

Essex



Events

www.eventsmagazines.com

Volume 18 • Quarter 4 • 2014



campaign
for bully-free
communities

Council of Business Partners at



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FOUNDATION**
of Middlesex County

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First Selectman's Corner

Dear Friends & Neighbors,

I hope that this issue of Essex Events magazine finds you well and enjoying the beautiful fall season in Essex. This is a wonderful time of year to live in New England. Please take the time to read through our final magazine of 2014 as Town departments and community organizations strive to keep you informed of their important news.

The Board of Selectmen has given a preliminary endorsement to a possible \$8 million bond issue for capital projects recommended by an advisory committee, including \$600,000 for a new fire truck. The Board of Finance will begin discussing the plan in October, followed by a public hearing on the projects and proposed bonding held in mid-November. A referendum vote on bonding authorization for this initiative could be held before the end of the year. The capital projects include work at the elementary school, including roof replacement and other improvements, replacement of the Walnut and Ivory Street bridges, renovations and improvements at town hall, and improvements at the town public works garage. The list of projects and proposed bonding total would be subject to change based on review by the finance board and input received at the public hearing.

Planning and design work for the Main Street Investment Fund (MSIF) grant awarded to the Village of Ivoryton is

moving forward. Anchor Engineering Services has been selected as the project's design firm. A draft plan has been presented for review to Town staff and related Commissions. The grant funds will be used for intersection improvements at Summit Street and Main Street, installing new cross walks, renovating existing crosswalks, and other improvements.

I would like to remind everyone



First Selectman
Norm Needleman

continued on page 3

Stay Informed

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



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Deep River: Beautiful 4BR Colonial located in Witch Hazel Estates. Refinished HW floors, walkup attic & lightly wooded level lot. For Sale or Lease w/Option to Buy. \$315,000 PeterBonanno.com 860-227-9798 ShaneBonanno.com 860-227-7353



Essex: Charming 3BR, 2.5BA Cape, walk to Essex Village. 1st fl MBR ste w/office, LR w/FP, formal DR, FR, Eat-in KT, large deck overlooking lawn & gardens, C/A. \$598,000 JamesLeo.com 860-227-5975



Essex: Charming antique Cape in the Village area. Sunlit rooms, 3FPs, potential 1st floor BR w/FP. Original wide board flrs & exposed beams. L-shaped sunroom. \$449,000 PeterBonanno.com 860-227-9798 ShaneBonanno.com 860-227-7353



Essex: Custom designed home w/exposed beams, open floor plan, mint condition on a private lot. 2 story, 2-car barn has artists studio w/ heat & electricity. \$439,000 DianeGregory.com 860-395-8433



Essex: Beautiful 3BR, 2.5BA Colonial w/open floor plan. Cathedral ceiling in fam rm w/FP. Professionally landscaped, private backyard w/hot tub & stone patio. \$399,900 ShaneBonanno.com 860-227-7353 PeterBonanno.com 860-227-9798



Essex: Traditional w/contemporary flair & modern amenities in heart of Essex village. Open floor plan, 1st floor master bedrm, state of the art kitchen, 5 BRs. \$399,000 ConstanceO'Brien.net 860-559-0742



Essex: Newly renovated Ranch. Open flr plan creates wonderful living space & great for entertaining. Large deck, 2C gar w/storage. Corner lot close to town. \$384,000 PatrickCallahan.net 860-227-1587



Essex: Home in beautifully established neighborhood w/water views from the street. 3BRs, 2.5BAs, 2 FPs, surrounded by stonewalls. Could be charmer - great bones. \$289,000 LaurelPeters.net 860-306-2812



Ivoryton: 4BR, 1.5BA Victorian on hilltop with due south exposure. Lovely sunny grounds consist of .84 acres. Oak floors, oil heat, new septic, public water. \$325,000 Richard-Greene.com "Rick" 860-395-6832



Mystic: Very special home, renovated & move-in ready! Totally updated kitchen, master suite, din rm, shining HW flrs, 3 season porch, screen house & small barn. \$259,000 RobertDoyen.com "Bob" 860-662-0269



Norwichtown: Michael Darrow Homestead, c.1748...a flawlessly classic, pre-revolutionary home restored to its original beauty. Carriage house w/3 rooms & office suite. \$320,000 BarbaraMcBrideDoyen.com "Bobbi" 860-662-0271



Old Lyme: Year-round house @ Old Lyme Shores, short walk to sandy beach. 4BRs, LR w/FP, HW flrs, enclosed porch. Private yard, deck, playscape, det garage. Views. \$599,000 MargueriteMattison.com 860-510-2848



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

that the Town has instituted new procedures at the Transfer Station (Landfill) and Recycling Center. Residents must purchase either an annual permit (in the form of a sticker affixed to the vehicle's windshield) or a pre-paid punch card before disposing household garbage and trash at the transfer station. Annual permit stickers are valid from October 1 to September 30 of the following year. Punch cards are valid for disposing 10 bags of household garbage and trash. Both the annual sticker and punch cards are available for purchase now at the Town Clerk's office at Essex Town Hall.

As always we want to encourage our residents to be prepared for any weather Mother Nature might throw our way. Although it has been quiet lately, the hurricane season is not quite over, and the last few winters have brought frequent and significant storms and extended periods of cold weather. Though we hope for the best in avoiding any major storm event to come our way, we should all be informed, make a plan, build a kit, and be prepared for during and after storms. Also, a reminder to please let Town Hall personnel know when street lights are out so we can take care of the issue right away.

The Community Foundation of Middlesex County (CFMC) and its Council of Business Partners recently instituted its Campaign for Bully-Free Communities. The collective goal in Middlesex County is to stand together for change, take a pledge to stand up to bullying and all mean-spirited behavior and promote positive behavior in our schools, businesses and

neighborhoods. Many activities were held to coincide with National Bullying Prevention Month. Please see their website www.middlesexcountycf.org for more information.

As always, Essex has a number of great community events during the fall season including the Pumpkin Festival, Halloween Parade, Scarecrows of the Villages, Trees in the Rigging and Ivoryton Illuminations...see you there!

All my best,

Norman Needleman, First Selectman




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spectrumartgallery.org

Essex Garden Club Announces Officers for 2014-15

Officers for the Essex Garden Club for 2014-15 are Linda Newberg, president; Barbara Burgess, first vice president; Dianne Sexton, second vice president; Barbara Hall, recording secretary; Barbara Marden, corresponding secretary; Patricia Mather, treasurer; and Carol Denham, assistant treasurer. From left in this photo are Denham, Burgess, Newberg, Mather, Sexton, Marden and Hall.



In her opening remarks at the September meeting, Newberg described the club's agenda and activities for the coming year, and introduced the theme for this year, "A Tribute to You". She went on to say that the success of the club's projects is directly dependent on the tireless work of the many club volunteers. These projects include civic beautification, scholarships, and educational and conservation initiatives.

Membership in the Essex Garden Club

We welcome new members (male and female) to the Essex Garden Club for a rich and rewarding experience. The Club meets on the first Monday of the month (except for January, July, and August) for a business meeting at 1 pm followed by a program at 2 pm. Prospective members must have resided in Essex for at least six months prior to becoming a member,

and must be proposed and seconded by two current members. If you are interested in obtaining more information about club activities, please check our website at www.essexgardenclubct.org. If you are interested in becoming a member, please contact Judy Taylor, Membership Chair at Essex Garden Club, P.O. Box 936, Essex, CT 06426.

