

Madison

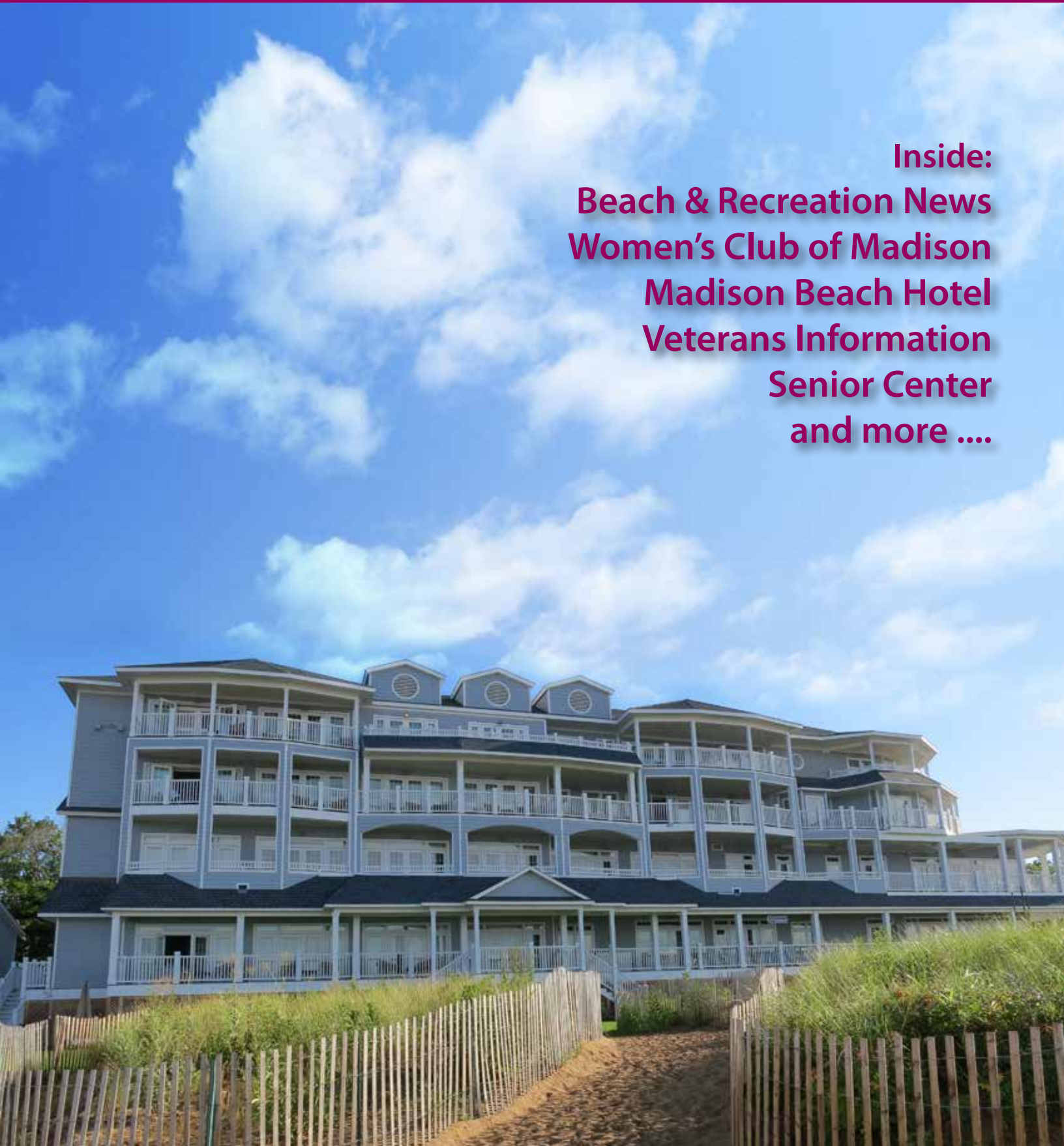


Events

www.eventsmagazines.com

Volume 3 • Quarter 3 • 2012

Inside:
Beach & Recreation News
Women's Club of Madison
Madison Beach Hotel
Veterans Information
Senior Center
and more



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All rides begin and end at
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Register online now @ www.vistatourdeshore.com

The Vista Tour de Shore is a fundraising cycling event to support the Endowment Fund of Vista Vocational & Life Skills Center, a non-profit educational program for adults with neurological disabilities along the Connecticut Shoreline.

