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Volume 16 • Quarter 4 • 2012



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## First Selectman's Corner

### Greetings from the First Selectman!

It's hard to believe that the summer is already gone and another holiday season looms just over the horizon.

A lot has happened over the last few months. We continue to make progress on developing our new municipal website, which will hopefully be online before the end of the year; Tom Fitzgerald has brought a new level of professionalism to managing the Town Hall maintenance department; the new Emergency Management Office has been completed; Parks and Recreation has moved from its successful summer programs to its anticipated fall schedule; primaries have been successfully held and we now prepare for November's presidential election; an *Emergency Preparedness Guidebook* has been published and circulated throughout town; roads and sidewalks have been repaired, and a new sidewalk and crosswalk added at the intersection of North Main and Grove Streets - something long desired by local residents; a proposal for some additional property tax relief for seniors is almost complete; Scott Jeffrey is the new principle of Essex Elementary School and Joanne Beekley has assumed her new role as Assistant Superintendent for Region 4. On July 29th and 30th the Town participated in a Statewide Hurricane Drill, to help us prepare for a level 3 hurricane (it was a sobering experience).

A group of citizens, led by Selectman Joel Marzi, has undertaken the task of compiling a list of medium and long term capital needs for the Town. I'm hoping to get their report this fall, so that our citizens will have the opportunity to examine the list and determine what needs to be done now and for the future.



First Selectman Norm Needleman

continued on page 6


## Stay Informed

Signing up for the Essex News e-mail list will provide you with information and updates on events from the First Selectman's Office. (Your address will be used solely for this purpose.) To add yourself to the list, email your contact information to [essexnews@essexct.gov](mailto:essexnews@essexct.gov) with the subject **Town Email List**.


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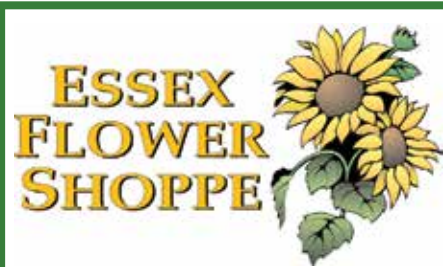
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**Essex \$749,000**  
Gorgeous Contemporary, landscaped setting. Completely renovated, gourmet KT w/granite tops, FPs in Formal LR, DR & MBR; library, den, C/A, large private deck w/river views & outdoor KT for entertaining, 3 car gar w/2BR apt.  
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JamesLeo.com



**Essex \$649,995**  
Falls River Waterfront. Impeccable Ranch with sweeping views & 170 feet of riverfront. 3 bedrooms, 3 baths w/inlaw apartment. Open floor plan, deck. Lovely grounds w/mature plantings. Small boat access to CT River & LI Sound.  
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**Essex \$569,000**  
Ranch style home on hilltop w/distant views to Long Island Sound. Featuring 3 BRs, 3 BAs, living room w/stone FP, indoor heated pool & separate apt over the att 2 car garage. 8+ acres of privacy with barn & outbuilding.  
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PatrickCallahan.net



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MargueriteMattison.com



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**Old Lyme \$859,000**  
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**CLINTON**  
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 Waterfront in the heart of Essex Village on Middle Cove. Spectacular views! Main House, Guest House, ingrd pool, fully permitted dock and a separate barn perfect for a studio or office. Offered at \$2,850,000.

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**ESSEX**  
 Dramatic contemporary, renovated, spacious, open loft-like home, chef's kitchen, bamboo cabinets, all high end appliances, Subzero, Viking etc. CT River frontage, boat house, deep water mooring, dock, beach, guest suite and in-law apt suite. Offered at \$2,295,000.

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Essex: Tucked away at the end of a private village lane. Offering the charm and character of a ca.1780 home with all the modern conveniences and amenities that you could hope for. Pool, dock, gardening cottage. MLS: M9134658

**\$2,950,000**  
860.391.3337  
Leslie Sullivan  
Rick Weiner 860.227.3191



**WATERFRONT CAPE**

Essex: Totally renovated in the heart of Essex Village on Middle Cove. Spectacular views! 3BR, 3 baths, new kitchen, wood floors throughout. Large covered deck overlooking the Cove. 2-car garage. MLS: M9135536

**\$1,450,000**  
860.304.2391  
Colette Harron



**SOUTH COVE**

Essex: Overlooking South Cove & Essex Harbor, this recently renovated 5BR home offers an open floor plan. Deeded right of way to South Cove, an idyllic place for small boats activity. MLS: M9130663

**\$715,000**  
860.227.6634  
Jennifer & Jane Associates



**EXCEPTIONAL HOME**

Essex: This home built in 2004 has all the amenities including a fabulous kitchen, open floor plan, finished lower level, lovely gardens, terrace and exterior fireplace for the cooler months. MLS: M9137000

**\$699,999**  
860.227.6634  
Jennifer & Jane Associates



**IMMACULATE CONDITION**

Essex: Fabulous open floor plan ideal for family living and entertaining. Office with adjacent full bath offers first floor bedroom opportunity. Private cul-de-sac location. Minutes to Essex Village! MLS: M9135054

**\$689,000**  
860.227.3191  
Rick Weiner



**CLASSIC COLONIAL**

Essex: Immaculate! 4BRs, 2.5 baths, spacious FR w/fpl renovated kitchen, library/office. Stunning formal DR w/bay window. Spacious FR w/fpl. Renovated kitchen. Library/office on first floor. Wonderful location, close to town. MLS: M9131544

**\$585,000**  
860.395.4441  
Kathy Schellens



**CA. 1756 SAMUEL PRATT HOUSE**

Essex: Beautifully restored maintaining historical integrity w/new addition. Original wood beams and wide board floors, 8 fireplaces. Dramatic living room cathedral beamed ceiling overlooks gardens. MLS: M9136205

**\$589,000**  
860.304.2391  
Colette Harron



**IN-TOWN PRIVACY**

Essex: Exceptional Colonial! Offers a beautiful LR with columns, built-ins & fpl, spacious granite and stainless kitchen, formal DR & study. 4BRs plus bonus/FR and finished lower level. MLS: M9134309

**\$549,500**  
860.395.4441  
Kathy Schellens



**GREAT LOCATION**

Essex: Views of Ct. River and North Cove. This 4 bedroom, 2.1 bath Colonial is within walking distance to the village. Detached former garage has guest/in-law/au pair apartment. MLS: M9136102

**\$509,000**  
860.287.1222  
Joe Kelly



**DELIGHTFUL CAPE**

Essex: Walking distance to lake, park and walking trails. 3BRs, spacious dining & living rooms, marble fireplace & hardwood/parquet floors. Recent "Gedney" kitchen. Workshop too! Private yard with patio. MLS: M9127886

**\$339,900**  
860.227.4737  
Donn Holland



**VILLAGE CAPE**

Essex: Charming one floor living nestled in the village. Deck overlooking private backyard, finished lower level, newer mechanicals, central air, and detached garage all within a short walk to village center. MLS: M9136722

**\$329,000**  
860.391.1269  
Linda Hicks



**STORYBOOK CAPE**

Essex: Great location. Wonderful condo alternative. New windows, patio. Convenient to waterfront nature preserve, Essex village, library, shops, restaurants, marinas. The best value in Essex! MLS: M9136913

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### Welcome to Centerbrook, Essex and Ivoryton

