like to really experience and enjoy everything about Essex throughout the year, the Sailing Masters invite you to “Come Aboard!” No previous musical experience is required. Come celebrate Essex with us and discover a wonderful new world of music and living history.

You can chose from fife, snare drum, bass drum, and color guard(carry a flag.) For more information please call Vicki Miorelli at 860-212-1606 or email at captainvicki1812@gmail.com; or Joe Diedrich at 203-901-0945 or email at gatossn615@yahoo.com.

Connecticut Cancer Foundation

Eat Well, Live Well: Nutrition & Wellness Series

The Connecticut Cancer Foundation (CCF) along with Val Koif, MS Clinical Nutrition, presents a monthly speaker’s series “Eat Well, Live Well: Nutrition & Wellness.” We kick off our journey by exploring just what “good” nutrition means, why what you eat matters, and some easy ways to shift toward more healthful eating. Eating well remains challenging not because it’s complicated but because the choices are hard even when they’re clear. We are inundated with information, with temptation, with growing health concerns. It’s more important than ever to eat like your life depends on it!

Each month, with collaboration from Dr. Matthew Castanho, a naturopathic physician, along with other nutritional experts we’ll dive into a specific food-related topic, uncovering the power of good nutrition to help you feel better and be health-ier. You’ll enjoy practical tips, great recipes, and the satisfaction of knowing your participation supports not only your personal health but the efforts of CCF to quickly and compassionately ease the burden of cancer patients and their families with direct financial assistance.



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Nutrition & Wellness Sessions

FOOD: WHY SHOULD YOU CARE?

Thursday, April 25th

Amidst all the conflicting information about what to eat, this seminar debunks some nutrition myths and seeks to demystify the confusion around nutrition.

JUICING AND SMOOTHIES

Thursday, May 30th

Explore the differences between juicing and smoothies, how to maximize health benefits and customize for specific nutritional needs and share preparation and storage tips.

SUGAR, YOUR BODY, AND YOUR BRAIN

Thursday, June 27th

Learn how sugar affects your body and brain as we explore the relationship between sugar and disease, unmask hidden sugar sources, and share ways to eat less sugar for better health and a sharper brain.

BALANCED NUTRITION ON A BALANCED BUDGET

Thursday, July 25th

Explore ways to cook up healthier meals for less money without spending all day at the stove. Learn how meal planning, seasonal eating, and smarter shopping are not only cost-effective but crucial for good health.

GO WITH YOUR GUT

Thursday, August 22nd

Discover what gut health is, and why it is essential for the well-being of the entire body. Learn what all the fuss is about kombucha and kimchi, as well as what you need to know about the gut and its influence on the brain, immune system, and overall health.

ON-TREND COOKING PALEO & KETO

Thursday, September 26th


Delve into both eating plans, giving insights into their nutritional approaches, how they differ, and where they intersect. Enjoy a food demo and tasting, with sample recipes and tips that you can use at home.

THE FOOD-BRAIN CONNECTION










Thursday, October 24th

Investigate the impact our food choices have on our brain structure, function, and ultimately our mood. Learn how to use food to feed the brain, and how good nutrition can help improve memory, focus, mood and behavior.

Monthly sessions are held on Thursdays from 5:45 pm to 7:30 pm at the CCF Headquarters in Old Saybrook. For more information please visit: www.ctcancerfoundation.org.



