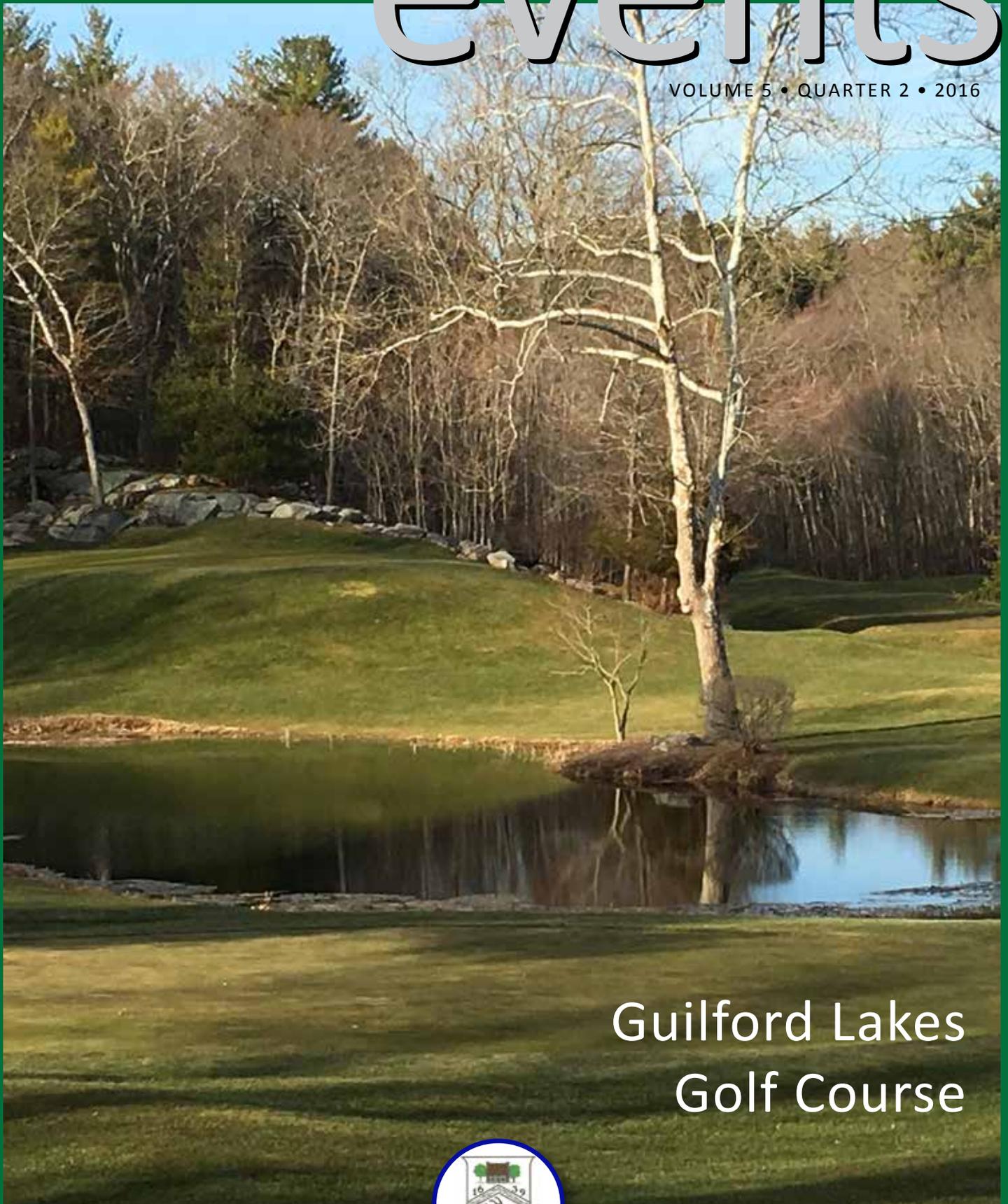


Guilford events

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Guilford Lakes
Golf Course



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First Selectman's Corner

On January 29, our assessor reported that our October 1, 2015 Grand List grew by almost 1 percent, which equates to an increase of \$24 million in net assessed value. This is the highest increase that the Town has seen in several years. This growth in the Grand List is due to our economic development efforts and is mostly attributable to the opening of Guilford Commons and Tractor Supply, among others. This is a trend that we believe will continue over the next couple of years.

On March 10th the Town went out to refund (refinance) \$15,385,000 million of existing debt. At the time this column was put together the actual interest savings were not known, but has been estimated to be \$1 million. The town plans to structure the debt so that these savings will be spread out over the next few years to help offset the remaining Guilford High School debt service.

The renovation of the Whitfield/Water Street Streetscape project continues to move along. The Board of Selectmen has awarded the construction contract and work will commence by the end of March with a projected completion date of mid-May. This project is being funded by a \$446,000 state grant, which is earmarked to renovate the parking lot and install new and improved lighting. There will also be a redesign of the parking spaces, installation of new islands and plantings as well as an overlay of parking surfaces.

I am happy to report the town has received a \$40,000 matching grant from the Department of Energy and Environmental Protection (DEEP) for weed control at Lake Quonnipaug. Invasive weed growth has been an ongoing problem, which the town has been continually trying to address. This grant will help us begin an annual program to control the weeds. The project will commence in the late spring or early summer depending on weather conditions.



Joseph Mazza
First Selectman

The Town has recently applied for a \$500,000 STEAP grant for construction of a new Guilford Food Bank to better improve operations. The current facility is in need of extensive repairs and rather than make those major repairs, our town engineer and facilities manager feel it is better to construct a new building. This would increase the square footage of the food bank, allowing it to better serve the community. Currently the food bank stores inventory in various locations throughout Town. This requires volunteers to transport items from those locations, which is inefficient and physically strenuous on the volunteers.

Continued on page 2

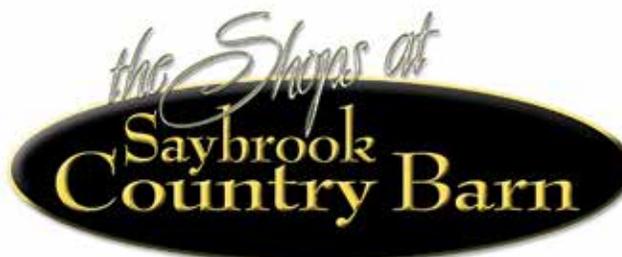
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FIRST SELECTMAN ... Continued from page 1

In addition POD rentals have also been occasionally needed for extra storage. Having the increased space would allow social services to store all the items at the food bank and purchase more items in bulk at a lower cost.

The Guilford Lakes Golf Course will officially open April 1. All nine tees have been completely renovated and are open for play. Please visit the golf course website to book a tee time or

to see information on the different membership plans. The commission is planning major improvements to course administration, which will add to the beautiful conditions and pleasant atmosphere. The course is still considered “*the finest Par 3 in New England and the best condition Par 3 in the state,*” according to the New England Golf Guide.