*James & Barbara Morrissey*, 44 Foxboro Road, Essex  
*Joseph & Aleida Herzog*, 38 North Main Street- #2, Essex  
*Herbert & Barbara Jamison*, 20 Grandview Terrace, Essex  
*Sandra Matheny*, 38 North Main Street-#5, Essex  
*Janet L. Martino*, 28 Kings Lane, Essex  
*Anthony & Frank Longhitano*, 7 Cove Lane, Essex  
*Tomasz Drejer & Erin Crowley*, 54 Hickory Lane, Ivoryton  
*Shannon Lenahan*, 54 Comstock Avenue, Ivoryton  
*Frank & Anne Milley*, 5 Clarks Pond Lane, Ivoryton  
*Catherine Egan*, 15 Highland Terrace, Ivoryton  
*Richard Perron*, 12 West Hills Road, Ivoryton  
*Jesse & Carolyn Nye*, 67 Dennison Road, Essex  
*John & Katherin Beichner*, 88 North Main Street, Essex  
*Thomas R & Ann Wilcox*, 9 Curiosity Lane, Essex  
*Brian Kelly*, 4 Bittersweet Lane, Essex  
*Sandra J. Hart*, 85 River Road #J-3, Essex  
*Robert G. Wigham*, 65 Main Street #12, Ivoryton  
*Garry & Mara Johnson*, 9 Riverview Street, Essex

### Loss of our Residents and Friends

#### May

Merritt Comstock

#### June

Erna P. Miserocchi

#### July

Marjorie A. Lynn  
 Robert W. Mooz  
 G. Marcia W. Milner  
 John T. Salemi  
 Mark C. Stanberry

#### August

Marion Dengler  
 Dorothy H. Ryan  
 Margaret M. Whitley  
 Louise Riggio

#### September

Jennie B. Cutone  
 Marion R. Thompson

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

#### Upcoming events:

- Ivoryton Pumpkin Festival, Saturday, October 27
- Halloween Parade, Wednesday, October 31, at 6 pm, Essex Village
- The Ivoryton Playhouse will present *The Kitchen Witches*, starting October 31st and ending November 18.
- Trees in the Riggings, Sunday, November 25 at 4:30 pm
- Santa Special/North Pole Express, at Essex Steam Train from November 16 to December 27
- Essex Holiday Stroll, December 1, Essex Village
- Ivoryton Illuminations, December 1, Ivoryton Green, 5 pm
- Ivoryton Playhouse will present *A Child's Christmas in Wales* from December 6 to December 16.

And remember, as we move into the holiday season, we should all take time to reflect on the good things in our lives and remember those most in need.

Thank you all for the opportunity to serve!

— Norm Needleman, *First Selectman*



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## *Ivoryton Playhouse*

As the leaves begin to fall and the nights draw in, Ivoryton is the place to be with lots of Autumn and Holiday Happenings around the village and at the Ivoryton Playhouse.

Looking for a Halloween treat? Don't miss the **Ivoryton Village Pumpkin Festival** on Saturday, October 27. Over 250 jack-o-lanterns will line the green and lots of spooky events can be explored throughout the village. Pumpkins lit from 6:00 pm. All goblins and ghouls welcome!

Somethin's cookin' over at the Ivoryton Playhouse where we'll be dishing up some fun from October 31 – November 18 with our production of *The Kitchen Witches*. This comedy features a couple of dueling divas who stir up a main course of fun with a side of drama. Our own Beverley Taylor plays Isabelle Lomax who, with Kim Catano as Dolly Biddle, are tricked into appearing together on a cooking program aired on their local public access channel. Always rivals in love and life, this pair will have spoons flying as family secrets are aired. Call (860) 767-7318 for tickets.

Fall quickly becomes the holiday season – the brightest time of the year for Ivoryton! Save the date of Saturday, December 1 for the third annual **Ivoryton Illuminations**. Santa arrives and 200,000 lights are switched on throughout the village. Come and marvel at the tallest living Christmas tree in the

state. Tune your radio to 101.5FM and watch the lights dance to the holiday music. The lights are on throughout the month of December and visitors from all over New England come to drive through the brightest, merriest village in Connecticut!!

To celebrate the season, bring the whole family to the Ivoryton Playhouse and experience a very special holiday show: **Dylan Thomas' A Child's Christmas in Wales... Then and Now...A New Adaption by the National Theatre of the Deaf**. Performed in both the beauty of American Sign Language and spoken word, it will prove to be "poetry for the eyes and heart." Join us for a nostalgic journey back in time through the eyes of poet Dylan Thomas. Based on Dylan's classic story, this new adaptation has been expanded into a very special production filled with crazy Aunts and Uncles, snowball fights and sibling rivalries. The story follows young Dylan as he receives a rare gift from a very special aunt. He not only discovers the meaning of Christmas but his calling as a writer. Not to be missed. Visit [www.ivorytonplayhouse.org](http://www.ivorytonplayhouse.org) for more info or to purchase tickets on line.

With lots to see and do, we look forward to welcoming you to Ivoryton where you'll find great shops, restaurants, entertainment and great people, too!

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## Essex Emergency Management

Thank you to Richard and Sandy McCurdy for their many years of service to the Emergency Management Group. Rick started back in 1968 as Ham Radio lead person and has done many things to help out over the years.


If you want the most up-to-date information on adverse weather, please go to the Town of Essex website and click on Safer Essex and sign up for Weather Alerts. This alert will come from Everbridge and is expected to start by the end of September. Please enter your cell phone number.

Valley Shore Emergency Management Association, Inc. will be sponsoring a Community Emergency Response Team "CERT" program this fall. The program will give you knowledge on basic first aid, search and rescue, cribbing animal care, traffic control, sheltering, and ways you can assist the Emergency Management Team in your town

The program runs from October 9th to the 20th. There are a total of five classes that are scheduled for:

1. Tuesday, October 9th from 6 – 9 at the Killingworth Fire Station, Route 81, Killingworth, CT
2. Thursday, October 12th from 6 – 9 at the Killingworth Fire Station, Route 81, Killingworth, CT
3. Tuesday, October 16th from 6 – 9 at the Essex Town Hall Auditorium, 29 West Ave., Essex, CT
4. Friday, October 19th from 6 – 9 at the Essex Town Hall Auditorium, 29 West Ave., Essex, CT.
5. Saturday, October 20th from 8 am until 4 pm at the Killingworth Fire Station, Route 81 in Killingworth, CT

Please join us to learn how to help yourself be prepared to help your family and your community during an emergency. Call (860) 767-0373 to register. Space is limited, so register early.



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# Events

MAGAZINES



## Essex Events

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## Notice from the Public Works Department

In order to proactively respond to pollution entering Long Island Sound, the State of Connecticut has implemented regulations to help stop pollutants from entering our stormwater system.

According to Phase II of the Storm Water Control Plan, the Town is responsible to identify the presence of illicit discharge into street drains and tributaries that flow out into Long Island Sound.

One way to prevent this pollution is to wash your vehicles on the lawn rather than in the driveway, where soapy water flows down into the street and then enters into the sewer system.

People are also encouraged to report any evidence of illegal discharges to the Highway Department at 860-767-0715.

We also remind people that free compost is available for pick-up for residents of Essex, Ivoryton and Centerbrook at the Essex Landfill. It provides excellent nutrients for gardens.

If residents wish to dispose of fallen leaves this season, they can bring them to the leaf collection area of the Landfill. Please restrict the disposal to only leaves (no bags, sticks, etc.).

Thank you.

