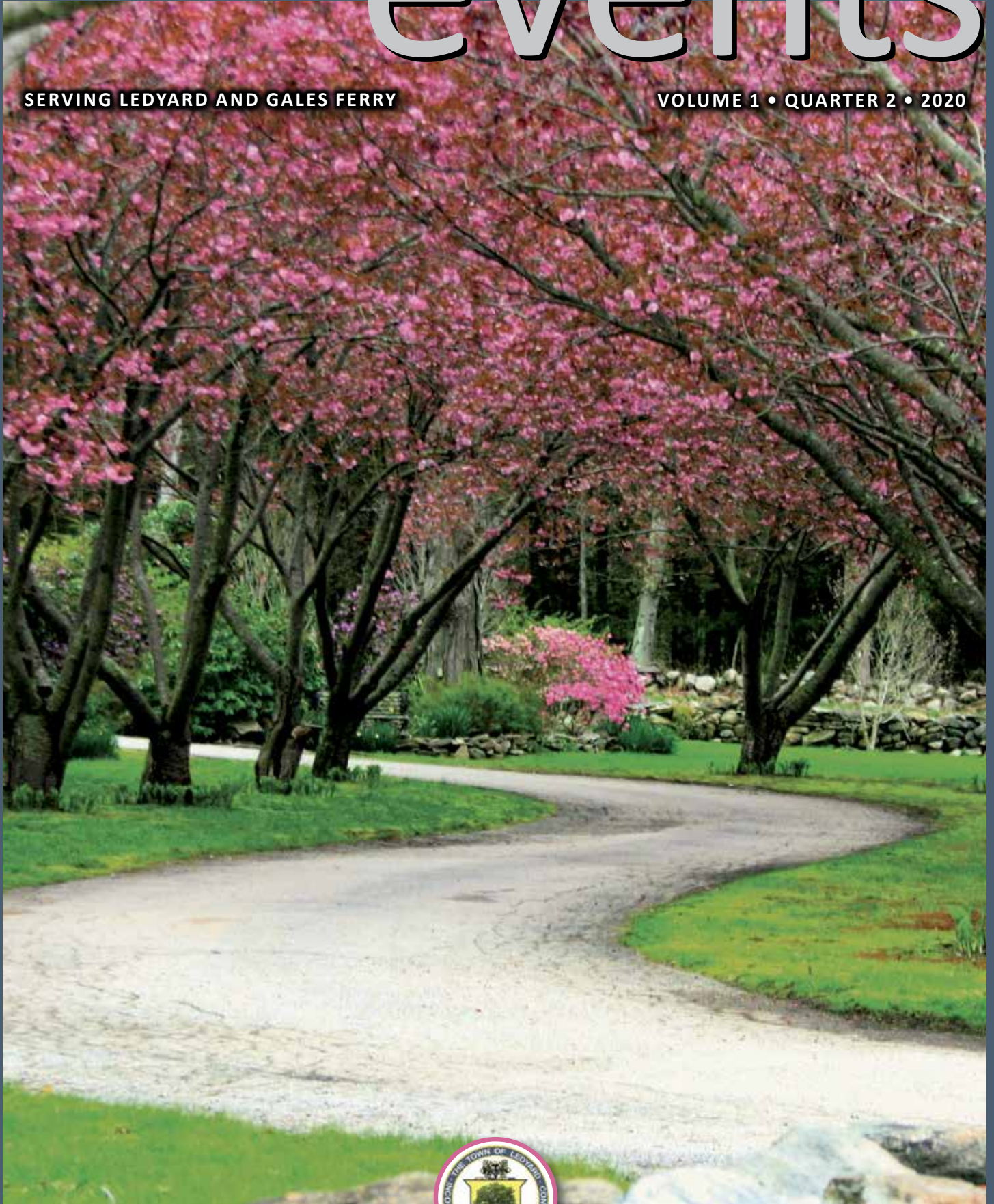


Ledyard **events**

SERVING LEDYARD AND GALES FERRY

VOLUME 1 • QUARTER 2 • 2020



DELIVERING TOWN NEWS



TO EVERYONE IN TOWN

Spring Market is just around the corner.

If a move is in your future please give us a call.



Carol Barnes Craig
860-460-0943



Deb Bochain
860-884-4584



Laurie Cameron
909-717-0509



Erin Campbell
860-235-0266



Bambi DiRoma
401-924-4730



Rose Eapen
860-961-9685



Amanda Greene
860-910-7842



Robin Hall
860-334-9679



Jill Jamison
860-558-3644



Lucia Johnstone
860-912-4144



Katie Korpi
443-223-1385



Norm Krayem
860-235-9222



Fallon LeGare
443-306-7945



Renee McCammon
860-705-8084



Judy Meucci
860-690-3371



Don Miller
860-861-5609



Morag Morse
860-460-5270



Carol Sormrude
860-303-6442



Corrie Sublett-Romano
860-938-9393



Amy Swan
860-908-2568



Erika Swanson
480-296-9861



Sarah Turner
860-501-0551



John Vincent
860-460-3463



Donna Williston
860-912-3293



**BERKSHIRE
HATHAWAY**
Home Services

New England Properties

2 Williams Avenue, Mystic, CT / 860-536-4906

163 Water Street, Stonington, CT / 860-535-2490

www.bhhsNEproperties.com

© 2019 BHH Affiliates, LLC. An independently operated subsidiary of HomeServices of America, Inc., a Berkshire Hathaway affiliate, and a franchisee of BHH Affiliates, LLC.

Mayor's Corner

Let's welcome Spring to Ledyard!

Happy spring Ledyard! I hope you enjoyed the first issue of Ledyard Events Magazine this past winter. Resident and advertiser feedback was very positive and we delivered town-wide news to 6,000 households with additional copies at the libraries, Town Hall and Senior Center/Parks and Rec. As we start to "think spring" (despite the mild winter), let's do our best to keep our town looking good. Earth Day is April 22nd but we can do our part before that by getting our neighbors together, taking garbage bags out and picking up litter along our streets. An hour or two with friends and neighbors can make quick work of the winter litter that detracts from our community.

Don't forget to take part in one - or many of the classes and activities that our Parks and Rec. Department have planned this spring. Camps, cooking, quilting, rowing, swimming to name but a few - the list is extensive and there is something for everyone! Registration is super easy online so visit Ledyardrec.org for complete program info and registration. Summer Camp enrollment will undoubtedly be a busy program again in 2020.

The budget has consumed a big part of these past few months. It is a heavy lift each and every year and we work hard to balance the needs and wants with what Ledyard can afford. The budget is

typically comprised of 70% Board of Ed expenses / 30% General Government expenses. There will be a public hearing on the proposed budget on Monday, April 20, 2020. That meeting is held at 7:00 pm at the Ledyard High School Auditorium. Residents will vote on the proposed budget on Tuesday, May 19th at the following polling places: Gallup Hill School and Juliet W. Long School. Please make every effort to be heard at both of these important meetings.



Fred Allyn, Mayor

Please find me on Facebook as "Mayor Fred" and friend me. You can keep up with me as I represent our Town and find out important information in a timely manner. In closing, please enjoy one of the best seasons of the year here in SE CT, get outside and enjoy the warming days and thank you for your continued support. Ledyard is an amazing town and it's people like you that make it so!

Best regards,

Fred B. Allyn III, Mayor



Furniture | Fashion | Lifestyle

2 MAIN STREET, OLD SAYBROOK, CT | 860-388-0891 | SAYBROOKHOME.COM

events

TM Ventures, LLC
dba Essex Printing & Events Magazines

18 Industrial Park Road, P.O.Box 205
 Centerbrook, CT 06409
 860-767-9087 Fax 860-767-0259
 email: print@essexprinting.com
www.essexprinting.com

PUBLISHER

William E. McMinn

LAYOUT & AD DESIGN

Lynne Hardt
 Kathy Alsop

SALES REPRESENTATIVES

ESSEX • WESTBROOK
CLINTON • MADISON

Ward Feirer 914-806-5500
wfeirer@gmail.com

OLD SAYBROOK
OLD LYME • EAST LYME

Betty Martelle 860-333-7117
betty@eventsmagazines.com

CHESTER • EAST HADDAM
EAST HAMPTON • HADDAM

Contact Essex Printing 860-767-9087
print@essexprinting.com

GUILFORD

Andrew Taylor 843-478-1755
andrew@eventsmagazines.com

LEDYARD

Contact Essex Printing 860-767-9087
print@essexprinting.com

EAST LYME

Kelly Harper 860-391-5534
kelly@eventsmagazines.com

COVER PHOTO

Courtesy
 Town of Ledyard

www.eventsmagazines.com

**Over three quarters of a million readers.
 13 towns every quarter.**

Copyright© 2020 Events Magazines. All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system without written permission. Not responsible for omissions or typographical errors. All advertising material created by Essex Printing and Events Magazines is to be considered proprietary. Essex Printing and Events Magazines reserves the rights and license to all ad designs and photographic images produced by Essex Printing and Events Magazines. Reproduction rights for individual use in other publications is offered and available by purchase directly through Essex Printing and Events Magazines. Editorial appearing in this magazine is submitted by municipal agencies and other approved sources.

CONTENTS

Mayor's Corner	3
Ledyard Town Council	5
Zoning - Springtime Permit Guide.....	5
Transfer Station INFO	6
Beautification Committee	8
Census 2020	8
Ledyard Farmers Market	8
Economic Development Commission (EDC).....	9
Ledyard Police Make Community Engagement with Youth a High Priority.....	10
Funding Available for Home Repairs.....	10
Conservation Commission.....	11
Ledyard & Gales Ferry Fire Companies	11
Ledyard Garden Club	12
Ledyard Garden Club Wave Hill Bus Trip.....	12
Ledyard Senior Center	14
Ledyard Visiting Nurse Agency.....	18
Youth & Social Services	18
Parks & Recreation	19
Ledyard Public Library	33
The Last Word... Women's Suffrage 100 Years Later	38



WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 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. Visit the website for more information:

<http://www.211.org/#>

Looking for a Few Good People!

Earn Supplemental Income

Be Part of the Outstanding Sales Team at Events Magazines

- Part-Time Commission-Based Sales
- Flexible Schedule in Designated Locations
- Leads Ready to Work
- Training and Ongoing Support Provided

If interested, contact Essex Printing/Events Magazines at:

print@essexprinting.com

Ledyard Town Council

The Town Council has begun its work to develop a responsible budget for the 2020/2021 fiscal year. Budget Work Sessions were held March 5, 9, 12 at which the Finance Committee met with Town Departments and our Committee / Commission / Boards to review anticipated expenses and projected revenues.

In preparation for the 2020/2021 Budget the Town Council adopted amendments to Ordinance #200-005 "An Ordinance to Provide Property Tax Relief for Certain Homeowners Age Sixty-five or Over, or Permanently and Totally Disabled" limiting increasing financial liability to the town while continuing to provide relief to help those on a fixed income to stay in their homes. In addition, our Land Use Fee Schedules are being reviewed to ensure that they are in keeping with state statute and neighboring towns.

As the town embarks on the \$2,539,250 High School Track and Multi-Use Field Project, the Town Council worked with the Board of Education to establish a funding mechanism to plan for the twelve-year replacement lifecycle of the artificial turf.

PLEASE NOTE the following dates on your calendar regarding the Fiscal Year 2020/2021 Budget:

- 1 **The Public Hearing** - April 27, 2020; and
- 2 **The Annual Town Meeting** - May 18, 2020 with a Referendum on the voting machines on May 19, 2020.

As we move through the budget process more information regarding the proposed Fiscal Year 2020/2021 Budget will be made available. The Town Council encourages you to become involved in this important process.

Zoning - Springtime Permit Guide

POOLS, DECKS & SHEDS!
A Springtime Permitting Guide for Homeowners from the Ledyard Land Use Department



It's that time of year again - SPRING! Otherwise known in our Dept. as "Pools, Decks & Sheds" season and we'd like to give you a brief guide to obtaining the required permits for a few spring & summer projects by homeowners as follows:

SHEDS

- Any shed greater than 50SF requires a zoning and, maybe, a wetlands permit.
- Sheds greater than 200SF require a Building Permit* and sign-off from the Ledge Light Health District (LLHD).

continued on page 6

New London County

SEPTIC & EXCAVATION

860-536-0420 • nlcountyseptic.com

Ledyard, CT



*We are a Ledyard Family
Serving YOUR Family*



SERVICES

- Residential/Commercial
- Septic Tank Pumping
- Septic Inspections
- Drain Cleaning
- New System Installations
- General Excavation
- Snow Plowing

Fully Licensed and Insured
HIC #0638216 Installers #6021

Mention this ad when booking your appointment.
When we pump out your tank, we will donate \$15 to Ledyard Animal Control.

Zoning... continued from page 5

***Exception:** One-story detached accessory structures used as tool & storage sheds, playhouses & similar uses, provided the floor area is not greater than 200SF are exempt from the requirements to obtain a Building Permit per the 2015 IBC portion of the 2018 State Building Code.

DECKS

- All decks require Zoning, Building*, LLHD and, maybe, Wetlands permits, even if you are replacing an existing deck of the same size & in the same location.
- *Exception:** Decks not exceeding 200SF in area, that are not more than 30" above grade at any point, are not attached to a dwelling and do not serve the required exit door are exempt from the requirements to obtain a Building Permit.

SWIMMING POOLS

- All pools or larger require zoning, building*, LLHD and,

possibly, wetlands permits, even if you are replacing a pool of the same size & in the same location.

***Exception:** Prefabricated pools that are equal or less than 24" deep are exempt from the requirements to obtain a Building Permit.

Applications for zoning, wetlands, building and LLHD permits may be obtained at the Land Use Office at Town Hall. A site plan is required for all zoning and/or wetlands permits.

LAND USE DEPT. HOURS ARE:

Monday - Thursday, 7:30 am to 4:45 pm.

Please call Rosanne at: 860-464-3217 or Deb at: 860-464-3266 for more information by telephone. Our experienced staff is ready to help you through the process!

Transfer Station INFO

The Ledyard Transfer Station is open Tuesday, Wednesday and Saturday from 9:00 am - 3:30 pm.

