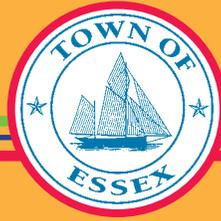


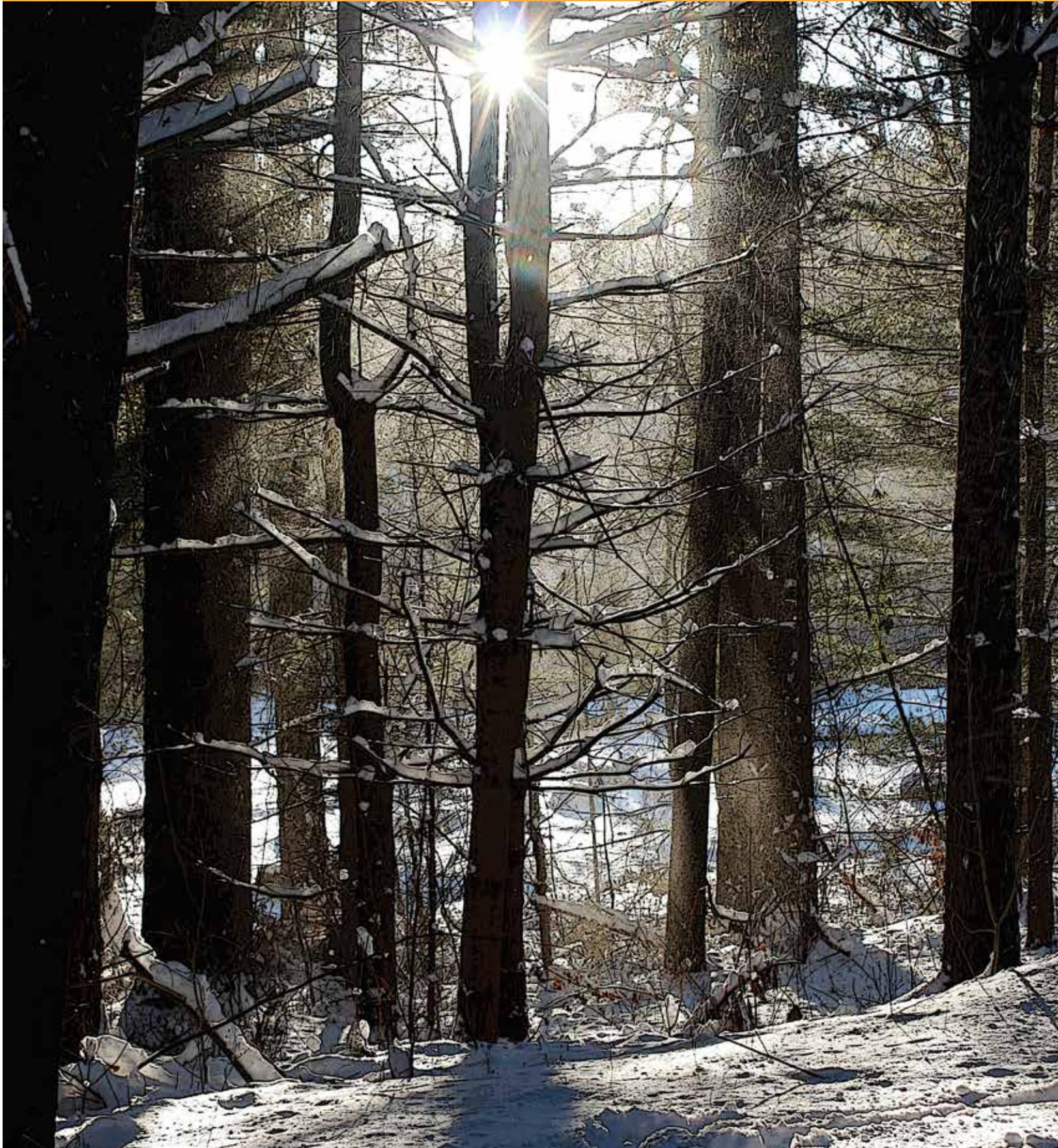
Essex



Events

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Volume 17 • Quarter 1 • 2013



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When Kirk Davis' doctor told him about the new low-dose CT scan being used by the Total Lung Care Center at Middlesex Hospital to detect lung cancer, he thought he was a perfect candidate. Although Kirk was a former smoker, he felt fine. But to his surprise, the scan detected an early-stage cancerous tumor in his lung. Kirk had the tumor removed at Middlesex Hospital, and thanks to this innovative program, he is now looking forward to enjoying life for years to come with his new grandchild.

Ask your doctor about the screening, or call 800-548-2394.

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Total Lung Care Center

www.middlesexhospital.org/lungscreening

TECHNOLOGY WITH A HUMAN TOUCHSM

First Selectman's Corner

Dear Friends and Neighbors,

Recent events have made it difficult to know how to begin this article. After the shocking tragedy in Newtown, we want to extend our thoughts and prayers to those families whose lives have been devastated by such senseless violence. It is at times like these we need to focus on our families and friends and remember how lucky and blessed we are.

After much thought, I would like to share some of the accomplishments of 2012.

Last spring, new procedures were put in place to make our budgetary process more accessible to the public, thus making it possible for more people to become involved in the process. We are now beginning our 2013-2014 budget process and encourage residents to be involved.

The Goodwill Committee, composed of representatives of the Elementary School, the Town Hall Social Services Department and a number of volunteers, facilitated community donations to provide holiday gifts to 42 local families.

Our email newsletter, Essex News, was launched last spring and has provided timely information to people who signed up to receive it. We anticipate launching our new municipal website in March, which will better serve our residents and create an enhanced presence for our town on the web.

A Small Town Economic Assistance Grant (STEAP) has been approved that will allow us to make much needed improvements to the Town Hall campus. We have negotiated a new contract with the Connecticut Resource Recovery Agency (CRRRA) that allows the regional transfer station to



First Selectman Norm Needleman

continued on page 6

Stay Informed

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

POLITO & QUINN

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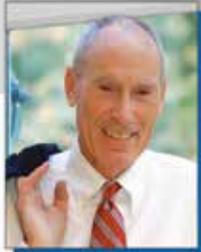
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Marian Bairstow
Marketing Director, Chester Village West

Q: When is the best time to talk to your parents about the future?

A: There's no time like the present. Today's seniors have more options than ever for retirement living. But the longer families wait to start planning for the future, the greater the risk for a health crisis limiting those options.

Planning ahead benefits the entire family. Chester Village West combines an active and fulfilling lifestyle now, with the assurance of on-site health services if ever needed. Now, you can explore these options with the help of a new interactive program designed to start the conversation today.

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Regional Director CT Alzheimers Assoc.

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rachelthomas@rachelthomasrealty.com

Simply ... Excellence



Essex: Quintessentially New England. Located on a quiet Village lane close to shops, galleries, museum, and restaurants this ca 1800's Cape Cod style home has been lovingly maintained and updated throughout time. Three bedrooms, 3 baths and 3 fireplaces. New kitchen and wonderful enclosed wrap around porch in rear overlooking specimen plantings, and stone patio.
\$595,000. Maureen Wiltzie O'Grady 860-767-8635 x 16



Essex Village: Picture Postcard! 4 Bedrm Cape Cod. Short stroll into Village. Up-dated with New kitchen and remodeled baths. LR w/FP. Wood floors, spacious deck and covered Front Porch. 2 Car garage with attached Summer Room with FP. "easy to love this home!".
\$435,500.
Call Joann Stone, 860-767-8635 x 24



Essex: Charming Garrison Saltbox Colonial with two acres on quiet cul-de-sac near Village. Remodeled kitchen with granite and stainless. Large living and family rooms with fireplaces. Chair rails, crown moldings built-ins and raised paneling. Five bedrooms, 2.1 baths. Private in ground pool.
\$389,000.
Bill Foster 860-767-8635 x 25



Essex Waterfront: GREAT PRICE! Expansive, gorgeous views of Essex Village across South Cove and the CT River. The property features a charming 4 bedroom, 3.1 bath home with all rooms focused on the view. DOCK.
\$895,000.
Maureen Wiltzie O'Grady 860-767-8635 x 16



Essex- Village Waterfront: Perfect getaway retreat in the Village of Essex. Walk to everything then escape to your antique colonial on it's own peninsula with stunning views of the Connecticut River as well as water frontage. Offered @ \$825,000.
Beth Brewer x 23



Essex: New Price! Open concept Cape w/high ceilings and abundance of windows. 2006 expansion and renovations. All new mechanicals & hardwood floors. Gourmet kitchen w/Omega cabinets, 9' granite island, GE Profile appliances & walk-in pantry. Fam. room with vaulted ceilings and multiple seating areas. Spacious diningroom with gneiss stone fireplace. Private vaulted ceiling master bedroom ensuite. Outdoor area: 46' Brazilian hardwood deck, large patio and propane fire pit.
\$650,000. Joyce DeFord 860-767-8635 x 14



Westbrook: Great home for the antique enthusiast. This 1740 center chimney cape with 3 fireplaces has wide board floors, antique mantle surrounds and cupboards, many of which are likely original features. This is a great opportunity for antique restoration. The nearly 4 acre property is mostly wooded with a lovely pond and the Falls River running through.
\$267,500. Randi Bradbury Childress x 13



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



Middle Haddam: Located in the Knowles Landing portion of Middle Haddam this 1886 stunner will take your breath away with expansive views of the Connecticut River. Pristine condition with bright crisp interior, high ceilings, four bedrooms including a very special master suite. Every amenity from central A/C, custom crafted fireplaces, security, large kitchen and huge wrap around porch to enjoy your views. Ownership will be taken under CIOA.
\$550,000. Maureen Wiltzie O'Grady 860-767-8635 x 16

rachelthomas.com

Call today for a tour: 860-345-3779



Dad's journey in life deserves a "Safe Harbor."

For those suffering from Alzheimer's and other memory-related disorders, life should still be as fulfilling and active as possible. That is why The Saybrook at Haddam created Safe Harbor, a new specialized memory care neighborhood, located within our gracious assisted and retirement living community. With beautiful murals, social areas, and outdoor gardens, our safe, nurturing and stimulating environment provides a higher quality of life for our residents. Our compassionate and professional staff works tirelessly to give you peace of mind knowing your loved one is getting the care they need and the respect they deserve.

For a personal tour of Safe Harbor, call The Saybrook at Haddam today at 860-345-3779.