— David Caroline, Director of Public Works

## Run for Chris



Copyright Roger U. Williams

About 260 people participated in the first annual 5K Run for Chris on June 23rd, to honor his memory and support his dreams. All the proceeds will benefit the Chris Belfoure Memorial Fund at the Middlesex County Community Foundation. The goal of the fund is to support multi-cultural, foreign languages and environmental programs in the schools and libraries.

Chris graduated in 2005 from VRHS and received his Bachelor's in History and Chinese at WVU. Chris appreciated educational opportunities that introduced him to new places, such as China. He believed everyone should have the same opportunity. For more information: "Like" Run for Chris 2012 on Facebook.

# Essex Land Trust Coming Events

**2nd Annual  
Family Turkey Tromp & Plunge  
Saturday, November 17,  
10 am-11:30 am  
at Viney Hill Brook Park**

Take a guided hike along the trails of the beautiful 92-acre town park starting at 10 am. The walk will last approximately 45 minutes. At 11 am, be part of or just watch the wacky folks plunge into the pond. Participants in the plunge must sign waivers. This event is the last of the 2012 Essex Great Outdoors Pursuit. The park is accessed off Hillside Drive in Essex. Ample parking is available in the park, near the pond. Rain or shine. Refreshments served.

## *The Essex Conservation Commission*

The Essex Conservation Commission has hired consultant Jenna Klinck to evaluate, inventory, and photograph the town's conservation easements. Ms. Klinck graduated from UCONN with a Bachelor's Degree in natural resources management and is currently a Master of Science Degree candidate with a specialty in the biomechanics of trees, researching the stability of trees during storms. Her on-site conservation easement observations will take place from September through December. The Conservation Commission has developed this project in accordance with Connecticut State Statute 7-131a (section 25-32d). The Conservation Commission is also responsible for the maintenance and protection of the town's three large passive recreational preserves: Bushy Hill, Viney Hill Brook Park and Canfield Meadow-Woods. For additional information, contact DRoper@EssexCT.gov or call the Essex Land Use office (860 767 4340 ext. 144).

# ESSEX TOWN HALL

767-4340 (Unless otherwise noted)

THE ESSEX TOWN HALL is open 9 a.m. to 4 p.m., Monday through Friday  
THE LANDFILL AND RECYCLING CENTER is open Mondays, Thursdays,  
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Maria Lucarelli	x112	mlucarelli@essexct.gov

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Joe Heller		jheller@essexct.gov

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Darcy Roper	x144	droper@essexct.gov

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Mike Birner, Supervisor		
Bill Armstead		

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Mary Ellen Barnes, Rec. Coordinator	x110	mbarnes@essexct.gov

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William Angier, Boris Churyk,		
James Danks, Richard Gallacher		

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John Heiser	x142	registrar@essexct.gov

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<b>ESSEX POLICE</b>		
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Russell Gingras, Corporal		rgingras@essexct.gov
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Lynne Skinner	x121	lskinner@essexct.gov

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Dana Novorio	x128	townclerk@essexct.gov

### TOWN HALL OPERATIONS

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John Schumacher		

### TREASURER

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Kelly Sterner, Director of Finance	x122	ksterner@essexct.gov

### ZONING ENFORCEMENT

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Kerry Berardinelli	x119	kberardinelli@essexct.gov

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# CT Clean Energy Options Program-Fall 2012 Update

As of June 2012, Essex had 245 Clean Energy points. Currently 6.9 % of the residents are involved in the program. Essex ranks 11th in the state with regard to the household penetration rate. With another 55 points, the CT Clean Energy Finance and Investment Authority will give Essex a 2 kW solar array for installation on a public building.

Essex Citizens for Clean Energy (ECCE) want to thank the Town Officials and employees and all of the residents, businesses and organizations that have chosen to participate in this program. You have made a choice for a cleaner environment, and a reduction in carbon dioxide emissions. We will all benefit by reducing the impacts of climate change.

To those people who have not yet enrolled, please consider joining the program.

- Each household can reduce carbon dioxide emissions by about 7400 pounds annually.
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## Essex Printing Goes "Computer-to-Plate"



Essex Printing is proud to announce the installation of a new computer-to-plate system. The PlateWriter 3000 offers our clients digitally accurate registration and the highest quality imaging. As a result, our clients receive the benefit of accurate registration as well as the quality of offset printing. While carrying forward our environmentally friendly approach to plate making and printing, it delivers press ready plates without the use of

any chemicals or chemical processing (and therefore, no chemical disposal costs). It also has the lowest energy usage output in its class and requires no water supply. Bill McMinn, President of Essex Printing, stated: "We are very excited about the new system because our customers will receive the benefit of higher quality imaging. Plus, it allows us to deliver an environmentally friendly product."

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**Essex: Land for sale:** Haven't found what you are looking for? Our builders are ready to go with your plans or ours. Just listed in Essex- dramatic 1.68 lot off of River Road for \$175,000 and two level lots in Ivoryton on a private road (1.92 and 2.28 acres) for \$79,900 & \$99,900, respectively. Now may be the perfect time to build your dream home.



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## Essex Foundation Is Beneficiary of Funds from Sale of Alice Powers' House

Everyone in Essex knew her or knew of her. Alice Powers was a friendly, involved citizen, who during her more than 25 years in town, was deeply involved in dozens of important causes—from the Essex Land Trust, to Garden Club, to the Connecticut River Museum. And she wasn't just an ordinary member of the organizations she supported. She served as President of the Essex Land Trust during the years when decisions were being made concerning the Cross Lots property. She served for a number of years as the chair of the Essex Garden Club Scholarship committee, strengthening the club's commitment to help local youths interested in college careers focusing on environmental and conservation initiatives.

Alice lived in her house on Maple Avenue until the last years of her life, surrounded by her favorite possessions and avidly tending her beautiful gardens and landscaped grounds. The house was left to The Essex Foundation to be used, according to the conservator, Anna Sweeney, as the Foundation saw



Alice Powers.

fit. According to David Hyde, the President of The Essex Foundation, the house has been sold to Paul Angellini and the funds from the sale will be dedicated to furthering the many community activities in which Alice was interested. The Foundation, which has been in existence since 1970, is a nonprofit, tax exempt corporation whose purpose is to receive and administer funds and other property to help meet the educational, social, welfare, cultural and civic needs of the citizens of Essex. The Foundation serves as a pool for funds for individual donors. For example, the Bumpy Warner Scout Building Fund administered by the Foundation has been operating the Scout Building on Bushnell Street for many years. The primary purpose of the Foundation is to use funds to help fill needs that are not met by any other sources or organizations.

Alice Powers was born in Troy, New York. She was a graduate of the Emma Willard School in Troy and went on to graduate from Smith College in 1942. Before coming to Essex,

*continued on page 17*



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• *Essex Foundation continued from page 16* •

Alice was a Vice President for Human Resources at Young and Rubicam, one of the largest advertising agencies in the United States, who, in 1951 produced the world's first color television commercial. She maintained a host of friends from her agency days, some who had summer homes in Essex and who inspired her to retire here.


Alice loved the outdoors. An avid skier, she served for many years on the Board of Directors of the Amateur Ski Club of New York. She was especially fond of the club's lodge at Mad River Glen in Vermont. Her passion for skiing took her to slopes throughout Europe. Golfing was one of her favorite summer sports—and she was an active member of the Old Lyme Country Club. The Essex Yacht Club afforded her access to another favorite sport—sailing. She sailed and crewed on all types of sailboats and motor yachts and loved canoeing on the Connecticut River. And, she loved to travel—her last big trip, when she was 80, was down the Amazon River in South America.