Joseph Mazza, First Selectman

www.eventsmagazines.com

Shoreline Chamber Of Commerce



There are many exciting events planned for 2016:

June 18th – the Branford Festival, which runs June 17 – June 19 will celebrate its 32nd anniversary. The craft fair, June 18th, is sponsored by the Chamber. Approximately 200 vendors attract as many as 4,000 attendees. Lots of other activities occur that day also – delicious food, many fun attractions for the kids as well as music after the craft fair.

Community Outreach:

Did you know the Chamber actively supports the community in a continually evolving role? Following are some examples of community support:

Gold Sponsor at the Branford Festival
Sponsor of the Branford Jazz Series
Through Chili Challenge for a cause: donation to Brian's Hope
Through Chowder Challenge for a Cause: donation to SARAH, Inc.
Sponsor of the Rotary Golf Tournament
Scholarship for high school student
Brewery Tour to Support SARAH Inc.
Coordinates the Guilford Sidewalk Sale
Developed marketing campaign for 'Be Loyal to Local'
Campaign for Toys for Tots at holiday time.

The Chamber is planning two exciting trips this year.

Discover and explore Cuba, departing on June 10, 2016. Explore historic Cuba with a 6 day journey available to members, their family and friends. A stay at the Memories Miramar Hotel allows the opportunity to experience the art and culture of Havana. This trip will prove to be historical, as you will be among the earliest wave of American visitors on Cuban soil since the late 1950's.

Visit Pompeii and the Amalfi Coast, departing on October 18th. Enjoy the captivating combination of great beauty and gripping drama: coastal mountains dotted with picturesque towns and lush forest plunge into the sea. The trip ends in Rome, as all roads lead to Rome.

Please contact Kathy@shorelinechamberct.com or call (203) 488-5500 for further information.

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Youth and Family Services

The Guilford Youth & Family Services, Family Theatre Production of **SHREK THE MUSICAL JR.** will be performed at The Guilford High School Performing Arts Center.

The musical, includes all of the fairy tale creatures from the movie, and their adventures with Shrek and Donkey as they take on the challenge of rescuing Princess Fiona in order to get his swamp back from Lord Farquaad.

The show is appropriate for all ages and runs approximately 1 hour and 30 minutes (which includes a 15 minute intermission).

There are three performances to choose from and tickets are only \$12 (family discounts available upon request). Join us for a spectacular show:

**Saturday, April 16 at 2:00 pm & 7:00 pm or
Sunday, April 17 at 12 noon.**

To order tickets in advance or for more information visit GY&FS: 36 Graves Ave, Guilford or call 203-453-8047.



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Economic Development Department

Generally speaking, we had a mild winter. Although we had a few heavy snow falls, it could have been worse. Everyone is probably ready for spring, good weather and more daylight. It will certainly contribute to a productive construction season to support our economic development. And, we can expect more people shopping-dining- and exploring our fine town.

The most common questions I am getting asked about, concern our *new* restaurants in town. By the time this issue is published, **D’Vine Bistro** – 25 Whitfield Street (former Whitfield’s), should be open for business. According to Thomas Ammerman Jr., owner-general manager-sommelier, D’Vine will be a unique location, serving French-American cuisine. The interior has been completely updated and the outdoor patio will be in-service in season. He hopes it will be a place where great friends can meet, to share great food and wine.

Down the block, at 2 Water Street (former Color’s Café), expect **Carson’s on Whitfield** to open by about July. Carson’s will be open for lunch and dinner, and Sunday brunch. Again, the interior is undergoing a total renovation, with seating for 84 people. Co-Owner Jim Kirtopoulos indicated the cuisine will be

an upscale American menu, with a nice size bar area, overlooking the wonderful Green.

Right next door, the former Rituals Spa location will be opening under new management. Details are yet unclear, but the location will feature many of the former massage therapists and a hair salon capability will be added to the operation.

Additional retail locations are being pursued for **Guilford Commons** but we do not have confirmation of the specific stores at this point in time.

Progress on the **Whitfield-Water Street Parking Project** continues. Bid packages have been received, evaluated and a construction contract has been awarded. Construction is expected to begin and be completed during the second quarter. As a reminder, this project is primarily funded by a \$446,000 grant we received from the state.

An **RFQ/RFP** has been issued by the town, focusing on parcels of land owned by the town, commonly referred to as the “Pages Lane” property. This parcel was acquired by the town during the early 70’s with the expectation it might be needed

for future septic disposal. It was also identified in the 2007 Town Center South Plan as a potential site for septic disposal, enabling redevelopment opportunities for surrounding parcels. A committee will be formed to evaluate the RFQ/RFP submittals. It is anticipated the committee will then interview qualified candidates who have provided the most beneficial proposals to the town.

A recommendation will be presented to the Board of Selectmen. A town meeting will be held, assuming we are going to implement one of the proposals. Much is yet to be done, but the exploratory process has been initiated. The town has the right to reject any and all proposals should we feel none meet our intended objectives.

Numerous projects are on the drawing board and will be moving through the developmental processes during Q2 2016. Stay tuned, it is an exciting time in Guilford. Should you have any questions about these businesses or any other in town, do not hesitate to contact me.

Brian McGlone
Economic Development Coordinator
203-453-8071
mcgloneb@ci.guilford.ct.us

SmartER Appointments Now Available At Shoreline Medical Center

Why spend your time in the ER waiting room when you could be waiting in the comfort of your own home instead?

The new, innovative SmartER appointment system provides easier access to the Shoreline Medical Center Emergency Department — letting you schedule your ER visit for non-life threatening emergencies up to eight hours in advance.

According to Michael Saxe, M.D., Chair of the Department of Emergency Medicine at Middlesex Hospital, “With people’s often hectic schedules, making an appointment on the SmartER website can improve convenience, help reduce waiting time in the Emergency Department, and allow patients quicker access to medical care for non-emergency injuries or illnesses, once they arrive.”

Some examples of non-life threatening emergencies include sore throat, earaches, minor cuts, minor strains or sprains, mild diarrhea, or sports injuries.

For any medical problem that is life threatening, dial 911 immediately.

To schedule a SmartER appointment, go to www.middlesexhospital.org/smartER.

The Middlesex Hospital Shoreline Medical Center Emergency Department is located at 250 Flat Rock Place in Westbrook and provides care 24 hours a day, seven days a week.

Guilford Free Library Programs

The library's spring programs are in full swing, with events for all ages. Library hours are: Monday through Thursday 9:00 am – 8:00 pm; Friday 9:00 am – 6:00 pm; Saturday 9:00 am – 5:00 pm. Register for programs online at www.guilfordfreelibrary.org, by phone (203-453-8282) or in person.

Friends Paperback Plus Book Sale

The Friends of the Library annual paperback book sale takes place on Friday and Saturday, May 20 and 21. Hours are 9 am to 6 pm Friday, and 9 am to 4 pm Saturday. In addition to mass market and trade paperbacks in fiction and nonfiction, this year's sale has been expanded to include selected seasonal offerings, such as gardening, DIY, cooking, crafts, travel and children's books. Stock up for a summer of reading!

