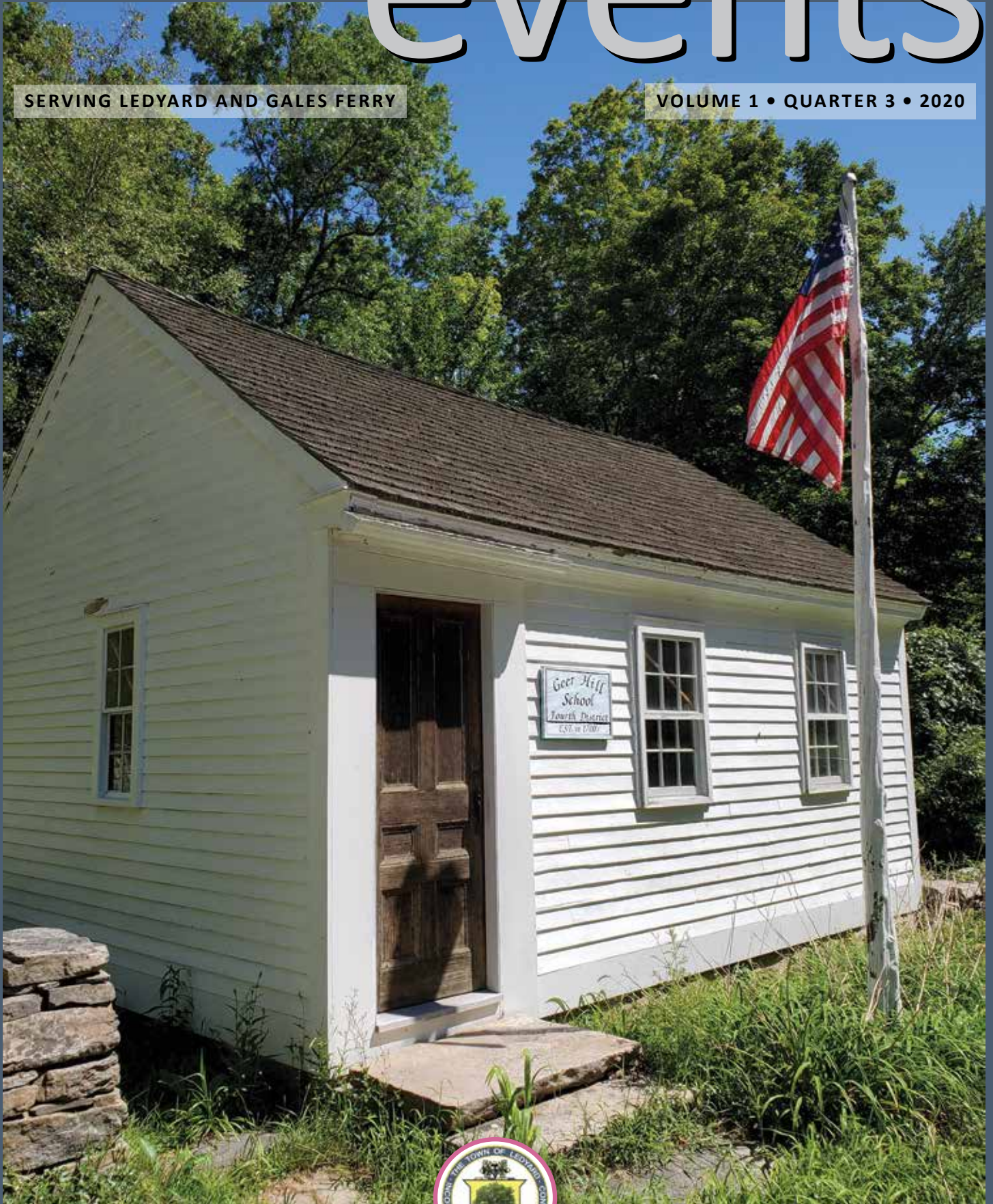


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# Mayor's Corner

Hello Ledyard!

Welcome to the final edition of Ledyard Events magazine's first year! This magazine accomplished something that was decades in the making: a "one town, one resource" publication for the Town, the libraries, Parks and Recreation, Senior Center and anything else we have room for that may interest our residents. As the leaves change to beautiful hues of red, orange and yellow, we prepare for the colder months ahead. If there is a storm drain near your home, please consider clearing the leaves from the drain to avoid backups into the road or your yard as the result of heavy rains. Leaves, branches and brush can be disposed of at the Ledyard Transfer Station for free. Also, consider purchasing a compost bin available at Town Hall or the Transfer station. The \$45 cost is money well spent as you reduce the amount of food scraps in the trash AND produce some of the best organic soil. Your garden and your yard will thank you!

The pandemic has not released its grasp on civilization yet so please remember to wear a mask when you enter town facilities. Hand sanitizers are available throughout our buildings. We urge continued use of the locked, secure drop-box in front of Town Hall for tax payments, recordings and other town business. This allows you to conduct your business without face to face interaction. Provide a mail / email address and we will send you your receipt. Please

watch for additional information in the future regarding absentee voting for this November's general election.

Despite the pandemic, residents found positive relief in spending more time outdoors. This means the many hiking trails in Ledyard get utilized and appreciated and the kayak and canoe launches see many more users as well. The trails maps are printed in this magazine and fall is a great time to hike. Likewise, our quiet backwaters are another great way to enjoy the fall colors, wildlife and serenity. Please help keep our trails and waterways clean and don't leave anything behind other than boot tracks and paddle swirls. Ledyard is a town of resilient people and we learned to adapt as needed and continue to live our lives, albeit a bit different for the time being.

Summer road work is winding down and this year, we invested more in our roads than many years past. We strive to keep our road rating score around 83 on a 100-point scale. This level is also notably better than most in the area.

Please find me on Facebook as "Mayor Fred." I share brief updates, storm information and how I represent your town at various **continued on page 5**



Fred Allyn, Mayor



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Geer Hill School  
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## Mayor's Corner... continued from page 3

meetings and functions. Ledyard is a great place to call home and the people make it so!

Best regards,



Fred B. Allyn III, Mayor

## Notes from the Mayor's Office



### HEY, THAT'S NOT YOGI BEAR!

Black Bear sightings are becoming more prevalent in Ledyard. Did you know one of the biggest Black Bears ever caught in CT was right in Gales Ferry? Weighing in at 400 pounds, the sow swam the Thames to access

food scraps at the Sub Base! She was relocated to the state's Northwest corner, but that practice may cease. Please do not approach the bears, do not feed them and keep your garbage in until the day it goes to the curb. If you do see a bear, feel free to snap a picture from a safe distance.



### TOWN GREEN UPDATE

As part of the sale of Ledyard Center School, the town retained 7 acres for a Town Green. Since the sale, work included leveling / seeding upper town green, underground utilities, general land cleanup and a new 175 car lot on the lower green. A grant was applied for that will further improve this area, including a picnic area, lighting, building improvements and more. This is a true town asset and many events will likely call this home in the near future!

### HOW TO MAKE BLACK GOLD

The term "Black Gold" refers to high-quality organic soils made from composting. Why pay \$30/yard for this material continued on page 6



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## Mayor's Notes... continued from page 5

when you can make it yourself? Purchase a compost bin or two from the Ledyard Town Hall or Transfer Station for \$45 each. In a few short minutes, you'll have it assembled and ready to compost food scraps, paper towels,

paper napkins, leaves, sticks and twigs. Layer it up with organics and put the lid on it. In the spring, you'll have amazing soil. Your garden and lawn will thank you!

## A Message from the Ledyard Town Council

Following the State's COVID-19 protocols, Town Hall Offices were reopened to the public in early June providing a safe environment for those visiting.

Due to the inability to adequately socially distance in our meeting rooms, the Town Council and most of our volunteer commissions and boards have continued with our "New Normal" of videoconference meetings, enabling residents to safely participate.

During the summer months the Town Council has been working with leaders and members of our community to address the issue of racial justice and equality. To encourage a meaningful dialogue, the Town Council established a Community Relations Sub Committee assigning Councilors Mike Washington (Chairman), Andra Ingalls and Bill Saums to interface with the Police Department, Board of Education's Diversity and Inclusion Committee, the Mashantucket Pequot Tribal Nation and members of our community.

On July 1, 2020 the Town began to implement the Fiscal Year 2020/2021 Budget in the amount of \$60,135,758, which provided a 0.09 mill decrease (34.97) for taxpayers.

