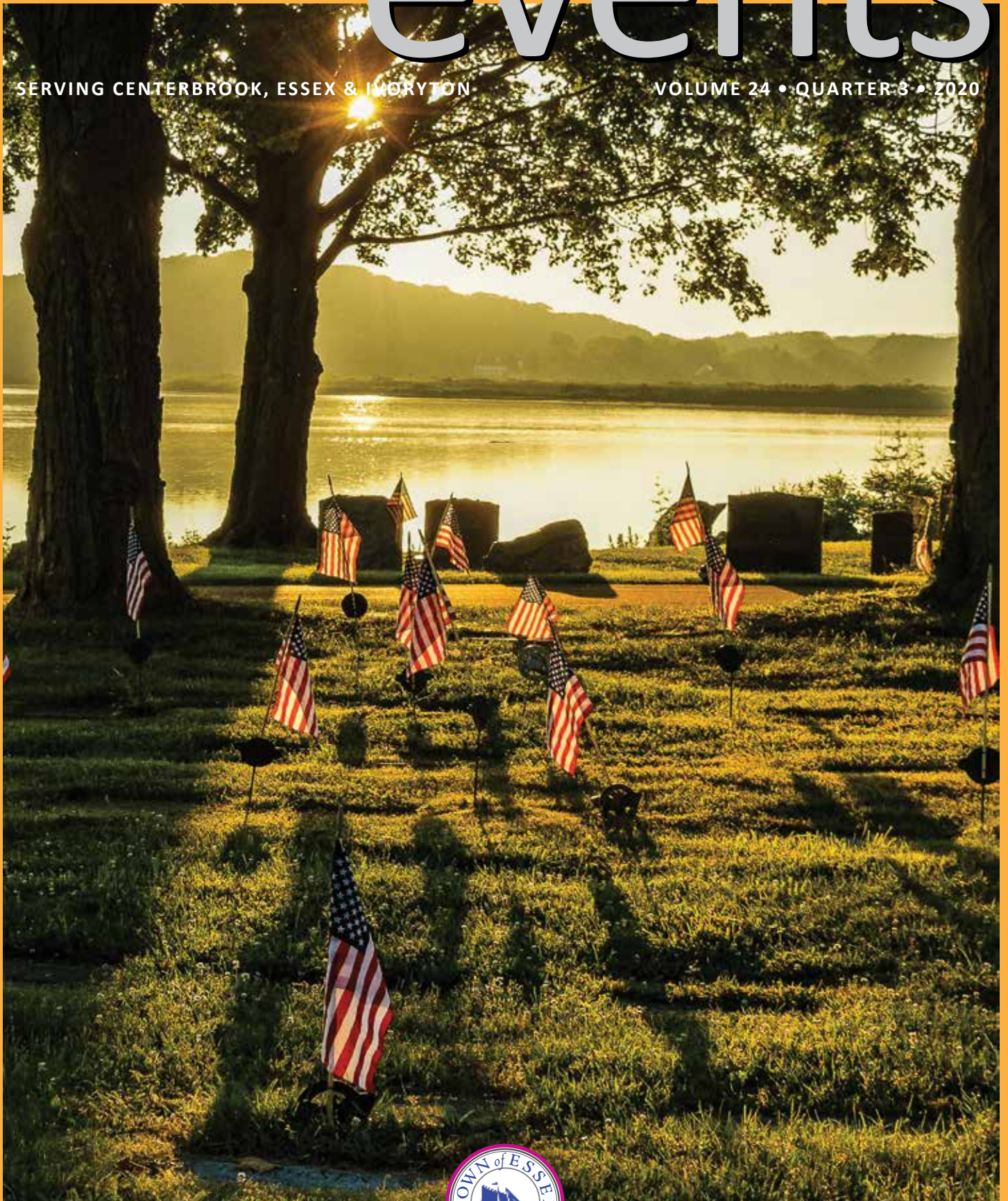


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First Selectman's Corner

Dear Essex Friends & Neighbors,

I hope you and your family are staying safe and healthy. It's nice to see businesses and restaurants open and some activities back in action. Please continue to follow the posted safety guidelines.

Due to the temporary suspension of the In-Person requirement at municipal public meetings under the Governor's Executive Order 7B, the Essex Town Budget for fiscal year 2020-2021 could not follow our traditional Town Meeting approval process. Following the guidelines of Executive Order 7I, on May 11, 2020 the Board of Finance, via a remote public meeting adopted our budget of \$24,653,577 for Town and education expenditures for next fiscal year. The total spending package, which reflects an overall 1.89 percent increase, includes the Town government budget, an appropriation for Essex Elementary School, and the Town's share of the Region 4 education budget. After a thoughtful debate, the Board of Finance voted unanimously to set the mill rate at 21.81. This is an increase of 0.16 mill or 0.74%. The slight increase follows two consecutive years of mill rate reductions. I am proud of this budget and would like to thank all who put their time and talents into crafting another responsible budget for our town for the coming fiscal year.

As always, the safe operation of boats in the harbor is of the utmost concern so please practice social distancing guidelines and adhere

to the NO WAKE ZONE signs. Kayakers and paddle boaters need to be more cautious in the Connecticut River. Large boats cannot make quick corrections when small vessels are making unexpected maneuvers in the channel. Paddlers are expected to follow the rules of boating to avoid hazardous conditions for everyone.