PROGRAMS FOR ADULTS

Book and Author Programs

- May 3:** Barry Schaller, author of *The Ramadi Affair*, 7 pm
May 10: Marc P Nadeau, author of *Identifying and Appraising Historic Properties* 7 pm, cosponsored with Breakwater Books.
May 11: Eric Lehman, author of *Connecticut Town Greens*, 7 pm
May 25: Michael K. White, Guilford author of *Beautiful Assassin*, 7 pm, cosponsored with Breakwater Books.
June 9: Marta McDowell, author of *All the Presidents' Gardens*, 4pm

April is Poetry Month

- April 6:** Dolores Hayden reads from her work, including a work in progress, *Exuberance!*, 7 pm
April 14: Poet Anne Wordsworth, cosponsored with Guilford Poets' Guild, 7 pm
May 12: Guilford Poets Guild presents Youth Poets, 7 pm

Music

- April 13:** Paul Berry will discuss *Roberto Devereux*. Cosponsored by Shoreline Village CT, 7 pm.
April 27: Elderly Brothers celebrate National Library Week, 7 pm
April 28: Paul Hawkshaw will discuss *Electra*. Cosponsored by Shoreline Village CT, 7 pm.
May 5: Phil Rosenthal and the Guilford Ramblers, 7 pm

Music and the Movies—New!

A four-part series led by Paul Hawkshaw and cosponsored by Shoreline Village CT to explore how operatic tradition and the music of great composers have served film directors and composers over the years. Each movie will be introduced by Professor Hawkshaw who will describe how music served the directors in enhancing the action, atmosphere and character delineation in their respective movies.

Movies to be shown:

- May 2:** Star Wars
May 9: Alexander Nevsky
May 16: Death in Venice
May 23: 2001: A Space Odyssey
Call the library or see our website for start times.

Music Under the Stars: Summer Patio Concerts

- All concerts begin at 7 pm.
In case of rain, concerts will be held in our Meeting Room.
June 30: Take 2 and Call Me in the Morning
July 7: Julie Harris and Steven Roane: The Songs of Jimmy McHugh
July 14: Four Barrel Billy

Movies

Monday Night Movies
A film every Monday evening at 7 pm.
See the "Music and the Movies" above for May.
Check our website for other listings.

Science

- April 20:** Hacking the Genetic Code with Yale's Science Ambassadors, 7 pm
May 18: Trust Your Gut with Yale's Science Ambassadors, 7pm

Continued on next page

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SPRING PROGRAMS FOR CHILDREN

REGISTRATION for starred (**) programs began on Tuesday, March 15, at 9 a.m. in person, by phone at 203-453-8282, or online at www.guilfordfreelibrary.org

**Lana Ferguson Literary Festival featuring author

Peter Lerangis:

To honor the memory of a treasured former children's librarian, the Guilford Free Library and the family of Lana Ferguson present the first annual Lana Ferguson Literary Festival. We will be hosting two sessions of an author talk with Peter Lerangis, best-selling author of *The Seven Wonders* series as well as several 39 Clues books and many other great titles. All children who attend will receive a free copy of *The Legend of the Rift*, the brand-new conclusion to the *Seven Wonders* books. There will be light refreshments and time for interested children to meet the author and get their book signed after each talk. Registration is required and children may only attend one of the two sessions due to space limitations. (Adults may be asked to watch the presentation feed from the lobby if the room cannot fit all attendees. All fans welcome, but most appropriate for children in grades 4-7. Thursday, April 14th from 10:00-11:00am OR from 2:00-3:00pm Suggested for ages 8 & up

****Teddy Bear Sleepover:** Bring your favorite bear to the library for special stories, songs, and crafts, and leave them overnight to sleep over. Come back in the morning to see what your bear got up to after lights-out, and have doughnuts and lemonade with your bear.

Friday, April 1st from 4:00-4:45pm

Then Saturday, April 2nd from 9:00-11:00am Ages 4 & up

****Karen's Garden ~ A vision of hope:** Meet Andrew Kranichfeld, who pursued his dreams after losing his sight from cancer to become an author of children's books. A librarian will read his first published book, *Karen's Garden*, and then the author will talk about the book and about being blind. Children are welcome to ask any questions they may have about blindness, and the author will demonstrate some of the adaptive technologies he uses every day. Then a librarian will lead children in a gardening craft. Books will be available for purchase after the event. Thursday, May 5th from 10:00-11:00am All ages

National Children's Book Week: Come in to the children's room dressed as your favorite children's book character to get your picture taken and put up on our book wall, and then choose a free book to take home! If you happen to have a copy of the book your character is from, bring it along for the picture. Otherwise, your smile will be enough. Drop in whenever the library is open during May 2nd to May 8th. All ages

****The Three Billygoats Gruff and Mean Calypso Joe:** Author Cathrene Valente Youngquist will do a dramatic reading of her unique twist on a classic story, using puppets, drums, and audience participation. Be prepared to drum, dance, read, and have an amazing time. This is sure to delight young and old alike. Monday, June 6th from 4:00-5:00pm All ages

****Story & Craft:** Library staff member Peggy Day will lead children in a fun story and related craft.

Tuesday, June 7th from 10:00-10:45am Ages 3 to 5

Free Comic Book Day: Come to the library any time to pick up a free comic book, bookmark, and coloring page. Children's comics available in the children's area, adult and teen comics available in the reference area. Discover the joy, art, and storytelling of this American tradition. No registration necessary. Saturday, May 7th, Drop-in anytime between 9:00am-5:00pm All ages

S E R I E S ~ Open to All – Please Register

****Weekend Wildlife:** One Saturday each month, come to the library to learn about local wildlife and meet animals & plants. Check back with the library for dates and themes. Registration required for each individual event.

April 16th ~ Web of Life: Explore through live plants and animals how our ecosystems work.

May 28th ~ Wild Neighborhood: Meet some animals that probably live in your backyard.

June 11th ~ Under Invasion: Learn how to spot harmful species of animals and plants that don't belong in our area. Saturdays, 4/16, 5/28, & 6/11 from 11:00am-12:00pm Ages 4 & up

In Be-Tween:

Bi-monthly programs for grades 5 and 6

First and third Thursday of each month from 3:30-4:30pm Registration required for each event.

April 7th - Leather Working

April 28th - Mehndi & Mandala

May 5th - Environmental Awareness with blind author Andrew Kranichfeld

May 19th - What's up with plants?

June 2nd - 3-D print a figurine or toy

June 16th - Duct-tape decor

Continued on page 8

Beat Parkinson's Today

Local Parkinson's Exercise Program Shows Great Results In Helping People With Parkinson's Feel Better

East Shore Region Adult & Continuing Education is hosting classes by *Beat Parkinson's Today*, an exercise program designed specifically to improve Parkinson's symptoms.

There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating. Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications.

Please register by phone/text: 860.463.3747
email at info@beatpdtoday.com,
or web-site www.beatpdtoday.com.