The Town Council would like to thank those residents who have taken an interest in our community. Although most of our Committees, Commissions and Board memberships are nearly full, we encourage you to review our list of vacancies at: <https://buff.ly/30PR9Yq> or contact the Town Council Office at: 860-464-3023 or [council@ledyardct.org](mailto:council@ledyardct.org) if you are interested in making a difference in Ledyard. The Town Council welcomes your comments on Ledyard issues. Please visit the town's website at: [www.LedyardCT.org](http://www.LedyardCT.org) and click on the "Agendas and Minutes" tab to learn about local decisions and to participate in your local government.

For the Ledyard Town Council,  
Linda C. Davis, Chairman

## 2020 Revaluation of Property - UPDATE

Connecticut General Statutes, specifically §12-62, require each municipality to conduct a revaluation of all real property every 5 years. The last town wide revaluation was implemented for the 2015 Grand List. In preparation for the 2020 Grand List, the town has contracted the services of Vision Government Solutions Inc (VGSI) to assist with data collection/verification and statistical analysis.

The residential field review has ended as of August 2020. The Assessor will still be conducting routine permit and certificate of occupancy inspections as need through the end of October. Due to the current COVID-19 restrictions, interior inspections will only be done for new construction and in special circumstances. Data analysis continues as new sales are processed and verified. As the target date of

October 1, 2020 nears, preliminary values will be reviewed by the Assessor. Assessment notices are expected to be mailed to property owners in November 2020. At that time, members of the VGSI staff will be available for informal hearings.

Please direct questions or concerns to the Assessor's Office at: [assessor@ledyardct.org](mailto:assessor@ledyardct.org) or 860.464.3239.



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# Tax Collector's Office

## WHY ARE TAXES DUE OCTOBER 1 THIS YEAR FOR JULY 2020?

Prior to COVID-19, each tax collection period has a 30-day grace period from the due date. For example bills due July 1st and January 1st do not accrue interest for 30 days (actual due date will vary based on the last business day of the month.)

Due to COVID-19 and Governor Lamont's Executive Order 7S (EO7S), Executive Order 7W (EO7W) and Executive Order 7X (EO7X), the Ledyard Town Council voted to adopt an extended grace period for taxes due on July 1, 2020. The last day to pay these taxes without interest will be October 1, 2020. Bills due January 2021 will go back to a 30-day grace period.

## THE TAX DEFERMENT PROGRAM IS AUTOMATICALLY EXTENDED TO ALL TAXPAYERS, EXCEPT IN TWO INSTANCES:

### 1 Escrow Accounts

This deferment does not apply to any real estate tax accounts

for which a bank holds an escrow account. These financial institutions will be responsible for paying their client's real estate taxes due on July 1, 2020 within the normal 30 day grace period.

### 2 Residential and Commercial Landlords

Landlords only, had to apply for the Deferment Program and provide necessary documentation to be considered.

Landlords are expected to pass along similar forbearance to their tenants.

An application and supporting documentation had be received no later than June 30, 2020 by the Ledyard Tax Collector's Office for consideration.

If you have any questions, please contact the Tax Collector's Office at: 860-464-3232 or at: [tax.collector@ledyardct.org](mailto:tax.collector@ledyardct.org).



## November 2020 Election

This year, you will likely have options to cast your vote in the General Election:

1 **Vote** in-person at your designated polling location

2 **Vote** absentee by mail

3 **Vote** absentee 24/7 by placing your signed, sealed ballot in the secure, video monitored ballot box in front of Town Hall.

4 **Vote** absentee by bringing your ballot into the Town Clerks office during regular business hours.

## Funding Available for Home Repairs

The Town of Ledyard has funding available to assist income eligible residential property owners for repairs to existing residential properties. Funds can be used to perform a variety of repairs and upgrades including, but not limited to, code violations, increased energy efficiency and accessibility improvements and other general rehabilitation and improvements as approved by the Town.

Funding is offered to owner-occupied households as a 0% interest, deferred payment loan. Deferred payment loans accrue no interest and payment is not due until there is a transfer of title by means of sale, transfer of title, re-finance, owners' demise or if the property is no longer their principal place of residency.

Eligible items include heating updates, plumbing repairs, electrical updates, roof replacement weatherization, such as insulation, window replacement and siding. Well & septic repairs and water

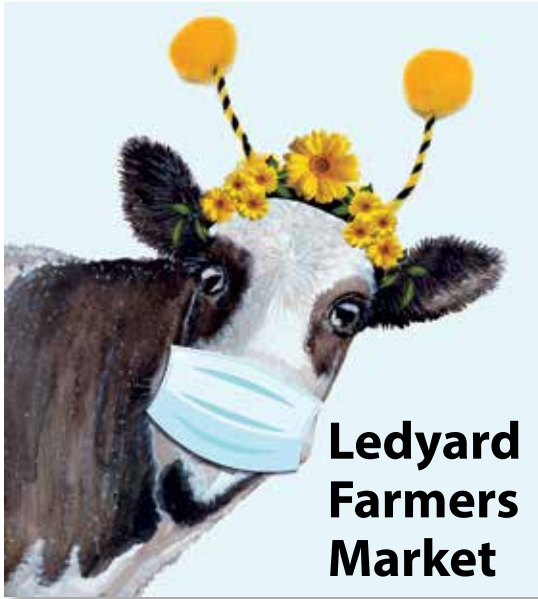
& sewer connections are also eligible All work must conform to State and Local codes and is awarded through a competitive bidding process approved by the Town.

Applicants are eligible for participation based upon Federal income limits. Maximum gross household income limits vary based on the household size; for example, a one-person household can earn up to \$52,850; 2-persons \$60,400; 3-persons \$67,950 and 4 persons \$75,500. Income limits are based on gross household income. Additional household size income limits are available and other eligibility requirements apply. Applications are accepted and processed on a first come first serve basis, pending the availability of funds.

Applications are available from the Land Use Office, Monday to Thursday from 7:30 am to 4:45 pm. Please contact Liz Burdick, Director of Land Use & Planning at: 860-464-3215 for more info.

*Please visit the Town of Ledyard online at: [www.town.ledyard.ct.us](http://www.town.ledyard.ct.us)*





## Ledyard Farmers Market

**THE FARMERS MARKET THANKS YOU!**  
Thank you for your support of the 2020 “Get Fresh ‘n Go” Ledyard Summer Farmers Market during a difficult market season.

We appreciate the many, many ways you supported the market by attending, buying bags, adhering to safety guidelines, and donating to

offset the costs for our Covid safety supplies. Your generosity to our weekly Donation Jar was amazing, raising hundreds of dollars for the Food Pantry, scholarships for teens lost too soon, the Scouts, and the Tri-Town Trail.

Our food and artisan vendors loved having a great crowd to serve each week. We hope you enjoyed all of the fresh local produce, flowers and plants, fish, meats and poultry, eggs, breads, cookies, popcorn, cupcakes, wines and cider, hummus and salads, spices, jams and jellies, skin care products, and artisan wares.

Our food truck vendors were thrilled to be a part of “Take Out Night” in Ledyard. Did you know that several of our market food trucks have won local, state, and national awards? It is your support that allows us to have such high-quality food at our market.

Stay-tuned via our FaceBook page at: <https://www.facebook.com/LedyardFarmersMarket/> and our website at: <https://www.ledyardfarmersmarket.org> for information about Winter 20-21 and Summer 2021. You can also sign up for our newsletter for weekly updates during market season (links on our website and FB page.)

Once again, thank you for a great season!

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## Road Surface Management

The Town of Ledyard carefully manages its road resurfacing and repair program according to a thorough, town-wide Road Surface Rating (RSR) plan. This plan was formally initiated in 2011 with a study that assessed our average road rating at 75 out of 100. The Town resurveys the road system every three years and will do so again this year.

In 2011, the Town approved a \$3 million bond to boost for road restoration and resurfacing. Concurrently, annual road maintenance appropriations were increased. As a result, the Town's average RSR reached 83 and has remained above 81.

In addition to traditional resurfacing methods, the Town now employs a wide array of preservation and spot repair techniques to boost and extend desired road conditions while stretching road maintenance funding. These techniques include an aggressive crack-sealing program and extensive microsurfacing, as well as in-house advanced patching methods.

Resurfacing priorities naturally consider main road conditions first, but with implementation of preservation techniques in this area, we are now able to more extensively address needs for local roads. The inventory of roads with an RSR rating of less than 50 has been dramatically reduced, with several presently scheduled for resurfacing by the end of the 2020 construction season.

We are working on an online tool for residents to see details of our program and resurfacing plans.

## Town of Ledyard Transfer Station

The Ledyard Transfer Station is located at 889 Colonel Ledyard Highway (near the Town Public Works Garage.) | 860-464-9060 Ext. 3

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# Giving Back in Service

With fall upon us, it's time for us at Ledyard Police Department to prepare for two of our favorite annual events, both of which involve giving back gratefully and helping others in our community and beyond.