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NEW LISTING



Madison: Reminiscent of the romantic seaside communities of yesteryear, Buffalo Bay is a private beach enclave of just 7 special homes. Used in the movie set of Happy Accidents, this home with separate guest house, pool, and beach is a slice of heaven on LIS. Offered at \$4,495,000

NEW PRICE



Old Saybrook: Breathtaking beach front home offers spectacular views and the best of everything--superlative design and materials. The highlight of the house is a Great Room of nearly 1000 SF plus porch and stone patio. Splash in the waves from your own sandy beach! Offered at \$2,495,000



Essex: This Village c1880 landmark Colonial has been restored to perfection with remarkable attention to detail & finish. Exquisite landscaping, stone patio & stunning pool complex has created a private haven for outdoor entertaining. Offered at \$2,450,000

NEW LISTING



Essex: Eagles peak, a spectacular custom designed and built Georgian Colonial with 360 degree views of the Connecticut River & Long Island Sound features three levels of stunning living space, including 5 ensuite bedrooms, 7.2 baths, vaulted ceilings and views!!! Offered at \$1,995,000



Old Saybrook: In Knollwood Beach, this stunning coastal style home overlooking South Cove blends seaside appointments with superlative construction. Storm rated windows, hardie plank siding with azek trim make it maintenance free. Offered at \$1,225,000



Essex: Sited on a stunningly landscaped lot with beautiful rock outcroppings and meandering stone walls, this residence has been carefully updated with wonderful finishes. A versatile floor plan & separate carriage barn offer fabulous living space! Offered at \$785,000



Essex Country Home: Perfectly sited on a bucolic parcel of land with stunning landscaping and an exquisite, secluded pool complex, this meticulously maintained, custom built cape offers a first floor master suite & comfortable yet elegant living space. Offered at \$710,000

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NEW PRICE



Ivoryton: In the desirable Queens Gate Enclave, this coastal style home offers an open floor plan with new baths, updated kitchen with SS appliances, granite and marble back splash, new Buderus mechanicals. Fully landscaped, stone walls and terrace. Perfect! Offered at \$435,000

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MAGAZINES



Essex Events

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Cover Photo by AC Proctor

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Town Clerk's Office

Welcome to Centerbrook, Essex and Ivoryton

- Rita Rohrberg**, 85 River Rd. Unit 1-G, Essex
Richard & Victoria Helzel, 6 Maple Ave., Essex
Joy Vodak, 5 Chord Lane, Ivoryton
Hansina Wright, 2 Prospect St., Essex
Anne Picciano, 7 Mitchel Circle, Ivoryton
James D'Alessio, 17 Main Street, Essex
Justin Arsenault & Amy Dyer, 5 Terrace Lane, Ivoryton
Michele Marshall, 34 Eagle Ridge Dr., Essex
Charles Atwood, 30 Main Street, Essex
Oliver & Lauren Devin, 2 View Street, Centerbrook
Scott & Donna Willson, 42 South Winds Dr., Essex
Jessica Kates & Steven Mornelli, 18 Navy Lane, Essex
Kelly Bauer, 14 Conklin Avenue, Ivoryton
Kent & Margaret White, 38 No. Main Street, Essex
Terry Schreiber, 65 Main St. Unit 1, Essex
Catharine Wagner, 58 Dennison Road, Essex
Carl & Mary Lee Schroeter, 85 Rive4r Rd, Unit I-2, Essex
Joseph Giedra & Alyssa Ferrone, 55 Deep River Rd., Centerbrook
Michael Doak, 75 Deep River Road, Centerbrook
Thomas & Patricia Atkinson, 59 West Avenue, Essex
Brian Kelly, 20 Comstock Avenue, Ivoryton
James Rist & Melissa Parvis, 4 Collins Lane, Essex

Loss of our Residents and Friends

June
 Elizabeth Hardgrove
 Grace Ellsworth
 Mary Campbell M. Clark
 Patrick Tedesko
 Sandra Wollock
 Thomas J. Lee
 Alice Schmutz
 Barbara Edwards

July continued
 Caroline Pagano
 Doris Maikowski

July
 Marcia Chappell
 Elizabeth Gunther
 Elizabeth Durland
 Candice Chase
 Nellie Pratt

August
 Margaret Buel
 Joseph Garrity, Jr.
 Ronald Morrison

September
 None received as of printing date

*prepared by Yvonne Roziak,
 Assistant Town Clerk*

For town updates & information:

www.essexct.gov



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Colette Harron

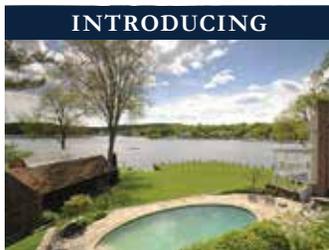
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Essex: The Crown Jewel is reborn. Total renovation of 3,500 sqft light filled, 1870 home preserving exquisite original details. Marvin windows and doors, Geothermal Heat Pump system, new electrical, plumbing and roof. Chef's Kitchen, open floor plan. Offered at \$2,950,000



INTRODUCING

Essex: Waterfront with spectacular views! 3,300 sqft Historical c1760 Home and Guest House in the heart of Essex Village on Middle Cove. Master Bedroom with balcony, in ground pool, separate barn perfect for a studio/office. Beautifully landscaped with stone walls. Bulkhead for your boat. Offered at \$2,495,000



Essex: Once in a lifetime opportunity to own "The Windmill". This unique waterfront summer cottage is one of the most recognized icons on the CT River. Multiple floors of living areas including a Living Room w/ French Doors, wet bar, 3 Bedrooms, full bath, wraparound porch & incredible views. Offered at \$1,925,000



INTRODUCING

Deep River: This beautiful sun filled house is set high with phenomenal views! Three Bedroom home, with open floor plan. Hardwood floors with skylights, walls of glass. Large screened in porch, a deck an in ground pool, separate studio/office, beautiful gardens. Offered at \$1,178,000



Essex: Federal Colonial 1850. 2,730 sqft on Village Street of Historic homes. Pristine updated interiors. First floor Master Suite. Granite, Subzero, new stove, Buderus furnace. Office with separate entrance. A spacious stone patio. Views of the CT River, 5min. walk to Village. Offered at \$845,900



Essex: New England style Farmhouse, 4 Bedroom, 2.5 Baths. First floor Master Suite with fireplace. Sunroom, stone patio, guest cottage on a large lot. Only 5 minute walk to Village, marinas and CT River from this very charming home. Offered at \$698,000



Essex: Walk to Essex Village from this well maintained, antiques, classic Stephen Starkey home. All baths updated, open kitchen, screened in porch, views from most rooms of the beautifully landscaped gardens with barn. Offered at \$610,000



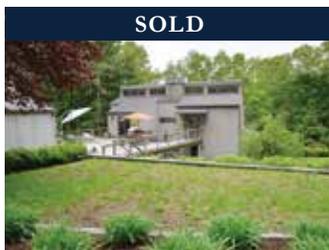
SOLD

Essex: A landmark Village residence of significant distinction, built in the Greek revival genre, has graciously moved from 1851 to the present with a total restoration combining modern amenities with historic integrity. Offered at \$1,380,000



SOLD

Essex: Renovated Village antique circa 1860 has been restored and upgraded preserving the historical integrity. Offers 3 fireplaces, wood floors in-ground pool and studio. Offered at \$725,000



SOLD

Essex: Spectacular contemporary offers a great open floor plan. Master bedroom suite with dressing room, marble bath and private deck. Professional landscaping. Offered at \$595,000



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Essex: Beautifully maintained three Bedroom, 2½ bath Contemporary close to Essex Village. First floor Master Suite, Living Room, Fireplace and vaulted ceiling with gable-end windows and skylights. Offered at \$529,000



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Essex: Location, Location - Essex Village! Unique and charming 1788 Colonial. Detail fills this warm and inviting four bedroom, two fireplace, updated Kitchen home. Stone walls, Patio and beautiful gardens add to the outside enjoyment. Offered at \$425,000

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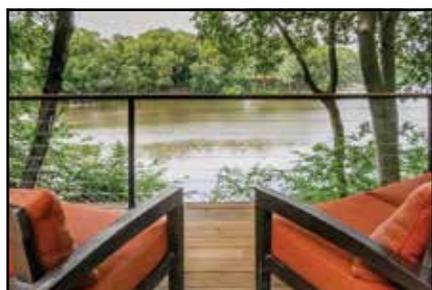
Essex: Upon entering you are greeted with floor to ceiling glass overlooking an Infinity Pool with panoramic vistas.
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Essex: Stunning waterfront home offering a private sandy beach with dock on the CT River. New dream chef's kitchen.
MLS: M9144729 \$1,625,000
Rick Weiner 860.227.3191
Colette Harron 860.304.2391



Essex: Striking Contemporary by Centerbrook Architects overlooks the CT River and hills of Lyme.
MLS: M9146402 \$898,000
Linda Hicks 860.391.1269



Essex: This magical post and beam waterfront home sits on Falls River Cove right next to a multi-acre land trust.
MLS: M9148725 \$888,000
Janet Peckinpaugh 860.985.3659



Essex: Lovely Colonial on Birch Mill Pond in the South Winds subdivision. Beautiful grounds lead to the water.
MLS: M9149271 \$708,800
Janet Peckinpaugh 860.985.3659



Essex: Stunning Gambrel on a quiet cul-de-sac has a beautiful yard on a level lot. Wide pine floors throughout.
MLS: N355493 \$649,000
Paulette Rider 860.575.1625