Bequests made to the Foundation may be restricted or unrestricted in nature. Unrestricted gifts are pooled and managed by the Board of Directors to respond to the most pressing needs and to provide the most effective assistance. Restricted gifts designated for a particular purpose, interest or organization are administered in accordance with the donors' wishes. More information about The Essex Foundation can be found on the web at [theessexfoundation.org](http://theessexfoundation.org) or by contacting the Board of Directors at PO Box 64, Essex, Connecticut 06426.



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## Sister Cities Essex Haiti

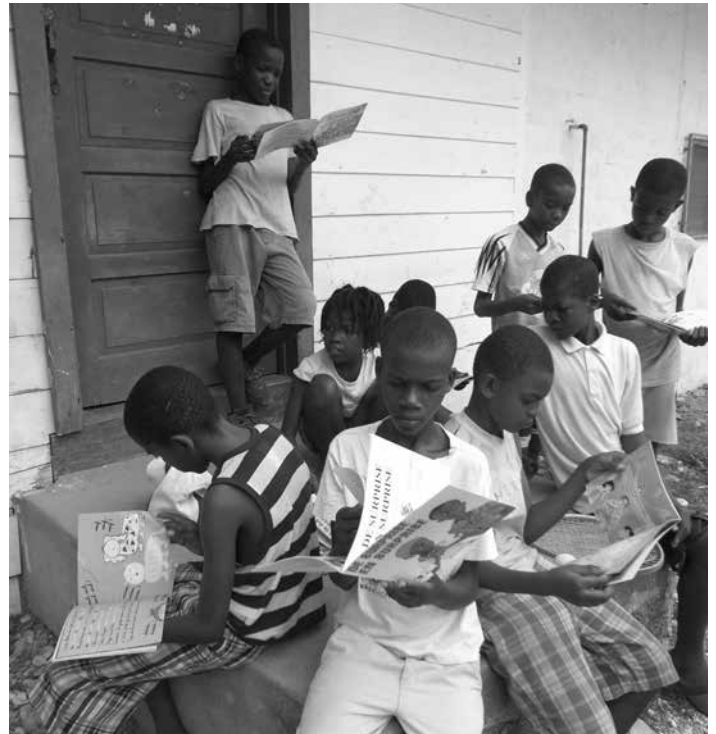
The Sister Cities Essex Haiti Tennis Project is alive and well. We are grateful to Essex Events for including an article about its inception earlier this year and inviting us to send an update.

During the summer tennis clinics took place almost every day. Now that school is about to start, they will probably revert to clinics three times a week in the afternoons.



The Deschapelles Tennis coaches and players have been competing in Federation Tennis Haitienne tournaments for youth of 10 years and younger. The tournaments take place in Port au Prince, a two and a half hour trip from Deschapelles. The tournaments include several teams from the Port au Prince area as well as more from the outlying areas. The Federation has sponsored seven tournaments, and the Deschapelles Team has participated in four. James Adler Germinal, our 8 year old star, is now ranked #1 in Tennis 10 level throughout Haiti. In addition 5 of the top 20 ranked youth in the Tennis 10 level are from the Deschapelles Team.

The tennis coaches had shared their concern about many in the program who did not know how to read or write as they could not afford to go to school. When I suggested that those coaches who know how to read and write could teach them, one of the coaches pointed out that they had no books to do that. I promised to solve that problem. In June, fellow traveler and educator Diane Huot, who had been to Deschapelles 25 years earlier when her former husband volunteered as a resident from Yale University and I (Jenifer Grant) helped them set up a "Coin d'Enrichissement" in the building adjoining the court where they already stored their tennis equipment. We brought down books in French and Kreyol that have easy to follow step by step lessons in helping children learn to read and write. Each child received a lined notebook to use for writing letters and numbers. We also brought down little books with appealing stories, all written in Haitian Kreyol. We modeled reading to the children and carrying on discussion about the books for the Coaches who would direct this additional program after we left. The "pieces de resistance", however, were Pringle cans, emptied and filled with a variety



of writing materials such as pencils, crayons, markers, erasers, small water color paint sets, colorful pipe cleaners and wound up inside were pieces of blank paper to create artistic works. These thoughtful recycled Pringle cans were gifts from students in Deep River Elementary School's Art classes. Each can was covered with wonderfully decorated pictures on plain white paper, glued around each can. The coaches have continued this program, and a very nice aspect is that the children who do go to school enjoy it as much as those who do not. I am sure that they are as a great an asset in helping the unschooled learn to read and write as the coaches! When I return in November, I will bring math materials for them as well. This time we resorted to playing cards and a few puzzles that were math oriented for their numbers learning. Activities in the "Coin d'Enrichissement" have become an integral part of the tennis clinics and occur just after the clinic.

In addition, the tennis coaches have responded to requests from neighboring towns to come and introduce tennis to their youth. It provides them with an opportunity to either strengthen their own competitive team or to create small tournaments between towns in the area.

And, best of all, they now have 17 girls in their program.

In addition, as a "spin off" a Basketball clinic was held in Deschapelles, led by a former Deschapelles resident, Jackson Jules. M Jules has held this clinic for four years and he now has coaches in place to continue the clinics during the year. He and his coaches have expressed interest in having his project become part of the Sister Cities Essex Haiti/ODES organization.

So, as stated above, the Sister Cities Essex Haiti Tennis Project is alive and well and moving forward in Deschapelles, Haiti.

— Jenifer Grant



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## *The Connecticut River Museum Sails On and Steams Up with Fun for Everyone*

Just as the leaves are turning and the temperature cools, the Connecticut River Museum is steaming up for another exciting fall/winter season. New exhibits and annual traditions promise something for every visitor, young and old.

**Foliage Cruises** sail on weekends through October and offer one of the most spectacular views of the glorious change of season in New England. After an extensive, restorative “facelift” this spring, the historic Schooner *Mary E* is back at her home port more beautiful than ever. Captain and crew are hoisting sail for public and private-charter foliage cruises on the 75-foot, gaff-rigged schooner built in 1906 in Bath, Maine. Check the Museum’s website or call for departure schedule, fees and reservations.

**The 19th Annual Holiday Train Show** roars into the Museum on Friday, November 16th for a jump on the holiday season. Once again, train artist Steve Cryan works his magic with an interactive, model train experience that promises to be better than ever. Look for new settings, new structures and new models on this twenty-six foot layout featuring an engine-mounted camera that takes visitors down the track for a ground-level view of Steve’s impeccable miniature world. A perfect outing for train fans and all who are young at heart!

**Trees-in-the-Rigging Carol Stroll and Boat Parade**, Essex’s unique holiday celebration is scheduled for Sunday, November 25. The Connecticut River Museum, the Essex Board of Trade, and the Essex Historical Society combine to present this annual event that includes a traditional, lantern-lit carol stroll down Main Street where all are invited to bring their own lanterns or flashlights and join in with the Sailing Masters of 1812 Fife and Drum Corps and a line up of antique cars. The stroll steps off at 4:30 pm at the Essex Town Hall on West Avenue and ends at the Connecticut River Museum with a parade of vessels dressed out in holiday lights and passing in review along the Connecticut River. The best viewing is from the lawn of the Connecticut River Museum at the foot of Main Street. Santa and his elves will arrive by one of the parade boats for visits with children on the lawn of the Museum.