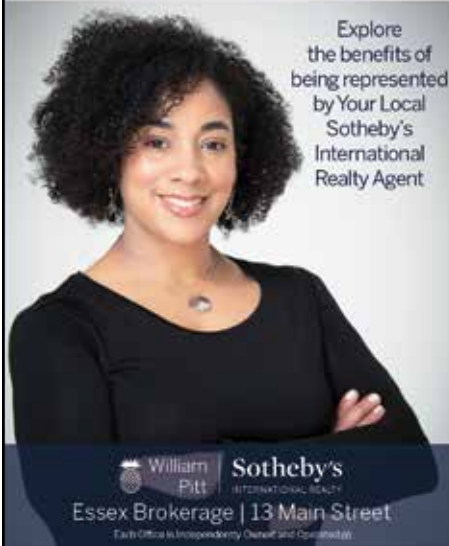
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Essex Printing Wins Eight Print Awards

*Awards
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The Print Industry of New England (PINE) has announced that Essex Printing received eight awards in PINE's New England Regional Awards of Excellence competition. The announcement was made with hundreds of industry professionals in attendance at PINE's Industry Awards Gala,

held at the Boston Marriott Burlington in Burlington, MA on April 11. With these new awards, Essex Printing has won a total of 28 print awards over the past 7 years.

"We are so pleased to have won so many awards this year. It is a testament to the dedication of our staff and the commitment we make to our customers," said Essex Printing's President, William McMinn. "It shows not only our dedication to quality but also our versatility," added McMinn. "Over the years, we have received awards for a variety of printed materials - from marketing pieces to books, from brochures to calendars. It's a great feeling when you have affirmation that you are providing your clients with print materials that they can feel very proud of."

PINE's Awards of Excellence Competition attracted over 300 entries from over 35 printing and imaging companies across New England competing in a variety of printing and graphic communications categories. A panel of judges with extensive experience in printing and print production examined the wide range of work submitted. Each entry was judged anonymously on its own merit in a category with similar printed pieces. The judging criteria included: registration, clarity and neatness, sharpness of halftones and line drawings, richness and tonalities of color, paper and ink selection, ink coverage, difficulty of printing, effective contrast or softness, overall visual impact and bindery.

Essex Printing is a commercial printing company located at 18 Industrial Park Road in Centerbrook, Connecticut. Its operations are part of the same company that produces and publishes Events Magazines for 13 towns along the Connecticut Shoreline and into the Connecticut River Valley, including Essex Events Magazines. You can contact Essex Printing at: 860-767-9087 or visit: www.essexprinting.com.

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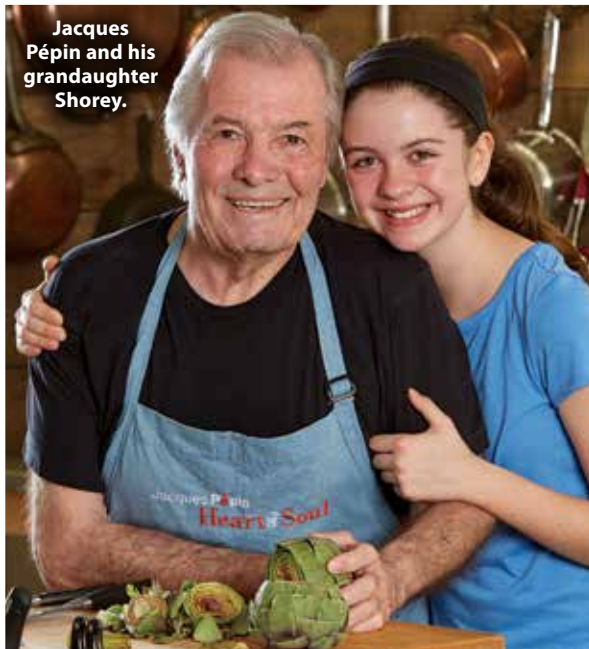


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Jacques Pépin and his granddaughter Shorey.

Jacques Pépin: Simple ingredients, extraordinary results

by Sigrid Kun



Jacques Pépin strolling along the beach in Madison with one of his poodles.



Above, cooking with Julia Child on PBS's show "The Joy of Cooking."

All photographs by Tom Hopkins

A career that began in his family's kitchen continues in the family kitchen today. Whether preparing a lovely scallop or a veal chop with mashed potatoes, dinner is Jacques Pépin's "culmination of the day." The piano, he says, is the nickname for the stove. That makes Pépin a master musician.