Essex: Charming Cape in the heart of the village. Views of the CT River and Middle Cove from almost every room.
MLS: N354101 \$599,900
Peg Mitchel 860.391.1701



Essex: On a scenic country road near the village, this home is positively perfect! New chef's kitchen, new first floor MBR suite.
MLS: M9147702 \$475,000
Jennifer & Jane Associations
860.227.6634



Ivoryton: Cottage style cape in desirable Falls River Farms. Wood floors throughout. Private in-ground pool.
MLS: N354246 \$299,900
Peg Mitchel 860.391.1701

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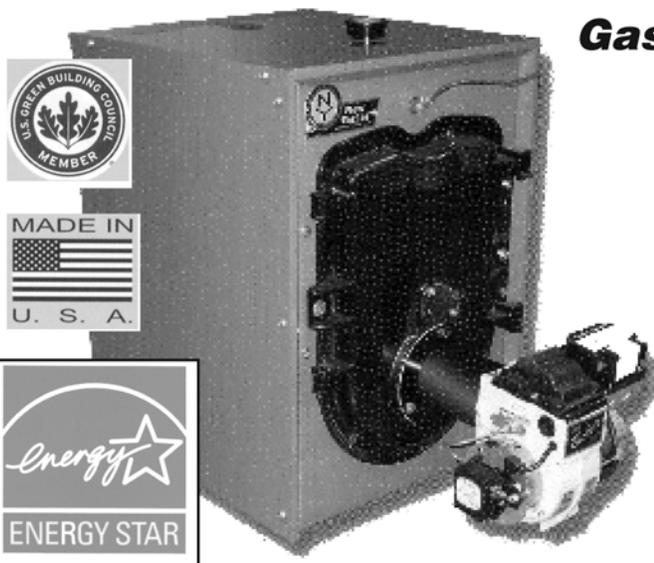
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SILVER

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www.essexlittleleague.com

Ivoryton Library

The next program in our “Intimate History of Ivoryton” series is a celebration of a birthday, OUR BUILDING! Saturday, November 1st marks exactly 125 years since the Ivoryton Library moved into the beautiful Queen Anne that we call home and we will be celebrating with an open house and birthday cake, of course!

The Ivoryton Library began in 1871 as the Centerbrook Circulating Library when fifteen members donated one book each to a collection housed at the Ivoryton Inn, then a boarding house. In 1872, the collection moved to the house of Sarah L. Cheney as she became the first librarian of the now called Ivoryton Circulating Library. In 1888, articles of association were filed with the state of Connecticut for the Ivoryton Library Association and a building committee was formed to build the library a permanent home. On November 1, 1889, the building at 106 Main Street was opened and is now one of the oldest library buildings in the state.

Please drop by **Saturday, November 1st** for our **Open House between 9 am and noon** to see our exhibit of library photos and materials spanning the last 143 years. Bring the children at 10:00 am for a fun activity, then head upstairs at 11:00 for the dedication of a plaque commemorating all of the library’s directors (starting with Mrs. Cheney) and enjoy a slice of birthday cake.

Drop by our annual **Season’s Readings Holiday Book Sale November 12-15** during library hours. New and used books for sale. Many of the used books are in gift giving condition.

In December, the Ivoryton Library will again be open during **Ivoryton Illuminations, Saturday, December 6 from 5-8 pm** as your place to write or deliver a letter to Santa and our Soldiers. Letter writing materials will be available and the mailboxes will be up for the week before and after. Toys for Tots boxes will be up by mid-November until mid-December for your donations of new, unwrapped toys.

Essex Town Hall

29 West Avenue, Essex, CT 06426

Ph: 860-767-4340 • Fx: 860-767-8509



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THE LANDFILL AND RECYCLING CENTER
is open Mondays, Thursdays, Fridays & Saturdays, 7 a.m. to 3 p.m.

SELECTMEN'S OFFICE

Norman Needleman, First Selectman	x114	nneedleman@essexct.gov
Maria Lucarelli	x112	mlucarelli@essexct.gov

ANIMAL CONTROL OFFICER

Jae Wolf	860-767-3219	
	860-388-7082	jwolf@essexct.gov

ASSESSOR

Jessica Sypher, Assessor	x124	jsypher@essexct.gov
Nancy Berryman	x123	nberryman@essexct.gov

BUILDING DEPARTMENT & FIRE MARSHAL

Keith Nolin, Fire Marshal	x146	knolin@essexct.gov
Darcy Roper	x144	droper@essexct.gov
Dave DeLeeuw, Building Official	x117	ddeleeuw@essexct.gov

HEALTH DEPARTMENT

Lisa Fasulo, Director of Health	x143	lfasulo@essexct.gov
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LANDFILL/RECYCLING CENTER

Mike Birner, Supervisor	860-767-1926	
Bill Armstead		

PARK AND RECREATION DEPARTMENT

Richard Audet, Park & Rec. Director	x148	raudet@essexct.gov
Mary Ellen Barnes	x110	mbarnes@essexct.gov

PUBLIC WORKS

David Caroline, Director	860-767-0715	
William Angier, Boris Churyk,		dcaroline@essexct.gov
Richard Gallacher, Ryan Welch		

REGISTRARS OF VOTERS

Lois Ely	x142	registrar@essexct.gov
John Heiser	x142	lely@essexct.gov
		jheiser@essexct.gov

RESIDENT STATE TROOPER

ESSEX POLICE	860-767-1054	
Kerry Taylor, Resident State Trooper		ktaylor@essexct.gov
Russell Gingras, Corporal		rgingras@essexct.gov
Paul Kenefick		pkenefick@essexct.gov
Scott O'Donnell		sodonnell@essexct.gov
Todd Belcourt		tbelcourt@essexct.gov

SOCIAL SERVICES

Mary Ellen Barnes	x201	mbarnes@essexct.gov
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TAX COLLECTOR

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

TOWN CLERK

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

TOWN HALL OPERATIONS

Mark Hiatt	x136	maintenance@essexct.gov
Joe Donofrio		
John Schumacher		

FINANCE DEPARTMENT

Kelly Sterner, Director of Finance	x122	ksterner@essexct.gov
Dana Novorio	x116	dnovorio@essexct.gov
James Francis, Treasurer	x127	jfrancis@essexct.gov

ZONING ENFORCEMENT

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

www.essexct.gov

Legal Notice

All persons having taxable personal property to declare such as; unregistered motor vehicles; horses & ponies; farm equipment; any furniture, fixtures and equipment used in the operation of a business, must declare by November 3, 2014. Declarations are available at the Assessor's Office and on the Town of Essex website www.essexct.gov. The statutory deadline for filing personal property declarations is Monday, November 3, 2014. As per CT General Statute 12-41, any person filing a late or incomplete form will incur a 25% penalty.

Applications for farm, forest, or open space land will be accepted until November 3, 2014. Forms are available in the Assessor's Office.

From the Assessor's Office

Tax Assistance for those Over 65 and Totally Disabled Homeowners

Starting on February 1, 2015, we will begin taking applications for the various tax assistance programs for the elderly and totally disabled. The application period goes to May 15, 2015.

In order to qualify for one of these tax assistance programs an applicant must be 65 by the end of the calendar year 2014, must be a full time resident of Essex, and must meet certain income levels. Last year the total allowable income, including Social Security, for the year end had to be less than \$34,100 for a single person and \$41,600 for a married couple. If you think you may qualify for assistance, please contact the Assessor's Office at 860.767.4340 extension 123 or email us assessor@essexct.gov so we can go over the programs with you.



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www.ajshea.com

Essex Goodwill Committee 2014 Holiday Gift Program Fund Drive

It's that time of year again when Essex Goodwill Committee asks the public and local businesses to open their hearts and make donations to help Essex children during the holiday season to ensure that it is a positive and uplifting time of year for all. Last year, the program brought holiday gifts to about 90 children.

The Holiday Gift Program is a collaborative effort between Essex Elementary School and Essex Town Social Services to collect and allocate gifts and grocery cards to Essex's neediest families. This year we will once again be collecting monetary donations to enable us to purchase gift cards for the families (we will be supplying gift cards for such items as toys, clothes, and accessories, electronics, sporting goods, movie passes, etc.) Or, we are happy to accept your donations already in the form of a gift card. Also, each family will be provided with a grocery store gift card to purchase their holiday meal.