There is no fee for residents to bring leaves / brush, waste oil, scrap metal, non-freon bearing appliances, car batteries, electronic equipment, fluorescent light bulbs, paint and mattresses/box springs.



Spring is finally here!

That means it is time
to ensure that your boat
is in perfect running condition.

Under **NEW** Ownership!

*HOURS

Sunday & Monday - Closed
Tuesday - Friday - 9:30 am - 5:00 pm
Saturday - 9:30 - 4:00 pm

**Please check online or call us for current hours.*

Established in 1960, Gales Ferry Marina's location is unique - it is settled within a protected cove on the Thames River. We are a full service marina with summer dockage, winter storage, parts, maintenance / repairs, fuel, and we specialize in the service and sales of Suzuki motors.

Our marina provides an inviting environment that can accommodate all of your boating needs.



55 Chapman Lane,
Gales Ferry, CT 06335

860.464.2146

Galesferrymarinact@gmail.com

Galesferrymarinact.com

We can also be found on
Facebook and Instagram.



Outdoor Living

Quality Craftsmanship in Every Detail



PERGOLAS • PAVILIONS • POOL HOUSES • SUNROOMS • PATIO FURNITURE
Bring your ideas and we'll help you create the outdoor space you've always wanted.

ORDER NOW FOR SPRING BUILD!



KLOTTER FARMS

KLOTTERFARMS.COM | 860-871-1048 | 216 WEST ROAD, ELLINGTON, CT | ASK ABOUT FREE DELIVERY

Beautification Committee

The Ledyard Beautification Committee was established in 2016 with the mission to help preserve and maintain Ledyard's lovely rural community with its rolling hills, attractive stone walls, open space and farmland.

During the last four years the Committee's volunteer members have rolled up their sleeves, partnering with community organizations as well as the Parks & Recreation Commission, the Public Works Department and the Fire Departments to accomplish their initiatives. These projects have ranged from contests to design the banners displayed on the streetlights in Ledyard

Center, coordinating with local landscaping businesses to plant and maintain prominent public areas throughout town, and a town-wide Earth Day cleanup.

Our successful fundraising activities have allowed the Committee to purchase holiday wreaths and bows to decorate Ledyard Center and to purchase over 3,000 daffodil bulbs that were planted in 2019 with the help of many volunteers. As springtime comes, we hope you enjoy our efforts to "Blanket Ledyard With Bulbs!"

The Ledyard Beautification Committee

has nine volunteer members appointed by the Town Council and operates solely on donations. All of these fantastic initiatives would not have been possible without the generosity of our community. The Committee thanks the many community organizations, volunteers, and students who have helped make our town a more beautiful place to live.

Please contact Committee Chair, Meredith Robinson at: meredith.robinson@me.com if you or your organization would like to help beautify our community or make a monetary donation.



Ledyard Farmers Market

HAVE YOU HEARD?

Daisy Mae and the gang will be back at the Ledyard Farmers Market June 3!

Join us for another fun-filled season on the Town Green in Ledyard Center, Wednesdays 4:00 - 7:00 pm. We'll have fresh, local produce and farm goods, artisan wares, children's activities, entertainment, community groups, a weekly theme, and delicious dinners from our food truck vendors.

Keep up with all the goings on by liking and following us on Facebook at: facebook.com/LedyardFarmersMarket or on Instagram at: [#ledyardfarmersmarket](https://instagram.com/#ledyardfarmersmarket).

Check out our website at: www.ledyardfarmersmarket.org to sign up for our weekly newsletter, get market information, and find yummy recipes made with market-fresh foods.

DID YOU KNOW THE MARKET IS RUN BY VOLUNTEERS?

The market team currently has three opportunities for you to help bring the market to life. Email: market_mgr@ledyardct.org for more information. Come make the magic happen!

Census 2020

Every 10 years, the United States counts everyone who lives in the country. The U.S. Constitution mandates that everyone in the country be counted every 10 years.

It is important for everyone to respond to the 2020 census because it helps influence the funding for our community. The distribution of federal funds, grants and support are based on the census data. The money is spent on libraries, schools, roads, public works and other vital programs.

Your privacy is protected. It's against the law for the Census Bureau to release your responses in any way that could identify you or your household. By law, your responses cannot be used against you and can only be used to produce statistics.

Beginning mid-March 2020, you can respond to the census by answering a handful of questions online, by phone or by mail. Please help make a difference in your community.

CENSUS TEAM

You can also join the 2020 Census Team and be a Census Taker. You can apply online at: 2020census.gov/jobs. For more information or help applying, please call 1-855-JOB-2020.

Federal Relay Service: 1-800-877-8339 TTY/ASCII or online at: www.gsa.gov/fedrelay. The U.S. Census Bureau is an equal opportunity Employer.

Economic Development Commission (EDC)

EDC COMMISSIONERS

- John Vincent - Chair
- Richard Tashea - Vice Chair
- Michael Dreimiller - Secretary
- Jennifer Holdsworth
- Meghan Read
- Carol Schnieder
- Paul Whitescarver

The Ledyard Economic Development Commission (EDC) meetings are scheduled on the first Tuesday of the month (except for conflicts with holidays) from 6:00 - 7:00 pm in Town Hall Annex and are open to the public. Check the Town of Ledyard Meeting Portal to confirm upcoming meeting dates, times, and locations at: <https://townledyard.civicweb.net/>.

For a complete listing of all of the businesses in town, check out the Resource & Business Directory on the Town's web site at: <https://www.ledyardct.org/business/directoryii.aspx>.

*Want to Reach Every Home in Town?
Call Events Magazines at 860-767-9087*



**Take Out
or Dine In
Open 7 Days
Order
Online!**

*Where Friends
& Family
Gather*



Village Pizza Restaurant
1602 CT-12, Gales Ferry, CT 06335
860-464-9900

New in Town!



Chef and Owner Demetri Vardoulis

Don't let the name fool you. Village Pizza is about much more than a pepperoni pie. Chef and owner Demetri Vardoulis has quickly and methodically transformed the restaurant into a haven for delicious, homemade food that is made from the heart.

"Everything is from scratch," explains Demetri. "All the soups, the sauces. Everything is fresh every day. Nothing is ever frozen. The salads are fresh cut. I added variety." Since taking over on April 1, 2019, positive feedback is the norm. "I had a couple come in here for dinner," he relates. "They were back the next day for the soup. They'll be back later on this week." Some guests come in 3, 4, or 5 times a week.

Demetri follows his culinary instincts. "I try new things and see what people like," he notes. "Late at night, I get hungry. I get creative." One night, he whipped up cod spinakas for himself. The Mediterranean-inspired dish made the menu. The desserts? Most are homemade. Some are imported from Greece, the country from which his father and mother emigrated in 1969.

Demetri has been honing the art of cooking for over 30 years. His parents owned a restaurant in Higganum, CT. Today, they operate a Mediterranean-style restaurant in Florida. His aunts and uncles were also in the restaurant business. "I was always in the kitchen - ever since I was 8 years old," he notes. After spending a number of years in Florida, Connecticut beckoned.

"I found the place and I liked it," he says of his new, family-run operation at 1602 Route 12. Open 7 days a week, they seemingly never stop. Demetri is often up in the middle of the night, just to make sure all is set for the next day. But that's ok. "Cooking... if you don't love it you won't be good at it," he observes. "That's my philosophy. It all comes back to doing what you love to do."



**1602 CT-12,
Gales Ferry, CT 06335
860-464-9900**

Ledyard Police Make Community Engagement with Youth a High Priority

If you live in Ledyard, you are part of a great community that makes our young citizens a priority. From Ledyard's Public Schools, Parks and Recreation programs, youth sports leagues, scouting, and faith-based programs, Ledyard is a great place to grow up.

At the Ledyard Police Department, we make it a priority to engage with our young people in formal and informal ways every day. We believe investing time and energy in the children of our community pays off in so many ways beyond community safety.

Ledyard Police Honor Guard can be found every year at the opening ceremonies for Ledyard Little League baseball and softball and at Ledyard High School graduation exercises. We participate in Ledyard High School's Civics class and Career Day. We host several tours of our police station for youth groups, including

Boy Scouts and Girl Scout Troops, and we donate the popular prize "Ride to School with Ledyard Police" to fundraisers each year in the community. Our School Resource Officer, Rick McSwain, is a 24/7/365 resource for families in our community, and he hosts various community groups for safety presentations. Members of the command staff serve on the School Safety Committee, the Ledyard Juvenile Review Board, and the Ledyard Prevention Coalition. In summer months, our officers can often be found at community sports events, "Touch-a-Truck" events, and at any child's lemonade stand they may see while on patrol.

Our officers believe in providing excellent service to all our citizens, and children are a high priority. They are the key to a better future for our community and our world

Chief John J. Rich, Ledyard Police Department

Right: Ledyard Police Honor Guard at the opening ceremonies for Ledyard Little League baseball and softball and at Ledyard High School graduation.



Below: A Girl Scout Troop tours the police station.



Ledyard High School's Civics class and Career Day.



Left: Ride to School with Ledyard Police.



Funding Available for Home Repairs

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

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

Eligible items include heating updates, plumbing repairs, electrical updates, roof replacement weatherization, such as insulation, window replacement and siding. Well & septic repairs and water & sewer connections are also eligible. All work must conform to state and local codes and is awarded through a competitive bidding process approved by the Town.

Applicants are eligible for participation based upon federal income limits. Maximum gross household income limits vary based on the household size; for example, a one-person household can earn up to \$52,850; 2-persons \$60,400; 3-persons \$67,950 and 4 persons \$75,500. Income limits are based on gross household

income. Additional household size income limits are available and other eligibility requirements apply.

Applications are accepted and processed on a first-come, first-served basis, pending the availability of funds.

Applications are available from the Land Use Office, Monday to Thursday from 7:30 am to 4:45 pm.

Please contact Liz Burdick, Director of Land Use & Planning at (860) 464-3215 for more info.

Conservation Commission

The Conservation Commission serves as an advisory body for matters of development, conservation, supervision and the regulation of natural resources, including water resources within the Town of Ledyard. The Commission is currently digitizing maps of the hiking trails in town and creating an online, interactive trail map to be completed this spring.

Over the last several years the Commission has applied for and received grant funding to support opportunities to preserve open space, including the Great Oak Greenway, which is a part of the first Greenway Designation in Southeastern Connecticut. This initiative, in partnership with Avalonia Land Conservancy, encompasses nearly 400 acres preserving habitat, trails and protecting water.

During this past year the Commission was actively engaged with the Planning & Zoning Commission providing assistance with the update to the 2010 Plan of Conservation & Development ("POCD"). The Conservation Commission's contribution involved the Open Space Section and the Agricultural Section of the POCD.

As spring approaches, we are inclined to clean out basements, attics and garages. Please visit <http://scrra.org/how-do-i/>



recycle-hazardous-waste/ to view a list of hazardous waste items and the Hazardous Waste Day Collection Schedule for our region.

The Conservation Commission meets the second Tuesday of each month at 6:30 pm in the Town Hall Annex. If you are interested in helping the Commission blaze or maintain trails please contact Chairman Michael Marelli at memarelli@sbcglobal.net

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has."

—Margaret Mead

Ledyard & Gales Ferry Fire Companies

DO YOU HAVE WHAT IT TAKES?



Did you know that both your Ledyard and Gales Ferry Fire Companies are mainly staffed with volunteers from the community and constantly are out in the public trying to encourage others to join them in serving our community?

There are five full time firefighters, who assist the volunteers during the daytime hours when they (the volunteers) are at their full time jobs.

LIKE WORKING A FULL-TIME JOB

Did you know that volunteering with a

life-saving organization can sometimes be the same as working a full-time job?

Our officers and members spend countless hours each week, establishing training schedules to ensure all members are properly trained to meet OSHA requirements, in addition, developing budgets and evaluating equipment to ensure we have the best tools available for years to come, to help us to better serve the Town of Ledyard as first responders.

Our members spend many hours responding to emergencies and documenting reports for the record keeping of all calls we've respond to.

Our organizations do not run themselves. It takes a lot of time and effort from volunteers to be able to continue to support the Town of Ledyard.



Both companies are always looking for volunteers, as volunteering in the emergency services is not what it used to be: it is much more demanding!

If you have a desire to serve your community, visit either firehouse and pick up an application! Do you have what it takes?



**Cheers to the
Warm Spring Sun
at Maugle Sierra.**



Open Friday, Saturday, Sunday Noon to 9pm • Live Music Friday, Saturday & Sunday

Maugle Sierra

VINEYARDS

825-827 Colonel Ledyard Hwy, Ledyard, CT 06339
860.464.2987

MaugleSierraVineyards.com

Ledyard Garden Club

The Ledyard Garden Club was organized in 1964 with the goals of encouraging gardening throughout the community and promoting educational pursuits in community horticultural projects. It contributes to many civic, historic and beautification projects in Ledyard and Gales Ferry.

The club meets the first Monday of the month, September to May, from 7:00 pm to 9:00 pm at the Ledyard Senior Center (there are no meetings in December or June.)



FREE & OPEN TO THE PUBLIC.

The club will hold its annual PLANT SALE on Saturday, May 16, 2020 from 8:30 am to 12:00 pm at the Ledyard Congregational Church Hall. There will be perennials & annuals for sun and shade, herbs, grasses, shrubs, vege-

tables and ground covers for sale. Hardy plants dug from local gardens will be sold and advice from experienced gardeners will be free! Your support will directly benefit our community and we thank you!

For more information, please contact Ledyard Garden Club President Linda Burk at: 860-572-5787, view our website at: ledyardgardenclub.org or email us at: ledyardgardenclub@gmail.com.

Ledyard Garden Club Wave Hill Bus Trip

Wave Hill Gardens is a spectacular public garden and cultural center overlooking the Hudson River and Palisades in the Riverdale section of the Bronx, NY. See website: wavehill.org.

The Ledyard Garden Club invites you to join us on a bus trip to Wave Hill: Tuesday June 9, 2020 (rain or shine.) Leave Preston commuter parking lot (Rt 12) at 8:00 am and return 5:30 pm.

Bus: \$50 per person
Admission: \$10; \$6 senior 65+
Lunch: café on site or bring your own

Must pay for bus no later than April 15.