For more information about Vista, visit www.vistavocational.org or call 860-399-8080

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Beach & Recreation Department News



The Beach & Recreation Department has many exciting programs planned for the upcoming season. Whether you are looking for a passive activity or an activity to tone your body and remain physically fit, we have you covered. Please visit our website to see a

complete listing of our program offerings.

Participants can now register for programs on-line and pay by credit card. Visit Beach & Recreation online at www.madisonct.org/Beach_Rec and click Online Registration. Any questions as you go along, please call and we will help guide you through it.

Bauer Harvest Festival - Saturday, October 13, 11a.m. - 3p.m. Special events scheduled include pony rides, hay rides, old fashioned games, a special visitor, Atka, an Arctic Gray Wolf, music by the Dudley Farm String Band, Food, cider pressing, and more. This is a free family event. Bauer Park is located at 257 Copse Road, Madison. Volunteers are still needed for this year's Harvest Festival. Planning meetings are held throughout the year. If you are

interested in becoming involved please contact Carrie Gazda, Recreation Supervisor at 203-245-5623 or by email gazdac@madisonct.org.

Holiday Tree Lighting Sunday, December 2 at 4:30 p.m. Come join us as the community helps light the town tree and sings carols. Grammy Award winner Les Julian will lead us in song. Special guest Kris Kringle will also be joining us to light the tree and meet with children of all ages. This year, to decide which children will be helping the First Selectman and Santa light the Christmas tree, we will be holding a contest. Children who wish to participate should submit a few words about what Christmas means to them and draw a picture to go along with it. Three winners will be chosen to go on stage and help light the tree. Entries should include child's name and age. Entrants must be Madison residents. Words must be child's own words, in their own handwriting. Artwork must also be child's own artwork. All entries must be turned in to the Madison Beach and Recreation Office by 4:00 p.m. on November 23, 2012.

An entry form can be picked up in the Recreation Office beginning November 1st or may be downloaded from our website www.madisonct.org/Beach_Rec.

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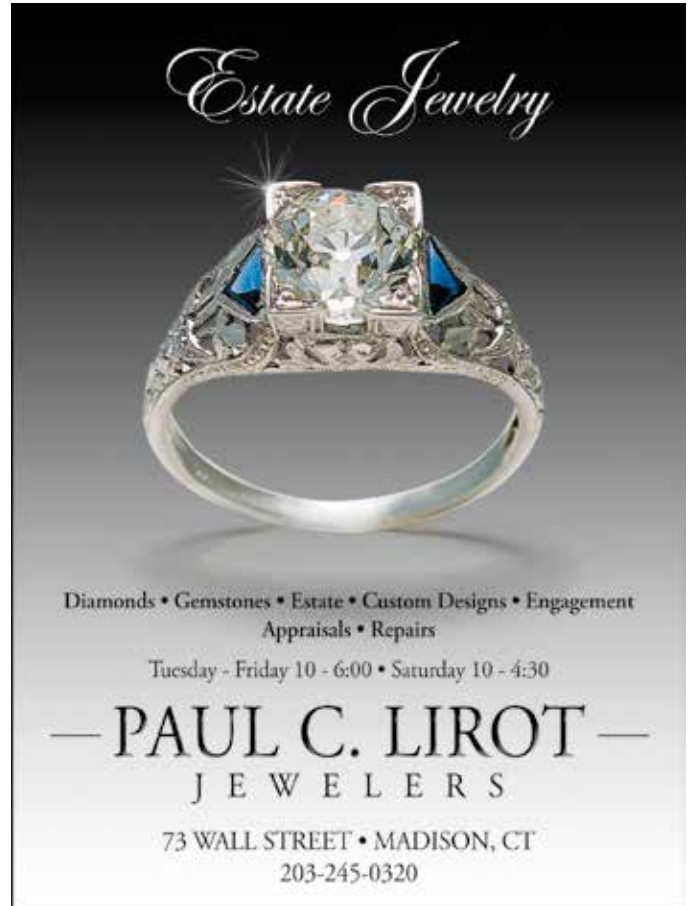
Vista Vocational

With operations in the Connecticut Shoreline communities from Guilford to Old Saybrook, Vista Vocational & Life Skills Center (Vista) is a fully accredited, nationally recognized, post-secondary program for adults with neurological disabilities.