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LIBRARY PROGRAMS ... Continued from page 7

TEEN SPRING PROGRAMS, April through June 2016

REGISTER FOR THESE PROGRAMS:

Youth Money School, Parts 1 and 2

Free and open to all students and parents, Tuesdays, April 19 and 26 from 6:30 to 8:00 pm. Youth Money School is a project led by Connecticut Association for Human Services. Learn about how to pay for college, create a budget, and save money! Topics covered will include costs of college, applying for financial aid, understanding college loans, and managing the transition out of college.

Harry Potter Horcrux Hunt

5th graders and up, Wednesday, April 20 from 3:30 to 5 pm. Can you find all 7 Horcruxes? Follow clues to find each of the 7 Horcruxes hidden in the library in this Harry Potter themed scavenger hunt.

Taco Tuesday

7th graders and up, Tuesday, May 3 from 3:30 to 4:30 pm. Celebrate Cinco de Mayo a little early and learn how to make tacos from scratch! A taco feast will follow the cooking lesson, of course.

Teen Acting Workshop

7th graders and up, Thursdays, May 5, 12, 19 and 26 from 3:30 to 5 pm. Join Amy Forbes, professional actress, singer and teaching artist, for a four week acting workshop. Teens engage in vocal and physical warm-ups, theater games and improvisation while touching upon character development, acting technique and audition skills. Specific workshop content centers around students' interests.

Amy enjoys working with kids of all ages! You'll find her playing, acting and singing as the artistic director of treehouse players, a children's theatre adventure she founded in 2007.

Tinkercad for Teens

7th graders and up, Tuesdays, May 10, 17, 24, and 31 from 6:30 to 7:30 pm. Learn the basics of Tinkercad with Madison high school student Chris Arrandale. Explore techniques for designing 3D models that can be printed via the library's MakerBot 3D printer.

Practice SAT Test

Free and open to all, Saturday, May 14 from 10:00 am to 2:00 pm. The Guilford Free Library is hosting a full-length practice SAT to help students prepare for the real SAT. Students may bring a calculator and snacks. The Princeton Review will administer the exam and return the results via email.

DROP IN FOR THESE PROGRAMS:

Be a part of the future of teen services at the library! Have an idea for a program or event? Want to help with tech or other projects? Join Teen Advisory Group and earn community service hours while having fun! For students in grades 7 to 12. No registration necessary. For more information, or to be added to the e-mail list, contact Sara Martone at teenlibrarian@guilfordfreelibrary.org.

Art Exhibits at the Guilford Free Library

April and May: Guilford Public Schools - High School Art Students
June : Cheryl Kling; Jo Rembish

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Guilford Art Center Events



Designers Circus

A Pop-Up Shopping Event

April 15, 10-6pm, April 16, 10-6pm,

April 17, 11-3pm

Designers Circus is setting up the gallery and filling it with a great selection of unique and creative clothing and accessories for spring. Designers Circus is a Boston-based under-the-radar creative fashion and accessories event, with items by more than 70 designers and wholesale prices 50-90% below retail. The shop will also be open. A portion of proceeds from sales will benefit Guilford Art Center's education programs. Admission is free.

2nd Annual Black & White Gala

Friday, June 3, 6:30 pm

Pine Orchard Yacht and Country Club

Join Guilford Art Center for our annual, elegant Black & White soiree, and this year get on the bandwagon with the adult coloring book craze. Color outside the lines, while enjoying cocktails, sumptuous food, music and dancing, live and silent auctions. Tickets are \$125 per person, with proceeds benefitting Guilford Art Center's educational and community programs. Tickets can be purchased online at www.guilfordartcenter.org.

GALLERY

Gallery One Group Exhibition

April 22 - May 14

The Artists of Gallery One and Friends at Guilford Art Center. The work is by a diverse group of mid-career artists who utilize current modes of expression in a variety of contemporary media

High School Invitational Exhibition

May 20-June 5

Celebrating the creativity of young artists in all media, students from Connecticut shoreline area high schools will exhibit artworks created in a class at their home school.

Bowls: A National Juried Exhibition

June 17 - July 31

This exhibit explores the continuing vitality of this simplest, most ancient, and most elemental of forms, as exemplified in the work of contemporary artists.

SCHOOL

Spring Semester: classes and workshops for youth and adults runs from March 28 - June 3

Registration is open at www.guilfordartcenter.org

April Vacation Youth Workshops

April 12 - 14, 9:30 - 11:30 am

Open to ages 5-9. Join your friends for a fun, creative morning of painting, drawing and crafts. Bring a snack! Register www.guilfordartcenter.org

Youth Summer Program Registration opens March 2 online at www.guilfordartcenter.org.

Our visual art enrichment program develops creative expression and artistic skills through hands-on activities. Open to ages 3 ½ and up. Teen and adult classes are also open to ages 13+.

**To download previous issues of Guilford Events
visit www.eventsmagazines.com and download the issue you desire!**

Middlesex Hospital Joins Mayo Clinic Care Network

Middlesex Hospital is the first health care organization from Connecticut to join the Mayo Clinic Care Network. Through the network, Mayo and Middlesex physicians will collaborate so more patients can get answers to complex medical questions and gain additional peace of mind, all while staying close to home.

Network members remain independent, but share a common philosophy, commitment and mission to improve the quality and delivery of health care.

As a member of Mayo Clinic Care Network, Middlesex will have access to the latest Mayo knowledge. Network tools and services include:

eConsults that enable Middlesex physicians to connect electronically with

Mayo specialists when they want additional input on a patient's care.

AskMayoExpert that provides Middlesex physicians with point-of-care, Mayo-vetted information on disease management, care guidelines, treatment recommendations and reference materials for medical conditions.

eTumor Board Conferences that enable Middlesex physicians to present and discuss management of complex cancer cases with a multidisciplinary panel of Mayo Clinic specialists and other network members.

Through network resources, Middlesex providers also will be able to consult with Mayo Clinic on operational and business processes such as patient engagement;

quality, safety and accreditation; nursing leadership; and physician engagement.

Providers also will have access to Mayo's extensive library of educational materials for use with their patients and grand rounds presentations that feature Mayo physicians and scientists.

Since its inception in 1904, Middlesex Hospital has continuously maintained the highest standards in medical care while focusing on delivering the very best patient experience possible.

It does this through state-of-the-art medical technology and innovative approaches to care, along with a highly experienced staff that embraces the mission and culture of the organization.

Keep it Local – Home Decorating

Keep it Local When Shopping for home decorating items. Local businesses which have been in the area for many years are committed to the community. The owners work and live within the community and care about the long standing relationships that they have with people. People who work in the stores are also area residents and are committed to the success of the community.

Excellent customer service is a key ingredient. When you shop at a locally owned business they are interested in your situation and your needs. Relationship building is key and extra help is always available. Advice can be offered and professionals with design experience are available. You will be able to access the help you require with ease.

When shopping for paint it is really important to obtain expert help. What kind of paint should you purchase? The experts in your local paint shop can offer answers based on expert information from their many years of experience. They can also offer important information regarding how much paint should be purchased. Too often customers who purchase paint in the big box stores overbuy. It is frequently a good idea to have some extra paint on hand, but purchasing too much paint is a waste of your valued resources. Knowing just how much to purchase will save you money.