The Town of Essex does not have an ordinance on the hours of operation in which a contractor or landscaper may work at a property in our community. We would expect such hours to be 7:00 am - 5:00 pm on weekdays with more limited work on the weekends. We rely on our residents to be neighborly and considerate by ensuring that construction, the use of power tools, and landscaping equipment, be used only during these times. Please be mindful of your neighbor's right to enjoy their property.

I would like to congratulate the Valley Regional High School Class of 2020. The graduating seniors have worked hard to reach this moment in their lives. The car parade and virtual graduation all seemed to go nicely. I think they will all look back and see how **continued on page 5**



Norm Needleman
First Selectman



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First Selectman's Corner... continued from page 3

special it really was and be thankful to parents, the district, and our fire and police departments for being so creative in making it happen. Their resilience throughout this epidemic will be seen in their future successes. We are all proud of you!

Kelly Sterner, the Town of Essex Finance Director for over 15 years, has taken a new position with Region 4 effective July 1st. Kelly has been an incredible colleague, friend, and asset to the Town. We wish her all the best in her new endeavor. We welcome Tracey Celentano as the new Essex Finance Director.

All the best,
Norm Needleman, First Selectman

Assessor's Office

MOTOR VEHICLE VALUES

In accordance with CT General Statute 12-71d, Assessors are required to value vehicles using 70% of the "Clean Retail Value" as of October 2019, using the recommended guides prescribed by the State of Connecticut Office of Policy and Management. If you feel the assessment of your vehicle is incorrect, you have the right to appeal the assessment to the September meeting of the Board of Assessment Appeals. The meeting is posted on the Town of Essex website or by calling the Assessors' Office to find out the date.

ADDRESS CHANGES

It is important to report any change of mailing address for your real estate to the Assessor's Office. The tax bills may be generated after the 6-month forwarding time has expired, leaving the Tax Collector with no current address. According to CT General Statute, Tax Collectors are only obligated to send the bill to the last known address. An incorrect address does not eliminate your liability to pay the bill, including all interest and penalties. If you elect to have a post office box please notify us, since we are unable to obtain this information from the Post Office or any other source.

EXEMPTION INFORMATION

Additional Veteran's Exemption - The filing period is February 1, 2019 to October 1, 2020. Income limits do apply for this program.

Active Duty Servicepersons - Active Duty personnel, including the Connecticut National Guard must file a written application for the exemption of one passenger motor vehicle. Forms are available on the Town of Essex website or by contacting the Assessors' Office.

Veterans who served during wartime are eligible for a property assessment exemption. Please file your honorable discharge
continued on page 6

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Assessor... continued from page 5

(usually DD214) with the Town Clerk. In order to apply your exemption to the next Grand List, it must be filed prior to October 1. If you have already done so, we will have it recorded in our records. This need only be done once, or in the case of changing your residence.

Veterans having a disability rating must file the Veteran's

Administration Disability Award letter with the Assessor's Office.

Blind and Totally Disabled exemption forms are available by contacting the Assessor's Office.

Jessica Sypher CCMAIL,
Assessor

Registrars of Voters

The Presidential Preference Primaries in Connecticut will be held on Tuesday, August 11, 2020. Voting will take place at the Essex Town hall from 6:00 am to 8:00 pm.

You must be registered with either the Democratic or Republican Party to vote in their Primary. If you are registered as un-affiliated you can change your registration to either party until August 10 at noon.

To change your registration, or to register to vote visit: <https://voterregistration.ct.gov/OLVR/welcome.do>

Applications for absentee ballots will be sent to all registered Democrats and Republicans from the Secretary of the State's office.

If you are 16 years of age or older and are interested in working as a poll worker for

the upcoming November election, please send an email to: criley@essexct.gov or jheiser@essexct.gov.

If you have any questions please call 860-767-4340 ext 142 or email at: registrar@essexct.gov.

Caitlin Riley
John Heiser
Registrars of Voters

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 2020 are: Henry May, President; Stuart Warner, Vice President; Mary Samburg, Secretary; Barbara Ryan, Treasurer, Dana Hill, Driver Recruitment, Leo Zavatore and Jack Frost, Directors. Dispatchers are John Heiser and Tony Carrano.

With the onset of the coronavirus, and after much reflection and discussion, the FISH Board decided to suspend driving starting March 17, 2020. As of the end of June 2020, our driving service continues to be suspended. The FISH Board closely monitors Connecticut state and local laws in hopes

of resuming our free driving service when it is safe for our riders and drivers.

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, the Town of Essex, 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 Village TownHome 6 North Main St Perfect Pied-a-terre Offered at \$850,000



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ALFRESCO

Thursdays

Essex Board of Trade

**ESSEX BOARD OF TRADE TO HOST ALFRESCO THURSDAYS,
JULY 2 - AUGUST 27!**

Experience Essex every Thursday in July and August on Main Street and in Essex Village at 5:00 pm. Essex is OPEN for Summer 2020 and the Essex Board of Trade (EBOT) is upping its annual Alfresco Thursdays with weekly events throughout the months of July and August.

“This year, Alfresco Thursdays holds special significance as Connecticut begins its reopening post quarantine,” says Colt Taylor, President of Essex Board of Trade (EBOT). “With social distancing still in place, Alfresco Thursdays is the perfect way for the community and merchants to reconnect with one another outdoors in a safe and responsible way. At this time, community is more important than ever. We hope Alfresco Thursdays will bring families and neighbors together while paving the way for economic recovery in our beautiful small town.”