Make check payable to:
Ledyard Garden Club

Mail or walk-in to Ledyard Parks and Recreation. Their hours are: Monday - Thursday from 7:30 am - 4:45 pm,
Friday from 8:30 am - 2:30 pm
12 Van Tassel Drive, Gales Ferry, CT 06335



Let Us Love Your Pets!

**Smooch
the
Pooch**



PET SITTING AND CANINE TAXI

860-464-7387 (PETS)



"Indie"

- Pet 1st aid
- Senior and Military discount
- BBB certified with A+ rating
- Serving Ledyard for over 10 years

Pamela C. Maher

Professional Pet Sitter, Ledyard, Ct 06339
INSURED & BONDED

www.smoochthepoochpetsitting.com
email: smoochnpooch@gmail.com

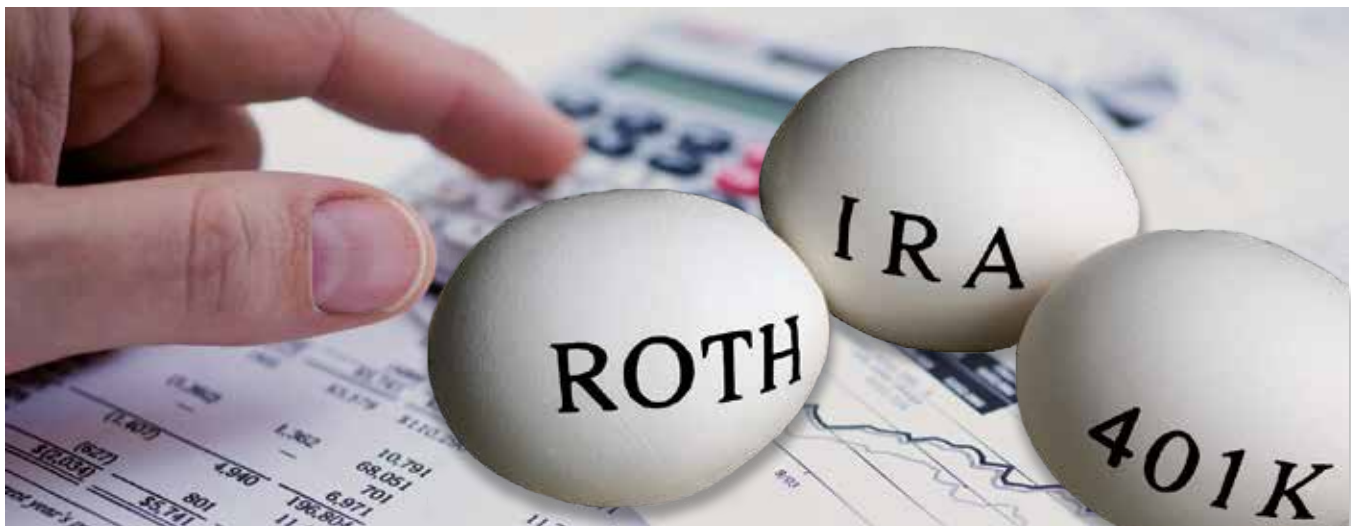
facebook page - <https://www.facebook.com/smoochthepoochpetsitting>

RETIREMENT PLANNING QUESTIONS:

- Do you still have a 401 (k) at a previous job?
- Have you reviewed your IRA (s) recently?
- Do you have a ROTH IRA or want to learn more about them?
- Want a free 2nd opinion and review of your retirement accounts?

WE CAN HELP!

IRAs/401(k) Rollovers • Stocks • Mutual Funds • College Planning



Janney Montgomery Scott LLC

Member FINRA, NYSE, SIPC

CALL US FOR A FREE CONSULTATION!

860-245-2097

60 Willow St. | Mystic, CT

Chase Bradley

Sr. Vice President, Investments
Financial Advisor

Patty Grady

Sr. Registered Client Associate





Ledyard Senior Center

SENIOR CENTER OFFICE

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

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

SENIOR CENTER STAFF

Director: Scott Johnson scott@ledyardrec.org

Assistant Director: Monika Verebelyi monika@ledyardrec.org

Office Assistant: Laurie Marcotte laurie@ledyardrec.org

Office Assistant: Ginny Hungerford

Nutrition Site Server: Jim Metcalf

Van Driver: Bob Heal

PERMANENT SENIOR COMMISSION MEMBERS

Mary Jane Peterson, Chairman

Gary Kent Harding

Naomi Rodriguez

The Commission meets at the Senior Center

Tim Holmes

Margaret Anne Harding

Norma Sokolski

on the fourth Wednesday of each month at

Alma Dougherty

Cindy McLane

John Thomas

1:30 pm. The public is welcome to attend.

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

LEDYARD SENIOR CENTER

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

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

SENIOR TRANSPORTATION INFORMATION

Call us at 860-464-0471 to schedule all transportation requests.

The Ledyard Senior Center offers daily transportation to the Center for activities including lunch, along with rides to medical appointments and other necessities according to the schedule below. All individuals using our transportation must complete an annual transportation form. A wheelchair lift is available. Please be aware that the Senior Center does not provide assistance to and from the vehicle. Persons must be able to: travel without assistance, wait outside for 10 minutes, climb three 12-inch steps or use the wheelchair lift.

The Senior Center cannot provide rides home from a medical appointment/procedure that involves general anesthetics. We service Ledyard, Gales Ferry, New London, Groton, Mystic, Waterford, Norwich. Call for details.

SENIOR VAN SCHEDULE

MONDAY: Senior Center, Doctor Appointments

TUESDAY: Senior Center, Doctor Appointments

WEDNESDAY: Senior Center

2nd Wednesday: Job Lot & Dollar Tree Stores

THURSDAY: Senior Center, Doctor Appointments

FRIDAY: Senior Center, Grocery Shopping

1st Friday - Bank Run

2nd Friday - Aldi's, Stop & Shop and Walmart

All reservations for transportation must be made at least 48 hours in advance by calling the office between 8:30 am and 12:30 pm and talking to a staff person. Requests for transportation giving less than 48 hours notice will be addressed on a case by case basis.

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

EASTERN CONNECTICUT TRANSPORTATION CONSORTIUM, INC. (ECTC)

Are you in need of rides to doctor's appointments and medical tests? If so you may be eligible for the services of Eastern Connecticut Transportation Consortium, Inc., a private non-profit 501(c)3 agency whose purpose is to promote the coordination and consolidation of para-transit services for persons of low income, elderly, physically and mentally disabled individuals in Southeastern Connecticut. ECTC can be an additional means of transportation besides the Ledyard Senior Center if your appointments fall on days and times during the week that the Ledyard Senior Center does not do. Please call: 860-464-0478 or ECTC at: 860-848-5910 or fax: 860-848-5917 for further information. Their website is www.ectcinc.org.

Caregiver Mileage Reimbursement and Dial-A-Ride Medical Transportation begins July 1, 2019 through June 30, 2020 Annual registration fee is \$24.00 by check or money order made payable to: Town of Ledyard. Please call: 860-464-0478 for sign up or if you have questions.

TVCCA MEALS ON WHEELS

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

SENIOR CENTER CAFÉ

Join us for delicious and affordable (\$2 - \$4) breakfast and lunch menu items, Monday through Friday, here at the Senior Center. Breakfast served from 9:00 am – 12:00 pm and lunch at: 12:00 pm. Please see below regarding Wednesday lunches.

WEDNESDAY LUNCHEONS, GUEST SPEAKERS & PROGRAMS

Every Wednesday from September through the end of June, various civic groups, organizations, etc. will provide a full course luncheon at noon for only \$6.00. This is followed by various guest speakers or special programs, all at no cost! Check our facebook page for these upcoming programs. Details will also be available on our upcoming Regional Website at: www.seniorcentersct.org.

HOLIDAY LUNCHEONS

Join us for festive holiday luncheons, music and more, all for just \$8! All holiday luncheons are at noon and sign ups are suggested. The upcoming holiday luncheon dates are as follows:

March 20: St. Patrick's Day
April 10: Easter
May 8: Mother's Day
June 19: Father's Day

HAIR SALON

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

BLOOD PRESSURE CLINIC

Your Ledyard nurses will take your blood pressure the second Wednesday of every month from 11:00 am -12:00 pm. We will counsel you on your meds, healthy eating habits and exercise.

RENTER'S REBATE TAX RELIEF PROGRAM

Renters Rebate is a State qualified program run by OPM (office of Policy and Management) for residents who are elderly / disabled and make a certain amount of income. To qualify you need to present proof of expenses (rent, electricity, gas, water and fuel) when applying to Karen Goetchius, Municipal Agent, as well as Social Security benefits or any other income from

last year. For the year 2019, applicants apply April to Oct 2020. Call 860- 3247 in March 2020.

LEDYARD PUBLIC LIBRARY BOOK DISCUSSIONS

The Senior Center Book Discussion is held on the fourth Wednesday of each month at 10:30 a.m. at the Senior Center. Upcoming book discussions are as follows:

March 25: *Killers of the Flower Moon* by David Grann
April 22: *The Address* by Fiona Davis
May 27: *Before We Were Yours* by Lisa Wingate

PODIATRIST

Dr. Walters will be available from 9:00 am - 12:00 pm at the Ledyard Senior Center on Monday, April 13 and June 15. Please call his office at: 860-599-4555 to schedule an appointment.

SHINING STARS

Shining Stars is an intergenerational program with Senior Elder Friends and 3rd grade Shining Stars, which meets four times a year to share lunch, dessert and a musical program. Throughout the school year, letters and birthday cards are exchanged and quilted stockings are given to the students for the holidays, but most importantly, a wonderful, lasting rapport is created. Please call the Senior Center for more information.

continued on page 16

LEDYARD LIONS



Community – Friendship

***Come learn about us and how
you can help in serving
"Your community"***

Meetings at the Gales Ferry Firehouse Route #12 Gales Ferry

**1st & 3rd Thursday of the month
7:00 PM**

Call for info: 860-464-7355



BINGO



Every Wednesday – 7:00 PM

Doors opens 4:00pm – Paper @ 6:00pm

Senior Center... continued from page 15

AARP DRIVER SAFETY PROGRAM

This program, offered by AARP, is the nation's first and largest refresher course and has been taking place for over 25 years. Their new format reduces classroom requirement to one day and only four hours.

FEE: \$15.00 for members,
\$20.00 for non-members.

Make checks payable to: AARP at the time of the course.

Upcoming dates: May 4 and August 24.

Programs

AQUACISE

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

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

TIME: 10:00 am - 10:45 am

BEGINS: April 7

FEE: \$65.00

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

MAT YOGA

This gentle class is designed for seniors who want to remain active and vibrant. Using traditional yoga poses, with variations and modifications for students who have problems with knees, hips, wrist, shoulders and back, this class focuses on function, strength, balance, and flexibility.

DAY: Mondays, 10 weeks

TIME: 9:00 am - 10:00 am

BEGINS: April 6

FEE: \$50.00; \$6.00 drop-in

INSTRUCTOR: Karen Clarke

YOGA

This one hour class includes a ten minute savasana "rest" at the end of the class. Mats, blocks and chairs (for props) are available or bring your own. Anyone can attend regardless of flexibility or injury. Modifications are available for every pose which means, you can do this! We practice breathing with stretching and breathing with building strength and balance poses.

DAY: Wednesdays, 10 weeks

TIME: 8:30 am - 9:30 am

BEGINS: April 8

DAY: Fridays, 10 weeks

TIME: 9:00 am - 10:00 am

BEGINS: April 10

FEE: \$50.00; \$6.00 drop-in

INSTRUCTOR: Annie Chapman

CHAIR YOGA

Chair Yoga is accessible to all abilities. This class is designed to

offer the benefits of yoga including stretching, breathing practices, and relaxation.

DAY: Fridays, 10 weeks

TIME: 10:30 am - 11:30 am

BEGINS: April 10

FEE: \$50.00; \$6.00 drop-in

INSTRUCTOR: Sandy Hartnett

LATIN LINE DANCING

This class instructs seniors in various line dance routines in both latin and ballroom style. Latin dances include samba, merengue, rumba, cha cha, salsa, swing and mambo; Ballroom dances includes waltz, foxtrot and tango. From these various dance styles, routines are learned.

DAY: Tuesdays, 10 weeks

TIME: 10:30 am - 11:30 am

BEGINS: April 7

FEE: \$50.00; \$6.00 drop-in

INSTRUCTOR: Marjorie Winslow

BEGINNER COUNTRY LINE DANCE

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

DAY: Thursdays, 10 weeks

TIME: 12:00 pm - 1:00 pm

BEGINS: April 9

FEE: \$50.00; \$6.00 drop-in

INSTRUCTOR: Lisa Mazzaro

TAI CHI

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

DAY: Mondays, 10 weeks

TIME: 1:00 pm - 2:00 pm

BEGINS: April 7

FEE: \$50.00; \$6.00 drop-in

INSTRUCTOR: Alex Culligan

SILVER SNEAKERS FLEX

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

DAY: Tuesdays, 10 weeks

TIME: 1:00 pm - 2:00 pm

BEGINS: April 7

FEE: Based on your insurance provider

INSTRUCTOR: Robin Loy

From Photo to Canvas

ADULT BEGINNING LANDSCAPE PAINTING

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

DAY: Tuesdays, 5 weeks
TIME: 10:00 am - 12:00 pm
BEGINS: April 7
FEE: \$55.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Charles Shaw

INTRODUCTION TO EGG ART

Create a decorated egg as your introduction into Egg Art. This class will be using a smaller egg shell and trimming it with applied ribbon and flowers. You will be shown how to make flowers from small shells, or you may choose to apply premade flowers. All materials are included.

DAY: Wednesday, April 1
TIME: 11:00 - 12:00
FEE: \$10.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Jessie Baker

ROCK PAINTING

Join in the fun of painting rocks, hiding rocks and hunting for rocks painted by others. This simple act of kindness is creating quite a stir all across America. In this class, you will create numerous painted rocks so that you too can have an impact on your community, one rock at a time. All materials are included.