We are excited about this year's program. By providing gift cards, rather than gifts we are able to streamline and maximize our efforts, and involve all members of our Essex community. Additionally, providing parents with gift cards

with which to shop gives them more independence, autonomy and choice to individualize their gift giving to their children. The bonus of this is that not only do the children get the gifts that are most meaningful to them, but we have given the gift of joy to the parents, allowing them to do the shopping and pick out that special something they want their child to receive!

The contact person for the 2014 holiday season is Mary Ellen Barnes, of Essex Social Services. Please mail your donation, gift cards or check payable to "Town of Essex Social Services Assistance Fund" to 29 West Avenue, Essex, CT. 06426 – ATT: Mary Ellen Barnes.

Submit your donation by December 1st. Donations will be put together to purchase the gift cards for our 40+ identified families to help make their holidays bright!

Your group's generosity and spirit truly makes a difference. Thank you, in advance, for your continued goodwill – for giving time, energy, resources and support in the present for the common good of our collective future. May this holiday season find each of you happy, healthy, warm, and at peace.

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Essex Park & Recreation Department

Mission Statement: Creating the Essex Community through People, Parks and Programs!

Essex Park and Recreation has had a very busy and successful 2014. We recently completed two long-awaited capital projects. The Civic Campus Enhancement Project included the installation of new tennis courts and playscape at Grove Street Park. The Main Street Park Slope Restoration Project was finished as well. We stabilized the park embankment, installed new plants, and cleaned out old concrete and trees from the embankment area. The Viney Hill Brook Park Awning project is nearing completion thanks to Bogaert Construction. We look forward to this new amenity at Viney Hill Brook Park. We would like to sincerely thank the Essex Foundation for their efforts in improving Clark's Pond this past year with new tree plantings and improvements to the park driveway. A historical marker has been installed at the park and a dedication ceremony was held in October. The Park and Recreation Commission is proud of the progress we make each year in improving our parks system for our community.

Morning With Santa. Essex Park and Recreation and the Essex Library are co-hosting a Holiday Themed special event. We will offer light refreshments, activities for children, and a visit by a very special guest...Visit Park and Recreation or Essex Library website for full information. Limit of 50 may attend, pre-registration is required.

Date: Saturday, December 6. **Time:** 10-11:15 am. **Location:** Essex Town Hall Auditorium.

Save the Date: Essex go Bragh Irish Parade & Festival. Park and Recreation is planning the fifth annual Essex Go Bragh Irish Parade & Festival, to be held March 14, 2015. The event will feature an Irish-themed parade down Main Street into the heart of Essex Village followed by the Festival. All Essex residents and community organizations are encouraged to get involved. Full event information will be posted on our website.

Essex Youth Basketball League Coach's Corner. Our youth basketball league programs depend completely on volunteer coaches. This is a rewarding opportunity to work with children and give back to your community. Please consider helping by coaching a team this year. It is very beneficial for children to have their parents and guardians involved and to have positive role models as their team coach. If you are interested or have any questions, please contact the Essex Park and Recreation Department at 860-767-4340 x110 or mbarnes@essexct.gov. We will hold a mandatory Coaches meeting on Wednesday November 12, 6:00 pm, in the Town Hall Auditorium. All first time coaches are required to fill out a Coaching Application and background check form. Contact the Park and Recreation Department for an application.

Essex Youth Basketball League. Park and Recreation will offer the Essex Youth Basketball League. Our program focuses on fun, skill development, and sportsmanship. The EYBL runs from November to mid-February, Ivoryton, Centerbrook and Essex children in grades 1-6 are eligible

continued on page 17

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4 JADE COURT • OLD SAYBROOK

HOURS: MON. - FRI. 8 a.m. - 5 p.m.



• *Park & Recreation continued from page 16* •

to participate. The registration deadline is November 1. For 1st and 2nd graders, we conduct instructional clinics and scrimmages and meet once per week. Our 3rd -6th grade divisions play organized games and meet twice per week. (Time and Dates TBA) Volunteer coaches are needed. Be sure to include the player's shirt size on the form. Practices start the week of November 17.

Kindergarten Basketball. Our Kindergarten Basketball program is the perfect way to introduce your child to the game of basketball in a safe and fun setting. We will use a variety of confidence-building games and drills to teach the basics of the sport. The registration deadline is December 17. Volunteer coaches are needed. Be sure to include the player's shirt size on the form. Our program is held at Essex Elementary School beginning in January.

Upcoming Recreation Programs: full program and registration information is located in our Fall brochure and on our website: www.essexct.gov/park-and-recreation.

Out of the Box Art. Come explore a world of art and creativity! Children will complete a medley of art projects using a variety of materials including paper, sculpey clay, beads, corks, and more. For grades 2-6 on Thursdays, from November 6-December 18 (skip 11/27), 3:15-4:15 pm.

Mad About Science. This new program is a spin-off of our very popular science-themed week of summer camp. Our instructor will lead participants in engaging, hands-on science projects. Stimulate your senses and learn about the world around you, each week will feature a fun new project as we discover that science is everywhere. For grades 3-6 on Tuesdays, from November 4-December 16 (skip 11/25), 3:15-4:15 pm.

Karate Kids. Participants will meet friends and build self-esteem while learning the meaning of respect, self-discipline, concentration and self-control. Students will learn the basics of Kempo Karate with Kim Kleiman, Valley Shore Martial Arts, a fourth degree black belt. For grades K-6 on Mondays from November 3-December 15 (skip 11/24), 3:15-4:15 pm.

Sports R Us After-school Program. Like sports? Like to stay busy and have fun after school? Come out and join our new program where we will play a new sport every week – such as indoor soccer, kickball, dodgeball, and more! **Instructor:** Park & Recreation Department Staff. For grades 4-6 on Wednesdays, from November 5-December 10 (skip 11/26), 3:15-4:00 pm.

Park and Recreation Commission. The Park and Recreation Commission welcome the opportunity to help you with issues involving the Department and our Community. The public is invited to attend our meetings, held the first Wednesday of every month at 7pm at the Town Hall. Our members include:

Bob Russo, Chair; Tony Mosa; Jim Rawn; Doug Senn; Ed Burleson; Tom Clerkin; Ginny Willets; John Bauman; Peter Sarner.

Department Staff: Director: Rick Audet, CPRP, (860) 767-4340 x148, raudet@essexct.gov. Recreation Program Manager: Mary Ellen Barnes, (860) 767-4340 x110, mbarnes@essexct.gov.

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Estuary Council

ESTUARY COUNCIL OF SENIORS, INC. has been serving seniors in the nine-town Estuary region for 38 years. Call us to receive our Gazette Newsletter or go to www.ecsenior.org for our online newsletter, events calendar, menu, and more.

MEALS ON WHEELS: Hot meals for homebound seniors, delivered to your home. A donation of \$3 is requested for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act. Call Carol at 860-388-1611.

CAFÉ MEAL SITES: Clinton, Old Lyme, Old Saybrook. Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance. Lunch is served at noon. Meals are served to those with reservations first; if meals remain those without a reservation are then served.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION: For medical appointments to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35 for a roundtrip doctor appointment up to 5 hours. Suggested donation of \$70 for appointments over 5 hours.

CLASSES AND ACTIVITIES: Zumba Gold, Tai Chi, Board Games, Billiards, Ping Pong, Yoga, Stretch and Strength Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot. Instructional classes for Mah Jongg and Bridge. Check monthly Gazette for all of our programs. The Estuary Gazette is available online by following the link at www.ecsenior.org/news_gazette.php.

ESTUARY THRIFT SHOP: Open 10 am - 3:45 pm, Monday - Friday; and from 9 am - 12:45 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, etc. Donations accepted and volunteers always needed.

THE GYM AT THE ESTUARY: Expanded hours-stop in for more information. There are seven different pieces of weight equipment and four cardio machines, including a NuStep. Member packages include a fitness assessment and three (3) training sessions on all machines (required). Gym Membership Options: Three months - \$50, Six months - \$90, Full year - \$150. To schedule an appointment with our Fitness Trainer, Skylar Miers, ATC, call 860-388-1611. The gym is available for use only after payment of membership fees and completion of the required fitness assessment and training sessions. Gym Hours are posted at the Estuary.

THE MARSHVIEW GALLERY AT THE ESTUARY: Open daily 8 am - 4 pm, and Saturdays from 9 am - 1 pm. The art on exhibit changes monthly and highlights the talents of local artists from along the shoreline. Join us on the second Thursday of each month for the Artist Reception from 5 - 7 pm. Refreshments are served, and a door prize is drawn. All ages are welcome. Call 860-388-1611 for information.