Founded in 1989 as an alternative to a traditional college education, Vista has grown into a dynamic and innovative educational program serving over 160 adults. Vista students and members have an array of neurological disabilities such as autism spectrum disorders, acquired brain injury and learning disabilities. Vista offers a community-based training program designed for individuals who would like to succeed at work and independent living, and who are seeking a non-traditional, non-academic approach to address their needs.

Upcoming Vista community events include the Vista Tour de Shore on October 21, beginning and ending at the Westbrook Elks Lodge in Westbrook and the WALK for Vista on October 28 taking place at Hammonasset State Park. The Vista Tour de Shore is a fundraising cycling event along the Connecticut Shoreline featuring rides of 5, 25, 40 and 60 miles, while the WALK for Vista is an event highlighted by a beautiful 3-mile walk along the Connecticut Shoreline.

To learn more about the Vista Tour de Shore or to register to participate visit www.vistatourdeshore.com. For more information about our programs and services, and the WALK for Vista, please visit www.vistavocational.org.



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Living the Mediterranean Lifestyle

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease. In fact, a recent analysis of more than 1.5 million healthy adults demonstrated that following a Mediterranean diet was associated with a reduced risk of overall and cardiovascular mortality, a reduced incidence of cancer and cancer mortality, and a reduced incidence of Parkinson's and Alzheimer's diseases.

- The Mayo Clinic

Chef Silvio Suppa, owner and executive chef of Café Allegre in Madison and WoodWinds banquet facility in Branford, wholeheartedly agrees that the Mediterranean diet and lifestyle is most beneficial to everyone for an overall great life! Born in Benevento, Italy, Silvio became passionate about cooking at a very early age. "In Italy we didn't go to the market, our backyard was the market. We would pick our own fruit and vegetables, chickens were home-raised, we picked fresh herbs daily for our meals." When Silvio began writing his cookbook "Cooking With Chef Silvio; Stories and Authentic Recipes from Campania" his goal was to raise awareness about the importance of eating fresh, healthful foods and dining with your family.

He simply did not want these delicious, simple recipes and basic communication skills with each other to become a lost art.



Chef Silvio Suppa is the owner and executive chef of Café Allegre in Madison and WoodWinds in Branford - photo by Tom Hopkins Studio

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Madison Land Conservation Trust



Photo Contest - It's time to get out on the MLCT trails and take some great photos for the 2012 Photo Contest! There will be cash prizes of \$50, \$30, and \$20 in five categories: Landscapes/Waterscapes, Plants, Wildlife, Teen, and Age 12 and under. The deadline for entries is September 30. Please submit photos and entry forms (which can be found at www.madisonlandtrust.org) to MLCT Photo Contest, P.O. Box 561, Madison CT 06443, or drop them off at the Scranton Memorial Library September 1 - 30. A digital copy of each entry must also be e-mailed to madisonlandtrust@gmail.com by September 30. All entries will be displayed at the Madison Senior Center during the month of October. Please see our website for complete rules of the contest. We hope to see your beautiful photos!

September 9 / 1:00 p.m.: Photo Hike - Bailey Trail South. Learn to take photos with an eye to entering the MLCT photo contest as you hike this beautiful trail along the Hammonasset River. The hike will be led by a professional photographer. Directions and a trail map can be found at www.madisonlandtrust.org.

September 30th, 7:00 p.m.: Autumn Moonlight Walk - Garvan Trail at the Surf Club. Bagpipes and stargazing highlight this annual event. Refreshments are served as members of the New Haven Astronomical Society make their telescopes available for viewing constellations and the full moon. Every hiker must have a flashlight. Sponsored by the MLCT Outreach Committee, the New Haven Astronomical Society and the Madison Beach and Recreation Department.

Annual Meeting - Mark your calendars for Wednesday, November 15th at 7:00 p.m. for the MLCT Annual Meeting at Memorial Town Hall. After a short business meeting, our keynote speaker will be Alyssa Borowske of the University of Connecticut. She will speak about the Salt Marsh Habitat & Avian Research Program (SHARP). For the past ten years, UConn scientists have studied saltmarsh and seaside sparrow ecology and behavior, particularly nesting behavior and the effects of flooding on nests, on MLCT property. Please join us!

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Madison Beach Hotel

Rooted in History - The Madison Beach Hotel was built in the late 1800's as a rooming house for ship builders and was first known as the Flower House. West Wharf beach was one of two ship-



yards in Madison, most noted for constructing ships for trade in the West Indies. The early history of the hotel is sparse.