DAY: Thursday, April 30
TIME: 10:00 am - 11:00 am
FEE: \$5.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Christine Schlichting

ALCOHOL INK PAINTING ON TILES

Learn how to paint beautiful art with alcohol inks! In this fun and creative workshop, participants will create one or two paintings to take home or give as gifts. All materials are included.

DAY: Thursday, May 14
TIME: 10:00 am - 12:00 pm
FEE: \$10.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: April Brunelle

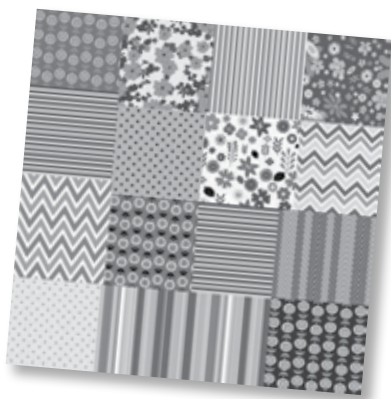
QUILTING

DAY: Mondays
TIME: 9:30 am

PITCH

DAY: Mondays
TIME: 12:30 pm

continued on page 18



Welcome!

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

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

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

**Pick up your
Loyalty Card today!
Party room available**

Call for Reservations and Take Out

860-464-8584

725 Colonel Ledyard Highway
Ledyard, CT 06339

www.ValentinosCT.com

Visa & MasterCard Accepted

 **Spring
Special**

**\$75 FIRST
MONTH**

OFFER GOOD UNTIL MAY 31st, 2020

- **Weight Loss**
- **Body Toning**
- **Increase Muscle Strength**

PURE FIT

FITNESS TRAINING

7 Hurlbutt RD, Suite 3,
Gales Ferry, CT

860.276.4995

tjhepburn@yahoo.com

Senior Center... continued from page 17

DOMINOS

DAY: Tuesdays
TIME: 9:30 am

CHORUS

DAY: Wednesdays
TIME: 9:45 - 10:45 am

GROTON BOWLING CENTER, GROTON

DAY: Thursdays
TIME: 1:00 pm

Wii BOWLING

DAY: Tuesdays
TIME: 10:00 am

THE KNIT-WITS

(Knitting & Crocheting Group)
DAY: Wednesdays
TIME: 1:00 pm

Trips

The Ledyard Senior Center offers a diverse selection of trips.

OPEN BRIDGE

DAY: Tuesdays & Fridays
TIME: 10:00 am

PINOCHLE

DAY: Thursdays
TIME: 9:00 am - 1:00 pm

Join us for local outings as well as day long trips to shows, plays, museums, lunches and more!

BINGO

DAY: Tuesdays
TIME: 12:30 pm

MAHJONG

DAY: Thursday
TIME: 9:30 - 11:30 am

Details of upcoming trips will be available on our Facebook page.

Ledyard Visiting Nurse Agency

741 Colonel Ledyard Hwy., Ledyard, CT 06339
Phone: 860-464-8464 | Fax: 860-464-7605
Office Hours: Monday - Friday, 8:00 am - 4:00 pm
Email: nurse.director@ledyardct.org

TIPS FOR A HEALTHY SPRING

Throw out scatter rugs which are tripping hazards. Eat healthy - By losing 6-10 pounds, you can make a difference in improving your blood pressure and blood sugars. Exercise - The Ledyard Senior Center has programs for every age group, so no excuses!

LET US KEEP YOU HOME

Ledyard VNA's Physical Therapists will assist you in getting stronger, improving your walking, or becoming more independent at home. They will create an individual plan just for you to achieve your goals. And it works!



DON'T YOU DESERVE THE BEST?

As a resident and a patient, know your rights and speak up! Health care is competitive. The only way to get our services is to say "Ledyard VNA" to the hospital or your MD. LRVNA is in the top for patient satisfaction and quality outcomes.



Youth & Social Services

COMING THIS APRIL!

Ledyard Youth & Social Services 2nd Annual Operation Easter Bunny.

Open to all qualified children age 18 and under who are registered with Ledyard Social Services.

FOR MORE INFORMATION

Email: mayoral.asst@ledyardct.org
or call 860-464-3222.



Parks & Recreation

PARKS AND RECREATION OFFICE

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

Email: laurie@ledyardrec.org | Access us online: www.ledyardrec.org

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

PARKS AND RECREATION STAFF

Director: Scott Johnson scott@ledyardrec.org

Office Assistant: Laurie Marcotte laurie@ledyardrec.org

Assistant Director: Monika Verebelyi monika@ledyardrec.org

Park Caretaker: Russell Smith

PARKS & RECREATION COMMISSION MEMBERS

Kenneth DiRico, Chairman	Lucrezia Finegan	Kate Kohrs	Thomas Olsen
Shaileen English	Loretta Kent	Barbara Leandri	Alex Rode

The Parks and Recreation Commission meets in the Parks and Recreation conference room on the second Tuesday of each month at 7:00 pm. The public is welcome to attend.

REGISTRATION AVAILABLE NOW!

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

1. Registrations for all programs must be made online, by mail-in or walk-in. Registrations will no longer be accepted by phone.
2. All fees must be paid at the time of registration. Registrations will not be processed without payment and the proper registration forms.
3. Some programs and classes have limited enrollment and registrations are accepted on a first come, first served basis.
4. We reserve the right to re-schedule, relocate or cancel any program due to facility availability and public response.

5. All cancellations due to inclement weather will be announced on Channels 3 and 8 and posted on our website: www.ledyardrec.org and Facebook.
6. Special Needs – If you require any special accommodations to participate in our programs, please call the Parks and Rec Office so that the necessary arrangements can be made.
7. Non-residents pay an additional \$5.00 for program fees \$5 - \$50, and \$10.00 for any program over \$50.00 except for bus trips and camp fees.

continued on page 20

Good hearing is
PRICELESS

Is it time to get your hearing checked?

County Hearing and Balance

GROTON 495 Gold Star Hwy, Ste 208 860-445-7476	NORWICH 18 Oneco Street 860-886-6268
--	--

Call us for a Free Initial Consultation
All services by Doctors of Audiology
www.countyhearingandbalance.com

ANDERSEN OIL COMPANY
860-464-7628

“A Full Service Oil Company”

DELIVERING:
Fuel Oil, Kerosene, On and Off-Road Diesel
COMPETITIVE PRICING & FAST, EFFICIENT SERVICE

Pricing Programs
Prebuys and Price Caps
Budget Plans
Heating System Service & Installation

LICENSED & INSURED
Dealer Reg. # 167 License #387363
www.andersenoilcompany.com

Parks & Recreation... continued from page 19

8. NO REFUNDS after the first week of a class or program and no refunds on trips, or supply fees and some of the Specialty Summer Camps.
9. Scholarships - Families needing financial assistance are asked to call Ledyard Social Services at: 860-464-3254.



Ledyard Parks and Rec would like to thank Matthew Riegert for all the work he accomplished at the Ledyard Highlands Community Park. As his Eagle Scout project, Matthew replaced the wood around the swing set area, built a gaga pit, and two picnic tables for our community to enjoy!

RECREATION NEWS & CANCELLATIONS

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

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

PAVILIONS, COMMUNITY CENTER & SENIOR CENTER ROOM RENTALS

Reserve any of our pavilions and Gales Ferry Community Center and Senior Center Event Rooms. Call 860-464-9112 for more details.

SUMMER EMPLOYMENT

The Ledyard Parks and Recreation Department is accepting applications for the following positions:

- PLAYGROUND SUPERVISORS
- PLAYGROUND LEADERS
- PLAYGROUND ASSISTANTS

Applicants must be 16 years of age.

Deadline: Thursday, April 16

Applications available at the Town Hall, the Town Hall website, and the Parks and Recreation Office and must be returned to the Town Hall.

Summer Camp

Registration for Summer Camp is online only at www.ledyardrec.org or online at the P&R Office.

HOW TO REGISTER

1. If registering online, the Summer Registration form must be fully completed, including attaching a photo, in order to check out.
2. If registering online in the office, please provide a wallet size photograph of your child.
3. All registration fees include one t-shirt. Additional shirts are available for \$10.00.

SUMMER CAMP

Our Staff is trained in First Aid and CPR and is here to make your summer one you will not forget. We encourage children with disabilities to participate. Please contact the Parks and Recreation Department.

DATES:

Week 1:	June 29 - July 2
Week 2:	July 6 - July 10
Week 3:	July 13 - July 17
Week 4:	July 20 - July 24
Week 5:	July 27 - July 31
Week 6:	August 3 - August 7

TIME: Drop off 8:45 - 9:00 am; Pick up 3:00 - 3:15 pm
FEE: Please note that due to the increase in minimum wage, there may be changes to the structure in fees.

Children's Programs

TUNES 'N TOTS

This engaging music class enables all children to grow to their musical potential through informal activities by listening, feeling and moving to all kinds of music.

AGES:	Birth - 5 and their caregivers
DAY:	Wednesdays, 6 weeks
TIME:	10:30 - 11:15
BEGINS:	April 22
FEE:	\$55 (siblings 9 months and younger, free!)
LOCATION:	Gales Ferry Community Center
INSTRUCTOR:	Nicole Clarke

NATURE NUTS

Bring your preschooler to a nature based class with story time, nature activity and craft. Class will be held outside while they discuss, sing, play and create in nature.

AGES:	2 ½ - 5
DAY:	Tuesdays, 8 weeks
TIME:	9:00 - 10:30 am
BEGINS:	April 7
FEE:	\$65.00
LOCATION:	Gales Ferry Community Center
INSTRUCTOR:	Diane McCarthy

MINI LEAPERS

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

AGES: 3 - 5
DAY: Saturdays, 8 weeks
TIME: 2:00 - 2:45 pm
BEGINS: April 4
FEE: \$65.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Annaleah Ramos

BEGINNER BALLET & JAZZ

This class will be a split lesson of Ballet and Jazz. For the first half we will focus on simple ballet steps and dance etiquette. For the second half, we will learn basic Jazz warm-ups and combinations.

AGES: 6 - 8
DAY: Saturdays, 8 weeks
TIME: 3:00 - 4:00 pm
BEGINS: April 4
FEE: \$80.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Annaleah Ramos

TUMBLEWEEDS

The child and a parent/caregiver participate together in basic movement and gymnastic activities.

AGE: 18 months to 2 years
DAY: Mondays, 6 weeks
TIME: 3:30 - 4:10 pm
BEGINS: April 6
FEE: \$40.00

DAY: Wednesdays, 6 weeks
TIME: 4:15 - 4:55 pm
BEGINS: April 8
FEE: \$40.00
INSTRUCTOR: Kathee Ivey

TUMBLEBUGS

Tumble, stretch, roll, balance and swing in this exciting class for preschoolers.

AGE: 3 - 4
DAY: Mondays, 6 weeks
TIME: 4:15 - 5:00 pm
BEGINS: April 6
FEE: \$40.00

DAY: Wednesdays, 6 weeks
TIME: 5:00 - 5:45 pm
BEGINS: April 8
FEE: \$40.00
INSTRUCTOR: Kathee Ivey

continued on page 22

BOXING MAIN EVENT



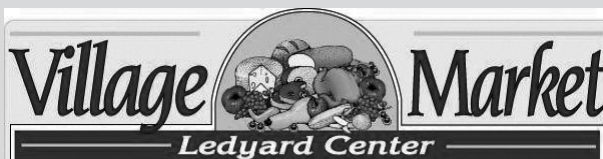
Fitness Boxing for Teens and Adults / Kids Boxing Class Ages 7-12

- Full body workout routine incorporating heavy bags and focus mitts. Cardio conditioning jump rope, core, TRX, pull ups, battle ropes, kettle bells and so much more.
- We will beat or meet any competitors price
- Classes held 7 days a week, day and evening
- Full staff of boxing instructors

10% OFF ANY MEMBERSHIP

**1663 Route 12, Gales Ferry Ct
860-381-5057**

FaceBook - Main event boxing LLC



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

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

ledyardvillagemarket.com

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

Parks & Recreation... continued from page 21

GYMNASTICS

These gymnastic classes will include some apparatus. Participants will also work on their tumbling skills - walkovers, handsprings, and cartwheels.

AGE: 5 - 7
DAY: Thursdays, 6 weeks
TIME: 5:00 - 6:00 pm
BEGINS: April 9
FEE: \$45.00

AGE: 8 and up
DAY: Thursdays, 6 weeks
TIME: 6:00 - 7:00 pm
BEGINS: April 9
FEE: \$45.00
INSTRUCTOR: Kathee Ivey

LITTLE TYKES SOCCER

Come and learn soccer skills while having fun! Play games while you are learning ball handling skills.

AGE: 3 - 6
DAY: Mondays, 6 weeks
TIME: 5:00 - 5:45 pm
BEGINS: April 6
FEE: \$40.00
LOCATION: Gallup Hill School
INSTRUCTOR: Casey Fry

PRESCHOOL INDOOR T-BALL

Have fun building social skills while learning the basics of throwing, hitting, and running the bases.

AGE: 3 - 6
DAY: Wednesdays, 6 weeks
TIME: 5:00 - 5:45 pm
BEGINS: April 8
FEE: \$40.00
LOCATION: Gallup Hill School
INSTRUCTOR: Casey Fry

YOUTH ROWING / COMPETITION TEAM ROWING

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

AGE: 12 and up
DAY: Saturdays and Thursdays, 10 weeks
TIMES: 10:00 11:00 am on Saturdays,
2:30 4:00 pm on Thursdays
BEGINS: March 21
FEE: \$100 for new members,
\$120 for returning crew members
LOCATION: Thames River and Coves
(call for specific address)
INSTRUCTOR: Russell Smith

TAE KWON DO

Tae Kwon Do is a Korean martial art that means "foot/hand way." It develops many skills such as coordination, focus, balance, strength, and agility.

DAY: Wednesdays, 6 weeks
AGES & TIMES: 5:30 - 6:00 pm, ages 5- 8
6:05 - 6:45 pm, ages 8-13
BEGINS: April 8
FEE: \$45.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Bob Chester

HORSEBACK RIDING

Improve your riding skills or try horseback riding for the first time. Classes will include the basics of horseback riding and grooming of horses.