GO ALFRESCO & SUPPORT LOCAL!

Alfresco Thursdays boasts numerous patio and dockside dining venues from the top to bottom of Main Street in Essex Village, at Olive Oyl’s Creative Cuisine, The Griswold Inn, Carlson’s Landing (opening mid -July) and Siren - a new marine restaurant at Safe Harbor Essex Island. To ramp up the alfresco spirit, The Essex restaurant will feature a pop-up experience at Main Street Park, where Chef Colt Taylor will be serving his award-winning “Connecticut Lobster Rolls.”

EVENING RETAIL & LIVE MUSIC!

Essex village shops will stay open until 8:00 pm. Many are offering sidewalk shopping to further enhance social distancing and renew customer relationships. Live music will be a highlight of Alfresco Thursdays on various dates and places during July & August!

FREE HOURLY BOAT DOCKAGE!

Safe Harbor Essex Island is offering FREE hourly dockage from 4:00 pm to 9:00 pm. Why not travel to Alfresco Thursdays by water for the ultimate outdoor experience? Just call the marina to reserve and mention “Alfresco Thursdays!” 860-767-2483 or VHF Channel 9.

ENJOY A BREATH OF FRESH AIR WHILE STAYING SOCIALLY DISTANCED & SAFE!

EBOT members will adhere to an “Alfresco Alliance” for post quarantine safety - all participating restaurants and merchants will be implementing CDC guidelines. EBOT also requires Alfresco Thursday attendees to follow this CDC protocol for Social Distancing and Mask Wearing: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>.

For more event details go to: EssexCT.com.

Essex Community Fund

ESSEX COMMUNITY FUND ANNUAL GIVING

Due to COVID-19, ECF reached out to all our grantees to assess the impact the pandemic has had on their organizations and we adjusted the amounts granted due to the increase demand of critical services and support including:

- Food for those in need
- Keeping Seniors safe, healthy, and nourished
- Urgent mental health services
- Community outreach and support programs related to the pandemic

Unfortunately, like many of the non-profits we support, the Essex Community Fund had to cancel our annual fundraiser making it even harder to financially support these organizations. But, through the generosity of our donors, we have been able to distribute funds to our local non-profits that will be used to continue the critical work that they do to support the residents of Essex, Centerbrook and Ivoryton.

This year's grantees are: A Little Compassion, Inc. (The Nest); Bikes for Kids, Backpack Program, Camp Hazen YMCA, Community Music School, Essex Boy Scouts, Essex Eagle Scouts, Essex Elementary School Camperships, Essex Fuel Assistance Program, Essex Housing Authority, Essex Veterans Memorial Hall, Estuary Council of Seniors, FISH, Gilead Community Services, Incarnation Center/Bushy Hill Camp, Ivoryton Library Association, Ivoryton Playhouse Foundation, Region 4 Foundation, Shoreline Soup Kitchen and Pantries, Tri-Town Cub Scouts Pack 13, Tri-Town Youth Services, Valley Shore YMCA, Valley TV and VNA of the Lower Valley, Inc.

continued on page 10



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Community Fund... continued from page 9

CHEERS FOR CHARITY EVENT

Due to the COVID-19 pandemic and to follow the protocol in place by the State, our CFC Event has been rescheduled to March 27, 2021. Please contact us at info@essexcommunityfund.org for further information or questions.

LOOKING TO HELP OUR COMMUNITY?

Consider volunteering with us - contact a Board member for more information. Visit our web site to learn more about ECF at: www.essexcommunityfund.org.

Sister Cities Essex Haiti Report on COVID-19

Despite the onset of COVID-19 in Haiti, and the temporary shuttering of the Deschapelles Community Library and projects, the Sister Cities Essex Haiti team has continued to plan for the future. Thanks to the support of so many here in Essex and beyond, we have been able to pay the salaries to our employees, and have installed a solar power system for the Library. We continue to provide water from our well three times a day to the community. Thus far, there have been few cases of COVID-19 in the area, and Hôpital Albert Schweitzer provides outstanding medical care to the community.



Installing the solar panels for the Library.

Since rural communities like Deschapelles have few organized activities during the summer months, youth look forward to the SCEH summer activities: games, sports, and theatre experiences. The Library is usually full of children reading books together, creating art work, writing and performing poetry, or using computers to gain additional skills or to seek educational information. A bright spot is that children can exchange books they have borrowed and choose a new one. Due to the virus, all group activities have been suspended. Likewise, all practices for our robotics, tennis and music programs are suspended. Castillo Saint-Amant, our music teacher, gives some lessons through Zoom, but the annual week-long Band Camp has been

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cancelled. The daily activities of the tennis program, as well as the occasional tournaments in Port-au-Prince are on hold. All of these activities give many participants opportunities to learn new skills, increase competences, and practice teamwork. For these reasons, we, and the people of Deschapelles, look forward to the time when everyone can return to the wonderful activities supported by SCEH that enrich the lives of so many.

The joy of reading together at the Deschapelles Community Library.



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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Lest We Forget ... Ophelia A. Tiley (1900-1944)

Ophelia Anderson Tiley of Essex was born on November 13th, 1900, the daughter of Richard B. Tiley and Hilda V. Tiley. She graduated from Pratt High School, Class of 1919, and from Vassar College, Class of 1923. Ophelia also studied Business Management at Simmons College. She was occupied as a teacher in Florida and operated a gift shop in Essex.