Each November, LPD runs our "No Shave November" fundraiser for Connecticut Cancer Foundation. We relax our grooming standard for the month and officers make donations and let their beards grow through November, with all proceeds benefiting families in our area impacted by cancer treatment for a loved one. Community members, teachers, and other police departments in Connecticut have joined in over the past two years, raising over \$100,000 for families who need assistance.

Before Thanksgiving, and again before the Christmas holiday, we hold our annual "Stuff-a Cruiser" food drive in partnership with Village Market, Ledyard Social Services and the Ledyard Food Pantry.



Left, "No Shave November."  
Below, "Stuff-A-Cruiser."

LPD officers collect food items on specified days that are distributed through Ledyard Social Services and the Ledyard Food Pantry to families at the holidays. Our officers enjoy these events as ways to show additional support while protecting and serving our community.

Service is one of the core values of Ledyard Police Department, and these events carry our message of service in action. Stay safe everyone!

Chief John J. Rich,  
Ledyard Police Department

# Thank You Ledyard Fire Department & Gales Ferry Fire Company

Chief Mann and I would like to thank all members of the Gales Ferry Fire Company, Ledyard Fire Department, and career firefighters for the ongoing support they give to the residents of Ledyard, especially during this critical time during the COVID-19 crisis.

The fire departments have responded to approximately 600 emergencies since the start of the pandemic, safely and professionally answering the call for help, while protecting our members from potential exposures to COVID. In the middle of this health crisis, both departments have also had to respond to Tropical Storm Isaias, which caused trees to fall on top of homes, fallen high voltage electrical lines and left homes without drinking water for several days.

So, from Chief Mann and myself, thank you to all our Ledyard and Gales Ferry first responders for your strength, courage and service.

Respectfully,  
Chief Anthony G. Saccone,  
Gales Ferry Fire Company

Sr Chief Jon Mann,  
Ledyard Fire Department

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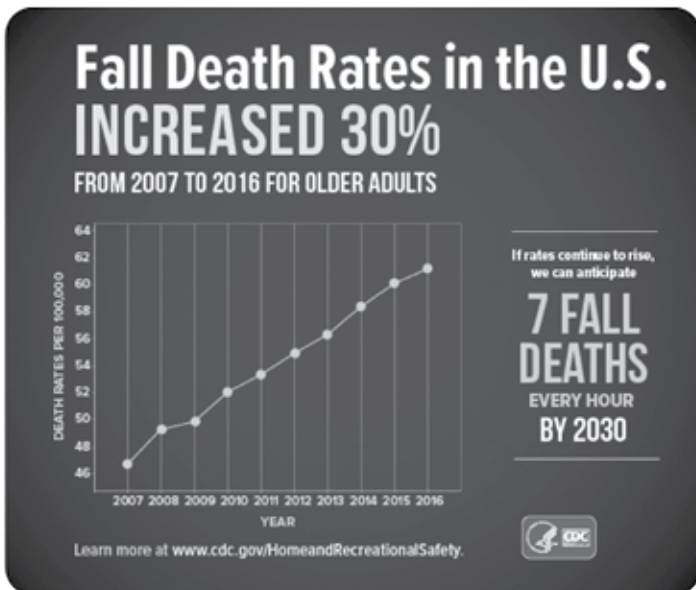
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- Do strength and balance exercises. Take Tai Chi at the Senior Center when it reopens.
- Have your eyes checked.
- Make your home safer with grab bars and more lightening.



And remember to keep your money in Ledyard by asking for Ledyard Homecare when you are in the hospital or from your MD. We are the top rated agency in the country, and you deserve the best! Call Karen Goetchius, MSN, RN, CHCE, Administrative Supervisor at Ledyard VNA 860-464-8464.




## Thank You, Xavier!



Xavier DeBrodts, from Ledyard Boy Scout Troop 16, was recognized by Mayor Fred for sewing and selling face masks, then donating the proceeds of \$1800.00 to the Ledyard Food Pantry. Thank you, Xavier!

***LEDYARD LIONS***



**Community – Friendship**  
*Learn how you can help in serving  
"Your community"*

**Meetings at the Gales Ferry Firehouse**  
Route #12 Gales Ferry  
**3rd Thursday of the month @ 7:00 PM**  
(when meetings resume)  
**Call for info: 860-464-7355**

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***BREAKFAST WITH SANTA***  
*Saturday, December 5<sup>th</sup>*  
Due to COVID-19:  
*Advance Purchase Required*  
*Two Seating Times*  
*Attendance will be limited*  
**Email: ledyardlions@gmail.com**



# Ledyard Senior Center

SENIOR CENTER OFFICE

12 Van Tassel Drive, Gales Ferry, CT 06335 | Phone: 860-464-0478 | Fax: 860-464-2124

Office Hours: Monday through Friday 8:30 am - 2:30 pm

## SENIOR CENTER STAFF

Director: Scott Johnson [scott@ledyardrec.org](mailto:scott@ledyardrec.org)

Assistant Director: Monika Verebelyi [monika@ledyardrec.org](mailto:monika@ledyardrec.org)

Office Assistant: Ginny Hungerford [lsc.assistant@ledyardct.org](mailto:lsc.assistant@ledyardct.org)

Nutrition Site Server: Jim Metcalf

Van Driver: Bob Heal

**PERMANENT SENIOR COMMISSION :** The Commission meets at the Senior Center on the fourth Wednesday of each month at 1:30 pm. The public is welcome to attend. **Note:** *Commission meetings have currently been suspended for the time being.*

**MISSION STATEMENT:** *The Mission of the Ledyard Senior Center is to promote the physical, emotional, and economic well-being of senior citizens and to promote their participation in all aspects of community life, to continually evaluate the needs of senior citizens and ways to meet their needs, and to provide an atmosphere that will be conducive for seniors to find companionship and develop friendships.*

## LEDYARD SENIOR CENTER

**Monday-Friday from 8:30 am - 2:30 pm**

The Ledyard Senior Center is a community based establishment meant to bring a wealth of information, activities and social events for people 55 years plus. Like minded individuals who do not want to stay home alone come to the center to meet new people & socialize, create memories and engage in activities to stimulate health and well-being. There is something to do for everyone of any age including our low cost breakfast and lunches in our café. The Ledyard Senior Center provides transportation to the center and back home, shopping, doctor appointments & bank runs. We have evening and weekend events too. Stop in for a visit and we'll be happy to give you a tour of our amazing facility and tell you about all our programs.

## SENIOR TRANSPORTATION INFORMATION

**Call us at 860-464-0478 to schedule all transportation requests.**

The Ledyard Senior Center offers daily transportation to the Center for activities including lunch, along with rides to medical appointments and other necessities according to the schedule below. All individuals using our transportation must complete an annual transportation form. A wheelchair lift is available. Please be aware that the Senior Center does not provide assistance to and from the vehicle. Persons must be able to: travel without assistance, wait outside for 10 minutes, climb three 12-inch steps or use the wheelchair lift. The Senior Center cannot provide rides home from a medical appointment/procedure that involves general anesthetics. We service Ledyard, Gales Ferry, New London, Groton, Mystic, Waterford, Norwich. Call for details.

## SENIOR VAN SCHEDULE

**\*NOTE:** The Senior Center is currently only transporting patrons to medical appointments on Mondays, Tuesdays, and Thursdays and to either Stop & Shop or Walmart on Fridays.

All reservations for transportation must be made at least 48 hours in advance by calling the office between 8:30 am and 12:30 pm and

talking to a staff person. Requests for transportation giving less than 48 hours notice will be addressed on a case by case basis.

Drivers cannot schedule appointments. Round trip suggested donations are \$1.00 within Ledyard and Gales Ferry and \$2.00 for out of town. We provide transportation to Sub Base medical appointments and the pharmacy for people with a Military/Base I.D. Driver routes are planned in advance. Unscheduled stops and pick-ups are not permitted. Please refrain from requesting any impromptu stops.

## TRANSPORTATION ON ELECTION DAY

**Please call 860-464-0478 to schedule a ride to your voting poll on Election Day, November 3.**

## EASTERN CONNECTICUT TRANSPORTATION CONSORTIUM, INC. (ECTC)

**Are you in need of rides to doctor's appointments and medical tests?**

If so you may be eligible for the services of Eastern Connecticut Transportation Consortium, Inc., a private non-profit 501(c)3 agency whose purpose is to promote the coordination and consolidation of para-transit services for persons of low income, elderly, physically and mentally disabled individuals in Southeastern Connecticut.