When the structure was originally built, it faced the west, with its gable end facing the water. In 1904 the building was turned parallel to the shore. At that time, the hotel had approximately 53 rooms; and each floor was divided by a central hallway. Only a few rooms had the luxury of a private bath. Heat was not introduced until the renovations of the 1980's.

The hotel was completely renovated in 1982. The number of rooms was pared down to 32, all of which had waterfront views. The fourth floor was designed to house their comparatively upscale suites; and, to keep the spirit and history alive, many items and design elements from the original hotel were utilized in this new model. This was evident in the wainscoting, period furniture, and wood flooring.

In 1985, a conference center was added by reconstructing the old recreation hall where Phil Carney once led guests in song and bingo. In 1990, the annex, originally a stable, located directly behind the hotel, was refurbished, adding three more hotel rooms.

The restaurant, known as The Wharf, was solely for the use of the hotel guests/shipbuilders in the early years and not open to the general public. The second floor of the restaurant known as the

"Harem", housed the young college women who worked there during the summers. The fourth floor of the hotel, called the "Pullman", housed the young men.

In March of 1977, a fire broke out, gutting the entire restaurant. The first floor dining room and second floor Crow's Nest Lounge were miraculously rebuilt and reopened four months later, July Fourth weekend.

In October of 2006, two members of the Duques family, long-time residents of Madison, purchased the hotel and restaurant. Their goal for the property is to maintain in a caring fashion the traditional New England beachfront atmosphere always so obvious in previous iterations of the hotel while adding updated amenities that can be enjoyed by the residents of Madison and the shoreline as well as hotel guest and those passing through the area. The added amenities include a wonderful spa, fitness center, and yoga room, a lounge area with a large-screen TV, video games, and a lovely library of books to enjoy; outdoor activities such as biking and kayaking; and rooms offering large TV's, and internet connection as well as 24-hour room service.

Continued on page 9



Enjoy delicious cuisine, live music from local acts and the beauty of the Long Island Sound.

Brunch by the Beach occurs every Sunday from 10:00am - 2:00pm at The Wharf Restaurant.

Reservations recommended. Please call 203-245-1404.

\$38/adults | \$19/children ages 6-12 | Children under 6 are free (does not include tax/gratuity)

Refer to this ad when arriving for brunch and enter to win a complimentary weekend at the resort.

Brunch by the Beach

Madison Beach Hotel

Madison Beach Hotel | 94 West Wharf Road | Madison, Connecticut 06443 | Telephone: 203-245-1404

Madison Town Clerk

Presidential Election - The Town Clerk's Office is already very busy preparing for the upcoming Presidential Election that will be held on Tuesday, November 6, 2012. The following is some helpful information regarding Polling locations for registered voters, options for those not registered to vote, Absentee Ballots and Absentee Ballot Applications.

The Polls will be open from 6:00 am to 8:00 pm on Election Day. For those residents that are registered to vote, the polling locations are:

District I - Madison Senior Center - 29 Bradley Road (All registered voters who live at properties on the EVEN numbered side of Green Hill Road and South).

District II - Dr. Robert H. Brown School - 980 Durham Road (All registered voters who live at properties on the ODD numbered side of Green Hill Road and North).

For those residents not registered to vote - Ballots for the offices of the President and Vice-President only (Presidential Ballot) are available on Election Day at the Madison Town Campus, 8 Campus Drive in the Hammonasset Meeting Room.

Absentee Ballots - Absentee Ballots for electors (registered voters) will be available starting October 5, 2012. Absentee

Ballot Applications are available on the Town Clerk's website at www.madisonct.org/clerk. More information can be found on the Connecticut Secretary of the State website at www.sots.ct.gov.

Please note that it is always a two-step process to obtain an Absentee Ballot. The following options are available to obtain an Absentee Ballot Application:

Complete an application in-person at the Town Clerk's Office - 8 Campus Drive.

Request an application by phone at (203) 245-5672 and an application will be sent to you by mail.

Download the application from the Town Clerk's website at www.madisonct.org.

Complete the application and mail it to the Town Clerk, 8 Campus Drive, Madison CT 06443.

Note: In order for the absentee ballot to be valid, the Town Clerk must receive the original completed, signed and dated application prior to Election Day.

If you complete an Absentee Ballot application at the Town Clerk's office:

An absentee ballot will be handed to you.