When Germany invaded Poland in September, 1939, she was studying at the Sorbonne in Paris. Ophelia left her studies to volunteer for the American Friends of France. The AFF provided first aid and ambulance services in the war zone of northeastern France and was organized by the noted American philanthropist and Francophile Anne Morgan. It was a courageous and potentially perilous decision. Many volunteers in Tiley's unit perished during the invasion.

She relocated to the unoccupied area of France, then to England, where she volunteered for the Red Cross. Ophelia was later transferred to North Africa, where she became the assistant director of civilian relief for the Red Cross. She was lauded for a milk distribution program she organized and supervised through which the Allies, working with local agencies and the Red Cross, delivered milk to expectant mothers and children aged 18 months to 14 years, working out of 318 distribution centers. She later also administered Red Cross operations at centers in Sicily and mainland Italy.

She perished in a plane crash near Foggia, Italy on March 25, 1944, days before she was to have married Colonel John V. McCormack (British Army,) then serving in Cairo. Ophelia A. Tiley was an accomplished, selfless, and heroic woman. She was



Above, Ophelia Tiley with convalescing GI's. (American Battle Monuments Commission)

Left, Ophelia A. Tiley's hero's grave in the Sicily-Rome American Cemetery in Nettuno, Italy.



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honored by the poet Mildred Louise Boie in her poem "In the Line of Duty," published in 1946. She lies in a hero's grave in the Sicily-Rome American Cemetery in Nettuno, Italy.

She is listed on the Pratt High School Roll of Honor in Essex Town Hall as among those lost in World War II. She is described in the Vassar Chronicle of April 7, 1944, as a "War Casualty" and hailed as "the first Vassar graduate to lose her life in service in this war." Yet her name does not appear on the Essex Veterans Memorial. Perhaps, in this year, the 75th Anniversary of the end of World War II, it is time to add her name to the hallowed list.

Jack Monahan



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Darcy Roper	x144	droper@essexct.gov

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Ryan Welch, Director	860-767-0715	x161	rwelch@essexct.gov
Richard Gallacher, David Martin, David Massey			

REGISTRARS OF VOTERS

Caitlin Riley	x142	registrar@essexct.gov	criley@essexct.gov
John Heiser	x142		jheiser@essexct.gov

RESIDENT STATE TROOPER

ESSEX POLICE	860-767-1054		
Mark Roberts, Resident State Trooper		mroberts@essexct.gov	
Paul Kenefick		jkenefick@essexct.gov	
Todd Belcourt		tbelcourt@essexct.gov	
Christopher McCarthy		cmccarthy@essexct.gov	
Karen Reilly		kreilly@essexct.gov	
Robert Hart		rhart@essexct.gov	
Judson Howes		jhowes@essexct.gov	

SOCIAL SERVICES

Mary Ellen Barnes	x201	mbarnes@essexct.gov
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TAX COLLECTOR

Megan Haskins, Tax Collector	x120	mhaskins@essexct.gov
Lynne Skinner, Assistant	x121	lskinner@essexct.gov

TOWN CLERK

Joel Marzi, Town Clerk	x129	jmarzi@essexct.gov
Yvonne Roziak, Assistant	x128	yroziak@essexct.gov

TOWN HALL OPERATIONS

Maintenance	x136	maintenance@essexct.gov
Andrew Harrington	x136	aharrington@essexct.gov

ZONING ENFORCEMENT

Joe Budrow, Enforcement Agent	x115	jbudrow@essexct.gov
Kerry Berardinelli	x119	kberardinelli@essexct.gov

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Summer & Fall at Essex Historical Society



Just because we are all safely practicing social distancing, does NOT mean you need to be a stranger to local history. Essex Historical Society (EHS) offers plenty of opportunities to connect lifelong-learners with our dynamic past. As we stay safe this year, please continue to connect with us to receive firm dates and times.

IF IT IS SAFE TO DO SO, WE HOPE TO OFFER OUR FAVORITE PROGRAMS:

- Guided tours of Pratt House, 19 West Ave.
- Walking Tours of the town's villages and River View Cemetery
- Research support at Hills Academy, 22 Prospect Street
- **NEW:** The Nolumbeka Project addressing the Connecticut River's Native American history and culture, Oct. 17. Held in partnership with Connecticut River Museum.
- EHS's Annual Meeting on Oct. 18
- Tri-Town Women's Suffrage Program, Nov. 15

Visit Pratt House's new Pollinator Pathway, below, and historic Kitchen Gardens at any time. These collaborative projects combine a love of the environment with our historic landscapes. Please email us at: sxpollinators@gmail.com to learn more.



Pratt House's new Pollinator Garden combines environmental and historic sustainability.

Photo courtesy of Essex Historical Society.

You can connect with our theme of Celebrating Centerbrook in 2020 by visiting the Follow the Falls tab on our website, www.essexhistory.org. Look for our detailed and richly illustrated Centerbrook booklet (both in print and online) and a new online feature - a virtual 'flyover' of what this historic village looked like in 1910. EHS thanks presenting sponsors Overabove and Centerbrook Architects, as well as Essex Savings Bank, Guilford Savings Bank, American Distilling, Norm Needleman and Jacqui Hubbard and Herb and Sherry Clark and ongoing sponsor, Essex Land Trust.