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Essex: Simply one of the most spectacular waterfront homes on the river. Remodeled throughout. An artful balance of contemporary & traditional themes. Spacious first floor master and guest wings, library, office, sweeping views, dock, one acre pond. 4.4 acres.

\$2,350,000
Rick Weiner 860.227.3191



DRAMATIC CONTEMPORARY

Essex: Renovated, spacious, open, loft-like home. Chef's kitchen, bamboo cabinets, all high end appliances, subzero, Viking. CT River frontage, boathouse, deep water mooring, dock beach. Guest suite and in-law apt suite.

\$2,295,000
Colette Harron 860.304.2391



VILLAGE COLONIAL C.1727

Essex: An immaculate period home with modern updates, 4 fireplaces, stone walls, gorgeous grounds, pool, garage. Steps from village, shops, restaurants, marinas, yacht clubs.

\$1,250,000
Rick Weiner 860.227.3191



RENOVATED CAPE

Essex: This fully renovated and expanded Cape offers an exciting open floor plan, perfect for today's living. Superior craftsmanship coupled with the excellent use of stone, wood and glass has created a dramatic home in a traditional façade.

\$737,500
Jennifer & Jane Associates 860.227.6634



SOUTH COVE HILLS

Essex: Set in South Cove Hills, this stunning home with seasonal views of the cove offers an open floor plan, quality appointments and amenities. A covered porch, deck and patio overlook the park-like lawns.

\$735,000
Jennifer & Jane Associates 860.227.6634



SPACIOUS RANCH

Essex: Spacious 4-5BR Ranch with finished lower walk out level on 5 private acres, just one mile from historic Essex Village and waterfront. Prime for in-law use with 2 kitchens and FR w/fireplaces. Recent heating, AC, painting, carpeting and septic. Possible additional bldg lot.

\$497,500
Donn Holland 860.227.4737



DRAMATIC CONTEMPORARY

Essex: This home features large open spaces with delightful outlooks from multiple banks of windows onto a private wooded lot. Special features include 1st floor & 2nd floor master suites, wide plank pine floors, and wonderful office w/deck.

\$449,000
John Garufi 860.510.6804



EXCEPTIONAL OPPORTUNITY!

Essex: Two houses for the price of one! Main house with guest house attached by breezeway. Much of the Main house has been freshly painted. LR w/fpl, DR, 3 BR, 2.1 baths. Spacious guest house has 1BR, 1 bath. Private, near town.

\$399,000
Kathy Schellens 860.395.4441



LOVELY RANCH

Essex: Lovely Ranch with finished walk-out lower level, large kitchen/FR addition with vaulted ceiling, tile floor and French doors to deck. Formal LR with fireplace, window seat, built-in bookcases, oak floors.

\$350,000
Leslie Sullivan 860.391.3337

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Each Office is Independently Owned and Operated.

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

continue to operate in Essex. The Town of Essex will now be receiving significant rental income and has been paid a substantial amount of back-rent.

Enhanced Tax Relief for the Elderly and Disabled was voted on and approved. Additional information about this program is available from the Assessor and online.

As you all know, we were hit by two major storms in the past eighteen months. In each case, power outages and damage along the shoreline were significant. The Northeast seems to be the latest target of extreme weather. We can only hope that Mother Nature will give us a break for a while.

We can't count on that, of course. As bad as Sandy was, future events could be worse. Staten Island, Breezy Point and areas along the Jersey shore provide hints of what could happen here. Special thanks to all our residents who rallied together to provide relief for the victims of Sandy in other areas. Shoreline communities are extremely vulnerable to major storms, and that includes Essex.

On the positive side, Sandy showed us how much better prepared our Emergency Operations Center is compared to 2011, and provided all of us with some valuable, on-the-job training. Our Emergency Management Team, housed in their new upgraded facilities, provided our community with excellent support during and in the aftermath of Storm Sandy.

Emergency responders do well in preparing for the worst, but citizens need to be ready also. Earlier this year, we published an *Emergency Preparedness Guidebook* to assist in your emergency planning. It contains a host of practical tips and information that we collected after Hurricane Irene. If you don't have one, they are still available at the Town Hall. For those who want to invest in a generator for home or business, now might be the time to do it. Make sure it is installed correctly, for your own protection as well as for the safety of electrical workers.

When you hear that a bad storm is coming, prepare yourself by storing water and non-perishable food in your home. Keep radios and flashlights handy, with fresh batteries. Listen to warnings and take them seriously. And please, don't be reluctant to use our emergency shelter at John Winthrop Middle School for food, water, recharging, and a place to stay if the need arises.

If you have not done so already, please register for our telephone alert system, Safer Essex, either through our web-site (www.essexct.gov) or by calling 860-767-8139.

Remember, when a weather-related emergency strikes, we are all in it together. Stay away from downed wires – you do not know if they are live. Be prepared, have patience, check on your neighbors, and don't be afraid to ask for help.

Have a safe and prosperous New Year!

– Norman Needleman, First Selectman



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CT Clean Energy Options Program

As of December 2012, Essex had 255 Clean Energy points. Currently about 9% of the residents are involved in the program. With another 45 points, the CT Clean Energy Finance and Investment Authority will give Essex a 2 kWh solar array for installation on a public building.

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

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

- Each household can reduce carbon dioxide emissions by about 7400 pounds annually.

- You can help increase our national security by reducing our dependence on foreign fossil fuels and increasing the diversity of our energy resources.
- Be patriotic and strengthen our economy by investing in it.
- You can reduce pollution from coal, natural gas and oil fired power plants.
- You can help to insure a clean, sustainable, and cost-efficient energy future.

Enroll online at www.essexct.gov

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Also, check out Home Energy Solutions at www.cl-p.com or call 1-877-WISE-USE for more information. For the price of \$75.00, Home Energy Solutions will perform an energy assessment, make on the spot improvements including caulking and sealing of critical air leaks, provide and install energy-saving lighting and provide rebate coupons for appliances, HVAC systems and insulation.

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Town Clerk's Office

Welcome to Centerbrook, Essex and Ivoryton

Erin E. Balka, 21 Oak Drive, Centerbrook
Thomas C. Hutton & Raquel Rivera, 25 Main Street, Essex
Amanda Ross & Douglas Culver, 25 River Road, Essex
Beverley H. Windatt, 13 Riverview Street, Essex

Loss of our Residents and Friends

August

Deborah J. Pace
 Constance Kuiaski

September

Kenneth C. Carson, Jr.
 Pauline Hoyt

October

Elaine M. Klotz
 Rachael M. DeLonge
 Jack L. Spangler
 John Jacobs III
 Ollie N. Edwards
 Theodore Operhall
 Ernest J. Calamari

November

Mary Way
 Walter C. Nelson
 William R. Kusche
 Henry R. Davis
 Nancy M. Pearce
 Ann C. Nussbaum
 Murwin A. Johnson
 Lois Dudley
 Nancy A. Davy
 Mary S. Higgins

December

Joanne V. Davis
 Estelle I. Zahn
 Charles H. Schoch
 Virginia J. Bird

New Public Art Created in Ivoryton

One last remnant of Hurricane Irene has been transformed into a stunning piece of public sculpture in the heart of Ivoryton village.

Local Clinton artist, Kris Connors, has now completed carving the trunk of the 85ft pine tree that fell on the steps of the Playhouse back in August 2011.

The spectacular piece, 3ft wide by 9ft high, features images of the history of Ivoryton and themes of live theatre. In order to keep the wood fibers strong, the surface has been treated with a deck/fence wood preservative containing sun, water, mildew and insect protection. The sculpture will stand proudly in the village for decades to come as a reminder of the resilience and strength of the 100+ year old Playhouse.

Deadline for the next issue of
ESSEX EVENTS
is March 22nd.

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 NEW CONSTRUCTION \$775,000 Quintessential Cape set on 1.42 acres Chip Frost, x12	 VILLAGE VICTORIAN \$740,000 Updated for today's life- style. Fabulous Master. Kathy Shannehan, x21
 ESSEX VILLAGE Reduced, \$625,000 Spectacular CT River views, private location Tina Gardiner, x11	 NEW CONSTRUCTION \$565,000 Signature Sapia barn style home w/1st flr MBR Chip Frost, x12
 CHARMING CAPE Reduced, \$365,000 Views of Sunset Pond, private setting, in-law apt Gigi Giordano, x13	 WALK TO VILLAGE \$324,900 4 BR Colonial, LR w/fpl, formal DR, 4 bedrooms Ed McCaffrey, x15

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Assessor's Office

VISION GOVERNMENT SOLUTIONS TO CONDUCT ESSEX REVALUATION

Vision Government Solutions Inc. has been hired by the Town of Essex to begin a town wide Revaluation Project. Vision will be working closely with the Assessor's Office to make the year-long process a successful one. There are five major phases to a municipal revaluation: Data Collection, Market Analysis, Valuation, Field Review, and Informal Hearings. The following is a general outline and explanation of each phase of the project.

PHASE 1: DATA COLLECTION

During this phase of the project, "listers" physically inspect the interior and exterior of each building. They note the building's location, size, age, quality of construction, improvements as well as numerous other characteristics. They also record information about the site's topography, utilities, restrictions, if any, as well as any other features of the land. For recent sale properties, questions may be asked regarding specific details involved with the sale. Interior inspection will not be done unless there is an adult present. We encourage all homeowners to allow the listers to do an interior inspection of the home so that the Town will have the most complete and accurate information, however, you are not required to have an interior inspection. To validate that a

property was inspected, the homeowner or resident will be asked to sign the data collection form which simply verifies that the inspection took place. The entire process takes about 15 minutes.

All Vision representatives will carry identification cards and have their cars listed with both the Assessor's Office and the Essex Police Department.

PHASE 2: MARKET ANALYSIS

A variety of resources are used to analyze the real estate market, the most important of which is sales data. While the necessary physical data is being collected by Vision listers, appraisal personnel will be analyzing recent sales to determine which property factors influenced their market values. Once all the data is collected and reviewed for accuracy, the appraiser will determine average building and land values and will set neighborhoods that rate the desirability of locations throughout the town.

PHASE 3: VALUATION

Valuations are determined using one or more of the three recognized valuation methods- the Cost, Income or Market approach. The cost approach is most frequently used during a revaluation because the cost rates can closely represent a municipality's selling prices and the rates can be applied fairly and equitably to all parcels (both sale and non-sale) in

continued on page 11

Now interviewing 3-12 yrs old students for the 2013 school year.