Local paint shops can also offer you referrals to high quality local contractors. They have worked with the contractors for years

Continued on page 12

Guilford Events Quarter 2 2016

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and know who to recommend. When purchasing carpeting and window treatments it helpful to get extra help from professional designers. Small stores can actually offer the help of designers who can visit your home and offer personalized advice. There is

nothing like hands on expertise. You can get the help you need for all of your home decorating projects.

Kevin Cleary, Guilford Paint

Primary Care

Primary care continues to be an evolving concept, and one of its biggest barriers is the misunderstanding of its value. When one thinks of what primary care is, one may visualize a doctor he or she would visit for an acute sickness, and others would imagine their long term physician who treats their family and chronic illness.

Some may even define primary care as an entry point to health care, while others would see it as the pivotal point of health care integrating all its facets. Each of these may have an element of truth because they each touch on a different aspect within primary care. Primary care is the first line of defense in staying healthy, getting well from an acute illness and stabilizing chronic illness. As the foundation of an effective

healthcare, primary care is the keystone to maintain optimal health and prevent disease. It is important to understand the value of primary care and how it fits in the context of our healthcare.

Primary care consists of a team with the patient at the center and the primary care physician as the coach. This partnership keeps the patient, the unique individual, as the main focus. True primary care is an integral part of the population it serves and goes beyond those moments spent with the doctor in the office. Primary care personalizes treatment through the dynamics that forges an invaluable patient-doctor relationship, and then goes on to be the link between a person and his or her healthcare community. When it comes to the bond between primary care

physician and the patient, it is essential to have an established patient-doctor relationship since health risks and treatments are influenced by social elements. Thus, these "personal" questions asked during a visit intake and the "small talk" with the doctor are all pertinent information that will tailor care to meet each individual's values, lead to improved outcomes, and produce an enjoyable experience. Primary care is also the network linking a patient to the health resources within the community. The most valuable benefit from primary care is preventive treatment, NOT medical treatment of disease. Therefore, in order to promote health, primary care relationships need to be established early and be ongoing.

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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 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 because 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, owner and Medical Director of Sonas Med Spa, is dedicated to helping women look younger without surgery.

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Assessor's Office

Elderly tax relief applications will be taken in the Assessor's Office, between February 1st and May 15th during the hours of 9:00 am and 4:00 pm, Monday through Friday. If you are unable to come in, an agent of your choice may file on your behalf. Please bring all proofs of income for both spouses (for the year 2014), including (but not limited to) your Federal Income Tax Return (if you file or will file), your Social Security (SSA-1099 Form) annual statements, statements of pension, interest or dividends, etc. All information must be in English and U.S. dollars.

Please visit the Town's website for more information:
www.ci.guilford.ct.us/assessor.htm

HOMEOWNERS PROGRAM, A.K.A. CIRCUIT BREAKER (STATE PROGRAM)

Under this program, the State of Connecticut pays a portion of your tax bill ranging from \$150 to \$1,250. There is no requirement to re-pay the state.

The basic requirements are as follows:

- The homeowner must be at least 65 years of age as of last December 31st or was receiving 100% disability benefits from Social Security as of that date;
- The homeowner must have lived in Connecticut for at least one year;
- The homeowner must not be receiving tax relief from any other town or state;
- The homeowner must occupy the property as their principal residence; and
- The homeowner must have income (including Social Security) of not more than \$35,200 for a single individual or \$42,900 for a married couple.

TAX DEFERRAL, A.K.A. GSTRP (TOWN PROGRAM)

This program allows you to "defer" up to 75% of your taxes (depending upon income) until either the property is transferred or at the time of your death (at which time the taxes must be re-paid with interest). The deferred taxes constitute a lien on your property.

The basic requirements are as follows:

- The homeowner must be at least 65 years of age as of last December 31st or was receiving 100% disability benefits from social security as of that date;
- The homeowner must have lived in Connecticut for at least one year;
- The homeowner must not be receiving tax relief from any other town or state;
- The homeowner must occupy the property as their principal residence; and
- The homeowner must have income (including Social Security) of not more than \$37,200 for a single individual or \$44,900 for a married couple.

ELDERLY TAX RELIEF PROGRAM, A.K.A. ETRP (TOWN PROGRAM)

Under this program, the Town attempts to "freeze" your taxes subject to budgetary restrictions and the requirements of the enabling ordinance.

The basic requirements are as follows:

- The homeowner must be at least 65 years of age as of last December 31st or was receiving 100% disability benefits from Social Security as of that date;
- The homeowner must have lived in Guilford for at least one year;
- The homeowner must occupy the property as their principal residence;
- The homeowner, if eligible, must be on the State Program known as Circuit Breaker (see above);
- The homeowner must not owe any taxes (including motor vehicles);
- The homeowner must not be receiving tax relief from any other town or state;
- The homeowner cannot be on both the town's tax deferral and this program; and
- The homeowner's income is based upon residency (as follows):

Years of Residency	Single	Married
1 to 4 years	\$29,600	\$36,000
5 to 8 Years	\$44,500	\$54,000
9 to 20 Years	\$62,500	\$75,000
21+ Years	\$79,000	\$95,000

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New Guilford Dog Park!

Years of dreaming, both dog and human, will come to reality this spring with the official opening of the Guilford Dog Park on a 1.4 acre plot adjacent to Nut Plains Park. Set in the wooded area adjacent to the multi-use public park, the dog play area will be open to all and will have a focus on inclusivity with amenities that will make it particularly inviting to seniors and community members with disabilities.



The town of Guilford allocated the land for use as a dog park, as long as the funds to fence and prepare the property came from local donations, but no one anticipated the outpouring of enthusiasm and interest the project would unleash. The initial community fundraising drive led by a local volunteer group, Friends of the Guilford Dog Park, raised more than half of the \$38,000 needed to open the park from a series of fun dog themed events in the first 45 days of the funding drive. This first time community initiative has brought local residents together in a way that once again highlights what makes this shoreline community so unique.

In a town with an abundance of natural resources and public recreational facilities, the town's leash laws covering most public areas and large dog population have resulted in a growing demand for a community dog park. Studies have shown that dog parks help residents build relationships and enhance strong communities.

With nearly thirty dog parks across the state of Connecticut, Guilford will now join the fastest growing national movement in recreational facilities. While most towns have taken more than two years to raise enough funds to launch these recreational facilities, the Guilford Dog Park team is on track to reach the goal in less than eight months. Efforts to build a community Dog Park in Guilford have engaged and inspired all facets of the community: business owners, scout troops, high school and middle school students, retirees and the disabled, families and millennials.

No doubt both bipeds and quadrupeds will agree that the Guilford Dog Park is just one more reason to celebrate all that Guilford has to offer.

For more information or to make a donation please visit the website at www.guilforddogpark.com

By Cindy Levine and Catherine Kiernan



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Teen Drivers

Adding a youthful driver to a personal auto policy can be quite shocking! Frequently, Insurance Agents are asked the same questions about teen drivers.