For the latest info, please visit EHS's website at: www.essexhistory.org or follow us on Facebook and Instagram. Each weekend, hundreds of people enjoy playing "Find It Friday!" with our historic photos. EHS brings local history to you!



See more great images such this one of Prann's Store in EHS's new Centerbrook online magazine, virtual 'flyover' of the village in 1910 and enjoyable history activities on social media, such as "Find It Friday!" Photo courtesy of Essex Historical Society.

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Michael & Robin Momparler	27 Harbor View	Essex
Philip & Rebecca Reutlinger	44 Eagle Ridge Dr.	Essex
Stephan & Elizabeth Hathaway	58 Lynn Road	Ivoryton
Joshua & Shannon Anusewicz	72 Walnut St.	Ivoryton
Mark E. Grabowski	25 Oakledge Dr.	Ivoryton
Eric Stoddard	19 Townwoods Rd.	Ivoryton
Sarah Richardson & Richard Olson III	28 Mallard Point Rd.	Essex
Zacheous A. Thomas	57 Westbrook Rd.	Centerbrook
James R. Scala	9 Primrose Ledge	Essex
Kevin & Mary Lou Healy	14 Essex Glen Dr. Unit 13	Essex
Mary A. Jarrett	5 Westwoods Road	Ivoryton
Gerald Egan	15 Summit Street	Ivoryton
Anne & James Heffernan	38 Main Street	Ivoryton
Christine Hagan & Jens Peter Sawkins	55 North Main Street	Essex
Deborah A. Chaffee-Brown	65 Main Street, Unit 1	Ivoryton
Cynthia A. Opalski	44 Deep River Rd.	Centerbrook
Jeffrey Kateley	47 Comstock Ave.	Ivoryton
Latifa Ghulam Rasool & Safar Jafar	40 No. Main St.	Ivoryton
Daniel & Diane Grunwald	50 Pond Meadow Rd.	Ivoryton
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Stephen Smith	9 Cedar Street	Centerbrook
Dennis O'Leary & Ariane Cutolo O'Leary	31 Book Hill Road	Essex
Eileen & Tobias Lee	20 Crosstrees Hill Rd.	Essex

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 Carol Schneider
 Irma Bosco
 Margaret M. Snyder

March

Nancy S. Bateman
 William Buttner
 Elspeth J.M. Woodward
 David J. Hudson

April

Edward D. Marlowe
 Christopher G. Matson
 Margaret Tilp
 Judith M. Mendler
 Jeffrey R. Muzljakovich
 Anne K. Rogan
 Barbara B. Zernike

May

Desmond B. Egan
 Edith J. Pelletier

June

Anne Mahnken Domenie
 Katharine J. Noland
 Janet H. Daman
 John L. Loehr
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 Boynton M. Schmitt
 Dorothy H. Osborn
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Respectfully submitted,
 Yvonne Roziak,
 Assistant Town Clerk



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Essex - Community Listings

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 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..... (781) 483-2021
 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) 388-7209
 Essex Historical Society..... (860) 767-0681

Essex Lion's Club..... (860) 767-8072
 Essex Land Trust..... info@landtrust.org
 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
 Ivoryton Village Alliance..... info@ivorytonalliance.org
 Lower Valley Visiting Nurses..... (860) 767-0186
 Republican Town Committee..... (860) 262-0226
 SCORE Mentors..... (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

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Town Clerk Renewal Reminder

Resident Transfer Station Pass Renewals - FOR HOUSEHOLD GARBAGE ONLY

Beginning October 1, 2020, your current Transfer Station Sticker will expire. Annual Stickers can only be purchased through the Town Clerk's office.

Punch cards can be purchased at the Town Transfer Station as well as the Town Clerk's office for a fee of:

\$25.00 per card

(10 punches per card for 10 bags of household trash)

No cash can be accepted at the Town Transfer station.

Check, money order and debit/credit only.

For those residents that will be renewing their annual sticker(s)

Each household will be allowed a total of 2 stickers. A renewal application will be mailed out the week of September 14, 2020. You will need to update and complete the application and mail it with your payment (check or money order, no credit card or cash will be accepted via mail) of:

\$125.00 per year (age 64 or younger)

\$ 75.00 per year (age 65 or older)

We will then mail back to you the appropriate # of sticker(s) based on the information received.

If you will be coming into the Town Clerk's office for your first time or renewal sticker, come in anytime starting the week of September 21, 2020. Be sure to have with you your driver's license and your vehicle license plate information. The Town Clerk's office can accept cash, money order, check or credit card.



Note: If you currently have private garbage pick up you do NOT need to purchase a Transfer Sticker or punch card. As a Town Resident you are entitled to drop off recyclables and brush by proving you are a resident at the entrance of the Transfer Station.

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Friends of the Library

As the Essex Library begins to phase in its "in person" services to the community, the Friends are happy to offer a new opportunity for you to support the library. There are now these terrific canvas bags for sale - \$10.00 cash or check (made payable to the Friends of the Essex Library.)



To purchase, just email friendsbags1@gmail.com. When ordering, please include your name, phone number and your best day for pick up, and a convenient time to exchange payment for the bags outside the library will then be arranged. There are also a limited number of bags available at J. Alden Clothiers on Main Street (cash only). Later in the summer, the bags will be available for purchase in the library. Watch for updates on the Library's web-site at: www.youressexlibrary.org. This is an easy and useful way to support the library.

And, since it is too soon for our cadre of volunteers to sort through donations, we ask that you continue to hold on to yours. BUT... you can come to the library and purchase used books that the Friends collected and sorted before the pandemic shut us down!