DONATE YOUR CAR OR BOAT TO THE ESTUARY COUNCIL: Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

VOLUNTEER OPPORTUNITIES: Call Judy at (860) 388-1611.

HOLIDAY CRAFT FAIR: Saturday, November 22 from 8 am - 1 pm. Local crafters will display an array of hand crafted items including quilts, handbags, scarves, jewelry, photo cards and much more! We will also have a wonderful "Bake Shop" filled with homemade desserts and candy.



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• *Park & Recreation continued from page 17* •

Contact Us. We welcome hearing from you on our programs, parks, and the operations of our department. Remember to visit our website for updated announcements, program information, online registration and to view our brochure: go to the Town website www.essexct.gov, click "Departments" click "Park and Recreation." and..."Like" us on Facebook!

The Benefits of Parks and Recreation: Build family unity, feel great, lose weight, diminish chance of disease, reduce stress, provide safe places to play, generate revenue, lower healthcare costs, meet friends, educate children and adults, relax, keep businesses from leaving, elevate personal growth, strengthen neighborhood involvement, boost local economy, increase property value, preserve plant and animal wildlife, clean air and water, teach vital life skills, and provide space to enjoy nature.

Trees in the Rigging

The holiday season kicks off in Essex with the annual Trees in the Rigging Community Carol Sing and Boat Parade on November 30th at 4:30 pm.

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

The Connecticut River Museum will also be open that evening for all to attend the 19th Annual Holiday Train Show at a reduced admission of \$5.

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

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Probate Court Update

It is hard to believe that it has been almost four years since the individual town courts were merged into a regional court, serving nine towns of Chester, Clinton, Deep River, Essex, Haddam, Killingworth, Lyme, Old Saybrook, and Westbrook. The total population of these towns is over 62,000 citizens. The Court is now a full time court and is open week days from 8:30 am to 4:30 pm. It is located on the second floor of the Old Saybrook Town Hall, at 302 Main Street.

The statewide consolidations continue to be a financial success in that it has saved the taxpayers almost \$12 million dollars, over the past three fiscal years and those savings will continue. Despite the increase in files, the Saybrook Court has been able to keep its budget the same over the last three and a half years.

We open and process approximately one thousand new matters, of all types, per year. As a result, I have presided over more than 3,000 hearings since the consolidation. In addition to Decedent's Estates, the two areas which create a substantial amount of hearings are Conservatorships and Children's matters. Because there is an aging population and there are several facilities in this area, the Court receives numerous applications for the appointment of a Conservator. These applications require a hearing at which information is presented including medical and financial reports. If the person proposed to be

conserved cannot come to the Court, I will go to them and we will have the hearing there. Children's matters usually involve granting or removing custody from a parent. If the parents are removed, often the child is placed with a grandparent. There is usually an investigation by the Department of Children and Families. These can be difficult matters but the Court's focus is always on what is in the best interest of the child. We have also had the pleasure of approving adoptions which is always an uplifting event.

Last time I mentioned that the legislature had adopted extensive new rules for probate court proceedings which went into effect on July 1, 2013. Additionally, new forms, consistent with these rules, are available online at www.ctprobate.gov. Most of these new forms are fillable for the convenience of the public. The implementation of these new rules and forms has been going well. One of the major changes is that someone filing documents with the Court must certify that they have sent copies to all the other interested parties. Another significant change is that the prior, somewhat confusing, Final Account form has now been replaced with a simpler Financial Report.



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• *Probate Court continued from page 20* •

In addition to the normal duties of a Probate Judge, I was fortunate to be the only new Judge elected to the Executive Committee of the Probate Court Assembly. The Executive Committee meets monthly to discuss the rules and policies of the Connecticut Probate Courts. I am also a member of the National College of Probate Judges, so that I can stay current with the national probate trends and procedures. In addition to attending state seminars regularly, I also attend national seminars annually. I have also had the opportunity to address several of the local senior's groups as well as civic organizations, and I have presented a three part series at the local library.

Thanks to the efforts of the chief clerk Valerie Shickel, and the other clerks and assistant clerks, Sharon Tiezzi, Marjorie Calltharp, Stella Beaudoin, Helene Yates, Peggy Schroeder and Jackie Craco, I am pleased to say the Court continues to operate smoothly and efficiently.

Terrance D. Lomme, Judge of Probate, 33rd District

Current & Upcoming Exhibits at Spectrum Gallery

Spectrum Art Gallery and Store of Centerbrook, presents two exhibits to celebrate the fall/winter season at 61 Main Street.

Festival Group Show, running through November 9, presents a mixed media show of local and regional fine artists and artisans. The Group Show includes representational and abstract painters, photographers, sculptors, potters, ceramicists, jewelry designers, and fine artisans working with glass, fabric, wood and more.

Spectrum Gallery's holiday exhibition, running November 21 through January 11, presents work of local and regional fine artists and artisans interpreting their ideas of the **Kindness of Strangers**. An Open Reception for *Kindness of Strangers* is held on Friday, November 21 from 6:30-9 pm.

During these exhibitions, Spectrum will be hosting several seasonal art workshops for adults, as well as a free Origami Circle on Saturday, November 1 (11:30-1:30 pm) and a free Family Day on Sunday, December 14 (1-4 pm).

Spectrum Gallery is open Wednesday-Saturday (11 am-6 pm) and Sunday (11 am-5 pm). The Gallery is an expansion of the non-profit arts organization Arts Center Killingworth, which offers classes, workshops, camps, and musical events for all ages. In collaboration with Spectrum, the Arts Center's mission is to provide opportunities for emerging and established artists to display and sell their work. For information about Spectrum, call (860) 767-0742 and visit www.spectrumartgallery.org. For information about the Arts Center Killingworth, call (860) 663-5593 and visit www.artscenterkillingworth.org.



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Report on FY 2013-14 Town of Essex Sustainability Goals

1. Reduce electric consumption by 8% from the baseline year of 2010. **Results:** Using the 2010 CY baseline of 872,489 kWhs, during FY 2013-14, 815,733 kWhs was consumed by the municipal buildings and streetlights including the elementary school. This was a 7 percent decrease from 2010.
2. Increase purchase of Clean Energy for town buildings to 16% for FY 2013-14. **Results:** During FY 2013-14, 16 percent of the municipal building energy was purchased from clean, renewable energy sources (Community Energy).
3. Reduce heating fuel oil consumption by 5%. **Results:** Using the 2010 CY baseline of 37,960 gallons, during FY 2013-14, 39,667 gallons of fuel oil was consumed by municipal buildings including the elementary school. While the number of gallons consumed, the actual use per degree-day declined 9%. IN CY 2010, 7.43 gallons were used per degree-day while in FY 2013-14, 6.75 gallons were used per degree-day.
4. Increase the amount of recyclables in tons. **Results:** Using the FY 2010-11 baseline of 691.31 tons,

there was an increase of 4% to 718 tons in FY 2013-14.

5. Increase amount of household hazardous waste collected from FY 2010/11. **Results:** There was a decrease of 20 percent in the number of households from 411 to 330 for the report period. There was a 20 percent decrease in the estimated number of pounds from 8220 to 6600. One household is estimated to be 20 pounds of HHW.

Other Accomplishments: The Solarize Essex program has helped 15 residents install solar power on their homes at discounted prices. Through this program, the amount of residential solar power has increased from 44 kW to 144.5kW. In addition, a Big Belly Solar Trash Compactor has been installed adjacent to the athletic field at the Valley Regional High School soon.

Sources of Data: Electric- CL & P, Clean Energy Purchase- Community Energy, Fuel Oil- East River Energy, Recyclables-CRRA and HHW-River COG.

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Canine Carnival

Essex Park & Recreation Department hosted the inaugural Canine Carnival on September 20th. This event, presented by Essex Veterinary Hospital, was a showcase of our local dogs and pet-related businesses. The Canine Carnival was held at Viney Hill Brook Park's Paw Park in Essex. Viney Hill Brook Park features a 26,000 square foot dog park with recent improvements such as new agility equipment, surfacing and park benches.

In addition to our business sponsors, our special event featured fun-filled canine competitions such as Best Trick, Obstacle Course Race, and Ball Lottery. We were also pleased to have a visit from Tfc. Dean Griffin of the Connecticut State Troopers and his K9 partner who provided a demonstration of their work. Additionally, volunteers from First Congregational Church Essex provided food and beverages to our visitors.