AGE: 8 and up
FEE: \$37.00 for (2) - one-hour classes
DAY & TIME: Classes can be set up according to
your schedule.
LOCATION: Leaning Birch Equestrian Center, Ledyard

SWIM LESSONS

Your child will learn skills such as proper water breathing, gliding, and rotary arm movement. Once perfected, skills such as proper technique for freestyle and backstroke will be introduced.

AGE: 5 - 7
DAY: Saturdays, 4 weeks
TIME: 3:30 - 4:00 pm
BEGINS: April 4, May 2, June 6
FEE: \$70.00

AGE: 8 - 10
DAY: Saturdays, 4 weeks
TIME: 4:00 - 4:30 pm
BEGINS: April 4, May 2, June 6
FEE: \$70.00
LOCATION: Vitale Aquatic and Tennis

VOLLEY WITH ME

We will introduce children to the basics of volleyball and instill a love for the sport. Each child must be accompanied by a parent /caregiver participant who will assist by tossing balls during activities.

GRADES: 3 - 5
DAY: Fridays, 6 weeks
TIME: 6:00 - 7:00 pm
BEGINS: April 24
FEE: \$65.00
LOCATION: Gales Ferry School
INSTRUCTOR: Kelli Foss

YOUTH VOLLEYBALL CAMP

This is an introductory camp, but modifications will be made for those who have volleyball experience. Learn about the skills and rules of volleyball. Participants must bring a water bottle. All proceeds will be donated to the Ledyard High School Girls' Volleyball Program.

GRADES: 6 - 8
DAY: Tuesdays and Thursdays, 3 weeks
TIME: 7:00 - 8:30 pm
BEGINS: April 21
FEE: \$75
LOCATION: Ledyard High School
INSTRUCTOR: Marin Marciano, Ledyard High School Girls' Volleyball Coach

BOXING

Participants will learn the skills of boxing on punching bags. There is also a heavy emphasis on core and conditioning.

AGE: 13 and up
DAY: Wednesdays, 6 weeks
TIME: 6:30 - 7:15 pm
BEGINS: April 8
FEE: \$65.00, participants must purchase boxing gloves
LOCATION: Main Event Boxing, Gales Ferry
INSTRUCTOR: Chris Pennenga

GOLF LESSONS

Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow - thru, sand shots, downswing, chipping, putting, equipment information and golf etiquette. Please bring a putter, 3 wood and 7 iron. Small fee for a bucket of balls.

AGE: 8 and up
DAY: Saturdays
TIME: 11:00 am - 12:00 pm
SESSION I - 5 weeks
BEGINS: April 18
FEE: \$125.00
SESSION II - 5 weeks
BEGINS: June 20
FEE: \$125.00
LOCATION: Great Brook Golf Center, Groton
INSTRUCTOR: Chris Hedden

SPANISH LESSONS

Learn some key Spanish words, play some games, design a travel brochure and learn about a different culture.

AGE: 8 - 10, accompanied by an adult
DAY: Wednesdays, 6 weeks
TIME: 6:00 - 7:00 pm
BEGINS: April 8
FEE: \$45.00

LOCATION: Ledyard Senior Center
INSTRUCTOR: Rosa Fontanez

DRAWING CLASS

Students will create still life compositions and create greeting cards through a variety of drawing techniques: exploring line, color, and shade. Materials required: sketch pad, drawing pencil.

AGE: 8 - 12
DAY: Tuesdays, 6 weeks
TIME: 5:00 - 6:00 pm
BEGINS: April 7
FEE: \$50.00
LOCATION: Ledyard Middle School
INSTRUCTOR: LeeAnn Graham

CHEF JR. KIDS' COOKING CLASS

Learn how to make delicious dishes for the whole family in this fun, interactive class! Bring your favorite apron and containers to take food home.

AGE: 9 - 13
DAY: Wednesdays, 3 weeks
TIME: 3:30 - 5:00 pm
SESSION I: 4/29, 5/6, 5/13
SESSION II: 5/20, 5/27, 6/3
SESSION III: 6/10, 6/17, 6/24
FEE: \$75.00

AGE: 5 - 9
DAY: Thursdays, 3 weeks
TIME: 3:30 - 5:00 pm
SESSION I: 4/30, 5/7, 5/14
SESSION II: 5/21, 5/28, 6/4
SESSION III: 6/11, 6/18, 6/25
FEE: \$75.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Erika Gradecki,
Chef/Owner Food for Your Soul, LLC.

CHEF JR. WARS!

For the young chef who loves a good fight! All cooking levels invited. Guest judges will look for creativity, use of ingredients, and plate presentation. Winners will receive a prize for each round.

AGE: 5 - 12
DAY: Tuesdays, 3 weeks
TIME: 4:30 - 6:00 pm
BEGINS: June 2
FEE: \$75.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Erika Gradecki,
Chef/Owner Food for Your Soul, LLC.

continued on page 24

Parks & Recreation... continued from page 23

BALLOON TWISTING CLASS TO MAKE

BALLOON ANIMALS

Come learn how to twist your own balloon animals! You'll learn a brief history of balloons and the basics of how to twist them into shapes. Each student will receive a hand pump and a bag of balloons to take home after the class to continue practicing.

Adults are also welcome!

AGE: 10 and up
DAY: Monday, April 20
TIME: 6:00 - 8:00 pm
FEE: \$20.00
LOCATION: Ledyard Middle School Art Room
INSTRUCTOR: April Brunelle

ALCOHOL INK PAINTING ON TILES

Learn how to paint beautiful art with alcohol inks! In this fun and creative workshop, participants will create one or two paintings to take home or give as gifts.

AGE: 13 and up
DAY: Monday, April 27
TIME: 6:00 - 8:00
FEE: \$20.00
LOCATION: Ledyard Middle School Art Room
INSTRUCTOR: April Brunelle

MAKE & TAKE MOTHER'S DAY GIFT

Children will get to make a personalized gift for their mother or special women in their life and they will be able to gift wrap it as well. Supplies are included.

AGE: 8 and up
DAY: Tuesday, May 5
TIME: 6:00 - 7:00 pm
FEE: \$15.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Sara Holliday

PARENTS' NIGHT OUT

Enjoy a nice date night out or just some alone time; we won't judge! Drop off your child so they can play games and make crafts with our experienced staff. Pizza dinner and a movie provided. Get even comfier by bringing your little one's pillow and blanket for the movie.

AGE: 4 and up
DAY: Friday, May 8
TIME: 5:00 - 9:00 pm
FEE: \$25.00
LOCATION: Ledyard Senior Center

Adult Programs

TABATA MOMMAS

A free, open group set up for Women and Mommas with little ones. Get fit, feel great, meet new people and support each other as we work towards our own individual goals! All Fitness Levels

are welcome and encouraged. Workouts will primarily be HIIT/ High Intensity Interval Training - Circuit style body weight workouts. Children are welcome but will be the responsibility of the parent attending. Bring a toy or two for your kids to enjoy.

DAY: Monday, Wednesday, Friday
TIME: 9:10 - 10:00 pm
BEGINS: April 6
FEE: FREE, but you must register.
LOCATION: Gales Ferry Community Center
INSTRUCTOR: Liz Schwebel

PILATES & MOVEMENT

A fusion of Pilates & Yoga for a total body workout. Focus on the core including balancing exercises, weights for upper body strength, strong bones and definition, bands for stretching connective tissue and muscles. Bands will be provided or you may purchase one for \$5.00.

DAY: Tuesdays, 5 weeks
TIME: 6:00 - 7:00 pm
BEGINS: April 7
FEE: \$55.00
LOCATION: Gales Ferry School Library
INSTRUCTOR: Anne Nelson

YOGA CLASSES by Karen Clarke

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

YOGA BASICS

For all levels, especially beginners. Enjoy the calm, peace, and self-acceptance of yoga no matter what shape you're in.

DAY: Mondays, 8 weeks
TIME: 5:00 - 6:15 pm
BEGINS: April 20
FEE: \$82.00
LOCATION: Gales Ferry School
INSTRUCTOR: Karen O'Donnell Clarke

DAY: Tuesdays
TIME: 11:00 am - 12:00 pm
SESSION I - 6 weeks
BEGINS: April 14
FEE: \$62.00
SESSION II - 6 weeks
BEGINS: May 26
FEE: \$62.00

LOCATION: Gales Ferry Community Center
INSTRUCTOR: Karen O'Donnell Clarke

DAY: Thursdays

TIME: 11:00 am - 12:00 pm

SESSION I - 6 weeks

BEGINS: April 16

FEE: \$62.00

SESSION II - 6 weeks

BEGINS: May 28

FEE: \$62.00

LOCATION: Gales Ferry Community Center

INSTRUCTOR: Karen O'Donnell Clarke

MODERATE YOGA

This flow style class is done at a moderate pace including longer holding and posture explorations focusing on proper alignment and movement coordinated with breath. This class is designed for students who enjoy a sometimes challenging yoga class.

DAY: Mondays, 8 weeks

TIME: 6:30 - 8:00 pm

BEGINS: April 20

FEE: \$82.00

LOCATION: Gales Ferry School

INSTRUCTOR: Karen O'Donnell Clarke

GENTLE YOGA

For all levels, especially beginners. Enjoy the calm, peace, and self-acceptance of yoga no matter what shape you're in.

DAY: Wednesdays, 8 weeks

TIME: 6:00 - 7:30 pm

BEGINS: April 15

FEE: \$82.00

LOCATION: Gales Ferry Community Center

INSTRUCTOR: Karen O'Donnell Clarke

CHAIR YOGA FOR EVERY BODY

Are you interested in Yoga but not interested in getting onto the floor? Then this class is for you! Everybody can do Yoga using chairs for sitting and standing individuals who need to support for balance and safety. For anyone interested in learning more ways to improve balance, strength, and flexibility. All ages, levels and abilities welcome.

DAY: Thursdays

TIME: 9:30 - 10:30 am

SESSION I - 6 weeks

BEGINS: April 16

FEE: \$62.00

SESSION II - 6 weeks

BEGINS: May 28

FEE: \$62.00

LOCATION: Gales Ferry Community Center

INSTRUCTOR: Karen O'Donnell Clarke

TAI CHI

Tai Chi has been described as "a prescription to good health for men and women, whether young or old, weak or strong." Some

benefits include improved balance, decreased tension, and better breathing. For beginning and continuing students.

DAY: Thursdays, 8 weeks

TIME: 6:00 - 7:00 pm

BEGINS: April 9

FEE: \$52.00

LOCATION: Gallup Hill School

INSTRUCTOR: Alex Culligan

INTRO TO ARNIS

(Filipino Stick Martial Art)

Get an introduction to the Filipino stick art of Arnis (meaning "armor") and some basic Jeet Kune Do (Bruce Lee's art.) This 8-week class will cover: boxing techniques, footwork drills, empty hand drills, and Arnis stick drills. The rattan stick is included in the registration fee, but students must bring their own boxing gloves.

DAY: Thursdays, 8 weeks

TIME: 6:00 - 7:00 pm

BEGINS: April 9

FEE: \$95.00, includes the stick

LOCATION: Juliet Long School

INSTRUCTOR: Bob Chester, 6th degree Black Belt in Tae Kwon Do

POUND®

Pound is the world's first Cardio Jam Session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Try the first class for FREE!

DAY: Tuesdays, 8 weeks

TIME: 6:00 - 7:00 pm

BEGINS: April 7

FEE: \$80.00

LOCATION: Gallup Hill School

INSTRUCTOR: Lindsay Strand

FITNESS BOXING

Participants will learn the skills of boxing on punching bags. There is also a heavy emphasis on core and conditioning.

DAY: Wednesdays, 6 weeks

TIME: 6:30 - 7:15 pm

BEGINS: April 8

FEE: \$65.00, participants must purchase boxing gloves

LOCATION: Main Event Boxing, Gales Ferry

INSTRUCTOR: Chris Pennenga

ZAZEN (Seated Meditation)

Experience seated meditation in the Zen Buddhist tradition with **continued on page 26**

Parks & Recreation... continued from page 25

ordained Monk Reverend Gendo Testa.

DAY: Thursdays, 6 weeks
TIME: 6:00 - 7:00 pm
BEGINS: April 9
FEE: \$60.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Rick Gendo Testa

WOMEN'S BASKETBALL

When was the last time you picked up a basketball? Come join our friendly 3-on-3 half court games. Get some exercise and have fun while you're doing it. All ages and experience levels are welcome.

DAY: Mondays
TIME: 7:00 - 9:00 pm
BEGINS: April 6
FEE: \$10.00 for new registrants
LOCATION: Ledyard Middle School

MEN'S OVER 30 BASKETBALL - Ledyard Residents ONLY!!!

Get some exercise in a pick-up play format.

DAY: Tuesdays
TIME: 7:00 - 9:00 pm
BEGINS: April 7
FEE: \$10.00 for new registrants
LOCATION: Ledyard Middle School

DAY: Fridays
TIME: 7:00 - 9:00 pm
BEGINS: April 10
FEE: \$10.00 for new registrants
LOCATION: Ledyard Middle School

LEDYARD ROWIN'

Come join us on the Thames River and Coves! We will row in 25' Gigs, 16' Dories and Sliding Seat Training Shells. Learn to row, join the comradery, make life-long friends and have a good time!

WOMEN'S ROWING

DAY: Saturdays, 10 weeks
TIME: 8:30 - 9:30 am
BEGINS: March 21
FEE: \$120 for new members or
\$100 for returning crew members

CO-ED ROWING

DAY: Thursdays, 10 weeks
TIME: 5:30 - 6:30 pm
BEGINS: March 26
FEE: \$120 for new members or
\$100 for returning crew members
LOCATION: Thames River and Coves
(call for specific address)
INSTRUCTOR: Russell Smith

GOLF LESSONS

Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow - thru, sand shots, downswing, chipping, putting, equipment information and golf etiquette. Please bring a putter, 3 wood, 7 iron, and pitching wedge. Equipment is available to borrow if needed. There is a small fee for a bucket of balls for each lesson. Class size is limited to 10.