Once again, thank you for your support of the Friends as we support the Essex Library Association.

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Middlesex Health: Continuing to Provide the Care You Need

You have been told to stay at home-and to wear a mask-but what happens when you have a doctor's appointment scheduled or if you experience a possible medical emergency such as chest pain?

Even during a pandemic, it is important to keep up with your medical care, including routine physicals, and you should absolutely seek emergency care if you need it. Nationwide, there has been a significant increase in mortality rates-more deaths than can be attributed to COVID-19. The worry is that people are not seeking emergency care when they feel very sick.

Middlesex Health knows the idea of leaving home to go to a medical facility can be anxiety provoking, but it is doing everything it can to ensure that you get the care you need safely. This includes offering virtual (telehealth) visits when appropriate.

Please know that visiting a Middlesex Health Emergency Department location is safe. Patients in a Middlesex Health Emergency Department are separated: one area for possible COVID-19 patients; another for patients who may have other problems. All patients, regardless of why they are visiting, are expected to wear masks.

Middlesex Health is also taking extraordinary measures to ensure your safety in its primary care and specialist offices. From extra cleaning and screening staff and patients, to making sure everyone is properly masked and limiting the number of patients in its waiting rooms, Middlesex's goal is not only to keep you safe, but to make you feel comfortable. If you have put off getting the care you need, now is the time to make an appointment.


Putting off annual exams and important tests and procedures can have unintended long-term consequences. It could mean that you miss identifying a problem early, allowing it to become a much bigger problem. The goal is to stay healthy-not to make things more challenging. For more information about Middlesex Health during this pandemic, visit: MiddlesexHealth.org/safe.

Visiting Nurses Announce 2020 Scholarship Award Recipients


Visiting Nurses of the Lower Valley have announced the 2020 Scholarship Award Recipients. In honor of the late Mr. and Mrs. Thomas Murtha of Essex, Visiting Nurses of the Lower Valley (VNLV) awarded their annual scholarship to five local high school seniors. This year's scholarship recipients are: Madison Avery, Caroline Baldwin, Ava Duval, Taylor Milano and Alexander Pralea. The scholarship was awarded on the basis of academic achievement and extracurricular activities. Emphasis is placed on nursing in the selection process.

Susan Maxwell, Executive Director, stated, "This year's five deserving recipients stood out to us as being exceptional candidates. They are all bright, accomplished, and clearly, hard-working. We were delighted to honor them as this year's scholarship winners and wish them the best in their continued studies."

Healthcare is growing and talented individuals such as these students will bring healthcare into the future. VNLV is proud to recognize the achievements of these fine young individuals!



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ABOUT VISITING NURSES OF THE LOWER VALLEY

Visiting Nurses of the Lower Valley is a not-for-profit, Medicare and Medicaid certified home health care organization serving the Lower Connecticut River Valley and eastern shoreline region. For more information, please visit their website: www.visitingnurses.org or call 860-767-0186.

Garden Club Scholarships Awarded

The Essex Garden Club has awarded college scholarships to six area students:

- **Daniel Taylor** of Ivoryton attends Vassar College, where he is majoring in Biology. His studies focus on ecosystems and ecology.
- **Imogenes Welles** of Essex is pursuing her Ph.D. in Evolutionary Biology at Stony Brook University. She will continue her research on the diet and morphology of small mammals to aid in the understanding of the impact of climate change.
- **Ruby O'Lynn**ger of Ivoryton, a 2020 VRHS graduate, will attend the University of Vermont to study Biology.
- **Tabitha Hardgrove** of Ivoryton, a 2020 VRHS graduate, will attend Rochester Institute of Technology to study Biology
- **Emma Carey** of Essex, a 2020 VRHS graduate, will attend the University of Delaware to study Agriculture and Natural Resources
- **Celia Ghilani** of Essex, a 2020 VRHS graduate, will attend Penn State University to study Environmental Engineering.

The Essex Garden Club allocates the proceeds from the annual May Market to make these scholarships available each year. Though the event was cancelled this spring, plans for future events are in the works. For more information, go to: essexgardenclubct.org.

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Connecticut River Museum News

In this uncommon summer, we are happy to say “We are open for business (almost as usual) at the Connecticut River Museum!” Our procedures are a bit different. As all in Connecticut are, we are operating according to the guidelines put forward by the State. Know that you will be safe as you tour our exhibits, sail aboard the Onrust, and listen to music at our beautiful waterfront campus.

Some of our favorite events were suspended for the year because of the pandemic; RiverFare and the Essex Shad Bake, perennial favorites for both our members and broader community alike. In happier news, we hope you will join us on Saturday, August 8 for our Fourth Annual Conquer the Current paddle regatta. It will do us all good to be out on the River for such a fun event.

COMING UP:

This summer we look forward to:

- Shanties & Sails - held on four Tuesdays in July and August
- Thursdays on the Dock - 11 seasons of Rocking the River



- Onrust Cruises - sailing Thursday through Sunday
- Conquer the Current Paddle Regatta - August 8 (registration is open!)
- River of Dreams: Paddling the Connecticut River - on exhibit through October
- Swallow Tours - begin late August

Essex Land Trust Annual Report & Board Election

The Essex Land Trust Annual Meeting, usually held in April, was postponed this year due to the COVID-19 pandemic.