Classroom Tours
Friday, Jan. 25th & Tuesday, 29th 9:15 & 10:15

Open House

Sat. Feb 2nd. 9:30-1:00	Sat. Feb 9th 9:30-1:00
Thurs. Feb. 28th 5:00-8:00	Sat. March 9th 9:30-1:00





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Special News for Veterans

In order to assist veterans with a more convenient way to access benefits and services that they have earned, the State of Connecticut will now place veteran status confirmation on drivers licenses and State ID cards. The symbol of an American flag will be placed on these cards for instant recognition.

In order to access this, veterans must submit their applications, along with suitable proof of an honorable discharge, such as a DD-214, to the state Department of Veterans Affairs (DVA), at least 30 days prior to visiting a DMV or AAA office for license renewal, or first issuance of a card. The DVA will verify military status and then report it to the Department of Motor Vehicles.

The application can be downloaded online at the Department of Veterans' Affairs website at www.ct.gov/ctva by clicking the Application for Veteran's Flag link. There is no additional cost for this benefit.

Veterans can then request a flag symbol by mailing the completed application and additional documentation to the state Department of Veterans' Affairs at: CT Department of Veterans' Affairs, Attn: Veteran's Flag on Driver License or ID Card, 287 West Street, Rocky Hill, CT 06067. For more information, see www.ct.gov/dmv.

• Assessor's Office continued from page 10 •

town. In addition to the cost approach, an income approach may be applied to all commercial, industrial and apartment buildings in Essex. This approach values property based on its ability to earn income through rent. It also acts as a back-up to the cost approach.

PHASE 4: FIELD REVIEW

During this phase, experienced appraisers drive the streets and perform a visual review of each property and neighborhood for consistency. They double check the data on file for each property and then set the final assessed value.

PHASE 5: INFORMAL HEARINGS

Once the assessed values are set for 2013, a Notice of New Values will be mailed to each property owner. At this time anyone with questions concerning the revaluation process or about the data on file for their property has an opportunity to meet with a member of the Vision staff to discuss their property value.

After all five phases are complete; all data, files, records, etc. used in the revaluation are then turned over to the Assessor's Office. For more information, please visit Vision's taxpayer information site at <http://data.visionappraisal.com/TaxpayerInfo/>.



Peg Mitchel
ABR, SFR, SRS
860.391.1701
peg@mitchel.net





Mary Jean Agostini
MBA, CCIM, CRB, CRS
Licensed in CT, RI, MA
860.995.9665
mj@mjagostini.com



Essex: Beautiful level lot on a quiet cul-de-sac road in a private natural setting. Lightly treed parcel in an established neighborhood close to the Village, marinas and parks. Subject to architectural approval and other covenants and restrictions. Building packages available.
\$259,000
Call Peg (860-391-1701) or MJ (860-995-9665)



Deep River: This adorable Farmhouse style has been totally remodeled and is ready to move in. Updated exterior features include new roofing, windows, deck, and driveway. Inside you'll find beautiful hardwood flooring, a new bath and a large kitchen complete with granite counters and new appliances.
\$219,900
Call MJ (860-995-9665) or Peg (860-391-1701)



Essex: Super location within minutes to the CT River and Essex Village. Lightly wooded parcel on just over 2 acres, perfect for your Dream Home. Located at the top of River Road Dr in an area of fine homes. Call for survey map and information, possible build-to-suit.
\$159,000
Call Peg (860-391-1701) or MJ (860-995-9665)



East Haddam: Historic farmhouse on 3+ acres in a gorgeous New England setting. Charming blend of old & new. Updated kitchen, exposed beams & possible in-law or nanny suite. Stone terrace with awning. Small shed & spacious barn w/gambrel roof. Oversized garage w/storage.
\$325,000
Call MJ (860-995-9665) or Peg (860-391-1701)

Essex: Land for sale: Haven't found what you are looking for? Our builders are ready to go with your plans or ours. Just listed in Essex- dramatic 1.68 lot off of River Road for \$159,000 and two level lots in Ivoryton on a private road (1.92 and 2.28 acres) for \$59,900 & \$89,900, respectively. Now may be the perfect time to build your dream home.



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Essex Events

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 dba **Essex Printing & Events Magazines**

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Cover photo by AC Proctor.

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Essex Library Association Developing Strategic Plan

The Essex Library Association is developing a strategic plan, which will guide the Library in serving the Essex community for both the next several years and the next generation. A committee headed up by Association President Fred Szufnarowski and Library Director Richard Conroy is working with nationally recognized Library Development Solutions of Princeton, NJ to address challenges specific to the delivery of library services during this period of rapid transition to electronic media. Community outreach will be a key element of the strategic planning process as the Library develops service models to meet the needs of patrons and residents.

Community engagement critical to the success of this initiative. Some of the questions to be explored during the planning process will include:

- What do residents and leaders of Essex expect and need from the library, both now and in the future?
- Does the current vision and mission of the library reflect those needs?
- What are the contemporary roles of the library for the community's children, teens, older adults and parents?
- How does the library respond with services, collections, staffing, and facilities to meet identified community needs and expected future needs?
- How does the library respond to a quickly changing environment in the issues of library funding, content, collections, and staffing?
- What are the challenges and barriers associated with creating the Essex Library of the future are being challenged and redefined very differently

For more information or to learn how you can participate in the strategic planning process please contact Richard Conroy at (860) 767-1560.

The consultants will facilitate interviews and workshops with key stakeholders, as needed, to ensure the involvement of the community, staff, ELA Board, and town leaders in order to assess residents' current awareness and satisfaction with library services, programs, collections and the facility and to discuss their ideas for future library services, collections, programs and facilities. Both online and print surveys may be developed and distributed through which residents can contribute open-ended ideas and feedback to the strategic planning team.

Leslie and Alan Burger of Library Development Solutions have worked with many Connecticut libraries, both municipal and association, consortia and boards throughout the state on strategic planning, facilities and funding projects. The consultants will provide a process that includes the community, staff, and director.

Library Development Solutions was founded in 1991 to assist librarians and library boards with strategic planning, building programs, service program design, improvement and evaluation, community needs assessments, and organizational

continued on page 13

Ivoryton Playhouse

Ivoryton was the brightest village in Connecticut throughout the month of December when the Ivoryton Illuminations lit up the town on Saturday, December 1. Over 200,000 lights were displayed on businesses in the village center including the historic Ivoryton Playhouse. Visitors could tune to music on 101.5FM to watch the lights dance to music. It was an amazing display and a great effort presented by the members of the Ivoryton Village Alliance – a group of local business owners and volunteers whose mission is to bring the community of Ivoryton together.

In addition to the Illuminations, a tri-town Christmas lights competition took place. Displays were judged on number of lights and creativity. Winners were: the Grote Family, Winthrop; the O'Brien Family, Deep River; and the Szymanski Family from Ivoryton.

The Ivoryton Playhouse is delighted to announce their list of productions for the 2013 Season starting on March 13 with a fabulous, feel-good doo-wop musical called *Life Could Be A Dream*. Other productions in 2013 include *Other People's Money* (a modern day tale of corporate greed with a twist), *I'm Connecticut* (a new play from one of the writers of *The Simpsons*), *Footloose* (a rockin' musical with a Top 40 score), *I Love You, You're Perfect, Now Change* (an hilarious revue with catchy tunes and witty lyrics) and *The Seven Year Itch* (a fabulously funny farce from the fifties). One additional musical to take the stage in August will be announced soon.

Other highlights for the coming year will include Comedy Nights, Summer Children's Theatre and Tent Events that will take place on the new side patio June – September. For more information about the 2013 Season at the Ivoryton Playhouse, to purchase subscriptions or book individual tickets, please call 860.767.9520 or visit www.ivorytonplayhouse.org.

• **Library Association continued from page 12** •

and staff development. In the past few years, they have interviewed over 5,000 library customers and potential customers in focus group sessions and have surveyed over 25,000 individuals to determine their library and information needs.

— *Jim Denham*

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

Learn how you can help at:
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 THE LANDFILL AND RECYCLING CENTER is open Mondays, Thursdays,
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Essex Park & Recreation

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

The Benefits of Parks and Recreation. How Parklands Provide Real Value Economic Benefits: Increased Property Values, Tourism and Direct Revenue. Parks & Recreation, October 2012, p 45-46: "Although not well known or understood, parks provide significant economic benefits. The greatest of these derive from the higher sale prices and higher property taxes via the "proximity effect." People pay more for homes near parks, especially natural areas. An analysis of homes sold in Mecklenburg County in 2009 had the following results: Increased home values and sales due to proximity to parklands resulted in nearly \$4 million in additional county property taxes, while individuals who sold homes near parklands netted an additional \$10 million. That's real tax dollars to the county, and real dollars to the sellers.

Tourism impacts can be calculated using local tourism spending data and visitation data. In 2010, 311,000 tourists visited Mecklenburg County specifically because of parks or activities occurring in the parks, and of those, 151,000 stayed in hotels. The impact? Total spending by these visitors was \$53 million. Total tax receipts exceeded \$4.3 million.

The article went on to examine the environmental and health benefits of parklands as well. One can easily use the Mecklenburg County example to consider the value parks and natural areas provide to the Town of Essex, though a much smaller community, as well.

Small Town Economic Assistance Program Grant – Grove Street Park. (From the Governor's Office - October 23, 2012) Essex was awarded \$471,500 for the Essex Civic Campus Enhancement Project which will allow the town to expand the number and size of community events. The project will renovate and expand the Town Hall parking area, replace and upgrade the Grove Street playscape to comply with ADA guidelines, renovate the town tennis courts, and improve pedestrian safety.

"Essex is grateful to Governor Malloy and the Office of Policy and Management for their support of our infrastructure upgrade projects," said Norman Needleman, First Selectman, Town of Essex. "Our Town Hall, library, and park are important community gathering spaces and vital to the economy that is uniquely Essex. With strong support from our state legislators and town officials, we are able to improve Essex for residents and visitors."

The Essex Park and Recreation Department is excited to offer in 2013 completely rebuilt tennis courts and a brand new playscape at Grove Street Park to our residents!

Ivoryton Village Pumpkin Festival Wrap-Up. The 12th Annual Pumpkin Festival was held on Saturday, October 27. Over 1300 people were in attendance and there were approximately 240 carved pumpkins on display.