**Captain Samuel Clay back home in the River Valley.** It may have taken a couple of centuries but Captain Stephen Clay has returned to the Connecticut River and is on permanent display at the Connecticut River Museum. A recently acquired portrait of Clay, a sea captain, merchant, and ship owner from Middletown, painted by the well-known itinerant artist William Jennys in 1800, speaks to the importance of the Connecticut River merchants during the era of the Early Republic. The acquisition of the painting was made possible by the Milkofsky Curatorial Fund of the Connecticut River Museum, a restricted fund of donations designated for the acquisition and conservation of Connecticut River historical artifacts and records. The Museum actively collects museum-quality objects, manuscripts, paintings and photographs that help document life in the Connecticut River Valley over the



*The 19th Annual Holiday Train Show.*



*Trees-in-the-Rigging Carol Stroll and Boat Parade.*

last 500 years. People interested in donating well-documented artifacts and manuscripts may contact Curator Amy Trout at 860-767-8269 extension 115.

For more information on these and other Connecticut River Museum happenings, call 860-767-8269 or visit [www.ctriv-museum.org](http://www.ctriv-museum.org). The Connecticut River Museum, a private, non-profit organization dedicated to preserving and celebrating the heritage and traditions of the Connecticut River, is located at 67 Main Street in Essex overlooking Essex Harbor.

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

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# Essex Park & Recreation

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**The Benefits of Parks and Recreation:**

- Build family unity
- Feel great
- Lose weight
- Diminish chance of disease
- Reduce stress
- Provide safe places to play
- Generate revenue
- Lower healthcare costs
- Meet friends
- Educate children and adults
- Relax
- Keep businesses from leaving
- Elevate Personal Growth
- Strengthen neighborhood involvement
- Boost local economy
- Increase property value
- Preserve plant and animal wildlife
- Clean air and water
- Teach vital life skills
- Provide space to enjoy nature

**Ivoryton Village Pumpkin Festival.** Saturday, October 27, Ivoryton Village Green, 5-8 pm (Pumpkin drop-off 3-4:30 pm). Pumpkin Lighting Begins at 5 pm. *About the Event:* The first Pumpkin Festival was held at the Ivoryton Village Green in 2000. The festival was declared a success and has been held the "Saturday before Halloween" every year since. In 2009, the Festival saw a record breaking 350 Pumpkins on display. Will 2012 be our next record-breaking year? The festival organizers

would like to challenge 100 families, groups or organizations to pre-register to bring 2 carved pumpkins...

**Activities:**

- Jack-o-Lanterns Stroll
- Ivoryton Library Haunted Happenings
- Cookie Decorating with Child and Family Services of Southeastern Connecticut
- Face Painting with the Essex Community Fund
- Live music from The Federation
- Seed Spitting Contest at the Ivoryton Tavern
- Pie Eating Contest at Aggie's Village Restaurant
- Not So Scary Horse Drawn Wagon Ride
- Free Refreshments (while they last) sponsored by the Essex Lions Club, All Saints Church, Gather & Essex Park and Recreation Commission

**Essex Great Outdoors Pursuit.** The Essex Great Outdoors Pursuit is a cooperative effort between the Essex Land Trust and Park and Recreation Department. Our goal is to bring the families of Essex together through positive and healthy outdoor endeavors, while increasing the presence and awareness of our local parks, open spaces, and preserves. Grab your passport and join us!

- Run Local/ Read Local 5K Road & Trail Run/Walk & Pumpkin Run, Ivoryton Green, October 20. For race info and application, go to [www.ivoryton.com](http://www.ivoryton.com).
- Turkey Tromp and Plunge & Lets Get Nuts Food Drive, Viney Hill Brook Park, November 17. Nuts enough to do the Turkey Plunge? We are pleased to host a food drive in coordination with Shoreline Soup Kitchens & Pantries

*continued on page 23*

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• *Park & Recreation continued from page 22* •

as part of our event. Our Let's Get Nuts Food Drive, per SSK&P recommendation, asks that you bring nuts, fruit, pie filling, pie crust mix, whip topping mix. Any and all non-perishables that you would like to donate are most welcome as well.

**Morning with Santa.** Essex Park and Recreation and the Essex Library are co-hosting a holiday-themed special event. We will offer light refreshments, activities for the children, and a visit by a very special guest...Limit of 50 may attend, you may register at Essex Library or Essex Town Hall. Pre-registration is required, all participants must be accompanied by parent or legal guardian. Saturday, December 1, 10-11:30 am, Essex Town Hall Auditorium.

**Essex go Bragh Irish Parade & Festival.** Save the Date! Park and Recreation is planning the third annual Essex Go Bragh (translated as Essex Forever) Irish Parade & Festival, to be held March 16, 2013 (rain Date March 17). The event will feature an Irish-themed parade down Main Street into the heart of Essex Village followed by the Festival. The Festival will include food and drinks treats from our local restaurants and community groups, a live music performance, activities for kids, and more! All Essex residents and community organizations are encouraged to get involved. Full event information will be posted on our website.

**Youth Basketball League.** The Essex Park and Recreation Department's Youth Basketball League focuses on fun, skill development, and a positive youth sports experience. Our program relies completely on volunteer coaches to coach our teams, contact us if you are interested in helping. Please see full program information under the Youth Programs section of our current brochure. A league is offered for Essex children in grades 7-12 through Deep River Parks and Recreation. Grades: K – 6, Nov 26 (K basketball begins 1st week of January). Day and time varies. Location: Region 4 Schools.

**Parks Happenings.** We enjoy keeping our parks in great condition and seeing community organizations host special events for the residents and visitors of Essex...

- **Ivoryton Illuminations,** Ivoryton Green, December 1, 5 pm. Hosted by Ivoryton Village Alliance

**Upcoming Recreation Programs:** For full information please see our brochure available on our website.

**Winter / Spring Youth Programs**

Zumba	FUNgineering with LEGO®
Tennis	Boys Lacrosse Clinic
Creative Art	Red Cross – "When I'm in Charge"
Cartwheels, Etc.	Girls Lacrosse Clinic
Karate Kids	Children's Music Program
Running Rams Track & Field	

**Winter / Spring Adult Programs**

Boating Certification Course	Karate
	Drop-In Basketball



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## The Ivoryton Library

The Ivoryton Library has undergone several changes, large and small, inside and out. The library recently hired Elizabeth Alvord as library director, Elizabeth Bartlett as children's librarian and Andrea Myers as weekend staff. Expanded collections include adult and young adult fiction as well as adult and children's DVDs. We now have a music CD collection. See below for our new hours.

The library has completed its landscaping project and extends its thanks to the following generous individuals:

- Susan Nilsen for her vision in creating and overseeing the plan.
- Joe Potoff and his Loud and the Proud crew for donated labor including the use of large machinery!
- Christopher Polo of Ivoryton for choosing the Ivoryton Library as the recipient of his Eagle Scout project, creating the beautiful brick walkways that lead from the front walkway down and around to the rear entrance into the Children's Rooms.
- Karl Kaufmann who served as mentor to Chris during his project and who installed the brick patio in front, incorporating the inscribed bricks ordered by members of the community.

Did you order a brick? Stop by and take a look for it. Didn't order a brick? Keep an eye out for a second opportunity to order a brick to be placed in the same area.

In any case, do come by the Ivoryton Library to see our

new gardens. And come inside, while you're here, to check out a book and more.

The library recently expanded its hours of operation and is now open: Tuesday 10-6, Wednesday 10-8, Thursday 10-6, Friday 2-6, Saturday 9-12, and Sunday 1-4.