ADULTS' CLASSES

CLASS I -
DAY: Mondays, 5 weeks
TIME: 10:00 - 11:00 am
BEGINS: April 6

CLASS II -
DAY: Mondays, 5 weeks
TIME: 6:00 - 7:00 pm
BEGINS: April 6

CLASS III -
DAY: Wednesdays, 5 weeks
TIME: 6:00 - 7:00 pm
BEGINS: April 8

CLASS IV -
DAY: Thursdays, 5 weeks
TIME: 10:00 - 11:00 am
BEGINS: May 7

CLASS V -
DAY: Thursdays, 5 weeks
TIME: 6:00 - 7:00 pm
BEGINS: May 7

CLASS VI -
DAY: Mondays, 5 weeks
TIME: 6:00 - 7:00 pm
BEGINS: June 1

WOMEN'S CLASSES

CLASS I -
DAY: Mondays, 5 weeks
TIME: 10:00 - 11:00 am
BEGINS: May 5

CLASS II -
DAY: Mondays, 5 weeks
TIME: 6:00 - 7:00 pm
BEGINS: May 5
FEE: \$125.00
LOCATION: Great Brook Golf Center, Rt. 184, Groton
INSTRUCTOR: Chris Hedden

BALLROOM DANCE

Beginner Country Two Step

The Country 2 Step will get you dancing in no time at all. This class is for beginners. The basic steps are rather easy and turns are fun!

DAY: Tuesdays, 4 weeks

continued on page 28

From Our Garage to Yours

ANTONINO AUTO GROUP

9 DEALERSHIPS • 6 MANUFACTURERS • 5 COLLISION CENTERS • 1 FAMILY



Antonino Acura

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



BMW of New London

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



Charles Toyota

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



Girard Ford

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



Girard Nissan

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



Girard Toyota

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



Michael KIA of Groton

421 Route 12, Groton
(860) 449-1242 • MichaelKiaofGroton.com



Nissan of Norwich

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



Toyota of Colchester

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

LIFETIME BRAKE PADS

Purchase a complete brake service, including brake pads or shoes & resurfacing or replacement of the rotors, and when your pads are worn down to 3mm or less you will receive replacement pads at NO COST to you!!!



Guarantee only covers the parts cost for the replacement pads. Customer is responsible for all other costs, including labor and other necessary parts required to return the brake system to its original operating condition. See dealer for details.

Accident Damage ERASED



COMPLETE COLLISION REPAIR SERVICES
COMPLIMENTARY ESTIMATES



Girard Motors Collision Center
(860) 448-0050
girardnissan.com



Car Service Collision Center
(860) 437-2455
carservicecollision.com



Girard Ford Collision Center
(860) 889-3749
girardford.com



Charles Toyota Collision Center
(860) 886-5132
charlestoyota.com



Gold Star Sales & Collision Center
(860) 446-6100
goldstarcollision.com

Photo by Kala Morry

ANTONINOAUTOGROUP.COM

Parks & Recreation... continued from page 26

TIME: 6:00 - 7:00 pm
BEGINS: May 5
FEE: \$49.00
LOCATION: Gales Ferry Community Center
INSTRUCTOR: Susan Morgan

INTERMEDIATE COUNTRY TWO STEP

This class is designed for those people who already know the basic four steps. This will be a continuation of the Beginner class.

DAY: Tuesdays, 4 weeks
TIME: 6:00 - 7:00 pm
BEGINS: June 2
FEE: \$49.00
LOCATION: Gales Ferry Community Center
INSTRUCTOR: Susan Morgan

MUSHROOM HUNTING:

Gourmet Mushrooms of Connecticut

The Mushroom Hunting Foundation teaches people how to safely enjoy America's many delicious species of wild mushrooms. In the first class, Ryan Bouchard and Emily Schmidt will explain the safety rules of mushroom hunting and the science of mycology. They will discuss local species of the spring season, focusing on the ones that are "safe for beginners." The second class will be a guided mushroom walk at a special forest location followed by a special cooking session with several gourmet mushroom species.

DAY: Saturdays, 2 weeks
TIME: 10:00 am - 12:00 pm
BEGINS: May 16
FEE: \$60.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Ryan Bouchard & Emily Schmidt

DELECTABLE DESSERTS

Do you or someone you know love dessert(s)? Well, you've come to the right place! Create both rich, delectable desserts as well as lighter versions to satisfy that sweet tooth.

DAY: Thursdays, 3 weeks
TIME: 5:30 - 7:00 pm
BEGINS: April 30
FEE: \$75.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Erika Gradecki,
Chef/Owner Food for Your Soul, LLC.

PLANT BASED NUTRITION COOKIN'

This class is geared towards healthy & nutritional dishes for those wishing to try a plant based diet, which focuses on whole grains, fruits & veggies, beans, etc.

DAY: Thursdays, 3 weeks
TIME: 5:30 - 7:00 pm
BEGINS: May 21

FEE: \$75.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Erika Gradecki,
Chef/Owner Food for Your Soul, LLC

PARTY TIME 101

Love to host a great party? Or maybe you just love the appetizers and platters served at weddings and celebrations? If so, this is the right class for you! Learn how to create both hot and cold items, as well as the basics of garnish & plate presentation.

DAY: Thursdays, 3 weeks
TIME: 5:30 - 7:00 pm
BEGINS: June 11
FEE: \$75.00
LOCATION: Ledyard Senior Center
INSTRUCTOR: Erika Gradecki,
Chef/Owner Food for Your Soul, LLC.

ALCOHOL INK PAINTING ON TILES

Learn how to paint beautiful art with alcohol inks! In this fun and creative workshop, participants will create one or two paintings to take home or give as gifts.

DAY: Monday, April 27
TIME: 6:00 - 8:00 pm
FEE: \$20.00
LOCATION: Ledyard Middle School Art Room
INSTRUCTOR: April Brunelle

HOW TO PERMANENTLY CHANGE YOUR RELATIONSHIP WITH SUGAR

This workshop will inspire you to permanently change your relationship with sugar and turn your life around through the power of healthy eating. This is an opportunity to finally control what you eat and drink, not through willpower or discipline, but by understanding what causes these uncontrollable cravings and knowing that you can reduce them naturally over time.

DAY: Thursday, April 9
TIME: 6:00 - 7:30 pm
FEE: \$25.00
LOCATION: Board of Ed Building
INSTRUCTOR: Suzanne Healy, a certified Integrative Nutrition Health Coach

STRESS BUSTERS: 20 Ways to De-Stress & Re-Energize

Stress is now a part of our hectic daily lives. Chronic or ongoing stress is dangerous and can affect organs, cells and lead to other health issues. The good news is that we can equip ourselves to better cope with and minimize the stress in our lives. This workshop will look at what stress does to our bodies, but more importantly, it will take you through some steps to build resilience to "bust that stress" and stay in optimum health.

DAY: Thursday, April 9
TIME: 6:00 - 7:30 pm

FEE: \$25.00
 LOCATION: Board of Ed Building
 INSTRUCTOR: Suzanne Healy, a certified Integrative Nutrition Health Coach

HOW TO DO A SPRING CLEANSE FOR YOUR BODY

If you have never done a detox or cleanse before and wondering if you should, then this class is for you. Learn why detoxing matters, how to tell if you need a detox and how you can fit it into your busy schedule.

DAY: Thursday, April 9
 TIME: 6:00 - 7:00 pm
 FEE: \$15.00
 LOCATION: Board of Ed Building
 INSTRUCTOR: Suzanne Healy, a certified Integrative Nutrition Health Coach


HOW MONEY WORKS

A commonsense guide to financial success. The fact is, you have the power to accumulate wealth. Many people who never earned a six-figure income become financially independent. How do they do it? Come and find out. Each family will receive FREE, the 30-page guide, "How Money Works."

DATE: Thursday, April 23 OR
 DATE: Thursday, May 14 OR
 DATE: Thursday, May 28
 TIME: 6:30 - 7:30 pm
 FEE: FREE, but you must register

continued on page 30

**Smart Banking.
Community Trusted.**



COREPLUS CREDIT UNION
cpou
 Smart Banking. Community Trusted.

860-886-0576
 800-724-0779
 coreplus.org

Groton • East Lyme • Waterford
 Norwich • Taftville • Plainfield
 Putnam & Brooklyn Walmart Supercenters

NCUA
 Equal Opportunity Lender



HOLMBERG ORCHARDS

8TH ANNUAL SPRING FESTIVAL

MAY 30 11-4

\$5 ADMISSION 12 & UNDER FREE

ARTISAN MARKET
 TRACTOR RIDES
 WINE & CIDER TASTING
 FOOD TRUCKS & CIDER DONUTS
 LIVE MUSIC & MORE

12 ORCHARD LN GALES FERRY, CT
 HOLMBERGORCHARDS.COM



Parks & Recreation... continued from page 29

LOCATION: Ledyard Middle School

INSTRUCTOR: Donald Wilson

ABC'S OF INVESTMENT

Learn the ABC's of investing and three fundamental accounts most people need. Learn wealth building concepts and one of the most effective long-term investment vehicles available.

DATE: Thursday, April 30 OR

DATE: Thursday, May 21

TIME: 6:30 - 7:30 pm

FEE: FREE, but you must register

LOCATION: Ledyard Middle School

INSTRUCTOR: Donald Wilson

MILITARY SPACE AIR TRAVEL

This program is open to all Military Active and Retired. This course is designed to teach Do's and Don'ts of military space air travel. As a military member, you, your spouse and eligible children, may use this service at no cost. A great benefit not often used due to fear of the unknown. This course will teach you what to expect and how to prepare for the unexpected. React with the Space A system in a way that gives you rational experience and reasonable expectations. At the end of this course you should be able to plan, schedule, and use this service benefit to your advantage.

DAY: Mondays, 3 weeks

TIME: 6:30 - 7:30 pm

BEGINS: April 20

FEE: \$25.00 per couple or \$15.00 per individual

LOCATION: Ledyard Middle School

DAY: Saturday, May 16

TIME: 12:00 - 3:00 pm

FEE: \$25.00 per couple or \$15.00 per individual

LOCATION: Board of Ed Building

INSTRUCTOR: Donald Wilson, Ret. regular traveler since 2004

CT SAFE BOATING CLASS

This class focuses on boating safety and Connecticut boating regulations. Those who successfully complete this class will receive a diploma which can be submitted to CT DEEP, along with the license fee, to obtain their CT license. Students should have or should obtain a CT Conservation ID number before the second meeting of this class. These ID numbers are included on fishing and hunting licenses. They can also be obtained from CT DEEP at: www.ct.wildlifelicense.com/internetsales. You must attend all 4 classes.

DATES: April 21, 23, 28, and 30

TIME: 6:00 - 9:00 pm

BEGINS: April 21

FEE: \$10.00

LOCATION: Ledyard Middle School

INSTRUCTOR: Tom and Betty Scott

Darrell's Day Trips

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

NEW YORK CITY ON YOUR OWN

Board our deluxe motor coach and travel worry-free to the center of the greatest city in the world! Upon arrival in New York City our coach will make numerous stops, allowing you to disembark throughout uptown, midtown, and downtown. Spend the day at your leisure pursuing an activity that is unique to only the Big Apple, such as Broadway shows, ethnic restaurants, museums, city tours, and so much more! After a day full of excitement, settle back on to the coach from a central location and enjoy a relaxing ride home.

DAY: Saturday, April 25

DEPARTING: 7:00 am, Norwich Commuter Lot, Route 82, I-395 Exit 11

RETURNING: 9:30 pm

FEE: \$52 per adult; \$47 per child thru age 12

THE BRONX ZOO

The Bronx Zoo is one of the largest wildlife conservation parks in the world. It is home to some 4,000 animals representing about 650 species from around the world, many shown in their natural habitats and open ranges. Your Total Experience Ticket allows admission to special rides and attractions, including the Butterfly Garden, Children's Zoo, Congo Gorilla Forest, Wild Asia Monorail, Jungleworld, and 4-D Theater. There are cafes and food stands throughout the park for grabbing lunch, or you may bring your own from home. A fast food stop at a highway travel plaza will be made on the way home for dinner.

DAY: Sunday, May 3

DEPARTING: 7:15 am, Norwich Commuter Lot, Route 82, I-395 Exit 11

RETURNING: 6:30 - 7:00 pm

FEE: \$82 per adult; \$76 per child thru age 12

Special Events & Activities

SPRING EGG HUNT

The Spring Egg Hunt is hosted by the Ledyard Parks and Recreation Department and is for children up to 10 years of age to hunt for eggs. Children will be divided into age groups. Don't forget your basket!

DATE: Saturday, April 11

TIME: 12:00 pm

FEE: FREE, but you must register

LOCATION: Blonder's Park

CHILDREN'S TRIPLE CROWN EVENT

Can you meet the challenge of finishing ALL THREE of these
continued on page 32

Thinking of Putting Your Home on the Market?

Call For a Free, No Obligation Market Analysis of Your Home



Merry Cassabria
*Experienced, Knowledgeable,
Prompt and Responsive*

"I am dedicated to providing the absolute finest service and expertise possible for my clients."

- Ledyard Resident
- 20 Years of Experience
- 2015 Eastern CT Association of Realtors President
- 2014 Eastern CT Association of Realtors Realtor of the Year
- Member of ReMax Hall of Fame
- Proud Waterford Country School Foster Parent
- Current Eastern CT Associate Realtor of Realtors Board of Directors
- Proud Waterford Country School Foster Parent

Email me for a free copy of
Martha Webb's
"Dress Your House for Success"



Tisha Ladias
*Realtor, ABR
Military Relocation Specialist
Buyer's Agent*

It would be our pleasure to assist you in all your real estate needs - whether you are a first time homebuyer, military transferee, move-up buyer, retiree, or somewhere in between. Please take a moment to browse our website. Here you can search the MLS, set up personalized home searches, and be sent e-alerts whenever similar homes go on the market. You can even draw your own area of homes that you may be interested in.

Feel free to contact us with any questions you may have, and enjoy your visit here at Team Merry Cassabria.