We would like to thank all of our event sponsors and supporters including: Gracie's Corner, Pawsitive Teach LLC, The Feed Bag, Blue Hound Cookery, Chester Veterinary Clinic, Doggy Doody, Larkin's Run, The Pet's Choice, Dogs to Dragons, Petsense, J. Alden Clothiers and Essex Park and Recreation Commission.

The Canine Carnival was a tremendous success in its first year as evidenced by the amount of fun that was had by our two-legged and four-legged friends. From our dog park, to the picnic and beach area, to the miles of trails in the conservation



area, the Town of Essex Viney Hill Brook Park has a lot of offer. We look forward to an even bigger and better Canine Carnival in 2015!

*Rick Audet, CPRP, Director
Essex Park and Recreation Department*

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Great Wines for Grilling

Fall is here, but there is still plenty of time for grilling out. I would like to explore a few less widely known red wines to pair with your grilled fare. Both of these wines come from Italy, however they are very different. The first of the two is Barbera. This wine has medium fruit and a light, dry, acidic finish. Barbera is one of the top 5 most widely grown red grapes in Italy. Some of the most popular are Barbera D'Alba and Barbera D'Asti. The latter part of the name represents the town in which the grapes are grown within the Piedmont region. There are representations of this wine in California which tend to have soft fruit and a little bit of spice.

The other wine that is overlooked is Valpolicella. Sometimes thought to be a light, inexpensive Italian wine, it can actually be quite full and delicious. It comes from the Veneto region and is made mostly of Corvina grapes and occasionally blended with a small amount of other varietals such as Molinara and Rondinella. Valpolicella gives way to flavors of black cherry and dark red fruits with a soft, slightly dry finish. Even more interesting is enjoying this wine when it has been produced in the "Ripasso" method. This term means "re-passed," which consists of re-fermenting the wine over unpressed, dried skins of Amarone grapes. Many people call this style of Valpolicella a "Baby Amarone." This process develops the wine into a richer, fuller bodied wine with a raisin like characteristic that is slightly higher in alcohol.

It is easy to go to the local wine shop and pick up a Cabernet or Merlot, but sometimes it is fun to change it up and try something new. The next time you are grilling out with family and friends tantalize your palate with these exciting wines. They are sure to not only impress your guests, but keep them coming back for more!

*Art LiPuma, manager
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What is Influenza (Also Called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Signs and symptoms of flu. People who have the flu often feel some or all of these signs and symptoms:

- Fever¹ or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

¹It's important to note that not everyone with flu will have a fever.

How flu spreads. Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Period of contagiousness. You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. Some people, especially young children and people with weakened immune systems, might

be able to infect others for an even longer time.

How serious is the flu? Flu is unpredictable and how severe it is can vary widely from one season to the next depending on many things, including:

- what flu viruses are spreading,
- how much flu vaccine is available
- when vaccine is available
- how many people get vaccinated, and
- how well the flu vaccine is matched to flu viruses that are causing illness.

Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions (http://www.cdc.gov/flu/about/disease/high_risk.htm) (such as asthma, diabetes, or heart disease).

Flu seasons are unpredictable and can be severe. Over a period of 30 years, between 1976 and 2006, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people.

Complications of flu. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Prevent seasonal flu: Get vaccinated. The single best way to prevent the flu is to get a flu vaccine each season. There are several flu vaccine options for the 2014-2015 flu season.

Traditional flu vaccines made to protect against three different flu viruses (called "trivalent" vaccines) are available. In addition, flu vaccines made to protect against four different flu viruses (called "quadrivalent" vaccines) also are available.

Trivalent flu vaccine protects against two influenza A viruses (an H1N1 and an H3N2) and an influenza B virus. The following trivalent flu vaccines are available:

- Standard-dose trivalent shots (<http://www.cdc.gov/flu/about/qa/flushot.htm>) (IIV3) that are manufactured using virus grown in eggs. Different flu shots are approved for people of different ages, but there are flu shots that are approved for use in people as young as 6 months of age and up.
- An intradermal trivalent shot (http://www.cdc.gov/flu/protect/vaccine/qa_intradermal-vaccine.htm), which is injected into the skin instead of the muscle and uses a much smaller needle than the regular flu shot. It is approved for people 18 through 64 years of age.
- A high-dose trivalent shot (http://www.cdc.gov/flu/protect/vaccine/qa_fluzone.htm), approved for people 65 and older.
- A trivalent shot containing virus grown in cell culture (<http://www.cdc.gov/flu/protect/vaccine/cell-based.htm>), which is approved for people 18 and older.
- A recombinant trivalent shot that is egg-free (http://www.cdc.gov/flu/protect/vaccine/qa_flublok-vaccine.htm), approved for people 18 through 49 years of age.

The quadrivalent flu vaccine protects against two influenza A viruses and two influenza B viruses. The following quadrivalent flu vaccines are available:

continued on page 27

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• *Influenza continued from page 26* •

- A quadrivalent flu shot(<http://www.cdc.gov/flu/protect/vaccine/quadrivalent.htm>).
- A quadrivalent nasal spray vaccine(<http://www.cdc.gov/flu/about/qa/nasalspray.htm>), approved for people 2 through 49 years of age (recommended preferentially for healthy* children 2 years through 8 years old(<http://www.cdc.gov/flu/about/qa/nasalspray-children.htm>) when immediately available and there are no contraindications or precautions).

(*“Healthy” in this instance refers to children 2 years through 8 years old who do not have an underlying medical condition that predisposes them to influenza complications.)

When to get vaccinated against seasonal flu. Yearly flu vaccination should begin soon after flu vaccine is available, and ideally by October. However, getting vaccinated even later can be protective, as long as flu viruses are circulating. While seasonal influenza outbreaks can happen as early as October, most of the time influenza activity peaks in January or later. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

Who Should Get Vaccinated This Season? Everyone 6 months of age and older should get a flu vaccine every season. This recommendation has been in place since February 24, 2010 when CDC’s Advisory Committee on Immunization Practices (ACIP) voted for “universal” flu vaccination in the United States to expand protection against the flu to more people.

Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza. See People at High Risk of Developing Flu-Related Complications(http://www.cdc.gov/flu/about/disease/high_risk.htm) for a full list of age and health factors that confer increased risk.

More information is available at Who Should Get Vaccinated Against Influenza(<http://www.cdc.gov/flu/protect/whoshouldvax.htm>).

Use of the nasal spray seasonal flu vaccine. Vaccination with the nasal-spray flu vaccine is an option for healthy* people 2 to 49 years of age who are not pregnant. Even people who live with or care for those in a high risk group (including health care workers) can get the nasal-spray flu vaccine as long as they are healthy themselves and are not pregnant. The one exception is health care workers who care for people with severely weakened immune systems who require a protected hospital environment; these people should get the inactivated flu vaccine (flu shot).

Nasal Spray Vaccine in Children Age 2 to 8 Years Old Starting in 2014-2015, CDC recommends use of the nasal spray vaccine (LAIV) for healthy* children 2 through 8 years of age, when it is immediately available and if the child has no contraindications or precautions to that vaccine. Recent studies suggest that the nasal spray flu vaccine may work better than the flu shot in younger children. However, if the nasal spray vaccine is not immediately available and the flu shot is, children 2 years through 8 years old should get the flu shot. Don’t delay vaccination to find the nasal spray flu vaccine.

For more information about the new CDC recommendation, see Nasal Spray Flu Vaccine in Children 2 through 8 Years Old(<http://www.cdc.gov/flu/about/qa/nasalspray-children.htm>) or the 2014-2015 MMWR Influenza Vaccine Recommendations.

(*“Healthy” in this instance refers to children 2 years through 8 years old who do not have an underlying medical condition that predisposes them to influenza complications.)

Who should not be vaccinated against seasonal flu? Different flu vaccines are approved for use in different groups of people. Factors that can determine a person’s suitability for vaccination, or vaccination with a particular vaccine, include a person’s age, health (current and past) and any relevant allergies, including an egg allergy(<http://www.cdc.gov/flu/protect/whoshouldvax.htm#egg-allergy>).