Consumers often ask what can be done to lower the cost of a youthful driver. A teen driver can complete an approved driver education program and receive a reduced premium for doing it. A teen driver that maintains a grade point average of B (3.0) or better will also receive a reduced premium. Also if a driver attends a school over 100 miles from home, without a vehicle, they also would receive a reduced premium.

Insurance Carriers are now offering devices that track driving habits. Some insurers feel this is the future of auto insurance! Basically, you plug the device into your car, your family drives for 90 days and the data on the entire family is gathered. If the data is favorable, credits will be applied to your auto premium.

These programs are voluntary; you will not see increased premiums due to bad driving habits. Insurance companies look at the number of miles you drive, the time of day you drive, rapid acceleration and hard braking. Parents can also receive additional data about car locations and speed. The discounts in these programs are large, but some feel these programs are an invasion of privacy.

The first year of a driving history is the greatest predictor of future driving history. Make sure the State of Connecticut teen driving laws are followed; they really do work and save lives!

Douglas F. Danaher, The Stone Agency

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Parks and Recreation

The Guilford Parks and Recreation Department is pleased to announce Spring and Summer registration is now being accepted. For a full brochure you can download a PDF from www.guilfordparkrec.com or stop by the Community Center to pick up a copy.

Some highlights include: Parent & Child Guitar, Imagine That!, Teddy Bear Rhythms, April Vacation Trips, Baby and Me Yoga, Young Chefs, Field Hockey, Day Camps, Sports Camps, Paddleboard, Adult Sailing, Adult Lap Swim, Essential Oils, a variety of fitness programs and MORE!!

Camp Menunkatuck Early Bird special through April 18th. Register for each session @ \$210.00 for 2 weeks!

Register for Adult Leagues (Softball, Basketball, Beach Volleyball)

Earth Day will take place on April 23rd on the Guilford Green (Rainsite: Community Center). Events included: Clean Up Guilford & fill the dumpster, CT Agricultural Experiment Station (Entomology & Plant Pathology), Animal Embassy, recycling toss, make your own bird feeder, games, trivia & MORE!!

Fishing Derby will take place on Saturday, May 7th at Mill Pond. Register using program # 21102.



Dog Park donations are being accepted. (Program # 99107) Visit the Dog Park website @ guilforddogpark.com for more information.

Beaches will open on the weekends beginning Memorial Day Weekend through June 26th and then open daily. Get your beach pass utilizing program # 38000.

The Town of Guilford has received a State grant from DEEP in the amount of \$20,000 for the control of invasive weeds in Lake Quonnipaug. This is a matching grant. The Parks and Recreation Commission has requested \$20,000 in the FY 2016-2017 budget. Choate Rosemary Hall has committed \$3000 and the Guilford Foundation has contributed \$5000 toward the project.

The areas targeted include approximately 10 acres at the north end of the lake and 8 acres at the shallow shoal area just south of mid-lake. The funds from the Guilford Foundation will help pay for benthic blankets to be installed at the swim area along the Town beach. The blankets are designed to keep the weeds down which will improve the quality of the swim experience.

The Guilford Dog Park Committee has done a tremendous job clearing the 1.5 acre area at Nut Plains Park and raising funds to build the park. It is anticipated that the park will be open by summer. This new facility will have separate sections for large and small dogs and allow for residents to let their dogs run off leash in the enclosed areas.

Rick Maynard
Parks and Recreation Director



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 Christ Episcopal Church203-453-2279
 First Church of Christ Scientist203-453-9175
 First Congregational Church.....203-453-5249
 Focus Pointe Ministries
www.focuspointeministries.org
 North Guilford Congregational Church
203-457-0581
 St. George Catholic Church203-453-2788
 St. John's Episcopal Church203-457-1094
 Vineyard Church of Guilford.....203-453-5453

CLUBS/ORGANIZATIONS

Guilford Agricultural Society203-453-3543
 Guilford Art Center203-453-5947
 Guilford Garden Club203-453-5203

Guilford Land Conservation Trust ..203-457-9253
 Leete's Island Garden Club203-453-3884
 Shoreline Chamber of Commerce...203-488-5500
 Women and Family Life Center.....203-453-6699

LIBRARY

Guilford Free Library203-453-8282

MUSEUMS

Henry Whitfield State Museum203-453-2457
 The Dudley Farm Museum203-457-0770
 The Hyland House203-453-9477
 Medad Stone Tavern203-453-2263
 Thomas Griswold House.....203-453-2263

POST OFFICE

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SCHOOLS

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 A.W. Cox School.....203-453-5291
 Baldwin Middle School.....203-457-0222
 Calvin Leete School203-453-0128
 Guilford High School203-453-2741
 Guilford Lakes School.....203-453-5201
 Melissa Jones School203-457-0773
 BOE Administrative Offices.....203-453-8200

USEFUL NUMBERS

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 Firemen's Field.....203-458-8812
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Fire Up Your Creativity!

Glass blowing has been around since the middle of the 1st century BC and is still done using the same techniques, especially for artistic purposes.

The process of glass blowing involves the use of a long metal blowpipe which is used to gather molten glass by rapping it around one end of the blowpipe. The glassblower can then quickly inflate the molten glass by blowing through the other end of the pipe

and work it into a desired shape. Skilled glassblowers are capable of shaping almost any vessel forms by rotating the pipe, swinging it and controlling the temperature of the piece while they blow. They can produce a great variety of glass objects, ranging from drinking cups to window glass.

Why not give glassblowing a try? Come and take a class at our studio in Branford where the furnaces of this ancient art

await you! Experience the wonders of glass blowing and work with the master glass artist, Ray Mathews, Jr. Our goal is to pass on the art and craft of glass-blowing and to instill an appreciation for hand blown glass objects of exceptional beauty for a lifetime of enjoyment. Beginners to advanced students are welcome.

Raymond Mathews Jr.,
Art Glass by Mathews

Tick Preventative

Believe it or not, spring is just around the corner. As soon as the temperature rises above 40 degrees, you can be sure the ticks will be awaiting their first interaction with your dog. Most people know that ticks transmit Lyme disease. However, they may not be aware that ticks transmit many other diseases. The most commonly seen in this area are Anaplasmosis, Ehrlichiosis and Rocky Mountain Spotted Fever. Unfortunately there are no vaccines for these diseases. In order to protect their pets, owners must be diligent in using preventatives. In the past this usually involved applying a topical product on the dog once a month. We have GREAT NEWS FOR DOG OWNERS regarding flea and tick prevention. Oral flea and tick preventatives are now available which are administered as a flavored treat. These medications start killing ticks within 30

minutes of administration. The topical preventatives would take up to 48 hours to kill the ticks. We have both Nexgard, a monthly preventative and Bravecto, a three month preventative. Both medications have very good safety profiles. We have been prescribing these medications for months and have not seen any adverse side effects. The owners love the fact that there is no messy application or risk of exposure to the medication by their young children. Please discuss these new weapons against ticks with your veterinarian at your next visit.

Unfortunately these medications are not currently available for cats, but we are hopeful they will be approved in the near future.