Visit our **NEW** website:
www.TeamMerryCassabria.com



1641 Rt 12, Gales Ferry, CT 06335 / 860-625-5385 860-464-0443
Email: Merry@Cassabria.com

OLD SAYBROOK ANTIQUES CENTER

Since 1994



Antiques • Vintage
Modern • Fine Design

Open Daily
10 - 4

756 Middlesex Turnpike
(Rte. 154)

Old Saybrook, CT 06475
860-388-1600

www.OldSaybrookAntiquesCenter.com

Rocky's Landscaping^{LLC}

Residential & Commercial
860-215-6424

LEDYARD

Licensed & Insured

24 HOUR EMERGENCY CALLS

SPRING IS COMING



Time for spring cleanup
Planting/Seeding, Treating Lawns
Mowing/Weedwacking

 rockyslandscaping1@gmail.com

 **ROCKY'S LANDSCAPING LLC**

Parks & Recreation... continued from page 30

races? Youth ages 5 to 17 will have the chance to compete in all 3 races in 2019 to earn the TRIPLE CROWN CHAMPION trophy. You can also compete in one, two, or all three events.

FEE: for all 3 - \$67.50 plus \$10 USAT Membership.

Register: <https://runsignup.com/Race/CT/NewLondon/YouthTripleCrown2018>

PROUD TO "DU" IT - DUATHLON

Run, Bike, Run Event. All abilities are welcome. Everyone will run and bike on closed roads/trail. Training wheels can be used. Helmets are required.

DATE: Sunday, April 26 - 9:00 am

AGE: 5 - 6 Run .5 miles Bike 1 mile Run .5 miles

AGE: 7 - 10 Run .7 miles Bike 2 miles Run .7 miles

AGE: 11 - 17 Run 1 mile Bike 4 miles Run 1 mile

SUPERSPRINT: Run 1.2 miles Bike 6 miles Run 1.2 miles

FEE: \$25.00 plus \$10.00 USAT membership.

LOCATION: Fort Trumbull, New London.

REGISTER: <https://runsignup.com/Race/CT/NewLondon/ProudtouDUit>

SPLASH & DASH

A Run, Swim, Run Event. All levels are welcome. This is a family friendly event followed by a brunch for all race families. Bring a blanket or chair. Children can discover what it is like to have competed in an aquathlon. Medals to all children who finish the race. Race shirts to all children registered by June 10th.

DATE: Saturday, June 13 - 9:00 am

AGE: 5 - 6 Run .5 miles Swim 50 yards Run .5 miles

AGE: 7 - 10 Run .5 miles Swim 100 yards Run .7 miles

AGE: 11-17 Run .5 miles Swim 200 yards Run 1.5miles

SUPERSPRINT: Run .5 miles Swim 400 yards Run 2 miles

LOCATION: Mohegan Park, Norwich

FEE: \$25.00 plus \$10.00 USAT membership.

REGISTER: <https://runsignup.com/Race/CT/Norwich/NorwichSplashandDash>

PROUD TO TRI TRIATHLON

A Swim, Bike and Run Event. The grand finale of the "Triple Crown." Lifejackets can be worn in the water and training wheels can be used on the bike.

DATE: Saturday, September 12 - 8:00 am

AGE: 5 - 6 50 yard swim 1 mile bike .5 mile run

AGE: 7 - 10 100 yard swim 2 mile bike .75 mile run

AGE: 11-17 200 yard swim 4 mile bike 1.5 mile run

SUPERSPRINT: 300 yard Swim 6 mile bike 2 mile run

FEE: \$25 plus \$10 USAT membership.

LOCATION: Camp Harkness State Park, Waterford

REGISTER: <https://runsignup.com/Race/CT/Waterford/ProudtoTRI>

*Want to Reach Every Home in Town?
Call Events Magazines at 860-767-9087*

Ledyard Public Library



Library Hours

BILL

860-464-9912

Monday - Wednesday 9-8
 Thursday Closed
 Friday - Saturday 9-5
 Sunday 1-5

Email: bill-lib@ledyard.lioninc.org

GALES FERRY

860-464-6943

Monday - Tuesday 9-8
 Wednesday - Thursday 9-5
 Friday & Sunday Closed
 Saturday 9-5

Email: gf-lib@ledyard.lioninc.org

DID YOU KNOW that the library offers a language learning program that can be accessed remotely from your desktop, tablet or mobile device. Mango provides instruction in over 70 world languages. Start the conversation through courses crafted using conversational methodology. Every self-paced language course introduces the learner to cultural insights and grammatical nuances specific to their language of choice, delivered through native speaker dialogue, and created with each individual learner in mind. Mango is centered around you and adapts to your learning behavior. Uniquely engineered to evolve with your learning habits, Mango prepares you for confident conversation and lasting connections. To learn more about Mango and how to get started visit the library webpage and click the link under Mango for more information.

UPCOMING EVENTS AT LEDYARD PUBLIC LIBRARY



Visit: www.ledyard.lioninc.org to register for programs with this symbol. All programs are free and open to the public

Programs

ACTIVE PARENTING: SUBSTANCE USE PREVENTION

Tuesdays, 6:30 pm

Gales Ferry Community Center

Call Kerensa at: 860-910-0397 to register.

March 24 Marijuana, Cannabinoids, and Hemp: Uses and Abuses - TLC not THC

March 31 Alcohol AND Opioids: Gateways and Pathways



April 7 Mental Health and Illth: Suicide, Social Media/ Screening, and Basics of Mental Hygiene and Prevention

Ledyard Prevention Coalition and Ledyard Public Library will sponsor a series of programs about topics every parent should know about. Dr. Frank W. Maletz, MD FACS will present the series. Dr. Maletz is a retired Orthopedic Spine / Trauma surgeon, Navy Captain, father and grandfather of three.



HOW TO PAY FOR COLLEGE

Wednesday, March 25, 6:30 pm

Bill Library

Jamal Ford-Bey will present how to save and pay for college with a variety of funding sources. This presentation is designed for parents, but teens with parents are welcome to attend as well. continued on page 34

Holdridge
Home & Garden
Family owned and operated since 1912!

**Holdridge's is the
 Home & Garden Center that
 provides the Best Customer
 Service in everything we do!**

**BOGO True Value gallon paint
 from March 16 - 23, 2020**

SERVICES WE OFFER:
 Gardening advice & troubleshooting,
 Garden Designs, Tree Installation, Bulk Mulch,
 Indoor Gardening Supplies, Soil Testing,
 Delivery, UPS, Keymaking,
 Tool Sharpening service,
 True Value Ship to Store, Weber Grill Repair.

Visit our website for all upcoming events,
 specials, and circulars!

**749 Colonel Ledyard Highway,
 Ledyard, CT 06339**

www.holdridgegarden.com

860-464-8400

Open Everyday of the Week!

Library... continued from page 33



COMPOSTING WITH WORMS

Saturday, March 28, 10:30 am

Bill Library, All Ages

Jean Scialabba, a Ledyard resident, has been composting with worms for 30 years. She will introduce her “red wigglers” to us and share how important their job in composting is. Jean will discuss indoor composting techniques and explain how to reuse our kitchen waste so that it turns into “gardener’s gold.”

INSECT APOCALYPSE

Sunday, March 29 1:00 pm

Bill Library

Dr. Kimberly Stoner, Agricultural Scientist at the Connecticut Agricultural Experiment Station, will speak about the Insect Apocalypse - the declines in insect diversity and abundance around the world. She will give examples from the scientific literature of insect declines and what we know and don't know about them around the world.

LEDYARD LIBRARY STRATEGIC PLAN

Monday, March 30 Bill Library, 7:00 pm

Monday, April 13 Gales Ferry Library

For the past year a Committee of the Library Commission has been working on a strategic plan for the libraries. We gathered input from surveys, focus groups and interviews with town officials. Based on what you told us we developed goals and objectives for the next few years. Join us at either library to hear about the plan.

REBECCA DANIELS, author of *Keeping the Lights on for Ike*

Tuesday, April 28 6:00 pm

Gales Ferry Library

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

COMPANION PLANTING: Staging Your Garden for Success

Wednesday, April 29 6:30 pm

Bill Library

Wondering which plants get along with one another in the soil... and which don't? Learn more about companion planting to maximize the use of your garden space with local community gardener & farmer, Emma Sutphen of Coogan Farm & Eastern CT Community Gardens Assoc.

AROUND THE WORLD IN 80 GARDENS

Wednesday, May 13, 6:00 pm

Bill Library

Dr. Richard Benfield, Professor Emeritus from Central CT State Univ., will take you on a fast-moving, interactive trip around the

world! During this adventure you will visit all 7 continents and see a variety of lush, unique gardens and floral kingdoms!

BOOK DISCUSSIONS

Ledyard Senior Center 10:30 am

Fourth Wednesday

Mar 25: *Killers of the Flower Moon* by David Grann

Apr 22: *The Address* by Fiona Davis

May 27: *Before We Were Yours* by Lisa Wingate

PRESIDENTS BOOK DISCUSSION

Second Tuesday 7:00 pm

Gales Ferry Library

April 14: George Washington

May 12: John Adams

June 9: Thomas Jefferson

The American Presidents Book Discussion group will focus on the White House years of former American presidents. Assistant Librarian, Lisa Murno and President of the Friends, Harry Pearson, will facilitate a discussion of the triumphs and trials American presidents faced, and how lessons learned can be applied to our modern era.

Maker Activities



TUNISIAN CROCHET WITH LISA

Alternate Saturdays, March 14 - May 9 2:00 pm

Bill Library

Learn the simple knit stitches of Tunisian Crochet and begin an easy first project.



ALL ABOUT THIEVES - MAKE N' TAKE

Monday, April 20, 6:30 pm

Gales Ferry Library

Amy Major will demonstrate how to make your own Thieves household cleaner, scrub & hand soap. Thieves is a plant-based, chemical-free household cleaner made from cinnamon, cloves, rosemary, lemon & eucalyptus essential oils. It is safe for kids and pets!



SPRING & MOTHER'S DAY CARD MAKING

Wednesday, May 6, 6:30 pm

Bill Library

Learn how to draw in this workshop! No prior drawing experience necessary. Draw flowers, faces, etc. using line, color and shade. Cards, pencils, colored pencils, and erasers supplied.



ACRYLIC PAINT POURING

Saturday, June 27 1:30 pm

Bill Library Ages 18+

Acrylic paint pouring is unique and creative, and makes great gifts. We will experiment with white as our backdrop and a straw as our tool. All supplies are provided. Due to possible paint splatter, please wear old clothes and/or bring an apron. No experience necessary.

Monthly/Weekly Events

COOKBOOK CLUB

First Tuesday of the Month

Gales Ferry Library 12:30 pm

Books are available at the Gales Ferry Library. Group members peruse the cookbook, trying as many recipes as they please. Participants provide a sample of one recipe at the meeting for all to share.

- April 7: *The Pioneer Woman Cooks: food from my frontier* by Ree Drummond
May 5: *Eat What You Love* series by Marlene Koch
June 2: *Jubilee: Recipes From Two Centuries of African-American cooking* by Toni Tipton-Martin or *Sweet Home Café* by Albert Lukas

STOCK INVESTMENT DISCUSSION GROUP

First Tuesday of the Month

Gales Ferry Library 7:00 pm

We will be tracking our stock and fund selections in our fantasy portfolio. We will also be discussing current events affecting the stock market in general, and major economic indicators which track development of the business cycle.

BEGINNERS STOCK INVESTMENT DISCUSSION GROUP

Third Tuesday of the month

Gales Ferry Library 7:00 pm

This event is for beginners, who are interested in getting started in stock investing and learning how to manage an existing or new portfolio. Discussion and questions and answers are encouraged as participants learn how economic conditions affect the stock market.

TECH TUESDAY, Bill &

TECH THURSDAY, Gales Ferry 2:15 and 3:00 pm

Join Assistant Librarian, Lisa Murno, on Tuesdays or Elaine Steele on Thursdays for a 45-minute session for learning and/or technical support on your phone, tablet, or laptop. Call to schedule an appointment.

MONDAY MATINEE MOVIES

Bill Library 1:50 pm

- March 16: *Midway*, rated PG-13
March 30: *Beautiful Day in the Neighborhood*, rated PG
April 13: *Ford vs. Ferrari*, rated PG-13
April 27: *The Art of Racing in the Rain*, rated PG

ADULT COLORING

Monday, Mar 16, Wednesday, Apr 8 6:00 pm

Bill Library

Join others for a relaxing evening of coloring. Coloring books and pencils provided

ONLINE GENEALOGY CLUB

Third Wednesday of the month

Bill Library 7:00 pm

Join Marty Hubbard as she discusses and presents resources for researching your ancestors.



INTRODUCTION TO 3D PRINTING & DESIGN

Wednesday, Apr 22, Mononday, May 18 6:15 pm

Tues, Jun 30

3:30 pm

Bill Library Adults, teens and children age 9+

Learn the design features and functions of cloud-based 3D printing with Autodrop3D software.



LEARN TO PLAY MAH JONGG with Marie Ricketts

Tuesdays, April 21, 28, & May 5 6:30 pm

Bill Library Ages 18+

Mah Jongg is experiencing a resurgence in popularity that is attracting millions of dedicated players around the world. With little time and effort, you will become familiar with the elementary principles, and gain mastery in the fine points of the game.

LEDYARD HISTORICAL SOCIETY OPEN ARCHIVE

First Saturday of the month 9:30 am - 12:00 pm

Mondays

1:30 pm - 4:00 pm

Or by appointment

Bill Library

On Saturdays we welcome curious visitors, historical and genealogical inquiries, and the donation or loan of items for digitization. The Historical Society is looking for volunteers to assist with scanning and other projects in the Research Room.

Family Activities



CHESS WORKSHOPS

Saturdays, Mar 21, Apr 4, 18, & May 2 11:30 am

Bill Library Ages 7 to adult

Class is designed to foster learning by playing different partners. A teacher-guide will explain chess etiquette, set up, moves and strategies. Beginner and intermediate players, willing to play inter-generationally are welcome. If you have some or no experience, come and practice your game.

GREAT OAK GREENWAY HIKE

Saturday, March 28 10:00 am

(Park at the Nathan Lester House)

A member of the Avalonia Land Conservancy will lead this two-mile hike through the Great Oak Greenway. Please wear appropriate clothing and shoes for hiking.