Flu Shot:

- People who cannot get a flu shot(<http://www.cdc.gov/flu/protect/whoshouldvax.htm#flu-shot>)
- People who should talk to their doctor before getting the flu shot(<http://www.cdc.gov/flu/protect/whoshouldvax.htm#flu-shot>)

Nasal Spray Vaccine:

- People who cannot get a nasal spray vaccine(<http://www.cdc.gov/flu/protect/whoshouldvax.htm#nasal-spray>)
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Tiley-Pratt Pond Dam Gets a Fishway

The Nature Conservancy and the Connecticut Department of Energy and the Environment (DEEP) have just built Essex's first fishway, designed to reconnect the migratory routes of our local fish populations. More than 50 of these so-called fish ladders have been built around the state, many along the Connecticut River.

The design consists of an entryway to calm and slow the dam overflow with a series of ascending pools or a ladder (not unlike a gold miner's spillway) where the pools are created by small rock dams placed across the water flow. The migrating fish are able to move up from pool to pool against the flow, until they reach the top.

Tiley-Pratt Pond Dam, a low earth-and-stone dam off Dennison Road is the first of four dams on the Falls River, located closest to where it enters North Cove and the river. The Tiley-Pratt fishway uses a stone weir design. The overflow from the spillway is caught in four pools created by stonewalls or weirs, each with a notch for fish to ascend through. The lower portion of the fishway is created using river stone to form a channel. It's a proven design, and similar weirs are in place on the Saugatuck River in Westport and Anguilla Brook in Stonington.

Many fish species will use this fishway but it is being built especially for anadromous river herring. They hatch in our fresh water streams and ponds, migrate to the salt water of Long Island Sound and beyond, returning to fresh water to spawn. Other anadromous fish include two river staples, the striped bass and American shad, along with salmon and sturgeon - although none of these four species will use this fishway. (Catadromous species such as the American eel, are the opposite, spawning in salt water but living in the fresh water. They will use the fishway). All this migrating was upset with the building of dams. First for simple waterpower to run

continued on page 29



Sally Harold, director of River Restoration and Fish Passage for the state's chapter of the Nature Conservancy stands at far left. Next to her is Steve Gephardt of the DEEP Inland Fisheries Division. Wearing the hat is property owner Larry Timmerman.



Workers from the Nature Conservancy and state DEEP spanned the spillway with an impervious tarpaulin anchored with sand bags. The pond drained through a second spillway, at far left.



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• *Tiley-Pratt Pond continued from page 28* •

grain mills and saw mills, later, to power the Industrial Revolution, which flowered in our state, creating the need for even more dams on our local rivers.

The current fishway program hopes to re-establish the all-important Alewife (*Alosa pseudoharengus*) to our rivers, streams and ponds. This 10-12 inch anadromous fish is an important food source, not only for other fish, but for fish-eating birds, as well.

Beginning at the spillway and passing under an existing foot bridge, the Tiley-Pratt fishway should not only help the Alewife regain a foot hold, but the design is aesthetically-pleasing and should blend well into the existing environment.

The project is sponsored by the Nature Conservancy with a grant from the National Fish and Wildlife Foundation with support from the Essex Land Trust. Spring, 2015 will be the first opportunity to witness the ascent of Alewife into the Tiley-Pratt Pond.

Information in this article was abstracted from "Restoring Fish Runs to Essex," a presentation by Steve Gephard of the Connecticut DEEP's Inland Fisheries Division given at the Essex Land Trust annual meeting in April 2014.

Steve Knauth

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 Our Lady of Sorrows Church (860) 767-1284
 Ivoryton Congregational Church (860) 767-1004
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CLUBS AND ORGANIZATIONS

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 Essex Land Trust (860) 767-7355
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Cappella Cantorum Holiday Happenings

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Cappella Cantorum MasterWorks Chorus Concert of Bach's MAGNIFICAT and Vivaldi's GLORIA is Sunday, December 7, 3 pm at St. Mark R.C. Church 222, McVeagh Rd. Westbrook, CT. Tickets online at CappellaCantorum.org or 860-577-2950. The Gloria, Vivaldi's best known sacred work, is a joyful hymn of praise and worship. The Bach Magnificat is without a doubt, one of the greatest choral works ever written. Soloists include: soprano- Patricia Schuman and contralto-Heather Petrie. A reception follows the performance.

MESSIAH Singalong or Listen. The Annual Holiday MESSIAH Singalong or Listen, will be presented Sunday, December 21, at 4 pm in The Katharine Hepburn Cultural Art Center, 300 Main Street, Old Saybrook, CT. Singers Rehearsal is at 3:30 pm. The Singalong is sponsored by Cappella Cantorum, open to all, featuring professional soloists, conducted by Barry Asch accompanied by Deborah Lyon. Tickets for Singers and Audience may be purchased at thekate.com, the box office or 877-503-1286.



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<div style="background-color: #c00; color: white; text-align: center; padding: 2px;">NEWLY PRICED</div>  <p>Historic Essex Village: Beautifully renovated. Living room with fireplace, Klaffs kitchen, Viking gas range. Family room with builtins, three or four bedrooms, 2 1/2 baths. Central air. Lovely patio. \$779,000</p>	<div style="background-color: #c00; color: white; text-align: center; padding: 2px;">NEWLY PRICED</div>  <p>Old Saybrook Waterfront Estate: Panoramic vistas across CT River. Grand LR bow ceilings, large fireplace and wall of windows perfect for entertaining. Pool, 3 stall barn, deep water dock on 6 Acres. \$4,250,000</p>	<div style="background-color: #c00; color: white; text-align: center; padding: 2px;">SOLD</div>  <p>Essex Village Waterfront: Impeccable 1845 Greek Revival. Three bedroom, 3 1/2 baths. Gourmet kitchen, elevator, wine cellar, 3 car garage, guesthouse, boathouse, davits on Middle Cove. \$2,750,000</p>	<div style="background-color: #c00; color: white; text-align: center; padding: 2px;">NEWLY LISTING!</div>  <p>Essex: NEW LISTING! Pretty Village Federal in fabulous location. Spacious home w/lovely level yard. Living room w/fireplace, formal dining room, 3 bedrooms, 2 baths, two+ car garage. Historic! \$625,000</p>
<div style="background-color: #c00; color: white; text-align: center; padding: 2px;">NEWLY PRICED</div>  <p>Essex Antique Cape: Exceptional Village Cape. Sold with restored Federal shown above. Perfect guesthouse or income producing property. 5 rms, 2 BR, fp. Short walk to town & CT River. Both properties \$1,100,000</p>	<div style="background-color: #c00; color: white; text-align: center; padding: 2px;">NEWLY PRICED</div>  <p>Year Round Indian Town, Old Saybrook: Deeded beach rights, 2 beaches, clubhouse and marina. Pretty ranch home w/furnishings. Spacious kitchen, LR w/fpl. Home is also a perfect rental. Reduced to \$499,000</p>	<div style="background-color: #c00; color: white; text-align: center; padding: 2px;">NEWLY PRICED</div>  <p>Old Lyme: Great home w/deeded rights to private association beach. Wonderful renovated kitchen w/SS, granite countertops & tile floor. Spacious LR w/fpl, FR w/fpl, formal DR. Private setting, level yard, large deck. \$429,000</p>	<div style="background-color: #c00; color: white; text-align: center; padding: 2px;">NEWLY PRICED</div>  <p>Essex: Superbly renovated in 2012 Pretty Colonial in lovely area. Beautiful stainless and granite kitchen, spacious FR w/fpl, 4 bedrooms, 2.5 baths on over 1 acre. Large deck, private yard. \$389,500</p>

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Visiting Nurses of the Lower Valley

Faith and Health: A Nurse in the Church?

Why does a nurse belong in a church? Women have been nursing in the church since the early days of church history. Deaconesses such as Phoebe and Fabiola cared for the sick and the poor. Religious orders of women showed God's love by caring for the sick in monasteries. This rich history of compassionate care led German Lutheran Pastor, Theodor Fleidner, started the Kaiserwerth Institute for the Training of deaconess nurses. The nurses were called "Parish Nurses" and Florence Nightingale was one of the most notable students. Feeling called to service through nursing, Nightingale combined the roots of Christian care with high professional standards. Nightingale viewed God as goodness, wisdom and love and reflected this belief through nursing care.

Parish Nursing is now called Faith Community Nursing to reflect the growth in many faith traditions. The practice of Faith Community Nursing has grown from a church based clinic in Chicago to an international specialty nursing practice recognized by the American Nurses Association.

Faith Community Nurses check blood pressures, give seminars on health related topics, and assist with navigating the healthcare system according to the values and traditions of the faith community. The skills of observation, listening and "being present" are at the heart of nursing care. Many FCN's find this part of the ministry the most valuable. The FCN provides compassionate, professional care for the whole person.