DESTINED FOR THE KITCHEN

Pépin's skills were honed early. Home was working in his parents' restaurant near Lyon, France. A Paris apprenticeship began in 1949 at the age of 13 (interestingly, Julia Child was working in Paris at the same time). His military service in France (1956-58) found him as the personal chef to 3 heads of state (including Charles De Gaulle) at a time when chefs toiled in anonymity. There was no such thing as a celebrity chef. If commanded to the dining room, things had gone awry. "Now, [being a chef], all of a sudden, you are a genius," he quips. "It is a very different world. I am lucky to be a part of it."

A year after coming to the US in 1958, he was working at New York's finest French restaurant, Le Pavillon. He turned down the position of chef to the Kennedy White House. He opted to develop food lines for Howard Johnson. It all worked out. A NY Times food editor connected Pépin with Helen McCully, a food industry icon. She introduced Pépin to then unknown Julia Child. The delightful cooking duo went on to win a daytime television Emmy Award in 2001. Yes, the friends would often argue. "On the whole we agreed on what was important," he recalls. "Quality, simplicity."

"Extraordinary," he reminisces. "Nothing was planned. I am very existentialist that way. You do something and it projects you somewhere else. You do that and it projects you elsewhere." One thing has always led to another for Pépin. Trips to the Catskills in the early 1960s led to his catching the "painting bug." His paintings are now a new business line. This June, his

works will be on display at the Guilford Art Center. At the Catskills, he became a ski instructor. And on those slopes he met his wife of 53 years, Gloria. He calls his daughter (Claudine) and granddaughter (Shorey) his greatest accomplishments. During the 1960s he also earned bachelor's and master's degrees from Columbia University.

A LIFE OF EVOLUTION

No life is without hardship. A 1974 car accident nearly claimed Pépin's life. He could no longer withstand the rigors of 7 days a week, 10-14 hours in the kitchen. His life transformed into "teaching, writing, and just cooking." Since 1975, he has written 30 books. He also became and remains a beloved fixture on television. He isn't a fan of today's harsh reality cooking shows. "You are asked to put a lot of yourself in your food. Love is a very important component. Yelling at you? There is no way you can teach with that approach... Cooking is interactive. You follow your taste. You taste and adjust. You taste and adjust."

At 83, he recognizes his own progression. "For many people in the country, I was known as the quintessential French chef... If you look at my books, there is the soup and cilantro with banana on one page, then the salad and fried chicken, and then the lobster roll. After half a century in the US, I am probably the quintessential American chef." Pépin's life/career has been profiled on the PBS series "American Masters." "I am probably the first cook to have an American Masters," he notes.

The Madison, CT resident continues to teach, paint, and enjoy life. Whether it is a game of boule, mushrooming, or walking his poodles along the beach, food still remains center stage. He is currently the Dean of Special Programs at the International Culinary Institute of New York and continues a 37-year teaching stint at Boston University. He performs countless cooking demonstrations across the country. In 2016, the Jacques Pépin Foundation was formed. His books/manuals of cooking techniques form the curriculum for soup kitchens from Boston to Seattle. The idea is to take what Pépin has created over so many decades to assist disenfranchised individuals - those who may be coming out of jail, are homeless, or are recovering from addictions.

JACQUES PÉPIN...NOT INVINCIBLE?

"Yes, yes," he relates. "One time. It was 30 years ago or more. It was in the early 70s, a 3-hour show with dancing and singing. I did a cheese soufflé." Pépin came on the stage two hours into the show to put the soufflé in the oven. There was no way of checking on the controls so he did not know the oven was set on self-cleaning mode. He went back on stage for the unveiling. "I have never seen anything so burned." He laughs heartily. "It was crust on the outside and still liquid on the inside... There was no recovery on that one. But it was the biggest standing ovation I ever had."



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