HOW TO FISH FOR FAMILIES WITH CHILDREN

Tuesday, March 31 6:00 pm

Bill Library Ages 8+ and Adults

DEEP will teach the basics of fishing including equipment, baits and lures, rules & regulations, fish identification, how and where to fish, and how to care for your catch. We will practice casting on the front lawn of the Library. All supplies are included. A

continued on page 36

Library... continued from page 35

tentative fishing trip is being planned for Sunday, April 12!

INTRODUCTION TO THE LEDYARD TRAILS

Saturday, April 18 2:00 pm

Bill Library

Ledyard Conservation Commission will take us on a virtual hike of some of Ledyard's most popular hiking and walking trails. Come learn about unique points of interest on the trails, and be the first to see new trail maps.

Children's Programs

MEET STACEY BURT, NEW CHILDREN'S LIBRARIAN

I am so excited to be the Children's Librarian for Ledyard Library and share my love of books, storytelling, and programs for kids of all ages. I began my career as a teacher and then transitioned to a school library as soon as I had the chance. When my family moved from Michigan almost three years ago I decided to try Public Libraries and have been very happy with that decision. Most recently I worked at both Stonington Free Library and Waterford Public Library as the assistant in their youth programs. I am very much looking forward to serving the communities of Ledyard and Gales Ferry through my role at the Libraries. Be sure to stay tuned for returning and new programs for kids and what I hope is an amazing Summer Reading Program.



SPRING STORY TIMES March 23 - May 6

Registration begins March 2. Sign up online at the

Events page or call either library after 9:30 am. **Please note: during the week of April 13 normal story times are suspended due to April break.

Infant/Toddler (6-23 months)

Mondays, Mar 23 - May 4 Bill 9:30 am

Terrific Two's

Wednesdays, Mar 25-May 6 Bill 9:30 am

Three-fives

Tuesdays, Mar 24- May 5 GF 9:30 am

Wednesdays, Mar 25-May 6 Bill 1:00 pm

Weekly Events

CODING CLUB

Saturday 10:00 am

Alternating libraries Ages 8 - 18

Using software from Prenda, participants may learn to code HTML, CSS, Javascript, SQL, and Python. They also have the option to learn robotics coding with Ozobots and Spheros. Participants may begin attending on any date and they do not need to attend every session. If you own a laptop or a tablet with a separate keyboard, you may bring it. The schedule can be found by visiting <http://www.ledyard.lioninc.org/children/coding-club/>



LEGO® CLUB

Thursday, Mar 5, 19, Apr 2, 16, 30 4:00 pm

Gales Ferry Library Ages 6 - 12

Are you creative, love to build, and aren't afraid of a good challenge? Then this is the club for you! Some of the challenges you may face include building a boat, creating your own mixed up monster, or building a house on stilts.

Special Programs



STEAM AHEAD - Marble Run

Wednesday, March 18 2:00 pm

Bill Library Ages 6 - 12

Can you build a marble run using a playdoh path? Kids are invited to participate in this challenging activity that teaches the fundamental concepts of engineering in a practical way. A great way to be creative, use math skills, and have fun while learning something new!



SCIENCE SNOOPERS - Animal Babies

Monday, April 13 10:00 am

Bill Library Ages 4 - 14

Join us to learn about the incredible egg from Jean Mai, a biologist and founder of Science Snoopers. Ms. Mai has introduced hundreds of children to the natural world and science. Participants will learn about the incredible egg and baby animals through stories, hands on activities, experiments, and an art project.

GIGGLES AND WIGGLES: Family Storytime

Tuesday, April 14 9:30 am

Gales Ferry Library All Ages

This drop in story time is geared for all ages. If you like stories, music, and having fun at the library then this is the event for you. Bring a friend and stay to create something in our Art Bar.

ART BAR

Tuesday, April 14 10:00 am - 12:00 pm

Gales Ferry Library All ages

You provide the creativity and we'll provide the supplies. Drop in any time to paint, draw, glue, and add sparkle to whatever you would like to create. Be sure to dress for a mess and remember perfection in art is boring so all skill levels are welcome!



SNOW LEOPARDS OF THE HIMALAYAS

Tuesday, April 14 2:00 pm

Bill Library Ages 7 and Up

Dr. Richard W. Benfield will join us to present a summary of his almost 20 years in snow leopard research. Participants will be treated to rarely seen pictures of the enigmatic and mystical Snow Leopard. All attendees will receive a souvenir as recognition of their interest in this lovely cat.

DIG IN!! CHILDREN'S PLANTING WORKSHOP

Wednesday, April 15 10:00 am

Bill Library Ages 3-10

Back by popular demand, Allyson Angelini of Full Heart Farm in

Ledyard will return for our children's spring planting event! Stop by between 10:00 am - 12:00 noon to plant your own seedling and bring it home to watch it grow!

FREE COMIC BOOK DAY

Saturday, May 2 9:00 am - 5:00 pm

Bill & Gales Ferry Library All ages

Save the Date! YOU get a comic book!... and YOU get a comic book!... and YOU get a comic book! We ALL get comic books! We are excited to participate in Free Comic Book Day 2020. More details coming soon.



WE LOVE ART! - Paper Robots

Friday, May 8 2:00 pm

Bill Library Ages 6 - 12

Creativity is a must for this fun art activity that will also challenge participants to use their motor skills because it involves cutting, gluing, and using brads. The best part about this project is there is no right or wrong way to make a robot. In fact, the more absurd the better!

FIRST STEPS IN MUSIC with Emma Taylor

Tuesday, May 12 6:00 - 6:30 pm

Bill Library 6 mos. - 3 yrs

Bounce, play, wiggle, and tickle your way to building musical and developmental skills with your baby! First Steps in Music is a research-based program involving quality literature and authentic

musical experiences to build a more musical family. This class is for children aged birth to three and a family member. Come ready to move; all levels of musicality and experience welcome!



STEAM AHEAD - How Strong is Spaghetti?

Tuesday, May 19 4:00 pm

Gales Ferry Library Ages 6 - 12

This program is all about trial and error! We will invent lots of ways to test how strong spaghetti really is. The goal is to develop our engineering skills while having tons of fun along the way.

Friends of the Library

FRIENDS MEETING

Monday, April 27 7:00 pm

Gales Ferry Library

Join us for our spring meeting. Come hear what new and exciting items our program committee is working on.

HALF-PRICE BOOK AND MEDIA SALE

Monday through Saturday June 1- 6

Gales Ferry and Bill Libraries

Sale applies to our large selection of used books, CD's, DVD's and puzzles. This sale is the perfect opportunity to stock up on items for those days at the beach. All proceeds go directly to support the Ledyard Libraries. Stay up to date with library events. Sign up for the monthly E-Newsletter from our webpage.

NEW PATIENTS WELCOME

At Gales Ferry Medical Group

our compassionate and skilled medical providers offer high quality care for a comprehensive range of acute and chronic illnesses.

We emphasize preventive screenings.

• Internal Medicine • Preventive Medicine • Onsite Testing & Services



Sanford A. Greenhouse, MD



Catherine Krenicky, APRN



John J. Hennessey, MD



Lori L. Ciccone, PA-C



Mary Murphy-Fiengo, DO



Gales Ferry Medical Group

860-464-7274
fax 860-464-7404

1527 Route 12, P.O. Box 355, Gales Ferry, CT 06335
www.galesferrymedicalgroup.com

I love the view from my office.

Jason Bond champions the trees, landscapes and property investments of the customers in his care. And he's one of the many reasons we've become the premier scientific tree and shrub care company in the world.

860-767-1752
bartlett.com/Essex-CT



BARTLETT TREE EXPERTS

JOINING THE CARE SINCE 1917

EVERY TREE NEEDS A CHAMPION.

JASON BOND
Arborist and Bartlett Champion





Women's Suffrage 100 Years Later by Sigrid Kun

Honoring the Hard Fought Battle for Women's Voting Rights



The year 2020 marks 100 years since the passage of the 19th Amendment, which was ratified on August 18, 1920. The 19th Amendment reads as follows:

“The right of citizens of the United States to vote shall not be denied or abridged by the United States or any State on account of sex. Congress shall have the power to enforce this article by appropriate legislation.”

Two simple sentences, it seems. Today, it is unimaginable that this basic right would not exist for women. Yet, the 19th Amendment resulted from a long, incredible struggle for equality and it represents a true turning point in United States history. It is only fitting to take a moment to reflect on this centennial. This brief segment can only present a few historical snippets surrounding the fight and can only point out some of the organizations commemorating the centennial.

THE BEGINNINGS

The first women's rights convention was held in Seneca Falls, New York in 1848. It marked the beginnings of what would become a national movement for women's suffrage. The first National Woman's Rights Convention was held in 1850 in Worcester, MA. Other conventions followed. The Civil War (1861-1865) effectively halted the women's suffrage movement with activists focused on the abolition movement. While the movements for the abolition of slavery and women's rights, respectively, were often entangled, the constitutional amendments following the Civil War created rifts.

By 1869, there were two main groups advocating for women's suffrage. Elizabeth Cady Stanton and Susan B. Anthony formed the National Woman Suffrage Association (NWSA). Lucy Stone and others founded the American Woman Suffrage Association (AWSA). While each entity had the same ultimate goal of winning woman suffrage, their philosophies differed. The NWSA sought change through constitutional amendment while the AWSA focused on gaining rights via individual states.

There were also differences between the AWSA and NWSA when it came to the constitutional amendments following the Civil War. The NWSA opposed the 15th Amendment (the right of a U.S. citizen to vote not to be abridged by race, color or previous condition of servitude) due to the exclusion of women. The AWSA supported the amendment, believing that voting rights for women were not far away. The two organizations ultimately united in 1890 as the National American Woman Suffrage Association (NAWSA).

AN ARDUOUS STRUGGLE

Progress for the women's suffrage movement was painfully slow and rights were garnered state by state. Women achieved voting rights in Wyoming first in 1869. Colorado followed in 1893. In 1896, Utah and Idaho were added. Fifteen states granted women the right to vote prior to the adoption of the 19th Amendment.

The 19th Amendment itself languished for many decades. Drafted by Susan B. Anthony and Elizabeth Cady Stanton in 1848, the 19th Amendment was not introduced in Congress until 1878 (30 years after the Seneca Falls convention). It was not until 1919 - 41 years after the amendment's introduction and 71 years following Seneca Falls - that Congress submitted it to the states for ratification. The successful struggle capped heroic efforts by a multitude of women

- including pickets, petitions, marches, and speeches. The suffragists endured mockery, arrests, jail, and even forced feeding after hunger strikes.

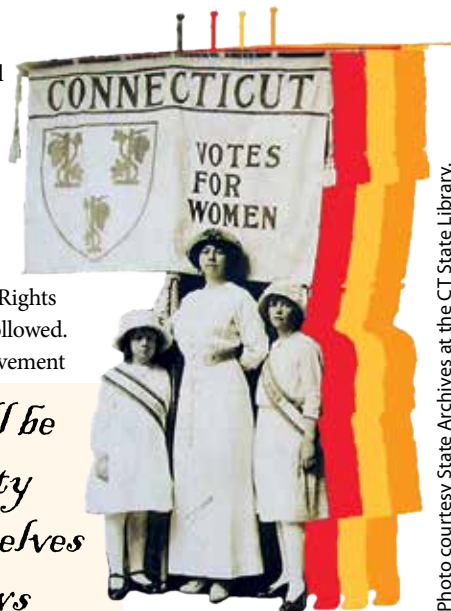


Photo courtesy State Archives at the CT State Library.

One of "Hartford's Mothers" Josephine Bennett.

“There never will be complete equality until women themselves help to make laws and elect lawmakers.”

Susan B. Anthony

nation has ever seen.” The Commission she adds “celebrates the women who made this victory possible, and take[s] a thoughtful look at the work that is left to be done.”

“The moment of achieving a woman's right to vote was a turning point for our country and for our world, that one of the most powerful nations on earth was sending a message that women have the right and responsibility to contribute to our government,” stated First Lady Lamont. “That moment opened the door for women to hold positions of power in government, education, healthcare, and of course, in business.”

Please see www.votesforwomenct.com for some of the Connecticut events commemorating the centennial of the 19th Amendment. The website also provides insightful biographies of some of Connecticut's women suffragists, including Josephine Bennett pictured above.

Ann McBride Real Estate, Inc

REAL ESTATE SALES ◻ PROPERTY MANAGEMENT



Sold

205 Sandy Hollow Rd



Sold

86 Church Hill Road



Sold

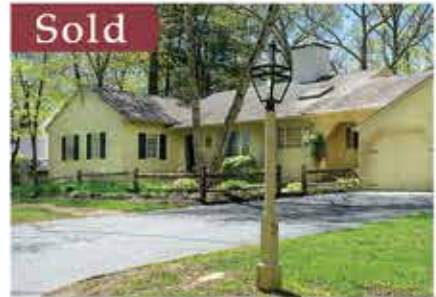
3 Oakridge Drive



Sold

32 Bluff Road

McBRIDE
Real Estate



Sold

57 Inchcliffe Drive

Ann McBride Real Estate offers residential sales and property management services to Southeastern Connecticut. We are committed to clear, straightforward communication to facilitate the most optimal outcome for our clients. McBride Real Estate brings experience and a strong work ethic to best determine strategic solutions in all of our transactions.



Adam Mancini
Broker



Kelly Ascioffa
Realtor
Property Manager



Megan Osborne
Realtor
Property Manager



Dani Scalise
Realtor
Sales Coordinator

McBRIDE
Real Estate

860.464.8430
annmcbride.com

41 Kings Hwy, Suite 201
Gales Ferry, CT 06340



LEDYARD EVENTS
 741 Colonel Ledyard Highway
 Ledyard, CT 06339

PRSRT STD
 U.S. POSTAGE
 PAID
 PERMIT NO. 155
 DEEP RIVER, CT

RESIDENTIAL CUSTOMER ONLY

Buttermores LLC **Septic System Specialists**

GALES FERRY, CT • 860-464-8852
WWW.BUTTERMORES.COM



**PROUDLY SERVING GALES FERRY,
 LEDYARD & NEW LONDON COUNTY**

- Septic Pumping • Real Estate Septic Inspections •
- Septic Repairs •
- Septic Installations •



**CALL TODAY!!
 860-464-8852**

Like us on Facebook

FULLY INSURED • CT HIC License #620261 • CT Septic License #5875