ECTC can be an additional means of transportation besides the Ledyard Senior Center if your appointments fall on days and times during the week that the Ledyard Senior Center does not do. Please call 860-464-0478 or ECTC 860-848-5910 or fax 860-848-5917 for further information. Their website is: [www.ectcinc.org](http://www.ectcinc.org).

**Caregiver Mileage Reimbursement and Dial-A-Ride Medical Transportation begins July 1, 2020 through June 30, 2021.**

The annual registration fee has been waived for this year. Please call 860-464-0478 for sign up or if you have questions.

## TVCCA MEALS ON WHEELS

Providing more than a meal to seniors in our community! Call TVCCA to schedule: 860-886-1720.

## HAIR SALON

Full hair salon services ranging from haircut, set and blow dry, color, foil, and perms are offered Tuesday and Thursdays at the Ledyard Senior Center. Call Amy at: 860-367-2896 to schedule an appointment.

## PODIATRIST

Dr. Walters will be available from 9:00 am – 12:00 pm at the Ledyard Senior Center on Monday, October 19 and December 21. Please call the senior center at 860-464-0478 to schedule your appointment time. For any other inquiries, please call his office at: 860-599-455.

## AARP DRIVER SAFETY PROGRAM

All in-person AARP Driver Safety Classes for the remainder of 2020 have been canceled. People may continue renewing their car insurance and obtain an insurance discount during this time by completing the Smart Driver online course at: [www.aarpdriversafety.org](http://www.aarpdriversafety.org). AARP will continue to offer a special 25% off discount through December 31, 2020, with the promo code: DRIVINGSKILLS

## Programs

**Note: Due to the COVID-19 pandemic, many of our programs and activities have been cancelled or are subject to change. Drop-ins will NOT be permitted at this time. Please visit our Facebook page or call 860-464-0478 for up-to-date information.**

### AQUACISE

Exercise in the pool to provide a lot of resistance for muscles, but no wear and tear on joints.

DAY: Tuesdays and/or Thursdays, 8 times in one month

TIME: 10:00 - 10:45 am

FEE: \$65

LOCATION: Vitale Aquatics & Tennis, 14 Iron Street, Ledyard

### YOGA

Mats, blocks and chairs (for props) are available or bring your own. Anyone can attend regardless of flexibility or injury and modifications are available for every pose. We practice breathing with stretching and breathing with building strength and balance poses. Come to class to recover from injury and illness or simply to improve and enjoy daily life. The movement of yoga asana may increase bone mass. Practicing yoga asana and meditation may help with anxiety and depression.

DAY: Wednesdays, 10 weeks

TIME: 8:30 - 9:30 am

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**Valentino's**

*Welcome!*

*We pride ourselves in providing you with the finest dining experience.*

We cook to order with only the freshest ingredients. It may take a little extra time but it tastes better, and your patience will be greatly rewarded!

Having a Party? Leave the cooking to us... ask about our catering menu.

**Pick up your Loyalty Card Today!**

*Call for Reservations and Take Out*  
**860-464-8584**  
725 Colonel Ledyard Highway  
Ledyard, CT 06339  
[www.ValentinosCT.com](http://www.ValentinosCT.com)  
*Visa & MasterCard Accepted*



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## Senior Center... continued from page 15

DAY: Fridays, 10 weeks  
TIME: 9:00 - 10:00 am  
FEE: \$50  
INSTRUCTOR: Annie Chapman

### CHAIR YOGA

Chair Yoga is accessible to all abilities. This class is designed to offer the benefits of yoga including stretching, breathing practices, and relaxation.

DAY: Fridays, 10 weeks  
TIME: 10:30 - 11:30 am  
FEE: \$50  
INSTRUCTOR: Sandy Hartnett

### LATIN LINE DANCING

This class instructs seniors in various line dance routines in both Latin and Ballroom Style. Latin dances include samba, merengue, rumba, cha cha, salsa, swing and mambo; Ballroom dances includes waltz, foxtrot and tango. From these various dance styles, routines are learned; such as, Burlesque, Hello Dolly, Singing in the Rain, Puttin' on the Ritz, Senorita, Sway and many more. Dance is excellent physical activity for seniors, as well as utilizing the mind in remembering steps/routines and lastly a means of interacting socially with other seniors.

DAY: Tuesdays, 10 weeks  
TIME: 10:30 - 11:30 pm  
FEE: \$50  
INSTRUCTOR: Marjorie Winslow

### BEGINNER COUNTRY LINE DANCE

Don't worry if you have never line danced before. We take it slow and start with the basic steps. If you can count to 8 and know your right from left, you can learn how to line dance! Great music, lots of fun and good exercise too! No partner needed.

DAY: Thursdays, 10 weeks  
TIME: 11:00 am - 12:00 pm  
FEE: \$50  
INSTRUCTOR: Lisa Mazzaro

### TAI CHI

Tai Chi has been described as "a prescription to good health for men and women, whether young or old, weak or strong." Some benefits include improved balance, decreased tension, and better breathing. For beginning and continuing students.

DAY: Mondays, 10 weeks  
TIME: 1:00 - 2:00 pm  
FEE: \$50  
INSTRUCTOR: Alex Culligan

### SILVER SNEAKERS FLEX

Strength training to help maintain and improve functional, daily living movements. Working muscles that are associated with balance, walking, walking up and down stairs, getting in and out of chairs reaching and many other moves to help maintain function.

DAY: Tuesdays, 10 weeks  
TIME: 1:00 - 2:00 pm  
FEE: Based on your insurance provider  
INSTRUCTOR: Robin Loy

### FROM PHOTO TO CANVAS

#### ADULT BEGINNING LANDSCAPE PAINTING

Each class will start with a demonstration of techniques including use of brushes, palette knives, mediums and color mixing. Students need to bring a landscape picture from which you would like to paint. All materials are included.

DAY: Tuesdays, 5 weeks  
TIME: 10:00 - 12:00  
FEE: \$55  
INSTRUCTOR: Charles Shaw

### THE KNIT-WITS

#### (Knitting and Crocheting Group)

DAY: Wednesdays  
TIME: 1:00 pm

### GROTON BOWLING CENTER, GROTON

DAY: Thursdays  
TIME: 1:00 pm



## Youth & Social Services

Life can be stressful and during a pandemic the stress is multiplied. Adults and kids are all feeling the stress of the times. Ledyard Youth Services provides Mental Health counseling (Family and Individual) to all Ledyard youth and their families. Our services are free during the COVID-19 pandemic and we continue to provide Telehealth based services. Please reach out to Kate Sikorski, LMFT (860)464-3213, Director of Ledyard Youth Services to discuss the services we provide and to answer any questions.

### Here are some ways we can focus on our Mental Health and our Community:

- Accept that some days you may not be "okay" and roll with your emotional wave
- Move a muscle, change a thought
- Get outside
- Practice self-care daily (meditation, exercise, sleep hygiene, eat healthy)
- Stay connected to your support system
- Support local businesses
- Reach out for support



- Don't forget to laugh- humor can be the best medicine

If you are in need of assistance or have any questions or concerns regarding any of our services, Social Services is available Monday through Thursday 7:30 am - 4:45 pm to assist you. Please call us at: 860-464-3222.

### CT MORTGAGE & RENTAL ASSISTANCE PROGRAMS

The State of CT is offering a Temporary Mortgage Assistance (T-MAP) and Rental Housing Assistance (TRHAP) program

for CT residents impacted by the COVID-19 pandemic.

Call 860-785-3111 to speak to a Call Center Representative to determine if you qualify for assistance.

For additional information about TRHAP visit: <https://portal.ct.gov/doh> T-MAP visit: <https://www.chfa.org>.

### GUIDANCE & ASSISTANCE REGARDING RENT & EVICTIONS

This FREE service is available from several nonprofit legal aid organizations in CT.

Their information is pooled under one website at: [www.CTLawHelp.org](http://www.CTLawHelp.org).

### SNAP BENEFIT RECIPIENTS CAN NOW BUY FOOD ONLINE

SNAP recipients are now able to use their EBT card to buy food items online for delivery or curbside pickup. The benefits can be used on Amazon, Walmart in Waterford and Lisbon, and ShopRite in New London and Norwich. The benefits will not pay for the delivery or service fee, only food items. You must use another form of payment for those fees. These retailers will show what items are SNAP eligible.