As a result, the Annual Report for 2019 was sent out to all members as part of the 2020 membership renewal process. The Annual

Report for 2019 highlights achievements, initiatives and major activities over the past year. Updates are provided on

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New Essex Land Trust Board, clockwise from top left: Jeff Croyle - 1st Vice President, Jim Denham - President, Bob Nussbaum - 2nd Vice President, Carrie Daly - Secretary and Mike Carlicci - Treasurer.

As required by our bylaws, the Board of Directors have met via Zoom Meeting to elect the new slate of officers and and to nominate two new Board Members. New Board members will serve on an interim basis until an annual meeting is held to confirm their selection by the membership. The officers for the coming year are: Jim Denham, President; Jeff Croyle, 1st Vice President; Bob Nussbaum, 2nd Vice President and Carrie Daly, Secretary. **continued on page 26**

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**#1 Total Transactions
in Essex 2019***

*Source: Sotheby's. *Total Transactions single family main level, residential rental, lot and pool, income, commercial lot and professional (see website) 1/1/2019 to 12/31/2019. While information is provided, it is not intended to be used for any purpose other than for general information.

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Essex Land Trust... continued from page 25

President; Mike Carlucci, Treasurer; and Carrie Daly, Secretary. New Board Members are wife and husband Carrie Daly and James Daly. Assuming the role of Secretary, Carrie Daly is an employment lawyer with Jackson and Lewis. Husband James Daly will be assuming responsibility for Programs and Events. He is a cybersecurity expert and salesman for a family owned New Haven IT Consulting firm.

The Board of Directors extends its appreciation for the many hours contributed by departing board members: Judy Saunders who has led the Program and Events with great creativity, Tom Rutherford former Chief Steward also responsible for Strategic Planning, Stephanie Gatto Board Secretary who will continue to be a volunteer in Communications and Development, and Cynthia Field who has played a role in the Accreditation process and updating the land trust archives.

Essex Land Trust Calendar

ESSEX LAND TRUST UPCOMING EVENTS

The Essex Land Trust has cancelled all events through the end of August. In the meantime, we encourage all to enjoy the results of over fifty years of efforts to protect the environment and the small-town character of our three villages. The Town's open space preserves cover approximately 1100 acres and include numerous, marked trails. Our preserves are open from dawn to dusk. We ask that participants heed the advice of authorities to respect personal distances when out on the trails. If you are feeling ill, please stay at home. Keep pets under your control. The following are currently planned events. Depending on State of Connecticut guidelines, events may be canceled or modified. Please check our website for any updates or contact us at: info@essexlandtrust.org.

Golden Meadow Hike at Johnson Farm - Saturday, September 19, 10:00 am - Read Hill Street, Ivoryton

Enjoy the pleasure of discovering the new pollinators' meadow at Johnson Farm, a 49-acre property of fields and forest in Ivoryton. The new field of golden rod, a resplendent yellow, providing a natural resource for many bees, butterflies, moths and dragonflies, is well worth the visit. Leashed dogs are welcome. Gather at the parking lot on Read Hill Street, off of Comstock Rd. Bad weather cancels.

Ivoryton Pumpkin Chase - Saturday, October 17, 7:30 am - Ivoryton Village Green

Supported by the Essex Land Trust, this race benefits the Ivoryton Library and its programs. The 5K racecourse winds through Ivoryton Village and the Essex Land Trust's Falls River Preserve. 5K prizes will be awarded to 10 age groups. Registration begins at the Ivoryton Village green at 7:30 am. Race starts at 8:45 am for children and at 9:15 for adults. Parking in designated lots. Rain or shine.

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**Bats: Their Lives and Lore - Thursday,
October 22, 7:00 pm - Essex Town Hall, 29 West Avenue**

Just in time for Halloween, Master Wildlife Conservationist Maureen Heidtmann, will provide an overview of bats of the world, with an emphasis on our local species. She will talk about the persisting myths and misconceptions about these fascinating creatures, the many roles bats play to ensure a healthy planet, and the perils bats face in their struggle for survival.

The Sailing Masters of 1812

THE PIED FIFERS OF ESSEX VILLAGE

One Summer's day as evening crept,
A pilgrim new to Essex stepped,
Down streets with pace he spryly kept,
And wondered here what magic slept.

When splendid figures hove in view,
Dressed head to boot in white and blue,
With peak-ed hat and sun-tanned hue,
He fast approached with no ado,
Asked "Who and what, pray tell, are you?"

"We dress the age of sail and oar,
Play fife and drum from days of yore.
A welcome sight on Essex streets,

With fifers' trill and drummers' beats.
Where we parade, folks follow after,
We are, kind Sir, the Sailing Masters"

With furrowed brow the pilgrim pondered,
The hamlets past with pleasure wandered,
But none with fabled Essex lore.
With hearty longing to explore,
This bade the pilgrim to implore,
"I must beseech, pray tell me more!"

"We lead the throngs who come to cheer,
At celebrations through the year."

continued on page 28



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Sailing Masters... continued from page 27



“We venerate when Essex Village,
 The British came to burn and pillage.”

“By drummers beats and lively treads,
 We mark the trek of Essex Ed,
 while groundhog caps adorn our heads.”

“As Irish-hearted persons preen,
 To sing and dance while gaily seen,

We hail the wearing of the green.”

“At Yule approach, we join with glee,
 In merriments and revelry,
 With lighted ships upon the sea.”