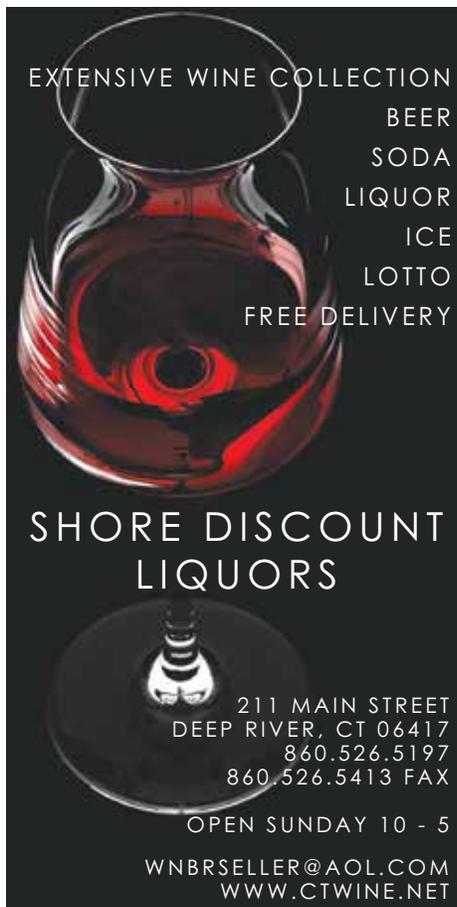
Visiting Nurses of the Lower Valley has been serving the shoreline community since 1920. As a community supported, nonprofit organization we provide compassionate, professional, licensed and supportive home care services of the highest quality to people of the Lower Valley. We recognize the needs of the community.

Spiritual leaders of all faiths are often closely involved with individuals and families who struggle to care for loved ones or manage difficult healthcare issues. The aging of the population, and the complexities of healthcare, have increased the need for supportive home care. VNLV would like to extend a helping hand to assist you, and your congregants with your healthcare needs through home health services and health related programs.

To support the faith community effort to care for people in need, Visiting Nurses of the Lower Valley has the Faith Community Nurse available to Shoreline religious communities for health education programs, advocacy, blood pressure screening, and referral. Contact Deborah Ringen, RN, MSN, Faith Community Nurse at (860) 767-0186 for further information.

About Visiting Nurses of the Lower Valley

Visiting Nurses of the Lower Valley, Inc. is a not-for-profit, Medicare and Medicaid home health care organization serving Deep River, Essex, Chester and the Lower Valley region. Please check their website (www.visitingnurses.org) or call (860) 767-0186 for service information.



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Centerbrook Cemetery – 176 Years Old

Shortly after turning at the Spencer's Corner light, have you noticed the unusual stone wall on your left? It marks the original entrance to the Central Burying Ground of the Second Ecclesiastical Society. One hundred and seventy six years after its founding, Centerbrook Cemetery continues to serve the community.

The Cemetery has two distinct entrances off Westbrook Road – the older entrance includes a strikingly unique stone wall. Behind this wall, lie the original investors and their families, their resting places marked by simple stone tablets or more elaborate monuments. By 1838, industrial development had concentrated the area's population and wealth at the west end of the Town of Essex. Prominent clergy and ivory entrepreneurs were among the 54 investors in the original three quarter acre cemetery parcel. Over the years, land purchases have increased the area to about 5 acres.

The newer entrance is marked by a wrought iron style fence. Recently, time and effort were put into the clearing of dense undergrowth, allowing for grading and reseeding and thus highlighting a flowing stream and a stance of mature trees. The resulting sense of serenity rewarded the hard efforts of many people.

Within this second entrance flies the American flag. At its base, recognition is given to the VFW and the Fire Department.



continued on page 35

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Phyllis Donohue in her new apartment with her cat Francey.

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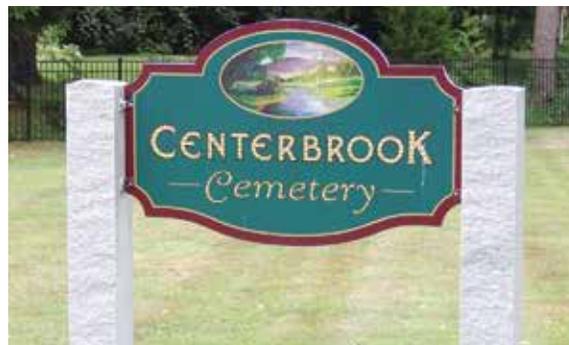
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• Cemetery continued from page 34 •

Ornamental plantings draw attention to the significance of this area in Memorial Day memories. The road has been lined with various kinds of shade trees which, at maturity, will form a canopy. Many more trees have been planted throughout the cemetery. A variety of Memorial trees would be available to anyone wishing to recognize individuals or organizations.

Under the direction of the current, very actively involved Board of Directors, long range landscaping plans have been developed and will be implemented. There are currently 2000 burial sites available.

Russell Rankin is superintendent and can be contacted at (860) 227-8265. Cemeteryfind.com is the website.



Essex Land Trust Coming Events

- **Saturday, November 1, 9 am. Hike Fern Ledge – Next to former Shoreline Clinic, off Route 153.**
- **Thursday, November 6, 7 pm at Essex Town Hall. Lecture: Alternative Energy 101.** Are you interested but confused by all the talk about “green energy”? Should you install a solar panel to power your home? How efficient are heat pumps? Is it smart to invest in home-generated wind power? These questions and more will be answered in a mini-seminar called “Alternative Energy 101” that will focus on green technologies and whether they are a cost-effective and practical choice for your home. Centerbrook Architect Mark Herter will lay out the facts to assist us in making informed energy-related decisions

about these fast-changing technologies.

- **Saturday, November 22, 9 am - 12 pm at Cross Lots, 40 West Avenue. Cross Lots Clean-up.** A Fall Raking Extravaganza. Help put the Cross Lots Preserve to bed for the winter, get a mild workout, and connect with your neighbors, all at the same time and in a beautiful setting. Join us for a morning of raking and blowing and tidying up. Refreshments will be served. Please bring rakes, blowers, etc. Meet at 9 am in Cross Lots. All ages welcome including families, dogs. Rain date: Saturday, Nov. 29 at 9 am.
- **Saturday, December 6, 9 am. Hike James Glen – End of Hudson Lane, off River Road.**



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MLS: M9148348 \$1,595,000





Essex: Beautifully renovated Cape with new kitchen, baths, sunroom, windows, doors and so much more! In-ground pool, patio, gardens, shed. CT River views from second floor.
MLS: M9149371 \$589,000



Essex: “NEW” spacious first floor ranch in Essex village. Open great room, oak floors, tile baths with heated floors. Marble kitchen, attached garage. Walk to shops, park and the Ct River.
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Maureen/John O'Grady, x16



ESSEX: Dynamic custom Cape nestled on 1.35 acres that borders wildlife conservancy land. Flooded with light, dramatic fireplace, 1st floor MBR suite, 4 additional bedrooms, LL is a full in-law suite. New price, \$525,000

Gigi Giordano Taylor, x13



IVORYTON: Surrounded by land trust, this Colonial, with a modern flare, offers LR w/fpl., formal DR, granite Kitchen, 4 BRs, 3.1 baths, study/office, sauna, gym room, wine cellar, and more. \$479,000

Jennifer Capano, x26



DEEP RIVER: Lovely 3 BR, 2.5 bath Colonial on 1.84 acres. Gleaming HW floors, crown molding, updated kitchen, bonus room for den or bedroom. Landscaped backyard, patio, and in-ground pool. \$389,000

Mark Bombaci, x36

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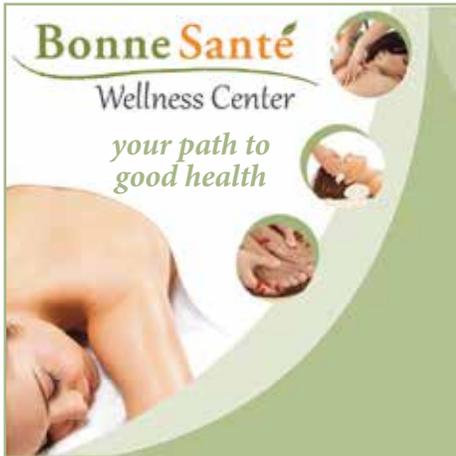
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