### Upcoming Events

- The Big Quiz Thing is coming Saturday, November 10! The Ivoryton Library is selling tickets to its second Big Quiz Thing Trivia Night, featuring Noah Tarnow of New York City. Form a team or sign up as a single and we'll team you up. See [www.ivoryton.com](http://www.ivoryton.com) for more information or call us at 860-767-1252.
- Please join us for The Falls River Flood of 1982 – A Second Look. Thursday, November 15 at 7:00 pm at Essex Town Hall. Co-sponsored with Essex Historical Society.
- Write letters to Santa and to our troops at the Ivoryton Library during the 3rd annual Ivoryton Illuminations, Saturday, December 1.

### Ongoing Classes and Groups (Join at any time)

Adult:

- Language classes:
  - French Intermediate – Tues. @ 1:00
  - French Intermediate – Thurs @ 2:30
  - French Int. Grammar – Wed @ 1:30
  - Spanish Advanced – Thurs @ 1:00
  - Spanish Beg/Int – Thurs @ 2:15
- Watercolor Artists – Wednesdays, 10-12n
- Tea & Murder Book Group – 3rd Friday of the month at 4:00

Children:

- Homework Club – Tues & Thurs, after school to 5pm
- Junior Readers – 1st & 3rd Sundays
- Afternoon @ the Movies – 3rd Friday of the month
- Storytime – Wednesdays @ 10:30
- Drop-in Crafts on No School Days

Visit [www.ivoryton.com](http://www.ivoryton.com) for information on the library, upcoming events, local history and to access the online catalog. Use the catalog to renew or place holds on materials and to download audio and ebooks. We're happy to show you how. All you need is your library card. If you haven't got one, we'll help you with that, too!

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## What's Your Best Side?

Nobody's face is perfectly symmetrical but when we look at each other it is very difficult for us to see the difference. In pictures, however, we all know that one side is better than the other. What is your good side?

If you said your left, there is now science to back you up. According to a new study from Wake Forest University, images of the left side of the face are perceived as more pleasant than pictures of the right.

According to the researchers, the love of the left side is probably due to the fact that left cheeks usually display "a greater intensity of emotion." The thinking is that the left side of the face is controlled by the right side of the brain, which controls feelings.

How ironic then that the left side of the face ages faster than the right, at least here in the United States. As adults, we now get the bulk of our sun exposure in the car sitting next to a left sided window.

UVA rays go through the glass of your car, the glass of your home, your clothing and penetrate your skin to destroy your DNA and collagen. This is why wearing a separate sunscreen for your face every day is so important.

The choice of sunscreens can be overwhelming and most of us seek out the highest SPF number we can find. Unfortunately, SPF measures your protection against UVB but not against UVA.

Your best defense against left sided aging is wearing a sunscreen that contains zinc or titanium dioxide. Both of these minerals protect you against UVA. Now, call the photographer!

Dr. Susan O'Malley, founder and Medical Director of Sonas Med Spa is dedicated to helping women maintain their beauty without surgery. To learn more about Dr. O'Malley or Sonas Med Spa, please visit [www.sonasmedspa.com](http://www.sonasmedspa.com) or call 203 245-2227 for a free consultation



For town updates & information:  
**[www.essexct.com](http://www.essexct.com)**

## The Essex Art Association



Artwork by Karen Lipeika - Oil on Canvas "Essex Reflections"

The Essex Art Association Presents *The Odyssey Painters Artful Bounty: The Fruits of our Labor* October 26- 28. Sharing an interest in painting outdoors, this group of plein air painters gathers throughout the changing seasons. From the rolling Lyme hillsides to the Connecticut shoreline, we have put together a collection of fine art for your viewing pleasure. In addition, we will have Mundy Hepburns sculpture on exhibit at The Essex Art Association.

Artists include: Pat Barone, Phyllis Bevington, Paula S. Emery, Gail Estrade, Christine Danilowicz, Karen Lipeika, Brenda Newbegin, Carol Robertson, Maureen Tarbox.

FREE Opening Reception on Friday, October 26 from 5-8 pm. For information, please call 860-767-8896 or 203-627-4148. The Essex Art Association, 10 North Main Street, Essex, CT 06426. Gallery Hours: Friday from 12-8, Sat 10-6, Sun 10-4.

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## A New Dimension in MRI Comfort

### Middlesex Hospital Now Offers a “Wide-Open” MRI System

Are you claustrophobic? Can you tolerate having a CT scan? If so, you can now comfortably get an MRI at Middlesex Hospital, with its new “wide-open” MRI. Even for people who are not claustrophobic, the wide-open MRI provides a much more comfortable space during the exam than in the past.

#### “Open” vs. “Wide-Open” MRI

Many people believe that having an “open” MRI can eliminate the claustrophobia they feel when having the same test in a traditional MRI unit. These types of “open” MRI systems are only open on the sides, and the top of the magnet is still very close to the body. In addition, these MRIs are also usually “low-field” MRIs, and although they do give patients more room during the test, they also have a significant drawback — it takes a lot longer to obtain the same image quality as traditional, “high-field” MRI machines. To cut down on exam times, some lower-field MRI systems may not have the same image quality as a state-of-the-art, higher-field system.

Middlesex Hospital only uses high-field MRI machines, since they produce the clearest images — because the higher the field strength, the better the quality of the images produced. However, the opening in these traditional machines is considered too small by some larger or claustrophobic patients to allow them to be comfortable during the exam.

All that is changing at Middlesex Hospital. The Hospital now offers a new dimension in patient comfort — in its wide-open bore, high-field MRI that combines a much larger bore (circular opening) size and a much shorter “tunnel” (length). The new MRI looks just like a CT scanner, only a foot longer. The new wide-open bore design accommodates all sizes (up to a 550-pound patient) eliminating anxiety and claustrophobia. For many exams, both the feet and head remain outside the machine. The newer technology combines an open feel with the ability to capture high-field quality diagnostic images. In addition, the new MRI is quieter and may require less time to capture the necessary images.

Why should patients care about the quality of their MRI images? When your doctor orders an MRI, he or she is looking to get as clear a picture as possible of what is going on in your body. The best way to get a clear picture is to use the type



*The new wide-open MRI at Middlesex Hospital — a high-field MRI that combines a much larger bore (circular opening) size and a much shorter “tunnel” (length).*

of technology that provides physicians with crisp and clear photos of the anatomy.

“This is great news for patients who may have chosen to receive a low-field, open MRI in the past,” said Laurel Patt, Middlesex Hospital Director of Radiology.

The new “wide-open” MRI system at the Hospital is currently operational. In addition, the current MRI scanner at the Outpatient Center on Saybrook Road in Middletown will be replaced with a new, “super-high-field strength” MRI. This new MRI has double the field strength and can produce even clearer, more detailed images. It will be operational at the beginning of March 2013. The new Shoreline Medical Center in Westbrook will also have a brand new, stationary MRI system operational when construction of the facility is completed in 2014.

When using the new, wide-open MRI systems at Middlesex Hospital, patients will be comfortable, experience less noise, spend less time in the machine and can still be sure that their doctors will get the highest quality medical imaging. In other words, patients now have the best of all possible worlds at Middlesex Hospital if they need to have an MRI!



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# Literacy Volunteers 2nd Annual Wine & Brew Tasting and Silent Auction



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The Literacy Volunteers, Valley Shore CT, Inc. will be holding the 2nd Annual Wine & Brew Tasting & Silent Auction, taking place at Essex Meadows, 30 Bokum Road, Essex on November 8 from 5:00 pm to 7:30 pm. The event is sponsored by Essex Meadows and Centerbrook Package Store, Centerbrook. Tickets are \$25 and are available at the Literacy Volunteers office at the Westbrook Library, 61 Goodspeed Drive or by calling (860) 399-0280. Proceeds will benefit Literacy Volunteers.