Thank you to our event partners: Ivoryton Playhouse, Essex Lions Club, All Saints Church, Gather, Hilary's House, Senn Family, Park and Recreation Commission, Aggies Village

continued on page 15

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• *Parks & Recreation continued from page 14* •

Restaurant, Ivoryton Pub, Essex Community Fund, Six Summit Gallery, Ivoryton Library, Elizabeth's of Essex, Essex Books, and a special thank you to the Ivoryton Village Alliance for all the time and energy they devoted to the Pumpkin Festival.

Thank you to the Town of Essex Public Works, Maintenance Department, Selectman's Office, Police, and Fire Departments. A special thanks to the Valley Regional High School Interact Club for providing volunteers throughout the day and evening!

Thank you to our event sponsors: Six Summit Gallery for sponsoring the pumpkin carving party, Stop & Shop for providing pumpkins for the Essex Court Residents, Child & Family Services for Cookie Decorating, Olsen's Sanitation & All Waste, Kaufmann Masonry, Essex Hardware and Mr. John Senn.

We also wish to recognize the groups that brought pumpkins – The Ivoryton Playhouse, The Ivoryton Village Alliance, The Green Team at EES, The Local Girl & Boy Scout Clubs, Hilary's House, The residents of Essex Court, along with all the other families that supported our event by bringing their carved pumpkins. Thanks to all and save the date October 26, 2013!

Essex go Bragh Irish Parade & Festival. Park and Recreation is planning the third annual Essex Go Bragh (translated as Essex Forever) Irish Parade & Festival, to be held March 16. The event will feature an Irish-themed parade down Main Street into Essex Village followed by the Festival. The Festival will include food, drink, and treats, a live music performance, activities for kids, and more! Full event information will be posted on our website.

2013 Essex Great Outdoors Pursuit. The Essex Great Outdoors Pursuit is a cooperative effort between the Essex Land Trust and Park and Recreation Department. Our goal is to bring the families of Essex together through positive and healthy outdoor endeavors, while increasing the presence and awareness of our local parks, open spaces, and preserves. Please see the Park and Recreation website in early 2013 for full information. Here is a sampling of our events: winter walk at Falls River, Arbor Day tree planting, Youth Fishing Clinic, Kayaking at Mill Pond/Falls River, Snakes, Geocaching, Mountain Biking, and more!

Upcoming Recreation Programs. For full information please see our Winter 2013 brochure available on our website.

Winter/Spring Youth Programs: Children's Music Program, Tennis, Creative Art, Cartwheels, Etc., Karate Kids, Running Rams Track & Field, FUNgineering with LEGO®, Lacrosse Clinics, Red Cross - "When I'm in Charge". **Winter/Spring Adult Programs:** Boating Certification Course, Karate, Drop-In Basketball, Zumba, Cross-Fit.

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 7 pm at the Town Hall.

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

Contact Us. Visit our website for updated announcements, program information, online registration and to view our brochure: go to www.essexct.gov.

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All concerts are held on Sundays at 3 p.m. at Valley Regional High School in Deep River, CT, except for the March 17 concert, which will be held at John Winthrop Middle School in Deep River, CT.

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The Essex Foundation Celebrates 40 Years of Good Works

This year marks the fortieth year since the founding of The Essex Foundation—a real home-town organization--dedicated to the three villages of Essex, Centerbrook and Ivoryton.

The broad purpose of the Foundation is to make it possible to make quick decisions in times of need. In 1982, for example, when the town was devastated by heavy flooding which destroyed homes and left many without food, clothing, refrigeration and heat, the Essex Foundation was able to come to the rescue with immediate help. If someone needed a refrigerator to keep their family going, the fund was able to provide the cash to make a quick purchase possible. The charter provides a great deal of flexibility so that the Foundation can quickly consider, encourage and approve requests.

It all started when an Essex citizen came to Attorney Judd Carr with a desire to leave an open-ended bequest that would benefit the town. Carr, the president of the Rotary Club at the time, agreed to set up a foundation to accept the funds. From the beginning, the Foundation board wanted to make it possible for funds to be made available for special projects that did not fit into ordinary funding categories and required fast local action.

Over the years, the Foundation has helped in numerous ways—the Bumpy Warner Youth Center Fund has maintained the Scout building. Hurricane help has been quickly given to countless families. A sunken barge was removed from the

Connecticut River. The Town Clock has been kept in running condition. Pond conservation has been encouraged. Help has been available in many small ways to cover important town needs.

The Bumpy Warner Youth Center. Thanks to funds donated by the Warner Family over many years, the Foundation has been caretaker of the Bumpy Warner Youth Center on Bushnell Street. The building has been used by the Boy Scouts for more than 30 years. It is thanks to the continuing generosity of the Gifford Warner family, the cooperation of Scout leaders and assistance from The Essex Foundation, caretakers of the Youth House, that the Bumpy Warner Youth House was able to make fresh start this year.

Although the Youth House building is carefully monitored, last winter the furnace shut down, pipes froze and the basement was flooded. As a result, the back wall of the building deteriorated badly. The scouting community, spearheaded by David Hyde, President of The Essex Foundation and a life-long, hands-on community activist, immediately went to work to repair the damage. Up to that point, the spacious two-story building had been comfortably furnished with over-stuffed sofas and chairs, tables and desks and memorabilia from local homes, attics and basements. After the building's flooding problems were assessed, it was deemed necessary to do some important maintenance work. The group arranged to empty

continued on page 17



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• *Essex Foundation continued from page 16* •

out all the furniture, restore the damaged walls and floors, and repair the roof. Carpets were cleaned, a new alarm was installed, and the driveway was repaired. With many willing hands, the building has been stabilized, old furniture carted away, and the grounds cleared.

The upper meeting room was given a much-needed fresh coat of interior paint. The ceiling has been refurbished, and the windows have new frames and moldings.

Town Clock Repairs. The Town Clock, left to the town but housed in the cupola of the Baptist Church has had recurring problems over the years. The Foundation has contributed funds and supplied expertise to keep the Town Clock in running order.

Pond Conservation. The Foundation has administered the funds that provide pond weed control for the Falls River neighborhood as well as contributions that have been used to reclaim Sunset Pond on West Avenue.

Disaster Relief. In 1982, many local citizens were devastated by heavy flooding which destroyed homes and left people without food, clothing, refrigeration, and heat. Because of the structure of the fund, the Foundation was able, on an ad hoc basis, to help many people get back on their feet quickly. Since the beginning, funds have come to the Foundation from individual and group donations as well as from people anxious to perpetuate a permanent philanthropic foundation with a specific focus.

Sunken Barge Removed. Funds from the Foundation, along with individual donations, made it possible to remove the unsightly half-sunken barge in Middle Cove.

Alice Powers' Legacy. When Alice Powers, a indefatigable community activist, died in 2011, she left her house on Maple Avenue to The Essex Foundation. The Board voted to sell the house and put the unrestricted funds from the sale to use in furthering the many community activities in which Alice was interested. This wonderful lady was deeply involved in dozens of important causes—from the Essex Land Trust, to Garden Club, to the Connecticut River Museum. She served as President of the Essex Land Trust during the years when decisions were being made concerning the Cross Lots property and for many years was the chair of the Essex Garden Club scholarship committee.

Charter. The charter provides a wide latitude of flexibility so that the Foundation can consider, encourage, and approve a variety of requests and process the requests quickly. Another primary advantage is that, if the purpose designated by an individual donor becomes outdated or impossible to fulfill, the Foundation may be given the authority to allocate the funds to some similar but more current public use. The aim is to prevent the waste of benevolent funds that have become obsolete with the passing of time.

How Can You Make the Foundation Part of Your Estate Planning? You can make a donation, large or small, at any time. Dozens of area residents have made The Essex Foundation part of their estate plans. If you are not able to make a substantial gift now, but eventually want to leave some

continued on page 19

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Middlesex Hospital Total Lung Care

Complete Care for Lung Cancer Patients - According to the national Centers for Disease Control (CDC), more than 350,000 people in the United States have been diagnosed with lung cancer. Although lung cancer is very serious, if it is detected in its earliest stages and appropriate treatment is provided, a cure is possible.

The Middlesex Hospital Total Lung Care Center offers a coordinated approach to providing everything patients with lung cancer need – including the one-to-one services of a specially trained nurse navigator, Gean Brown, R.N., O.C.N., increased surveillance improved screening, and appropriate treatment options, including surgery, chemotherapy and radiation therapy.

Surveillance – When Brown first arrived at the Cancer Center in 2009, she realized there wasn't a coordinated system to help patients suspected of having lung cancer "navigate" the steps from diagnosis through treatment, and on to potential recovery. Since then, Brown and a number of physicians have worked hard to change that. The first step in developing the Center, according to Brown, was to begin a quality assurance (QA) program to ensure that any abnormal lung testing done through the Radiology Department would automatically be sent to her. From there, Brown takes the results and makes

sure to always inform the patient's primary care physician if the finding looks serious, and then recommends a consultation with a pulmonary physician or thoracic surgeon to review the findings further. The clinicians then refer to what is called the "Fleishner Society" guidelines to assess the lung nodules. The Fleishner Society comprises a group of thoracic surgeons who developed standard guidelines to follow for appropriate actions to take based on the differences in lung tumors, i.e., size, whether or not the person is a smoker, has a history of lung disease, etc.

Screening – The Total Lung Care Center offers screening for lung cancer using low-dose CT scanning. Studies have shown that these low-dose CT scans have the potential to catch lung cancer in its early stages, which means that it is more likely to be cured (Stage 1 or 2). They are recommended for people at high risk for lung cancer. The test takes ten minutes and there is no preparation needed. In addition, Hospital pulmonologists utilize an endobronchial ultrasound (EBUS) machine, which employs sound waves to detect cancerous tumors in the lungs.

Treatment Options – In addition to the services offered by the Cancer Center's medical and radiation oncologists, thoracic surgeons now work in concert with other Middlesex

continued on page 19

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• *Middlesex Hospital continued from page 18* •

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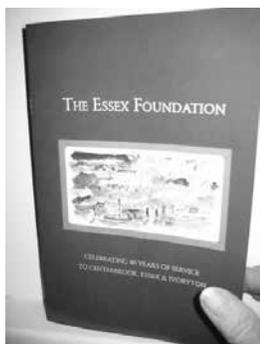
The Total Lung Care Center is a coordinated and comprehensive one, which includes radiologists, oncologists, pulmonologists, surgeons, radiation oncologists and Brown, the Lung Nurse Navigator. In fact, different doctors may consult on a patient, so he or she can feel confident that the entire team is working for their benefit at all times." The cost for the low-dose CT scan is \$250 and is not covered by insurance. A physician order is required for the scan. If you do not have a physician, Brown can assist you in getting a referral. She can be reached at (860) 358-2066. Middlesex Hospital also offers a smoking cessation program that provides information and counseling to motivate smokers to quit tobacco use. Call (860) 358-3003 for more information.