Guilford Veterinary Hospital

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A Few Reasons Why You Should Consider Fitness Your Friend

In any fulfilled life, community is a key component. A supportive fitness center not only bolsters a healthy social life, but research has found it can also promote longevity.

There's a direct correlation between strength and confidence. People who engage in exercise programs like CrossFit, Olympic weight lifting, endurance classes and yoga find as their physical strength increases, their mental toughness improves too. Being able to do a pull-up is just as good for your mind as it is for your body.

Being fit in the gym translates to more muscle in life. Every day tasks like bringing in groceries or carrying the vacuum upstairs becomes easier. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more fluently. When your lungs and heart work more efficiently, you have more energy for day-to-day activities.

Functional fitness reduces stress, depression and anxiety. It can also lead to the discontinuation of medication. Medicine is help-care. Fitness and a sensible diet is healthcare. Best way to lift your mood is to get your blood pumping in a challenging workout.

Engaging in an enjoyable fitness program blossoms into additional benefits, like healthy eating, less drinking, and better sleep habits. Sometimes we're exhausted or feel too out of shape to enjoy physical intimacy. Regular exercise leaves you feeling assured and energized, which can have a positive effect on your sex life, as well.

Your body is your temple. It's the only place your soul has to live. With fitness as your friend, strength and confidence will accompany you along the journey for all of your days.

Erin Zeidenberg
Guilford Crossfit

The Epilepsy Foundation

We offer 7 support groups throughout the state in Bethel, Milford, Stamford, Middletown, Groton, Guilford & Hartford. Our meetings are for adults living with epilepsy and parents of children with epilepsy. Those interested in attending are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com. For more information visit <http://www.epilepsyct.com> or call 800-899-3745.

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Organic Salon & Spa Service Menu

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Makeup Application	Facial & Body Waxing

Everlastings is a safe haven for people with a variety of skin problems & sensitivities who can't handle the harsh toxins and chemicals used in traditional salons.



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Why Go Organic?

Many individuals suffer from skin irritations when using conventional hair color, some symptoms can include burning of the scalp, itching, and in some cases hair loss. This is why our salon ditched the chemicals and we became the shoreline's first organic salon that only uses organic and natural hair and skin products. Our organic color that we use is the only permanent color line available today with certified organically grown ingredients. It is as natural as possible, while still allowing you to obtain professional results.

Our organic hair color line contains an alkaline agent that is naturally derived from coconut oil rather than ammonia or other synthetics as our pH adjuster. Ammonia is a damaging toxin that severely damages the cuticle which causes dryness and damages the natural pigment in hair color. Our organic color covers perfectly even on 100% grey hair, and leaves the hair shiny, healthy and almost virgin looking.

Many beauty products such as makeup and even nail polish contain chemicals that are easily absorbed into the skin and can enter the blood stream. The harsh chemicals and artificial coloring can cause irritation, breakouts and redness. Organic beauty products are designed to work with your skin instead of against it. This minimizes any possible skin irritations.

Everlastings Organic Salon & Spa

Mathnasium of Guilford

Mathematics, perhaps more than any other subject in primary and secondary grades, is highly foundational and linear in its design. The mastery of prerequisite skills is absolutely essential in order to move forward and fully understand any additional concepts which build upon those prerequisites. When children develop gaps in their mathematical foundation, they will struggle down the road. When specific steps are not taken to address those gaps, the gaps will grow larger and the struggles will continue and likely worsen. For students with these kinds of struggles, the solution is simple but not easy.

The foundational gaps must first be identified.

Curriculum then needs to be generated to address the gaps.

The student must be provided good instruction to close the gaps.

Most classroom teachers would love the opportunity to provide this solution, but simply have neither the time nor the resources to do so. So the task falls to the parents to find a supplemental education source. This kind of targeted instruction has dramatic and long-term benefits. According to a report by the National Bureau of Economic Research released in 2014, effects of targeted instruction "...are larger – much larger – than what we see from so many other educational strategies." (Ludwig, 2014)

Stop arguing with your child about math, and find a supplemental education source!

Mathnasium of Guilford

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ECONOMIC DEVELOPMENT	Brian McGlone, Economic Development Coordinator, Town Hall - 31 Park Street	453-8071	mcgloneb@ci.guilford.ct.us
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GUILFORD LAKES GOLF COURSE	Ted Tighe, Golf Course Superintendent, 200 North Madison Road	453-8217	guilford_lakes@hotmail.com
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LIBRARY	Sandy Ruoff, Library Director, Guilford Free Library - 67 Park Street	453-8282	sruoff@guilfordfreelibrary.org
MARINA	Rod McLennan, Dockmaster	453-8092	townmarina@att.net
PARKS & RECREATION	Rick Maynard, Park & Rec Director, Community Center - 32 Church Street	453-8068	maynardr@ci.guilford.ct.us
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STUMP DUMP		453-8029	
TAX COLLECTOR	Debi Milano, Tax Collector, Town Hall - 31 Park Street	453-8014	milanod@ci.guilford.ct.us
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TOWN PROPERTIES	Steve Neydorff, Facilities Engineer, Town Hall South - 50 Boston Street	453-8487	neydorffs@ci.guilford.ct.us
TRANSFER STATION	1900 Boston Post Road	453-8095	
YOUTH & FAMILY SERVICES	Lyne Landry, Director, 36 Graves Avenue	453-8047	landryl@ci.guilford.ct.us

Should You be Seeing a Doctor of Chiropractic?

Headaches, back pain, neck pain and stiffness, numbness, tingling, and many other health problems can often be traced to the spine and nervous system. Many things can cause the moving bones of the spine (vertebra) to lose their normal motion or position.

Some examples would be work and sleep positions, slips and falls, sports trauma's, automobile accidents, reading or texting position and stress to name a few. This abnormal spinal alignment and motion can irritate the sensitive nerves that branch out of the spinal cord and send information to all the tissues, organs and systems of your body.

Many of these spinal alignment problems can be detected by assessing postural changes. It's easy to take a few moments to check a friend or loved ones posture and if you discover problems, they should

be encouraged to seek a professional chiropractic examination. A basic posture assessment would consist of viewing them from the front and their head should be straight, shoulders level, hips level, feet pointing straight ahead. From the side you should look to make sure they have their ear directly over their shoulder, hip, side of their knee and ankle.

Common abnormal findings from the front are their head tilted to one side, one shoulder or hip higher than the other, a foot turned in or out. From the side a common finding is a head and ear that is forward of the shoulder.

These postural abnormalities are often indicators of spinal misalignments, nervous system interference and spinal stress which can often lead to degenerative arthritic changes. There are three parts of our central nerve system that are

protected by the spinal column:

- 1) motor nerves that control muscle activity
- 2) autonomic nerves that control every organ, blood vessels, glands and systems in your body
- 3) sensory nerves that control posture, hot and cold and pain.

Essentially 90% of our nerve system controls the function of our body and only 10% send pain signals. Therefore the lack of pain only indicates that 10% of your nerve system is working ok and is not an indication that all is well. If you detect a possible postural abnormality while doing your assessment, schedule a chiropractic examination, as these spinal problems rarely get better on their own and often get worse over time.