## Parks & Recreation

PARKS AND RECREATION OFFICE

12 Van Tassel Drive, Gales Ferry, CT 06335 | Phone: 860-464-9112 | Fax: 860-464-2124

Email: [monika@ledyardrec.org](mailto:monika@ledyardrec.org) | Access us online: [www.ledyardrec.org](http://www.ledyardrec.org)

Office Hours: Monday through Thursday 7:30 am - 4:45 pm

### PARKS AND RECREATION STAFF

Director: Scott Johnson [scott@ledyardrec.org](mailto:scott@ledyardrec.org)

Assistant Director: Monika Verebelyi [monika@ledyardrec.org](mailto:monika@ledyardrec.org)

Park Caretaker: Russell Smith

### PARKS & RECREATION COMMISSION

The Parks and Recreation Commission meets on the second Tuesday of each month at 7:00 pm. Meetings are currently being held remotely. The public is welcome to join by clicking on the link on the Parks and Recreation agenda, which can be found on the Town's website.

### REGISTRATION AVAILABLE NOW!

Registrations will be accepted ONLINE, by MAIL or WALK-IN.

1. Registrations for all programs must be made online, by mail-in or walk-in. Registrations will no longer be accepted by phone.
2. All fees must be paid at the time of registration. Registrations will not be processed without payment and the proper registration forms.
3. Some programs and classes have limited enrollment and registrations are accepted on a first come, first served basis.
4. We reserve the right to re-schedule, relocate or cancel any program due to facility availability and public response.
5. All cancellations due to inclement weather will be announced on Channels 3 and 8 and posted on our website: [www.ledyardrec.org](http://www.ledyardrec.org) and Facebook.
6. **Special Needs** - If you require any special accommodations to participate in our programs, please call the Parks and Rec Office so that the necessary arrangements can be made.
7. Non-residents pay an additional \$5.00 for program fees \$5 - \$50, and \$10.00 for any program over \$50.00 except for bus trips and camp fees.

8. NO REFUNDS after the first week of a class or program and no refunds on trips, or supply fees and some of the Specialty Summer Camps.

9. **Scholarships** - Families needing financial assistance are asked to call Ledyard Social Services at: 860-464-3222.

### RECREATION NEWS AND CANCELLATIONS

Follow us on Facebook for updates, news and cancellations. Search for: "ledyardrec" Check our website for all the latest program information and sport league information: [www.ledyardrec.org](http://www.ledyardrec.org).

The Parks and Recreation Department follows the school schedule for most of our classes. If there is no school, there will be no class for any program held in the schools. All cancellations due to inclement weather will be announced on Channel 3, Channel 8 and posted on our website: [www.ledyardrec.org](http://www.ledyardrec.org) and Facebook page.

### PARKS, PAVILIONS, & GALES FERRY COMMUNITY CENTER ROOM RENTALS

Reserve any of our parks, pavilions, or the event room at the Gales Ferry Community Center! Call 860-464-9112 for updates and more details.

**Program Note: Due to the COVID-19 pandemic, many of our programs and activities have been cancelled or are subject to**

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## Parks & Recreation...continued from page 17

change. Please visit our Facebook page or call 860-464-9112 for up-to-date information.

### Children & Teen Programs

#### TUNES 'N TOTS

Your child's imagination will be developed through the use of songs, stories and rhymes, movement activities, games and playing percussion instruments

AGES: Birth - 5 and their caregivers  
DAY: Wednesdays, 6 weeks  
TIME: 10:30 - 11:15 am  
BEGINS: October 21 (Session II)  
FEE: \$60 (siblings 9 months and younger, free!)  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Nicole Clarke

#### MINI LEAPERS

This class will introduce your preschooler to basic ballet steps, motor skills, and rhythms through games in this lively class.

AGES: 3 - 5  
DAY: Saturdays, 8 weeks  
TIME: 2:00 - 2:45 pm  
BEGAN: September 12  
FEE: \$60 for the entire 8 weeks or prorated if your child begins this class after receiving this publication.  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Annaleah Ramos

#### BEGINNER BALLET & JAZZ

This class will be a split lesson of ballet and jazz. We'll play some games and do some partnering exercises and possibly even a short dance!

AGES: 6 - 8  
DAY: Saturdays, 8 weeks  
TIME: 3:00 - 4:00 pm  
BEGAN: September 12  
FEE: \$65 for the entire 8 weeks or prorated if your child begins this class after receiving this publication.  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Annaleah Ramos

#### CHEF JR. KIDS' VIRTUAL COOKING CLASS

The class for your young chef! Learn how to make delicious dishes for the whole family!

AGE: 5 - 12  
DAY: Thursdays, 3 weeks  
TIME: 4:30 - 5:30 pm  
SESSION I: 9/10, 9/17, 9/24  
SESSION II: 10/1, 10/8, 10/15  
SESSION III: 11/5, 11/12, 11/19  
SESSION IV: 12/3, 12/10, 12/17

FEE: \$55, includes recipe with each class (equipment and utensils needed are also included in the recipes.)

LOCATION: ZOOM Virtual Online Class  
INSTRUCTOR: Erika Gradecki, Chef/Owner Food for Your Soul, LLC.

#### LEDYARD YOUTH ROWING / COMPETITION

##### TEAM ROWING

Give Rowing a try! We will row in 25' Gigs, 16' Dories and Sliding Seat Training Shells. This is an after school program and you can take the school bus to the launch site!

AGE: 12 and up  
DAY: Thursdays and Saturdays, 7 weeks  
TIME: 2:30 - 4:00 pm (Thursdays);  
10:00 - 11:00 am (Saturdays)

BEGINS: October 1  
FEE: \$85  
LOCATION: Thames River and Coves  
(call for specific address)

INSTRUCTOR: Russell Smith

##### HORSEBACK RIDING

Improve your riding skills or try horseback riding for the first time.

AGE: 8 and up  
FEE: \$37 for (2) - one-hour classes  
DAY & TIME: Classes can be set up according to your schedule.  
LOCATION: Leaning Birch Equestrian Center, Ledyard

##### SWIM LESSONS

Your child will learn skills such as proper water breathing, gliding, and rotary arm movement. Children should be comfortable in the water and be able to take direction.

##### PARENT/ CHILD LESSONS IN WATER

DAY & TIME: Saturdays; classes can be set up according to your schedule.  
BEGINS: October 3  
FEE: \$100 for (4) 30 minute lessons

##### INSTRUCTOR ON DECK

AGE: 6 - 10  
DAY & TIME: Saturdays, classes can be set up according to your schedule.  
BEGINS: October 3  
FEE: \$165 for (8) 30 minute lessons  
LOCATION: Vitale Aquatic and Tennis

##### TENNIS LESSONS

Keep your child active and help them develop a love for the great sport of tennis.

##### TINY TENNIS PUPS

AGE: 6 - 8  
DAY & TIME: Classes can be set up according to your schedule.

BEGINS: October 3  
FEE: \$100 for (4) 30 minute lessons

#### TENNIS

AGE: 9 and up  
DAY & TIME: Classes can be set up according to your schedule  
BEGINS: October 3  
FEE: \$165 for (6) 30 minute lessons  
LOCATION: Vitale Aquatic and Tennis

#### MAKE & TAKE GIFTS

Come join in the fun of making unique and one-of-a-kind items. Supplies are included.

AGE: 8 and up  
TIME: 6:30 - 7:30 pm  
FEE: \$13 per class  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Sara Holliday

#### MAKE & TAKE BATH PRODUCTS

Make bath salts and bubble bath.

DAY: Tuesday, November 10

#### MAKE & TAKE HOLIDAY GIFTS

Make your own natural ornaments and frame.

DAY: Tuesday, December 8

### Adult Programs

#### TABATA MOMMAS

A free, open group set up for Women and Mommas with little ones. Workouts will primarily be HIIT/High Intensity Interval Training - Circuit style body weight workouts. Children are welcome but will be the responsibility of the parent attending.

DAY: Monday, Wednesday, Friday  
TIME: 9:10 - 10:00 am  
BEGINS: October 5  
FEE: FREE, but you must register.  
LOCATION: Gales Ferry Community Center  
INSTRUCTOR: Liz Schwebel

#### CARDIO-FIT

Cardio-Fit is a thorough, high intensity, low impact program that includes standing and floor exercises, and a full-body, relaxing stretch at the end. Bring 3 or 5 lb. weights, a mat, and water.

DAYS: Tuesdays and Thursdays, 7 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: October 27 (Session II)  
FEE: \$105  
LOCATION: Juliet Long Gym  
INSTRUCTOR: Sally Derusha

#### POUND®

Pound is the world's first Cardio Jam Session inspired by the

infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Try the first class for FREE!