• *Essex Foundation continued from page 17* •

or all of your estate to The Essex Foundation, you can include The Essex Foundation in your will for a specific amount or a percentage of the residue of your estate. A gift by will can be unrestricted or it can be designated for a field of special interest. A number of donors have established funds during their lifetimes and add to them as circumstances allow. Unrestricted gifts are pooled and managed by the Board of Directors to respond to the most pressing needs and to provide the most effective assistance. Restricted gifts designated for a particular purpose, interest or organization are administered in accordance with the donors' wishes. The Foundation provides the same continuity of administration and oversight as a large trust fund would provide. It is not in competition with other town agencies but helps to enhance public support for those agencies. Of course, if you are contemplating making a gift to the Foundation, you should discuss it with your attorney or financial advisor.

The goals of the Essex Foundation can best be found in its Mission Statement: The Essex Foundation is a nonprofit corporation dedicated to making a difference in the lives of Essex citizens by providing medical, social, welfare, cultural, recreational and civic support. The Foundation's role is to provide "seed money" for new services and to allocate funds to fill needs not met by other organizations or sources. In general, funds will be granted for special purposes, including buildings, equipment, land and programs, but not for recurring expenses.

A new brochure, explaining the Foundation's mission, is available at the Essex Public Library, by request from the Foundation at PO Box 64, Essex, Ct. or by contacting a member of the Board. Board members are: Judy Bombaci, Herbert T. Clark, James Clark, Bruce Glowac, David Hyde, Eve Potts and Jay Tonks.



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- skin that feels unusually firm or waxy
- numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

What to Do

If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously. Hypothermia is a more serious medical condition and requires emergency medical assistance.

If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).

— www.ct.gov



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Volunteers Support Education in Essex for Middlesex United Way Days of Caring

Middlesex United Way's annual Days of Caring were held the first two weeks of October, and a team of employees from Tower Laboratories LTD volunteered on Oct. 3 at Essex Elementary School in Centerbrook.

Middlesex United Way Day of Caring is an annual event that matches groups of volunteers from local companies with meaningful volunteer projects that advance the common good. Middlesex United Way's focus areas are education, income, health, and housing; this year, Day of Caring projects support education by connecting companies to local schools.

Tower Laboratories employees worked with a group of fifth and sixth graders from the Green Team after-school club to plant flowers at the school.

Over several days, teams volunteered at nine schools in six Middlesex County towns. Volunteers did storytelling, reading, and activities with children in the classroom; spoke about their careers; and improved the learning environment for children through gardening, mural, and other beautification projects.

Teams of volunteers from local companies donated their time to these volunteer projects. Participating companies included ATD Wireless Zone, Brown & Brown of CT, Carlson & Dumeer LLC, Citizen's Bank, Clean Choice Commercial Cleaning LLC, GKN Aerospace Services Structures Corp, Liberty Bank, Middlesex Hospital, Rolls-Royce Naval Marine, Inc, Russell Library, TD Bank, Tower Laboratories LTD, and Wesleyan University.

Middlesex United Way is a locally based organization dedicated to strengthening lives, helping people, and improving community conditions in the fifteen towns in Middlesex County. To learn more, visit middlesexunitedway.org or [facebook.com/middlesexunitedway](https://www.facebook.com/middlesexunitedway).



Employees from Tower Laboratories LTD volunteered on Oct. 3 at Essex Elementary School in Centerbrook as part of Middlesex United Way Day of Caring.



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Geoff Paul to Speak at CRM Dinner in April

Geoffrey Paul, art collector, an owner of the Griswold Inn, and a financial manager will be the featured speaker at a dinner at the Old Lyme Country Club on Thursday evening, April 25, 2013. The occasion is the Connecticut River Museum's second annual Brenda Milkofsky Curatorial Fund dinner. The special restricted fund, created by the Trustees in 2008, actively supports the acquisition of objects for the Museum's collections. The purpose of the event is to raise awareness about the need and importance of adding museum quality artifacts that enhance the historical focus and interpretative program at the accredited museum.

Well-known as an art connoisseur and historian through his tours of the Griswold Inn collection, Geoff Paul will talk about his life as a collector: his goals, his research and his life-long "education" in pursuit of excellence. At an early age, Geoff Paul began to associate with antique dealers of high quality furniture and decorative objects.

After purchasing the 1818 home of Captain Henry L. Champlin (1786-1859) on the hill above the village overlooking



This portrait of Captain Stephen Clay of Middletown by itinerant artist William Jennys was purchased with funds from the Milkofsky Curatorial Fund.

Champlin Square, Geoff set about furnishing it using the inventory of the Captain's estate.

Collections related to the Champlin family have been a priority and more recently Geoff has worked to enhance the legendary collections at the famous Griswold Inn. As CEO of the Paul Foundation, Geoff has loaned art works to the Connecticut River Museum. Talking about collecting, Geoff is always informative, inspiring and entertaining.

In 2012, the Milkofsky Curatorial Fund made possible the purchase of an original stern board from the Schooner *Emily S. Gildersleeve*. The 325 ton schooner was built in the shipyard of S. Gildersleeve & Sons in 1865.

Also purchased through the Fund was a handsome Endicott print of the steamer, *State of New York* that frequently ran on the Connecticut River between 1867 and 1896. In the last issue of *Essex Events* Museum Curator Amy Trout wrote about the 2011 Fund

purchase of the 1800 William Jennys painting of Middletown merchant and mariner, Captain Stephen Clay.

Tickets to the April 25, 2013 dinner are \$65. For reservations call the Connecticut River Museum at (860) 767-8269 ext 10.



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Ivoryton Library

The Ivoryton Library is a private, non-profit Association that receives its funding in part from the town of Essex. We make up the difference in membership dues and fund-raising throughout the year. In turn, we try to provide the residents of our community with as many services as we can, such as these:

- The loan of books, audiobooks, and music CDs for up to 3 weeks.
- Magazines and DVDs for up to a week.
- Access to other DVDs through our Netflix account.
- Audiobooks and ebooks through our online catalog.
- Personalized instruction in ereader usage and ebook downloading.
- Museum passes for free or discounted admission.
- Home pick-up and delivery, if you just can't make it in to see us.
- Language classes (see website.)
- Book groups (see website.)
- Basic computer instruction and help.
- Personalized instruction in basic internet usage and Microsoft Office programs.
- Photos, articles and other information of the history of the Village of Ivoryton and the Town of Essex, including the history of every house and building in Essex.
- For a small fee: Copier, Fax, Laminator.

This year we celebrate the 200th anniversary of the publication of *Pride and Prejudice* with our monthly Jane Austen Movie Night. On the last Tuesday of every month at 6:15, we will be showing a movie based on Jane's books or her life. Tea will be served!

We have many new programs for children of all ages! No registration, drop in any time:

Tiny Fingers and Toes for children birth-12 months; 30 minutes of music, movement and making new friends. Tuesdays at 11:30 am.

Mother Goose Tots for children 12-24 months; 30 minutes of rhymes, music and active play; Thursdays at 10:30 am.

Traveling Two and Three-year-olds 45 minutes - stories crafts, songs; Wednesdays at 10:30 am.

My Own Library Time. Story time for school-age children Wednesdays at 4 pm. Story times are held during school breaks. Feel free to bring older siblings along.

Homework Club. Free drop-in homework help, academic support, and mentoring available during the school year in all subject areas to students in grades 2-6. Assistance provided by local junior and senior high school students.

Third Friday Movie. Bring your friends! Snack provided. Movies start at 3:30 pm. Please let us know how we can better serve you, whether you are looking for a certain title, a program on a subject that interests you or some other service that would help you in some way.

Or perhaps you have a skill, an interest that you would like to share. We're always eager to work with community members who would like to run a club at the library (book group? knitting circle? chess?) or share their expertise in a one-time program (natural foods? astronomy?) Stop in and see us. Tuesday 10-6; Wednesday 10-8; Thursday 10-6; Friday 2-6; Saturday 9-12; Sunday 1-4; closed Monday. www.ivoryton.com, staff@ivoryton.com, 860-767-1252.

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After.

If you live along the immediate shore south of Route 1, you are seeing houses being lifted and reinforced. In the past two years we have had record setting flood waters caused by two major storm events. Shoreline town officials (and insurance companies) are encouraging homeowners in flood prone areas to consider raising their homes before destructive flood waters cause expensive and frustrating damages.

Unfortunately, it is not easy or cheap to raise a house out of harm's way. There are some grants and loans available through FEMA, but they come with strings attached and rules to follow. Below are the five major steps that are involved in raising your house:

Permits: Depending on your location, you may need permits from DEEP, Zoning, Building, Wetlands, & Zoning Boards of Appeal. Each of these permits may require specialized information and documentation that must be prepared by engineers, surveyors, & professional contractors.

Engineering: The type of foundation that is required depends on your proximity to the water, soils under your house; depth of water table, type & construction of your house, and other variables.

Lifting the house: This is actually the easy part of the job; easy, not cheap. The house can be raised as high as needed to get construction equipment under the house, and then lowered onto its new foundation. Some people want their houses high enough to park cars underneath.

Foundation: Engineering will tell you what kind of support you need; options include pile driven wood piers, helicoils, cement piers, or a more traditional concrete foundation.

Access: Now that your house is several FEET higher off the ground than it was, how do you get into the house with those groceries, and where does the grille go? This part of the project may require some real lifestyle planning and special permissions from your town.

Many homeowners will go through this process in the coming years, whether they want to or not. Prudent planning and retaining competent, experienced professionals will make this a more palatable experience.

— Mark J. Reeves, Mark Reeves, Builder

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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.

CAFÉ MEAL SITES - Clinton, Old Lyme, Old Saybrook, Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

MEALS ON WHEELS – hot meals delivered to your home. Call Diane at 860-388-1611. A \$3.00 donation request for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

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.

CLASSES AND ACTIVITIES: Board Games, Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot, and more! Check the Gazette for all of our programs.

ESTUARY THRIFT SHOP: Open 10 am - 4 pm, Monday - Friday; 9 am - 1 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

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.

Meigs Point Nature Center

No registration required for our public programs.