Dr. Paul E. Heeren
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Guilford Lakes Golf Course



First Tee - photo by Joseph Dunsmore

This past fall, the final stages of the two-year reconstruction of the tee box program at the Guilford Lakes Golf Course was completed. Construction started in late September on holes number one,

three and four and the project was completed by early November. In the first year of this program, holes five, six and eight were completely redone.

The public will see the most change in the first hole. It has been enlarged, elevated and lengthened 15 yards. With all the work now complete, the commission feels these changes will make Guilford Lakes Golf Course one of the premier par-three courses in New England. In addition, when the course opens this spring, there will be a new website and several social media programs.

Because of the mild weather, we are expecting to open the course on April 1 and all holes will be open for play. To meet public demand, the commission will be opening the course at 7 am for those who want to get a fast nine in before the daily rush. We are also now offering 2016 membership deals, so hurry before they change in April. Call the clubhouse at (203) 453-8214 for details.

Joseph Dunsmore,
Guilford Lakes Golf Course Commission Member

SARAH

SARAH is a family of Agencies that provide programs and services for people with intellectual and other disabilities who live in Connecticut. The SARAH Foundation raises funds to help enrich the programs of the SARAH agencies. Mark your calendars for these fundraising events to support SARAH participants.



Thursday, May 5th: The SARAH Gala will be held at the Wood Winds in Branford. The theme is a Cinco de Mayo Celebration and will start at 6:00pm. Come hear the Mariachi band!

Thursday, May 19th: Our wonderful friends at SHiFT will be hosting an indoor cycling fundraising event, SHiFT for SARAH, which includes a food truck, silent auction and FUN! There will be three rides, 5:15, 6:15 and 7:15 at Shift Guilford.

Sunday, July 17th: Summer Breeze Ride for Autism starting at Polson Middle School in Madison.

Monday, August 1st: The SARAH Golf Classic at Clinton Country Club.

All of our events can be located on our website, www.sarahfoundation.org.

Guilford Events Quarter 2 2016

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Shoreline Girls United

Connecticut's only girl-run conference returns for a third year!

Shoreline Girls United is proud to announce its 3rd annual middle school girls' conference to be held on Saturday, April 30th at the Greene Community Center in Guilford.



What makes this event unique is that all the programming will be designed and led by high school girls from five area towns. The day will begin with yoga and theater games, then participants will attend original workshops developed by our high school presenters. An all-girl band from Madison's School of Rock will play a lunchtime concert, and a Zumba mini-class will close out the day.

Our previous two events have been quite successful, reaching nearly 100 local girls with messages of empowerment and self-confidence. One Guilford participant shared this review about last year's conference:

"At school, in public, we are worried about looking good and being the way girls are

supposed to be. During Shoreline Girls United, we can be strong, powerful, and whoever we want to be. We learn to feel like we have a voice, and that no one can tell us how we're supposed to act as girls. We bond, and meet new people, and make new friends who will stand by us. Here we become stronger and braver, and ready to face the world."

Shoreline Girls United is open to all 6th, 7th, and 8th grade girls from Shoreline towns. Guilford Youth & Family Services is the event's primary sponsor, with additional support from Guilford DAY and MADE in Madison, as well as many local businesses.



To register for Shoreline Girls United, call GY&FS at 203-453-8047. The conference is Saturday, April 30th from 10am to 3pm. A registration fee of \$20 includes lunch and a gift bag. Space is limited...register soon!

Jill Paglino, Shoreline Girls United

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The Guilford Foundation ~ Forty Years and Going Strong

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the trees around the town green, TGF has grown to over \$2 million in endowment funds as of December 31, 2015, and we will invest \$91,750 into Guilford this

The Guilford Foundation (TGF) celebrated 40 years of community service in 2015. Founded in 1975 by a group of friends intent on protecting

fiscal year through grants, scholarships and leadership initiatives. Support for our work to enrich the quality of life in Guilford has grown stronger each year, and we continue to invest an increasing amount of funds to local organizations serving our community. We have fully embraced our leadership role in the community, most recently through our efforts to address a lack of housing availability in town.

Continued on next page

GUILFORD FOUNDATION ... Continued from page 26

Looking for grant funding? TGF offers a quarterly, competitive grant cycle. Grant applications are available on our website (www.guilfordfoundation.org). The next deadline is **June 1**.

TGF also partners with Guilford High School's Interact Club to support the Youth Advisory Group. This group also accepts grant applications (also available on our website). Their next annual deadline is **April 1**.

Looking to get involved? TGF has an annual dinner and celebration each year to review the previous year's accomplishments and present current strategies and efforts. The 2016 event will take place on **June 9** at the Guilford Yacht Club- save the date!

In addition, TGF is pleased to report that the St. George Church Men's Club is hosting a dinner to support TGF. The theme is the Kentucky Derby and will take place on **May 7th** at St. George Church.

For more information, including ways to give, visit our website at www.guilfordfoundation.org. Thanks to the support of this amazing community, TGF is positioned better than ever to meet our mission to "connect people who care with causes that matter to them" and improve the quality of life in Guilford: now, and for generations to come.

Liza Petra, Guilford Foundation Executive Director

Vista Starlight Benefit 2016

Saturday, April 16th

Enjoy live and silent auctions, dinner and entertainment on April 16 at the Water's Edge Resort & Spa in Westbrook to benefit Vista Vocational & Life Skills Center.

Event carries a "Welcome Ashore" theme - come dressed as a shipwrecked castaway from the 1960s! Tickets start at \$100.



Visit www.vistavocational.org to purchase tickets or for more information.

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A photograph of a white outdoor patio chair with a red cushion, set on a wooden deck. There are pink flowers and a fern in the background.

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A photograph of a teal-colored wooden dining chair with a striped seat cushion. The chair has a decorative backrest with a central oval cutout.

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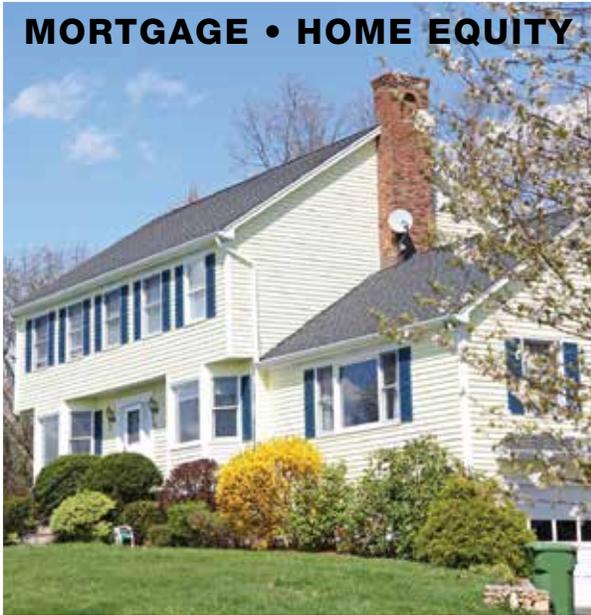
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