“And children trail our fifers’ tune,
 While garbed to reap their candied boon,
 to prance beneath All Hallow’s moon.”

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“As all may spy, we always tarry,
To fill the town with mirth and merry.
You too dear friend may march and play,
Hold banners high to claim our way.
If you would march both slow and faster,
Forsooth, pray be, a Sailing Master.”

With impish grin and twinkling eyes,
Betraying naught but keen surprise,
The pilgrim thanked us to the skies,
and vowed to crow of all he knew,
To kith and friends, both old and new,
Of splendid music marching crews,
Dressed head to boot in white and blue.
And what magic sleeps in Essex too.

If you hold a hearty longing to explore what in the world this article is talking about; or would join a splendid music marching crew, dressed head to boot in white and blue; please contact Vicki Miorelli at: 860-212-1606 or email: captainvicki1812@gmail.com; or Joe Diedrich at: 203-901-0945 or email: gatossn615@yahoo.com. You can choose from fife, snare drum, bass drum, and color guard (hold banners high to claim our way.) No prior music skill need you. Come share the Essex magic too.

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New Questions; Some Silver Linings by Morgan McMinn

The COVID-19 pandemic has turned our lives inside out. We went from the normalcy of work and school, attending events, going to gyms, restaurants and bars to a state of emergency, social distancing and new protocols. As we continue to grapple with the struggles that have come with the pandemic, it is important to reflect upon what we have learned to date. Uncertainty remains, but perhaps we are better prepared for what may lie ahead.

THE HEALTHCARE INDUSTRY RESPONDS TO CHALLENGING TIMES



We have been living amid constantly evolving information about just what COVID-19 is? Is there immunity from the virus? Will the virus mutate? How is the virus transmitted? “We are always

learning new information” notes Amanda Falcone, Public Relations Director for Middlesex Health. “As of today, there is still much that is unknown. There’s no clinical playbook - no established standards of care for this virus. Knowledge changes rapidly.”

COVID-19 has altered what “normal” health care entails. Insurance has, at least for an interim period, approved telehealth visits. Telehealth is an important option especially for those who may lack mobility, access to transportation or the time for typical health care appointments. Middlesex Health stresses the importance of keeping up with your medical care. “Putting off annual exams and important tests and procedures can have unintended long-term consequences,” states Falcone.

Organizations like Middlesex Health are working to find out more about COVID-19. Middlesex Health is a part of a national initiative, led by the Mayo Clinic, that is investigating the use of convalescent plasma. Middlesex Health is also part of a study on Remdesivir, which, according to Falcone is the only medicine so far to show even a moderate benefit with respect to treating COVID-19.

Early on the healthcare industry faced worldwide supply shortages with respect to items such as personal protective equipment and cleaning supplies. Middlesex Health quickly made adjustments in how care is provided (additional cleaning, masks, care areas segregated based on COVID-19 status, additional safety equipment, etc.)

“We are actually using our pandemic plan as we work,” states Falcone. “When things get better, we will take a close look at our emergency and pandemic plan and adjust accordingly so that we are even more prepared should we ever need to use them again. Over the past several months we’ve learned a lot. We are now more knowledgeable and more prepared as we move forward, and we recognize that we will be dealing with this virus for a long time to come. It will likely be a moving target for a while yet to come.”

A RETURN TO NATURE?

With families and individuals confined to their homes across the globe, our planet was able to take its own breath and get slightly healthier. Startling images show clear waters in the Venice canals and the India Gate War Memorial in New Delhi became more visible as air pollution decreased (above right).



Some studies indicate that, while pre-pandemic levels of daily emissions were rising steadily every year, COVID-19 restrictions brought numbers comparable to 2006, mainly due to a reduction in surface transportation, power and industry (cars, electricity, fossil fuel, etc).

Mr. Robert Klee, Lecturer at the Yale School of Forestry and Environmental Studies, notes that “clean air is important and this is a link to the pandemic being a respiratory pandemic - those who suffer from dirtier air and depressed or compromised health from dirty air are more susceptible to the likes of COVID-19. There are correlations with bad air quality and higher incidents.”



People are taking walks, running, hiking, biking, kayaking, etc. The pandemic “reconnected people in interesting ways,” observes Klee. “People locked in the house go on walks, hike on a trail, want to go out and experience nature.”

Cities like Bogota, New York, Paris and Berlin, along with local communities, have made new street spaces for safer individual mobility (walking, cycling etc.). Will this lead to more permanent change? “Part of the question as we restart our economy is what are we restarting it for and to? What is our goal?” And don't forget climate change is still an existential threat and a huge crisis and we can't forget about it for one moment.”

MENTAL HEALTH – RESILIENCE AMID UNCERTAINTY

COVID-19 has taken an emotional toll. “There is so much uncertainty. It's unprecedented,” observes Nancy Randall, a psychologist at East Lyme Psychological Associates. “People are more isolated than they have been. People are stressed about going back to work. They are anxious about the reopening and not sure what it will look like. The anxiety is really the biggest thing. Not knowing what's coming next.”

Is there a silver lining? “We adapt pretty well to things,” she says. Many are enjoying nature, adopting pets, finding time for relationships and hobbies. People connect via facebook groups or Zoom. They have found ways to make a difference, whether sewing face-masks or checking in on others. “People are resilient,” notes Randall. “We've found ways to adapt and try to find the positive in things. Things we learned we can take with us. That doesn't have to go away.”



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