Star Gazing or Night Hike: February 9th at 7:30pm; meet at the Meigs Point Nature Center. We will be touring the heavens with some special guests from local astronomy clubs if the sky is clear. If cloudy, we will do some night activities and an owl prowl.

Campfire Stories: March 9th at 7:00 pm; meet at the Meigs Point Nature Center. Gather round as Ranger Russ tells fables and Native American stories around a campfire on the beach. Bring blankets, chairs and marshmallow sticks. Marshmallows will be provided.

Docent Training: Meigs Point Nature Center offers an opportunity for you to get involved and help your community. If you enjoy the outdoors and nature, like to talk to the public, or to work with children, then this is the opportunity you have been waiting for. Docent duties include feeding animals, cleaning cages, public program presentations, exhibit design and greeting the public. Docents must be at least 18 years old. Thirteen- to 17-year-olds may volunteer by inquiring at the Nature Center. If you have already been trained as a docent and would like a refresher, or if you are a newcomer to the Meigs Point Nature Center, please register by calling 203-245-8743. Additional training sessions will be scheduled at a later date.



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Essex Winter Series

For over 30 years, the Essex Winter Series has brought a variety of musical concerts to the Shoreline area. Our patrons come from far and wide. These concerts range from classical to jazz, for young and old. In 2010, the "Fenton Brown Emerging Artists Concert" was inaugurated. Each year a benefit has raised the funds to sponsor an annual concert featuring talented but undiscovered musicians as well as an outreach program in local schools and the community...bringing the music of these young musicians to hundreds of children and elderly at no cost to them. Following is the concert agenda for 2013.

The Sunday, February 10 concert at 3:00 pm. Valley Regional High School, features **The Orion String Quartet with emerging artist, clarinetist Romie de Guise-Langlois.** The Orion String Quartet is one of the most sought-after ensembles in the United States and abroad. Since its inception, violinists Daniel Phillips and Todd Phillips (brothers who share the first violin chair equally), violist Steven Tenenbom, and cellist Timothy Eddy have been consistently praised for the fresh perspective and individuality they bring to their performances. They will delight us with two of Schubert's extraordinary string quartets, No. 13 Rosamunde and No. 14 *Death and the Maiden* and, for Mozart's beautiful Clarinet Quintet, they will be joined by our 2013 Fenton Brown Emerging Artist, a rising star, clarinetist Romie de Guise-Langlois.

Concert sponsored by Guilford Savings Bank and Landscape Specialties and by the Friends of the Fenton Brown Emerging Artists Concert

Sunday, March 3 at 3:00 p.m. at Valley Regional High School, brings one of the public's favorite concerts, **The Northeast Traditional Jazz Ensemble with band leader Scott Philbrick.** More than a decade after their appearance in the Essex Winter Series' inaugural jazz concert, the Northeast Traditional Jazz Ensemble with bandleader Scott Philbrick, is back to warm up a chilly winter afternoon with some smokin' hot jazz. Seven equally outstanding jazz musicians will come together to form the band for this one special concert event. They will take the audience on a journey through the early jazz forms of ragtime and the introduction of improvisation, to New Orleans with the blues and Dixieland, to prohibition-era Big Band, to the much loved Swing. You'll be dancing in the aisles! Concert sponsored by Tower Laboratories and The Clark Group.

The last concert in the 2013 series is Sunday, March 17, 3:00 p.m., at John Winthrop Middle School. **The American Brass Quintet.** Now in its 51st season, the American Brass Quintet has been internationally recognized as one of the premier chamber music ensembles of our time and an icon in the brass world. The ABQ's rich history includes performances in Europe, Central and South America, the Middle East, Asia, Australia and all fifty of the United States; a discography of over fifty recordings, and the premieres of over one-hundred contemporary brass works. To close our 35th season they will perform music spanning centuries; from a collection of Elizabethan Dances and works by Monteverdi to the music of 21st Century composers Lacerda, Sampson and Tower. What a fanfare to end the season! Concert sponsored by the Edgard and Geraldine Feder Foundation.



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6 Ways to Add Good Years to Your Life

You might not be able to stop the clock but why not choose a healthy lifestyle to make your senior years all about living life to its fullest potential. Here are a few suggestions.

Stay Sharp: Turn off the TV and pull out the crossword puzzle. Giving your brain a workout can ward off dementia and cognitive decline. Stimulate your mind by learning to play a musical instrument, a new language or taking up a new hobby. Stay engaged with your community and up-to-date with current events in order to have meaningful conversations with others.

Get Moving: Remaining physically active helps you ward off chronic illness, decrease the chances of obesity and remain independent. This does not mean you exercise as strenuously as a professional athlete, but most everyone can exercise at their own level. Most experts recommend that adults get at least 30 minutes of physical activity 5 days each week. This can be in the form of group exercise classes such as aerobics, yoga or a swimming class. Or take a walk around the block or in the woods. Just keep moving. One can move arms and legs quite vigorously from the safety of a chair.

See the Doctor and Dentist: Regular visits to your doctor can help manage any chronic problems and catch some potential issues before they arise. Develop a good relationship and do not be afraid to ask questions. Dental hygiene is also very important. See your dentist regularly.

Mix and Mingle: Social interaction can be as important as exercise and medical appointments. Stay connected with your

friends. Entertaining can be as easy as picking up a prepared meal and adding your own fresh salad. Social interaction can promote a healthier diet, exercise and sleep habits. Isolation can lead to cognitive decline and depression.

Eat to Live: "We are a wonder being. To be alive is a gift. Don't miss out by partaking in foods that are subpar. Keep a watchful eye on eating a moderate diet that balances the food groups. Think in terms of fresh foods with fewer processed foods. Experiment with grains, legumes and nuts to create whole proteins. The same holds true with generous amounts of fresh fish and vegetables. With the diet above, fewer meats will be consumed. Above all, enjoy the ritual of eating with joy in mind. Again, it is a gift to be able to do it." —Chris Pardue, Executive Chef, Chester Village West.

Relax: Take time to reflect on the world around you. Take some deep breaths during the busy day. According to the Mayo Clinic, the benefits of relaxation can lower blood pressure, reduce muscle tension and increase energy levels and concentration. Try yoga, tai chi or meditation. Or set aside some time each day to simply curl up in a favorite chair and read a book.

All these recommendations are a part of our Healthy Life™ Services program at Chester Village West.

— Marian Bairstow, Chester Village West Senior Living Community for Independent Living



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Lumie Han Brings Dragons of Harmony to Essex

In January of this year, the year of the Dragon, Lumie Han, an Essex Garden Club member came across a weeping willow stump at the waters' edge of the Essex Town Park.

She thought: "This is a beautiful stump... soft wood...possibly good for carving."

Having already carved a stump in 2007 for a private resident on North Main Street, Lumie decided to ask fellow Garden Club member and Town Tree Warden, Augie Pampel, about another carving. He was enthusiastic about the idea, asked many questions and talked to Rick Audet, Director of Parks and Recreation to get final permission. Two months later Lumie got the go ahead.

If you go down to the Town Park today and find the stump, you will see Lumie's creation, an elaborate design of three dragons entwined each representing an aspect of the concept of Qi. The traditional Korean logogram of Qi means "steam rising from rice as it cooks". Qi permeates everything and represents the flow of energy around and through our bodies, forming harmony. It is the force of life.

According to Lumie, the three dragons represent the three elements of the universe: SKY (heaven), EARTH and PEOPLE. Their colors are symbols of energy: blue is negative energy, red is positive energy and yellow is in the middle of the two, bringing forth harmony.

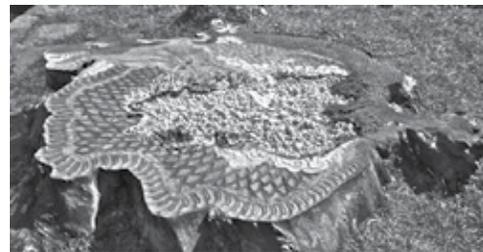
Lumie explained that in ancient Korean times, dragons represented life energy. Only Kings could have the symbol of the dragon sewn onto their clothing. Dragons in the West have different meaning, more wicked in nature. She believes this myth comes from the history of Ghangis Khan's invasions of the western world.

In 1978 Lumie followed her husband to the United States, first coming to South Windsor. She, her husband and eventually her children moved frequently, living in Connecticut, Boston, Princeton, San Francisco. In 2006, Lumie and her husband bought property in Essex and finally settled here in 2008.

They also often returned and continue to return to South Korea. In 1999 while living in Seoul, Lumie completed her graduate studies (MFA) in printmaking and studied the concepts of Qi. Even today, Lumie practices Qi in many ways, helping friends and the people around her.

Whenever in the US, Lumie seeks ways to expand her artistic skills and techniques whether by going to community colleges or attending such prestigious places as the Boston Museum of Fine Arts. Since 1993, she has shown her artwork in Korea, Japan and the US and won many awards for her printmaking. Locally, she is a member of the Essex Art Association where she won two awards including the Exit Gallery Award in 2009.

When Lumie finally got permission to carve the willow stump, she had already crystallized the idea of entwined dragons: 2012 is the year of the dragon, she was born in the year of the dragon and, of course, the dragon for her symbolizes life energy. So without a sketch she began her drawing on the stump, letting the "energy of the universe around me" guide her creation.



She started working at the end of July. The first task was cleaning the stump, taking out the rot in the middle. She decided to fill the hole with stones to level the stump and avoid any potential injury. Stone is natural and stays within her theme. Practically speaking, the stone can always be replaced or fixed.

Because the willow wood is soft, Lumie was able to easily carve different textures to bring out the images of the entwined dragons. However, unlike harder woods, the willow creates softer, less distinct edges. She used small and large chisel tools with a rubber hammer for details and "big spots" thus giving the dragons shape.

Once the sculpture was completed, Lumie proceeded with the printmaking. She first prepared the wood with a wood stabilizer, Pentacryl and a wood sealer, Exterior Wood Sealer. Using the engraving method, Lumie filled the carved out spaces with the colored pigments. With handmade Korean paper, each sheet being approx. 3X2 feet, she created 15 layers of 4 sheets each to absorb the color pigments. She dabbed homemade sweet rice paste over the paper which in moistening the paper, pulled the pigment up into the paper and pressed the paper into the carved spaces, resulting in an embossed effect. With the printing completed, she covered the colored wood with polyurethane.

Of the two prints she made from her sculpture, she prefers the one with subtle, softer coloring as it represents for her the Qi concept of life energy and harmony. We look forward to the day when Lumie exhibits her prints.