"Last year's event was an outstanding success," said John Ferrara, Executive Director of Literacy Volunteers Valley Shore CT, Inc. "It not only allows us to raise funds to continue our mission, but gives the communities we serve an opportunity to learn more about our organization while sampling some extraordinary beers, wine and food."

### About LVVS:

Literacy Volunteers Valley Shore is a 501(c)3 non-profit agency affiliated with ProLiteracy, a national organization that

accredits and sets standards for teaching literacy to adults. Since 1979, we have served the towns of Chester, Clinton, Deep River, Essex, Guilford, Killingworth, Lyme, Madison, Old Lyme, Old Saybrook, and Westbrook. Each year we provide small group and one-on-one literacy tutoring to over 150 adults completely without charge and in an atmosphere of confidentiality respecting each student's privacy.

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# Healthy Eating through Healthier Habits for Seniors

We all know that our tastes have changed over time. The things we like now – clothing, hair styles, cars, and so on – most likely are different today than they were 20 or 30 years ago. It stands to reason, then, that our overall diet should evolve as well (from necessity as well as preference).

As we age, the make-up of what we eat becomes more and more important to our bodies and our overall well being. With proper nutrition, we are better able to manage health issues such as high blood pressure, cholesterol and sugar levels. We also reduce or eliminate common ailments such as swelling and inflammation, poor digestion, and low energy.

While many seniors find themselves on some type of “restrictive” diet, this does not have to mean the end of enjoying a good meal. In fact, with better food labeling and an increasing selection of healthier foods in grocery stores, eating better really is easier – and tastier – than ever. Here are some tips to help get in the habit of shopping and eating well:

- Fresh is best when it comes to fruits and vegetables, and frozen is second best (avoid high-salt or sugary canned foods). The fiber and vitamins in popular favorites such as apples, blueberries, plums, broccoli, cauliflower, and avocados provide countless benefits. Enjoy these foods raw, steamed or sautéed in a little olive oil.



Seniors are encouraged to eat as many fresh fruits and vegetables as possible every day. These are a sampling of the delicious choices that are locally grown and in season now at most supermarkets and farmer’s markets.

- Brown (whole grain) is better when it comes to breads, pasta, rice and cereals. For potatoes, sweet ones are far more nutritious than white.
- Choose lean, high-protein foods such as fish, turkey, pork, beans, peas, nuts, for higher energy and better bone health.
- Eggs, cheese and milk have calcium that is also beneficial to bone health. However, these foods should be avoided if cholesterol levels are a concern.
- Use olive oils or soy-based margarines instead of butter whenever possible, to keep cholesterol counts down.
- Choose water over high-sugar drinks and fruit juices.
- Instead of canned soups or frozen dinners, keep bagged salads, canned tuna, and low-fat yogurts on hand for quick meals.
- If you live in a retirement community, discuss your diet with the chef, nutritionist, or nurse. They will make recommendations for you and prepare foods that meet your special needs.

By adopting better eating and shopping habits, we can find the best balance of foods that keep us healthy and help us enjoy a great (and delicious) quality of life.

— Kathy Ryan, Executive Director, The Saybrook at Haddam


Kathy Ryan is executive director of The Saybrook at Haddam ([www.thesaybrookathaddam.com](http://www.thesaybrookathaddam.com)), a 74-apartment assisted living retirement community located at 1556 Saybrook Road in Haddam (860-345-3779). The community provides independent retirement living services as well as assisted living services provided by its state-licensed Agency, and a special memory care unit.

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## Pump-out Boat Program to be Continued

We all appreciate the splendor of living in this beautiful area of Connecticut. The sights and sounds, with the occasional scent of brine hints of beach vacations, swimming and boating, and fried fish.

Because of these coastal charms, we hold an economic interest in preserving our very special environment. Shops and restaurants thrive from tourists who come here to experience what local towns have to offer. Boaters consider our excellent harbors a second home. Local events draw far greater numbers because of our location.

When it comes to protecting our waters, Essex is doing a fine job. We are rated second best in Connecticut in pumpout boat activity. Connecticut is rated number one throughout the nation.

What is the Pumpout Program all about? It is a federally funded program that concerns itself with preserving the delicate balance of marine life in our coastal waters. For us, that means the Connecticut River and estuary in particular. This year, Connecticut received the highest grant of all the states, and we are putting it to good use.

Our Pumpout Boat operates on the Connecticut River from the East Haddam Bridge to Long Island Sound, safely removing thousands of gallons of sewage from boats annually. This sharply reduces the discharge of untreated waste and disease-carrying organisms into our local waters and harbors, protecting shellfish beds and swimming areas.

The Pumpout Boats, based here in Essex, go out to boats that are docked, properly anchored or moored in order to make this service available. The service is free to boaters.

The Connecticut Department of Energy and Environmental Protection (DEEP) has recently announced that one million dollars of federal funds will be available for the 2013 boating season. Along with helping to finance the Pumpout Boat, it also makes money available for private and public marine facilities to repair or upgrade their equipment.

### Lower Connecticut River Pumpout Boat

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Administered by the Connecticut Department of Energy and Environmental Protection.

Rated number two in Connecticut, Essex has reason to be proud of its Pumpout Boat accomplishments, which runs under the management of Joel Severance (Chester Harbor Management Commission) and Wally Schieferdecker (Essex Harbor Management Commission). We are doing our part to keep our waters clean and safe

## Essex Historical Society – Save the Dates

**Friday, November 2**  
**7:00 p.m.**

Essex Historical Society Annual Meeting Program and Reception. A Meeting about the Meetinghouse at the Meetinghouse with Chris Pagliuco. Reception to follow with music by Community Music School, Centerbrook Meetinghouse.

**Thursday, November 15**  
**7:00 p.m.**

Falls River Flood of 1982- A Second Look. Essex Town Hall Auditorium. Co-sponsored with Ivoryton Library.

**Sunday, November 25**  
**4:30 p.m.**

Trees in the Rigging. Pratt House, 19 West Avenue, Essex, to Connecticut River Museum. Co-sponsored with Connecticut River Museum.

**Sunday, December 2**

Annual Holiday Party. Pratt House, 19 West Avenue, Essex.

**Check out our website: [www.essexhistory.org](http://www.essexhistory.org)**

## Connecticut River Marks Half Century of River Rehabilitation Success

*This article first appeared in the Essex Land Trust's Essex Woods & Waters in conjunction with this year's Connecticut River Watershed Council 'Source to Sea' cleanup. ELT's concentration this year was on Great Meadow, where the trust recently acquired 25 acres, increasing its holding to 79 of the parcel's 174 acres.*

Flowing past our shores in Essex is what only can be described as a miracle in modern ecology: the recovery of the Connecticut River, which not so coincidentally started back in the 1960's political aura of flower children and environmental reawakening.

The river's improved quality has been so unique and exemplary that this year, on May 29th, the 412-mile long Connecticut River became the first U.S. river to be designated a "National Blueway." (Inland trails are sometimes known as "Greenways.")

U.S. Interior Secretary Ken Salazar made the presentation at a Hartford riverside ceremony. The citation applauded the many organizations in the watershed's four New England states working together for over 50 years to serve as a model for other watersheds. (The Connecticut's progress is even more impressive when compared to the daunting and costly cleanup still facing other rivers in the Northeast, such as the Passaic, the Hudson, and the Housatonic.)