DAY: Tuesdays, 8 weeks  
TIME: 6:00 - 7:00 pm  
BEGINS: November 3 (Session II)  
FEE: \$80  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Lindsay Strand

#### YOGA CLASSES by Karen Clarke

INSTRUCTOR: Karen O'Donnell Clarke, E-RYT500, Certified Yoga Therapist, Advanced Certifications from Kripalu Center for Yoga and Health, Integrative Yoga Therapy and Yoga of the Heart. Recommended: Yoga mat, 2 yoga blocks, 1 yoga strap - 8 - 10ft, 1 blanket.

#### YOGA BASICS (ONLINE)

For all levels, especially beginners. Go at your own pace using props and modifications that provide an accessible yoga experience for everybody.

DAY: Mondays  
TIME: 5:30 - 6:30 pm  
SESSION I 5 weeks  
BEGINS: October 5

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**OPEN 7 DAYS A WEEK  
6 AM TO 9 PM**

**VISIT US ON THE WEB  
TO VIEW OUR WEEKLY  
SALES FLYER**

**ledyardvillagemarket.com**

**STOP BY TODAY AND SIGN UP FOR  
OUR GAS REWARDS PROGRAM!**

## Parks & Recreation... continued from page 19

FEE: \$42  
SESSION II 5 weeks  
BEGINS: November 9  
FEE: \$42  
LOCATION: ZOOM Virtual Online Class  
INSTRUCTOR: Karen O'Donnell Clarke

DAY: Tuesdays  
TIME: 11:00 am - 12:00 pm

SESSION I 5 weeks  
BEGINS: October 6  
FEE: \$42  
SESSION II 5 weeks  
BEGINS: November 10  
FEE: \$42  
LOCATION: ZOOM Virtual Online Class  
INSTRUCTOR: Karen O'Donnell Clarke

### CHAIR YOGA (ON-LINE)

This fun class offers a balanced approach for strength and flexibility, breath work and meditation.

DAY: Thursdays  
TIME: 9:30 - 10:30 am

SESSION I 5 weeks  
BEGINS: October 8  
FEE: \$42  
SESSION II 5 weeks  
BEGINS: November 11  
FEE: \$42  
INSTRUCTOR: Karen O'Donnell Clarke

### ZEN BODY, ZEN MIND (ON-LINE)

Zen Body, Zen Mind is a workshop exploring breath, posture, and body-mind unification. It combines principles and methods from Zen, Integral Bodywork, and Aikido.

DAY: Wednesdays, 6 weeks  
TIME: 7:00 - 8:00 pm  
BEGINS: October 14  
FEE: TBD  
LOCATION: ZOOM Virtual Online Class  
INSTRUCTOR: Rick Gendo Testa

### WOMEN'S BASKETBALL

All ages (18-100) and all skill levels are welcome. We play friendly 3-on-3 half-court games.

DAY: Mondays  
TIME: 7:00 - 9:00 pm  
BEGAN: September 14  
FEE: \$20 for the school year  
LOCATION: Ledyard Middle School

### MEN'S OVER 30 BASKETBALL / LEDYARD RESIDENTS ONLY!!!

Get some exercise in a pick-up play format.

DAY: Tuesdays  
TIME: 7:00 - 9:00 pm  
BEGAN: September 8  
FEE: \$20 for the school year  
LOCATION: Ledyard Middle School

DAY: Fridays  
TIME: 7:00 - 9:00 pm  
BEGINS: April 10  
FEE: \$20 for the school year  
LOCATION: Ledyard Middle School

### LEDYARD ROWIN'

Come join us on the Thames River and Coves! We will row in 25' Gigs, 16' Dories and Sliding Seat Training Shells.

#### WOMEN'S ROWING

DAY: Saturdays, 7 weeks  
TIME: 8:30 - 9:30 pm  
BEGINS: October 3  
FEE: \$85

#### CO-ED ROWING

DAY: Thursdays, 7 weeks  
TIME: 5:30 - 6:30 pm  
BEGINS: October 1  
FEE: \$85  
LOCATION: Thames River and Coves  
(call for specific address)  
INSTRUCTOR: Russell Smith

### KNITTING

Learn to knit or bring a project that you are working on or need help with. You will also learn how to correct any mistakes you make!

DAY: Wednesdays, 6 weeks  
TIME: 6:30 - 8:00 pm  
BEGINS: October 7  
FEE: \$12  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Dawn Barrasso

### MAKE & TAKE GIFTS

Come join in the fun of making unique and one-of-a-kind items. Supplies are included.

#### MAKE & TAKE BATH PRODUCTS

Make bath salts and bubble bath.  
DAY: Tuesday, November 10  
TIME: 6:30 - 7:30 pm  
FEE: \$13  
LOCATION: Ledyard Senior Center  
INSTRUCTOR: Sara Holliday

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# DRIVE INTO Fall WITH

## ANTONINO AUTO GROUP

### GROTON



**Antonino Acura**  
340 Gold Star Hwy., Groton  
(860) 448-1299 • AntoninoAcura.com

### NEW LONDON



**BMW of New London**  
543 Colman St., New London  
(860) 447-3141 • BMWofNewLondon.com

### NORWICH



**Charles Toyota**  
500 West Thames St., Norwich  
(860) 889-8375 • CharlesToyota.com

### NORWICH



**Girard Ford**  
450 West Thames St., Norwich  
(860) 889-2601 • GirardFord.com

### GROTON



**Girard Nissan**  
425 Gold Star Hwy., Groton  
(860) 448-0050 • GirardNissan.com

### NEW LONDON



**Girard Toyota**  
543 Colman St., New London  
(860) 447-3141 • GirardToyota.com

### GROTON



**Michael KIA of Groton**  
421 Route 12, Groton  
(860) 449-1242 • MichaelKiaofGroton.com

### NORWICH



**Nissan of Norwich**  
691 West Thames St., Norwich  
(860) 892-6000 • NissanofNorwich.com

### COLCHESTER



**Toyota of Colchester**  
100 Old Hartford Rd., Colchester  
(860) 537-2468 • ToyotaofColchester.com

### Looking for a Collision Center to repair your vehicle?



**Girard Motors Collision Center**  
425 Gold Star Hwy., Groton  
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## Parks & Recreation... continued from page 20

### HOW TO PERMANENTLY CHANGE YOUR RELATIONSHIP WITH SUGAR

You'll learn how to control what you eat and drink, not through willpower, but by understanding what causes these uncontrollable cravings and knowing how to reduce them naturally.

DAY: Thursday, October 15  
TIME: 6:00 - 7:30 pm  
FEE: \$25  
LOCATION: Board of Ed Building  
INSTRUCTOR: Suzanne Healy, a certified Integrative Nutrition Health Coach

### SECRETS TO SLEEP: GET A GOOD NIGHT OF SLEEP NOW

So many of us don't get enough good quality sleep and our health and well-being can suffer. You will learn some critical sleep facts, the impact on our bodies and gain some practical tips to get a restful night of sleep.

DAY: Thursday, October 29  
TIME: 6:00 - 7:30 pm  
FEE: \$25  
LOCATION: Board of Ed Building  
INSTRUCTOR: Suzanne Healy, a certified Integrative Nutrition Health Coach

### HIKE LEDYARD

Get a head start on the upcoming Hike Ledyard program! Here's what you do: Register, so you'll be notified when the program officially launches and receive a link to the trail maps, then hike or visit specified trails in Ledyard.

DAYS: September 1 - December 31  
FEE: Free, but you must register  
LOCATION: 13 specified trails in Ledyard / Gales Ferry

### CT SAFE BOATING CLASS

This in-person class has been suspended, but DEEP is offering free online classes. Please consult their website for more information.

### Darrell's Day Trips

All bus trips will depart from the Norwich Commuter Lot, Rt 82, Exit 11 off of I-395 by the DMV and will travel rain or shine. No refunds will be given unless a replacement is found. We will travel rain or shine, with the exception of severe weather.

### HAUNTED HAPPENINGS IN SALEM

Come join the ultimate Halloween experience! The fun and excitement are without equal, so if you get goosebumps thinking about this eerie holiday, you have to come to Salem.

DAY: Saturday, October 24  
DEPARTING: 7:45 am, Norwich Commuter Lot, Route 82, I-395 Exit 11  
RETURNING: 9:30pm  
FEE: \$52 per adult; \$47 per child thru age 12

### NEW YORK CITY ON YOUR OWN

The greatest city in the world is much more magical during the holidays! Our motorcoach will make multiple drop-offs throughout Manhattan, from uptown, through midtown, to downtown. At the end of your adventure we will depart from a central location for a relaxing ride home.