More importantly, we thank Lumie for her generosity of spirit and her creative genius in bringing a bit of Qi to Essex. Her magnificent sculpture is in the Town Park for all of us to contemplate and enjoy.

— Submitted by Judith Saunders, Publicity,
on behalf of the Essex Garden Club
and in collaboration with Lumiere Han

What is 2-1-1?

It is Connecticut's free information and referral service. By dialing 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year. TDD access is available.

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Department of Revenue Services

State Income Tax Assistance: Free assistance in completing Connecticut returns is available from the Connecticut Department of Revenue Services (DRS) by telephone or in person at any of our Field Offices. If you come to our offices for help in preparing your Connecticut income tax return you must arrive by 4 pm and you must bring all of the following items:

- Your completed federal income tax return;*
- Your social security card (and your spouse's social security card if you are filing a joint return);
- State copies of all W-2 forms and any other forms showing Connecticut tax withheld;
- Property tax payment information if you paid property tax in Connecticut on your home or motor vehicle;
- Photo Identification (driver's license, passport, or other government issued photo id);

NOTE: Both spouses must be present if you are filing a joint return.

DRS does not provide assistance in completing your federal return. You may be eligible for free assistance from the Internal Revenue Service (1-800-829-1040) or from one of the organizations listed below.

Those who cannot come to any of our offices can still receive tax help by calling (800)382-9463 (Connecticut callers outside the Greater Hartford calling area only), or (860)297-5962 from anywhere Monday - Friday (8:30 am to 4:30 pm).

AARP

Federal and State Tax Assistance: AARP's Tax-Aide Program, a partnership between the AARP Foundation and the Internal Revenue Service, provides free tax counseling and preparation services to middle-and low-income taxpayers, with special attention to people age 60 and older. Click on the "Tax-Aide Site Locator" which will take you to the AARP site for information on locations and hours. Many sites will e-file your federal and Connecticut returns at no cost to you. The Connecticut Department of Revenue Services is proud to provide training and materials to volunteers from the Tax-Aide Program.

VITA

Federal and State Tax Assistance: The Volunteer Income Tax Assistance (VITA) Program offers free tax help for low-to moderate-income (under \$50,000) people who cannot prepare their own tax returns. Volunteers, sponsored by various organizations, receive training to help prepare basic tax returns in communities across the country. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations. Many or Some locations also offer free electronic filing. Some locations also offer free electronic filing.

If you need assistance from VITA, see the list of Connecticut VITA Sites. The Connecticut Department of Revenue Services is proud to provide training and materials to volunteers from the VITA Program.

— www.ct.gov

Essex Historical Society - Save the Dates

- | | |
|--|---|
| Thursday January 24
7:00 p.m. | Falls River Flood of 1982 - A Second Look. Co-sponsored with the Ivoryton Library. |
| Thursday February 28
7:00 p.m. | Battlesite Essex by Jerry Roberts. Centerbrook Meeting House. Co-sponsored with the Connecticut River Museum. |
| Thursday March 14
7:00 p.m. | A Medley of Connecticut Folk Tales by Joyce Marie Rayno, storyteller. Hills Academy. |
| Thursday April 25
7:00 p.m. | History of Essex Yacht Clubs - Take Two. Essex Corinthian Yacht Club. |

Check out our website: www.essexhistory.org



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Roses for Autism

Roses for Autism is the first business endeavor for Growing Possibilities - a nonprofit social enterprise founded by Ability Beyond Disability that is dedicated to growing independence in the business world for individuals with autism and other disabilities.

Our Roots: Jim Lyman's dream was to improve the quality of life for his son Eli, through meaningful work and continued opportunities to grow as an individual. Jim's search brought him together with Pinchbeck's Rose Farm, Connecticut Autism Spectrum Resource Center, and then to Ability Beyond Disability. Collectively, they planted the seed that would bloom into Growing Possibilities.

Did you know? Adults on the Autism Spectrum hold many talents...yet today only 12% of adults with ASD are employed.

Our Mission: To grow independence in the business world.

How We Grow: In 50,000 square feet of heated glass greenhouse, our premium roses and lilies are cut and packaged daily. Working with young adults on the autism spectrum we strive to: build transferable job skills, build social independence, build generalization of learning.

Call us today to plan for your next recognition event. We will customize...so call us with whatever you can dream up!

We personally deliver to CT, NY, NJ, MA and we ship ANYWHERE in the United States! Let us help you recognize your staff! Flowers for every occasion: *anniversaries, birthdays, special accomplishments, employee recognition events.*

Fragrant roses are available in 16 varieties! We offer three varieties of lilies too! Say "thank you" or "great job" with:

- Custom arrangements
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- Single stems
- Boutonnieres and corsages
- Engage your employees in supporting a great cause
- Host a corporate rose sale for your employees and help employ people with autism.

We grow amazing fragrant roses with amazing people! Order online at: www.rosesforautism.com or www.rosesforautism.com. (203) 453-2186. We are a local farm planting the seeds of possibilities for the autism community. Your rose purchase supports the development of inclusive work place opportunities for adults on the autism spectrum.



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How to Deal with Ice and Snow

Winter driving is a tricky and dangerous business. Better roads, better cars and better tires won't take the place of careful driving practices. To keep your experience with winter driving from becoming a crash-course, here are a few driving tips from the Connecticut Department of Transportation:

- **Time:** Give yourself plenty of extra time for getting to your destination. Speed limits are for perfect, dry conditions. On winter's icy roadways, half the speed limit may be suicide.
- **Vision:** Take the time to clear all windows of snow, ice or fog before starting out. Also clear any snow off the hood - it comes loose when driving.
- **Lights:** Even though you can see, drive with low-beam headlights in snow, fog or just winter murk. Keep all lenses free of dirt by wiping them periodically. Dirty headlights can cut visibility by 50 percent or more. Don't forget the directional lights, taillights and rotating lights.
- **Tires:** Be sure your tires have adequate tread for traction in snow and to reduce the risk of hydroplaning in rain or puddles on the road. You may hear that putting extra weight in the trunk or truck bed gives better traction. Traction might be helped a little but at the expense of steering control and longer stopping distance. Likewise, you may hear that reducing tire pressure is another way of increasing traction. Reducing air pressure will not give you more traction and your tires could become seriously underinflated, affecting steering. Keep in mind that every time the outside temperature drops 10 degrees, the tire air pressure goes down about one pound per square inch. Remember too that underinflated tires are the major cause of tire failure.
- **Ice/Freezing Rain:** At 30 degrees ice is twice as slippery as it is at 0 degrees. It also forms first and lasts longer on bridges and in the shade. If you hit an unexpected patch, don't try to brake, accelerate or downshift. Let up on your accelerator and let your vehicle "roll" through the slippery area. When freezing rain is occurring resulting in icing conditions, please pull over to the side of the road until the road has been treated with sand and salt.
- **Skidding:** If you go into a skid, act quickly by taking your foot off the accelerator. Keep your foot off the brake and steer in the direction the rear of the vehicle is skidding. In other words, if you want your vehicle to go right, turn right. If you want it to go left, turn left. Hold the steering wheel firmly, but don't make large turns. Use a light touch to correct the swerve.
- **Braking:** Your owner's manual will usually recommend the braking technique most effective for your car. For front and rear wheel drive vehicles with disc or drum brakes the National Safety Council recommends the following procedure: Squeeze your brakes with a slow, steady pressure until just before they lock. When you feel them start to lock, ease off until your wheels are rolling; then squeeze again.
- **Following Distance:** Maintain at least three times the normal following distance on snow or ice. If you are being followed too closely, maintain an extra distance behind the vehicle ahead so that you can slow down or brake gradually. Be prepared to adjust speed and/or stop to avoid colliding with the vehicle in front of you. Plan ahead when approaching intersections so that braking can be done smoothly.
- **Stay on the Beaten Path:** Stay in line when traveling to or from a snow zone. Don't blaze your own trail, especially going downhill - you'll only manage to create a worse situation. You'll even clog the only open space emergency snow vehicles can travel.
- **Safety Belts and Child Safety Seats:** In addition to keeping you in the vehicle during a collision, they will also keep you and your child from being thrown around inside your vehicle should you go into a skid or hit an object. Use safety belts/seat at all times - it's the law.
- **Deer:** Bad weather can cause deer to be on the move. Be particularly alert when traveling in known areas of deer migration. When you see deer or other animals ahead, slow down and be prepared to stop until you are safely past them. A good defensive driving technique is to try to avoid animals if possible, however, do not swerve into the on-coming lane and risk a head-on collision, or run off the road and risk hitting another object.
- **Dead Batteries:** When jumping batteries connect one cable to the (+) terminal of each battery. Then connect one end of the second cable to the (-) terminal of the booster battery and the other end to a nut or bolt on the engine. Do not connect it to the (-) of the discharge battery. Start the engine of the helper vehicle and let it run a few minutes, then start the disabled vehicle engine. Remove cables in the exact REVERSE order.
- **Walking on Ice or Snow:** After being in a warm vehicle, the soles of shoes or boots are warm enough to melt snow or ice, creating a film of water between the sole and the snow or ice surface. Be especially cautious for the first five minutes after leaving the vehicle. When walking on snow or ice, use short steps and keep your hands out of your pockets. These factors will help you maintain your balance. If you do fall, tuck your arms close to your body and roll with the fall.
- **Stay Clear of Plows and Sanders:** Watch out for these vehicles as you round corners, curbs, etc. They do not travel at a high speed; therefore, you'll tend to come up on them quickly. Slow down. Plows and sanders will pull over periodically to let traffic pass. It's risky to pass on the left of a snowplow because of blowing snow. Never pass on the right. Flying rock can damage your car if you pass a sander. The best advice is to stay three car lengths behind plows and sanders.

Upcoming Essex Land Trust Events

Raptor Program. Sunday, January 27 3pm at Essex Meadows, 30 Bokum Road. "A Place Called Hope" is dedicated to the rescue, rehabilitation, re-nesting and release of birds of prey. Live raptors will be presented at this family program. Co-sponsored by Potapaug Audubon Society. Refreshments will be served. Limited parking so please carpool if possible. Bad weather cancels.

Winter Walk: Falls River Preserve & Jean's Island. Saturday, February 9, 1 pm at Falls River Preserve. Naturalist Phil Miller and property steward John Mattheissen will lead groups through this spectacular preserve. If the ice is thick enough, walk to Jean's Island. The event is in conjunction with the Essex Park & Recreation Department's Essex Great Outdoors Pursuit. Refreshments, including hot cocoa at nearby residence. Park at the end of Falls River Drive in Ivoryton. Bad weather cancels.