### The Big Picture, "Source to Sea"

Spearheading the annual cleanup effort by local volunteers for fourteen years now has been the Connecticut River Watershed Council, headquartered in Greenfield, Massachusetts. Since it's founding in 1952 it has been serving the entire watershed, from the river's headwaters in northern Vermont and New Hampshire on the Canadian border, to its estuary on Long Island Sound. According to Andy Fisk, the council's executive director, the annual cleanup event this year on September 29th is expected to include over 50 organizations along its route, including the Essex Land Trust.

Of course there is nothing new about ELT volunteers helping to clean up along the river. David Hyde recalls working with Al Macgregor, Jennifer Grant, Chet Arnold and other members in hauling debris by boat across South Cove from Thatchbed Island to dumpsters in the Essex Yacht Club's parking lot. That was almost a decade ago.

Meanwhile the Land Trust's haul of junk from the riverbanks has grown every year. As chief steward last year Macgregor recalls over 40 volunteers working on the shores not only of Thatchbed, along South Cove-including Turtle Creek but also Great Meadow. The collected litter included upwards of 1,000 glass and plastic beverage bottles, cans and lids, plus almost 2,000 Styrofoam items, not to mention six 55-gallon drums and 16 automobile tires.

### From Kate to Congress

The river's comeback, however, certainly took time. Back in that enlightened environment of the sixties Ellsworth Grant, a resident of Hartford and Old Saybrook's Fenwick, wrote, photographed and produced the thirty-minute documentary film "The Long Tidal River." The film is narrated in lilting patrician tones by Grant's sister-in-law, none other than Katherine Hepburn, whose

own high profile undoubtedly helped the cause. In the film the river's scenic, historic and recreational virtues are extolled in words and pictures, while man's abuses to it are decried: "Fair, noble, glorious river has now become labeled 'the world's most beautifully landscaped cesspool.'"

The film was first telecast August 2, 1965 on WTIC, Hartford, and was shown at numerous locations throughout the state. Senator Abraham Ribicoff then had the text entered into the Congressional Record. That same year Connecticut passed its own Clean Water Act.

Then in 1972 the Congress overrode a presidential veto to pass the federal Clean Water Act. For the Connecticut River alone this meant almost \$900 million in federal funding for the construction or upgrading of 125 sewage treatment plants. Along with elimination of other sources of pollution, such as manufacturing runoff and waste, and with the passage of additional state and federal regulations, water quality in the river improved to the point that soon it was upgraded by the EPA from Class D to Class B. Most of the river again was swimmable and fishable (large shad and salmon populations had returned), and its wetlands protected in perpetuity.

But at the same time the question remained regarding protection of the river's esthetic and historic integrity. As a result in 1973 the Gateway Commission Compact was established largely to take a regional leadership role in response to the federal government's proposed establishment of three national parks recreation zones on the river. The one planned to be at bucolic Selden Creek just south of East Haddam alone was destined to bring thousands of visitors annually to the area. While having its detractors over the years, the compact has arguably served more than any other legislative vehicle to preserve the pristine beauty of the lower river.

The eight towns involved in the Gateway Compact are Haddam, East Haddam, Chester, Deep River, Lyme, Old Lyme, Old Saybrook, and of course, Essex. The commission monitors local zoning regulations and insures compliance, particularly with regard to standards for erecting or modifying structures along the river. To this same end, the commission also has the right to limit the cutting of timber, the excavation of earth materials, and to acquire scenic easements, such as those protecting the views in part of Hamburg Cove and of Joshua's Rock overlooking the river.

— Dan Nesbett

**Deadline for the next issue of  
ESSEX EVENTS  
is December 28th.**



# ESSEX NEWCOMERS' GUIDE

## Welcome to Essex!

On behalf of *Events Magazines*, welcome to Essex. Whether you are new to Connecticut or just new to Essex you will find wonderful people and places to visit in town. Essex has something for everyone. Below are important phone numbers. Please tear out this page and keep it for future reference. The Essex Library has a Welcome Bag for you. Stop by the library to pick up yours. It has information on local non-profits and will have coupons for local Board of Trade businesses. We at *Events Magazines* and Essex Printing support local businesses.

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*Simply ... Excellence*



**Essex Village:** Located on Foxboro Rd this village home is private with exquisite grounds and landscaping. Open concept floor plan with first floor master suite. Three bedrooms with room for more. Generously sized screened in porch and rear deck. Every expected amenity and more. Three car garage, full basement and huge unfinished room over garage. \$975,000  
Maureen Wiltsie O'Grady 860-767-8635 x 16



**Essex:** Village Waterfront. NEW PRICE. Last true fixer-upper in village. Located in the village on a most sought after street in town this ca 1800s colonial is the perfect project for one who wants to reside in the village but none of the homes are suitable. Wonderful rendering of what could be by architect Christopher Arelt. Large .40 acre yard with barn is the perfect palette to renovate, expand and create the home of your dreams. CT River views are there for the taking. \$549,000  
Maureen Wiltsie O'Grady 860-767-8635 x 16



**Essex:** Village Waterfront. One of the largest parcels of land within the village, this property features a stunning 1955 house that has undergone an extensive renovation and addition. Unparalleled views from all public rooms. Three bedrooms and 3 full baths. Small boat dock, all new infrastructure of mechanicals, 2-car garage, perennial gardens. \$1,895,000  
Maureen Wiltsie O'Grady 860-767-8635 x 16



**Middle Haddam:** 350 ft of Ct River Frontage with 40 ft dock. Un paralleled building lot in the heart of Middle Haddam. Completely level with dock expansion ability up to 200 feet. Property includes a well and well house, metered electrical, mooring whips at dock, and Hartru tennis court. \$850,000  
Maureen Wiltsie O'Grady 860-767-8635 x 16



**Essex Village.** Picture Postcard! 4 Bedrm Cape Cod. Short stroll into Village. Up-dated with New kitchen and remodeled baths. LR w/FP. Wood floors, spacious deck and covered Front Porch. 2 Car garage with attached Summer Room with FP. "easy to love this home!". \$439,500.  
Call Joann Stone, 860-767-8635 x 24



**Essex:** Much Admired completely renovated, expanded and improved Cape Cod style home. Gracious, well-proportioned rooms with architectural details throughout. Gourmet kitchen, HUGE dining room seats 24. Double height family room with fireplace and multiple windows leads to a maintenance fee exterior with large deck leading to a patio with a gas fire pit. Storage for 3 cars and double basement. \$725,000  
Joyce DeFord 860-767-8635 x 14



**Essex:** 192 Westbook Rd Lease: 1500 or 3000 sq. ft. Medical or professional office space. Newly fitted out to class "A" office standard. Handicap ramp, high visibility, abundant parking, immediate occupancy. Favorable lease terms and conditions. \$16 - \$18 per square foot.  
David Winstead 860-767-8635 x 19



**Centerbrook:** Great investment opportunity, have the US Government be your tenant! Cap rate 5% plus appreciation. 60 year old well maintained building. Positive cash flow. Lower level storage available for owner's use. \$265,000  
David Winstead x 19



**Middle Haddam:** Located in the Knowles Landing portion of Middle Haddam this 1886 stunner will take your breath away with expansive views of the Connecticut River. Pristine condition with bright crisp interior, high ceilings, four bedrooms including a very special master suite. Every amenity from central A/C, custom crafted fireplaces, security, and a guesthouse/ studio in a carriage barn with a Soho sensibility. \$925,000  
Maureen Wiltsie O'Grady 860-767-8635 x 16

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