DAY: Saturday, December 5  
DEPARTING: 7:00 am, Norwich Commuter Lot, Route 82, I-395 Exit 11  
RETURNING: 9:30pm  
FEE: \$52 per adult; \$47 per child thru age 12

## The Ledyard Conservation Commission Trail Map

The Ledyard Conservation Commission recently released updated trail maps for 13 hiking areas in Ledyard. The new maps are available for download under the Conservation Commission section of the town's website. Or you can access them at: [bit.ly/ledyardtrailmaps](http://bit.ly/ledyardtrailmaps) (case-sensitive,) which links to the town's website. The maps will be part of an updated guide to Hiking and Walking in Ledyard. This list is not exhaustive, but it's a good start.

**\*PRO TIP** - When hiking, use a free hiking app (like AllTrails, MapMyRun, or Gaia GPS) to track your

progress and know where you are at all times.

You'll want to register for the upcoming Hike Ledyard program through Ledyard Parks & Rec! (It's free!)

Once you've hiked or visited all of the trails in town, you can purchase Hike Ledyard memorabilia (as soon as it becomes available.) Register for the program now so that you can be notified when the program officially launches.

The Ledyard Conservation Commission (LCC) recognizes the many

individuals involved with making this project happen. A big thanks to Liz Crutcher of the Southeastern CT Council of Governance who created the maps and to Avalonia Land Conservancy, Groton Open Space Association, and Ledyard hiking enthusiast Scott Jensen for GPS data. Thanks to all LCC members including Gary Paul, Meghan Read, and Carmen Garcia-Irizarry for verifying trail data and providing photos.

Thanks to Parks & Rec for hosting the Hike Ledyard program. And thanks to the Ledyard Community for your support. Now let's get hiking!

## Ledyard Hiking Trails by Difficulty

### EASY

1. **Kettlehole Trail** - A flat, easy walk (0.3 mi) around a dry kettlehole. Part of trail on road.
2. **Burton Trail** - Behind the Ledyard High School athletic fields. A blue trail (0.5 miles) leads to a memorial and a cemetery. The yellow spur trail (0.25 miles) is often wet.
3. **Barrett Preserve** - A yellow trail forms an east loop (0.81 miles) and west loop (0.63 miles) that can be done separately or together (1.2 miles). Forest restoration in process.

### MODERATE

4. **Pike-Marshall Preserve** - A blue loop trail (0.8 miles) with more trails continuing northward. Rock walls near the entrance form the edge of a north-south fault line.
5. **White-Hall Park** - A blue loop trail (0.81 miles) crosses over an abandoned trolley trestle span, and passes two ponds and a stone throne. Additional trails to explore.
6. **Great Oak Park (Nathan Lester House)** - Blue perimeter trail (1.4 miles) with more trails to explore. Gardens, dinosaur tracks, old cemetery, and remains of a 400 year old tree.
7. **Colonel Ledyard Park** - A blue loop trail (1.5 miles) behind the tennis courts to the right. A hand-dug stone well and a stone foundation are just off the loop.

continued on page 24

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## Hiking Trails... continued from page 23

8. **Pine Swamp Wildlife Corridor - Blue Power Line Trail** - An out-and-back trail (1.6 miles), mostly gravel, follows the power lines. Cross over big puddles on wooden planks.

### SOMEWHAT DIFFICULT

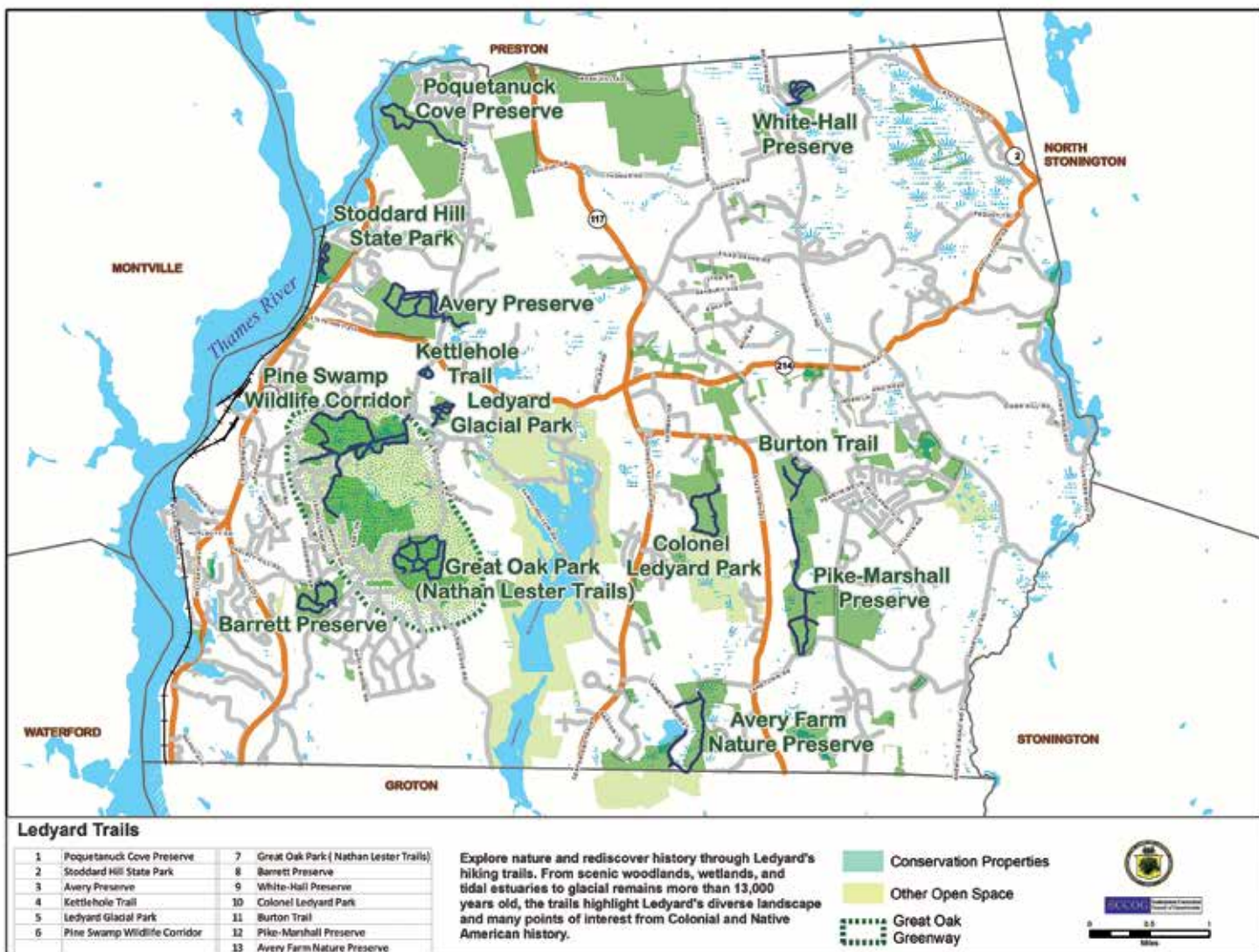
9. **Avery Preserve** - An orange loop trail (1.8 miles) passes a stone sheep wash pen and the scenic Mill Pond Dam. Shorten your route by hopping on white or yellow trails.
10. **Avery Farm Nature Preserve** - A flat, blue loop trail (1.8 miles) passes by scenic wetlands. Part of the trail is on a gravel road closed to traffic (Lambtown Rd. Ext.). Near the southern end of that road, the trail splits. **TURN LEFT** to stay on the loop.
11. **Poquetanuck Cove** - A lollipop loop (2 miles) with uneven footing at the cove. No dogs.

12. **Pine Swamp Wildlife Corridor - Blue Dot Loop Trail & Yellow Trail** - A blue dot loop trail (1.6 miles) and yellow trail (1.2 miles) through woods. Swampy. Bugs in summer.

### DIFFICULT

13. **Pine Swamp Wildlife Corridor - Red Trail** - An out-and-back trail (0.67 miles) along Pine Swamp where ship masts were once harvested. Uneven terrain, muddy.
14. **Stoddard Hill State Park** - A small (0.6 mile) or large (1.2 mile) loop with great views by the Thames River. Not yet blazed (marked).
15. **Glacial Park** - A blue loop trail (1.5 miles) through a boulder field that includes a challenging boulder scramble. Yellow by-pass trail as an alternate.

## Ledyard Hiking Trails Map



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# Ledyard Public Library

## Library Information

### BILL

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**DID YOU KNOW** the library now provides digital access to Value Line either in the library or remotely with your library barcode number?