Family Vernal Pool Walk. Sunday, March 10, 1 pm at Bushy Hill Nature Center. Explore early spring vernal pools on this 700-acre preserve led by Nature Center naturalists. Use nets and other tools to identify flora and fauna. Roast marshmallows over the fire after the walk. An Essex Great Outdoors Pursuit event. Park adjacent to Incarnation Center on Bushy Hill Road. Rain or shine.

Wild, Weird and Wonderful Mushrooms. Thursday, April 4, 7 pm at St. John's Church, Main St, Essex. Naturalist, environmental educator and mushroom expert Bill Yule will discuss these amazing fungi. Some are edible, some are deadly, some are beautiful, and others are ugly. Co-sponsored by Potapaug Audubon Society. Refreshments served. Bad weather cancels.

Essex Land Trust Property Spruce-Up. Saturday, April 6, 9 am – 12 pm at Cross Lots, 40 West Avenue. Help restore and maintain our beautiful preserves after winter. Pick up brush and debris, rake, clear trails and streams. Make this a family outing. Meet at Cross Lots (40 West Avenue, Essex) for your



Winter Walk at Falls River Preserve.

assignment. Refreshments served. Park on West Ave. or Town Hall. Rain or shine.

Essex Land Trust Annual Meeting. Monday, April 22 at 5:30 pm at Essex Meadows, 30 Bokum Road. All are welcome to attend ELT's annual meeting. There is a charge for the buffet (5:30-6:30), but the business meeting that follows is free. Members automatically receive invitations. Non-members who wish to attend please contact Peggy Tuttle (860-767-7916, peggytuttle@gmail.com). Former ELT president, Chet Arnold, will speak about Low Impact Development. Please carpool if possible.

Second Annual Arbor Day Celebration. Saturday, April 27 from 9 am – 12 pm at Cross Lots, 40 West Avenue. Join us in planting new trees and shrubs at Cross Lots and other open spaces in town. Learn from demonstrations and family-friendly activities. All ages and abilities are welcome. An Essex Great Outdoors Pursuit event. Refreshments served. Park on West Avenue or at Town Hall. Rain or shine.

Essex - Community Listings

CHURCHES

First Baptist Church (860) 767-8623
 ST. John's Episcopal Church (860) 767-8095
 First Congregational Church (860) 767-8097
 Our Lady of Sorrows Church (860) 767-1284
 Ivoryton Congregational Church (860) 767-1004
 All Saints Episcopal Church (860) 767-1698
 Trinity Lutheran Church (860) 767-0228

CLUBS AND ORGANIZATIONS

Essex Cub Scouts of America (860) 790-0681
 Essex Land Trust (860) 767-7355
 Tri-Town Youth Services Bureau (860) 526-3600
 Essex Garden Club (860) 767-2860
 Essex Boy Scouts of America (860) 767-3904
 Essex Community Fund (860) 304-2751
 Essex Historical Society (860) 767-0681
 Ivoryton Company of Fifers & Drummers (860) 767-2237

Clubs and Organizations Continued

The Shoreline Soup Kitchens (860) 388-1988
 SCORE (860) 388-9508
 Essex Board of Trade (860) 767-3904
 Democratic Town Committee (860) 767-7665
 Republican Town Committee (860) 767-3388
 Essex Little League www.essexlittleleague.org
 Ancient Order of Essex Weeders (860) 767-7628
 9 Town Transit (860) 510-0429
 Lower Valley Visiting Nurses (860) 767-0186

SCHOOLS

Essex Elementary School (860) 767-8215
 John Winthrop Middle School (860) 526-9546
 Valley Regional High School (860) 526-5328
 Superintendent (860) 526-2417
 Beanstalk Preschool & Childcare (860) 767-3308

Subaru Share the Love and Meals on Wheels Holiday Campaign Celebrates Shoreline Seniors with Christmas Gifts

After four weeks of participation by the ten shoreline first selectmen, local rotary clubs, VISTA volunteers and Reynolds Subaru family and staff delivering meals to seniors, area students took their turn at bringing holiday cheer to shoreline seniors on December 19th.

Area Boy Scout and Girl Scout troops along with Old Saybrook and Westbrook Interact Club students gathered at the Estuary Council of Seniors in Old Saybrook to prepare for their distribution of holiday gifts. The students delivered meals to 250 Meals on Wheels Shoreline seniors along with holiday cards made by them. They also presented the residents with poinsettias and other holiday plants donated by Grove Gardens and Clinton Nurseries of Clinton, VanWilgens of North Branford, Riggio's of Essex and the Old Saybrook Walmart store.

Estuary volunteers and staff, including Executive Director, Paula Ferrara, Bill McLaughlin from the Old Saybrook Rotary Club, VISTA volunteers and Westbrook First Selectman Noel Bishop were on hand to serve hot chocolate and donuts to the students and to thank them for their time and effort in making the holidays a little brighter for shoreline seniors.



Names L to R: standing Hudson Roarick; Connie Cliffe; Bill McLaughlin; Mike Neville; Brad Morrison; Lydia Murphy. Kneeling: Morgan Wilderman; Mahlah Givehand; Sophia D'Ambrosi



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 <p>PENDING</p>			
<p>Essex Village One floor living from this newly remodeled custom craftsman home. Chef's kitchen, granite breakfast bar, 3 bds, w/2 baths ensuite + half bath. Two car garage. <i>Offered at \$779,000</i></p>	<p>Essex Village Totally renovated & steps from Main St. Chef's kitchen, Viking appliances central air, heated pool, deck, detached studio/office. Perfection. <i>Offered at \$599,000</i></p>	<p>Essex Waterfront Fabulous retreat with 345ft. frontage on Birch Mill Pond. Approved for construction of a separate waterfront home up to 4,000sf. Create a waterfront compound. <i>Offered at \$499,000</i></p>	<p>Essex Elegant remodeled 3 bedroom waterfront Heritage Cove condo. Built-ins, gas fireplace, new open kitchen, wood flooring, baths & central air. Pool, dock & new garage. <i>Offered at \$335,000</i></p>

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Old Lyme: Designed by noted architect Alice Washburn, this home is sited beautifully on 2 acres w/stunning vistas. Total restoration & renovation in 2005 has brought this gracious home to mellow perfection!
\$1,645,000



Essex: The historically significant Richard Hayden homestead bequeathed to St. John's Episcopal Church in 1894 has served as the rectory since that time. The first brick building in Essex, this property is remarkable in every way!
\$749,000



Essex: This fully renovated and expanded Cape offers an exciting open floor plan, perfect for today's living. Superior craftsmanship coupled with the excellent use of stone, wood and glass has created a dramatic home in a traditional façade. A Must See!
\$737,500



Essex: Set in South Cove Hills, a much admired neighborhood of lovely properties, this stunning home with seasonal views of the cove offers an open floor plan, quality appointments and amenities. A covered porch, deck and patio overlook the park-like lawns.
\$735,000



Essex: Overlooking South Cove out to Essex Harbor, this recently renovated 3906 SF, 5 bedroom home offers an open floor plan, designer kitchen, lovely master suite and fabulous family room. Deeded right of way to South Cove, an idyllic place for small boats activity.
\$715,000



Essex: Set in Essex village, the Pelig Hill House offers charm and warmth. Carefully restored and highlighted by exposed beams, wide board floors, period paneling all within a short distance to the shops/restaurants and CT River.
\$499,000



Deep River: "Winterberry Drive" Enjoy one floor living in a lovely cul-de-sac neighborhood! With two acres of exquisitely landscaped property including a magnificent pool area. This 4 bedroom, 4 bath home is highlighted by vaulted ceilings and incredible chef's kitchen.
\$1,195,000



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860-790-1297
RoyMonte.com



Deep River \$669,000
Beautiful custom home w/amazingly detailed in-law. Total of 3BRs, 3FBAs & 2HBAs. MBR ste w/FP. KT w/granite, stainless, cherry & pantry. Sunken FR w/stone flrs & DR w/FP. Located on 1.4 acs.
860-306-2812
LaurelPeters.net



Deep River \$599,000
Under construction & being offered 'As Is'...beautiful natural shingle exterior, overhangs, spacious patios. Sweeping distant views to West. Land is in Deep River, mailing address is Essex.
860-227-9798
PeterBonanno.com



Deep River \$295,000
Welcome to "Spruce Ledge Farm" a classic 1750 center chimney Cape on two idyllic acres w/large 2-story barn, fencing and apple trees. 7 rooms, 3 bedrms, 4 fireplaces, 1st flr master bedrm.
RogerParkman.com 203-676-1061
DianeGregory.com 860-395-8433



East Haddam \$775,000
Matthew Sears House c1760 located in heart of village. Original character still present. 4.5 acs inc brook w/waterfall; heated pool w/hot-tub; barn w/office, workshop, loft; 3C gar & 2nd barn for in-home bus.
860-214-1864
DeeHasuly.com



Essex \$1,697,000
c.1837 serene waterfront home privately located on Middle Cove. Remodeled kitchen, 2 fireplaces, 5 bedrooms, 4.5 baths. 2 suites w/private entrance for au pair or office.
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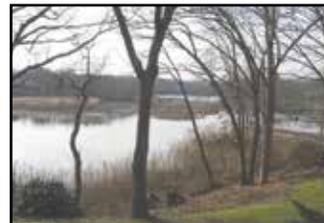
Essex \$749,000
Gorgeous Contemporary, landscaped setting. Completely renovated, gourmet KT w/granite tops, FPs in Formal LR, DR & MBR; library, den, C/A, large private deck w/river views & outdoor KT for entertaining, 3 car gar w/2BR apt.
860-227-5975
JamesLeo.com



Essex \$695,000
Gracious, renovated, 4BR, 2.5BA Colonial, circular drive, stone walls, formal LR w/FP & wet bar, formal DR, new KT cabinets, appliances & granite counters, library w/FP, MBR Suite inc walk-in closet, office.
860-227-5975
JamesLeo.com



Essex \$675,000
Spacious & impressive home recently renovated. Short walk to village shops & restaurants. Wrap around porch, organic gardens & heated gunite pool w/cabana. Au pair, in-law or home office possible.
860-304-9150
Joel-Lucas.com



Essex \$210,000
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MargueriteMattison.com



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860-227-9798
PeterBonanno.com



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