To begin your search, click the Value Line link on the lower right hand column of the library webpage. The Value Line website states that whether you're a beginning investor or a veteran looking

for high-impact ideas, Value Line can position you for financial success quickly and easily. The uncontested authority in reliable, unbiased information, Value Line provides accurate and insightful investment research on companies, industries, markets and economies. From the latest data, sophisticated tools and proven ranks to expert analysis and guidance, Value Line gives you the power to evaluate investments with confidence.

## Upcoming Monthly / Weekly Events

### PRESIDENTS VIRTUAL BOOK DISCUSSION

Second Tuesday of the Month

7:00 pm

September 8: James Monroe

October 13: The Hardest Job in the World:

The American Presidency,

November 10 and December 8:

TBA

The American Presidents Book Discussion group will focus on the White House years of former American presidents.

### COOKBOOK CLUB

First Tuesday of the Month

12:30 pm

September 1: Salad as Meal by Patricia Wells,

October 6, November 3 and December 1:

TBA

Join us for our virtual monthly cookbook club meetings. We will pick a theme for each month and discuss recipes we have tried. Email Lisa, lmurno@ledyard.lioninc.org for your Zoom invitation.

### STOCK INVESTMENT DISCUSSION GROUP

First Tuesday of the Month

7:00 pm

Sept 1, Oct 6, Nov 3, Dec 1

### BEGINNERS STOCK INVESTMENT DISCUSSION GROUP

Third Tuesday of the month

7:00 pm

Sept 15, Oct 20, Nov 17, Dec 15

Both discussion groups are facilitated by Harry Pearson. The link to join each group will be found on our website.

Beginners, who are interested in getting started in stock investing and learning how to manage an existing or new portfolio, are encouraged to join on the third Tuesday. Discussion and questions and answers are encouraged as participants learn how economic conditions affect the stock market.

## Special Events

### LEARNING HOW TO CAST:

### AN OUTDOOR FLY-FISHING PROGRAM

Saturday, September 26

1:30 pm

### Highland Lake

Bring yourself and your mask to an outdoor Fly Casting program. The Thames River Valley Chapter of Trout Unlimited will be instructing participants on the tools and the techniques of fly fishing. All equipment and supplies are provided. All participants must comply with COVID-19 Contact Tracing requirements. Class is limited to 10 participants.

### AUTHOR VISIT with Rebecca Daniels, PhD

### Keeping the Lights on for Ike

Tuesday, September 29

6:00 pm

### Zoom

Rebecca Daniels, PhD, will discuss her WWII-era book which is based on correspondence from a support soldier working in a European combat zone in the 1940s. The book follows Captain Harold Alec Daniels through his various overseas assignments in England, North Africa, and Italy, as well as reflections on the war once he was home in Oregon. The Zoom link will be posted on our Events page.

## Children's Department

### PRESCHOOL STORYTIME Ages 3 +

We will be offering an Interactive Zoom Storytime each week including books, music, scavenger hunts, playdough, crafts, learning kits, and more! Participants may be required to stop by the library prior to the event to pick up craft or learning kit supplies. There will be twelve spaces available for this class.

### 1000 BOOKS BEFORE KINDERGARTEN

This program is being offered for our youngest children to help them get ready for Kindergarten. Starting in mid-September there will be an option to pick up a paper reading log and memory jour-

nal. Alternatively, you will be able to record your reading online using Read Squared. Children who participate will receive recognition in the library and incentives for signing up and progressing through the program. In addition, we will commemorate your child's journey by sharing (with your permission) their successes on our social media platforms. Once we are able to meet again in person, we will hold special events for those who are participating in the program.

Grab N' Go Bags will be offered at each library starting mid to late September. Instead of registering and reserving your kit as we did during our summer programming, these bags will be available at each library on a first come first served basis. As bags run out, they will be replenished or new ones will be added. We will be announcing on our social media pages when the bags are available so be sure to follow us on Facebook and Instagram.

## Teen Department

### WE LOVE ART!

#### Programming with Grab N' Go Bags Ages 11 and up.

Look for air dry clay projects, origami, primitive wood painting, and more! The bags will be available on a first come first served basis. Additionally, there will be some projects that will have a tutorial posted on our social media platforms. Follow us on Facebook

and Instagram so you know when bags become available and the tutorials have been published.

### TEEN ONLINE BOOK CLUB

Ages 14 and up

Join us once a month to discuss our selected book and connect with fellow book lovers.

### TEEN VOLUNTEERING PROGRAM

Ages 12 and up

Interested teens can choose between three programs: Online Book Buddy, One Bag at a Time Clean Up Initiative, or Instagram Book Reviews.

### TEEN ADVISORY BOARD

We are very proud of our advisory board and what they have been able to contribute. This board will meet again in late Fall to discuss programming and goals for the future. If interested in becoming a member please email Mrs. Burt at sburt@ledyard.lioninc.org.

In these ever changing times, our programming must be flexible. In addition to the programs already mentioned we hope to offer Graphic Novel Book Clubs for kids 8 to 13, a Halloween

continued on page 28

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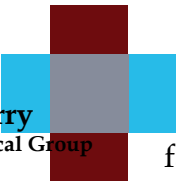
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## Library... continued from page 27

Celebration of some kind, a Lego Club, participation in NaNoWriMo in November, and more classes for all ages that give children and teens a chance to learn new things.

### SEED LIBRARY

The Ledyard Seed Library would like to thank Eastern CT Community Gardens Association for providing funds that allowed us to offer our Seed Mail-Order Program, while we were closed to the public. In addition, ECCGA provided funds to purchase 2 garden-themed Great Courses DVD/Book sets: The Science of Gardening & How to Grow Anything—Food Gardening for Everyone. We appreciate their continued support & generosity.

## Friends of the Ledyard Libraries

### VIRTUAL FALL GENERAL MEMBERSHIP MEETING

Thursday, October 15, 2020 at 7:00 pm

Join us at the fall membership meeting as we approve a budget for 2021. Look for the Zoom link on the Library home page.

The Gales Ferry Book Cellar located in the lower level of the library is open to library patrons. Stop by and purchase a gently used book for your reading pleasure. All proceeds go to support Ledyard Library. And of course, please follow safety protocols of social distancing, hand sanitizing, and wearing masks while in the library building. Sorry, we are not yet accepting book donations.

Sincerely,

Harry Pearson, President,

Friends of the Ledyard Libraries

[pearsonhl@tvconnect.net](mailto:pearsonhl@tvconnect.net) or 860-287-2670

**Stay up to date with all Library programs** - follow us on Facebook and Instagram and check the Library Website at: [www.ledyard.lioninc.org](http://www.ledyard.lioninc.org).

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## Student is Winner in the 15th eesmarks™ Student Contest

Over 300 students submitted projects to the statewide contest promoting sustainability, energy efficiency, and clean and renewable energy

Gales Ferry-area student Holly Nelson was recently honored as a finalist in the 15th annual eesmarks™ Student Contest.

Presented by Energize Connecticut sponsors, Ever-source and United Illuminating, Southern Connecticut Gas and Connecticut Natural Gas, subsidiaries of AVANGRID, Inc., the eesmarks Student Contest invites Connecticut students in grades K-12 to create projects about energy efficiency, renewable energy and sustainability.

Holly competed in the Grade 6 category. Her persuasive speech on how Connecticut can be more energy efficient by utilizing hydropower, solar power and wind power received 3rd place.

Due to the COVID-19 pandemic, the Energize Connecticut sponsors updated the contest this year to allow students to submit their projects through an online platform, and a congratulatory video presentation was created to announce the winning participants.

More than 300 students from 76 schools in 49 Connecticut towns submitted their work for consideration. Thirty-five entries were selected as this year's winners and each finalist received a certificate and Amazon gift card.

To view the video, please visit [EnergizeCT.com/eesmarks-student-contest-winners-2020](http://EnergizeCT.com/eesmarks-student-contest-winners-2020). For more information on the student contest and the eesmarks program, please visit [EnergizeCT.com/eesmarks-home](http://EnergizeCT.com/eesmarks-home).

### ABOUT ENERGIZE CONNECTICUT

Energize Connecticut helps you save money and use clean energy. It is an initiative of the Energy Efficiency Fund, the Connecticut Green Bank, the State, Ever-source, UI, SCG and CNG with funding from a charge on customer energy bills. Information on energy-saving programs can be found at [EnergizeCT.com](http://EnergizeCT.com) or by calling 1.877.WISE.USE.

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## New Questions; Some Silver Linings by Morgan McMinn

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

### THE HEALTHCARE INDUSTRY RESPONDS TO CHALLENGING TIMES



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

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

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

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

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

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

### A RETURN TO NATURE?

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



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

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



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

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

### MENTAL HEALTH – RESILIENCE AMID UNCERTAINTY

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

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

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