Continued on next page



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Old Saybrook Guilford Deep River

Town Clerk ... continued from previous page

At that time, it may be completed and submitted to the Town Clerk or you can take it with you to be completed and returned to the Town Clerk either in-person or by mail.

If you complete an Absentee Ballot application and return it by mail to the Town Clerk: A Ballot will be immediately mailed to you.

The completed ballot can be returned to the Town Clerk either in-person or by mail. The deadline for returning your completed Ballot to the Town Clerk:

In-person - the day before the Election - Monday, November 5, 2012 by 4:00 pm.

By mail - must be received no later than Tuesday, November 6, 2012 by 8:00.

The Town Clerk's Office is open Monday - Friday 8:30 am to 4:00 pm. We encourage you to contact the Town Clerk's office if you have any questions at (203) 245-5672.

*Nancy J. Martucci, CCTC
Town Clerk*

**Deadline for the
next Madison Events
is October 23**

Madison Beach Hotel ... continued from page 7

Soaking tubs, rain showers and fireplaces are also amenities offered in many of rooms. The new hotel also is designed to provide space for almost any event imaginable. Their flexible, water-view banquet facilities can accommodate events with up to 200 guests.

The new Madison Beach will continue to be a very special place. At its grand opening, the Duqueses set forth their four-point mission for the hotel so that their staff and all the guests could hear that they will:

- welcome and attend to every individual on-site, be they guests, vendors, or employees, with equal warmth and service
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Within this special environment, the Madison Beach Hotel will offer New England's best ambience, fine dining, and spectacular special events and occasions.

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Health Department	203-245-5681
Human Resources	203-245-5603
Inland/Wetlands	203-245-5632
Madison Public Schools	203-245-6300
Planning & Zoning	203-245-5632
Police Department	203-245-2721
Probate Court	203-245-5661
Public Works & Engineering	203-245-5611
Registrar of Voters	203-245-5671
Selectmen's Office	203-245-5602
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Bill McMinn, President of Essex Printing, stated: "We are very excited about the new system because our customers will receive the benefit of higher quality imaging. Plus, it allows us to deliver an environmentally friendly product."

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Upcoming Events at the Madison Arts Barn

This summer there has been so much going on at the Madison Arts Barn. It has been full of excitement and fun with many new camps and activities. There have been day camps and workshops for students entering 5th grade through the high school with themes ranging from Art, Theater, and Music, to Game Shows and Survival Skills.

Over the past year, the Madison Arts Barn has experienced its own renaissance with an array of exciting activities for teens on the Shoreline. The creativity, imagination, and energy coming from under this one roof are amazing. Who says there isn't much to do for teens in Madison?

Be sure to "bookmark" our website, so you can check frequently to see our new listings: www.themadisonartsbarn.com. Also, you can "like" us on Facebook and be a part of the excitement happening at The Madison Arts Barn.

Ongoing and Upcoming Events

Open Mic Nights - the 3rd Saturday of each month. Come down to the Arts Barn and grab some stage time.

Murder Mystery - September 9th, 2012. The first one

was a sold-out hit, and so much fun for both the actors and the audience, that we decided to bring it back.

Energy Expo - September 30th. More details about this fun day on our website.

Second Annual Haunted House - October 28th. Times and details will be listed on our website.

Winter Wipeout - December 1st (back by popular demand), come be part of the fun. Entertainment includes carnival type games and inflatables, such as the Bungee Run, Cash Cube and "the Terminator" Obstacle Course. Big fun and prizes.

Weekly open-hours for the Barn - Tuesday/Thursday 3:30 - 5:30 p.m.: Kids (6th grade and up) can come and hang out with friends, listen to music, and play on the Wii, or on our table games.

Skate park - (skate at your own risk) is open daily from dawn to dusk - weather permitting.

Comments from our Facebook page include; "The Madison Arts Barn is a Hometown Treasure" and "Love what you are doing, there is truly something for everyone at the Madison Arts Barn."

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Reach Out

“REACH OUT” is a student-organized and energized welcome/orientation program run each year by Madison Youth and Family Services Peer Advocates in collaboration with Daniel Hand High School’s Department of Guidance and Counseling. “REACH OUT” was created to give students entering Daniel Hand High School from other schools and school systems an opportunity to connect with a group of DHHS kids before classes begin. This provides new folks with the chance to learn about the town and the school from peers, to interact with each other, and to acquire a group of familiar faces to greet in the hallways once school begins. Peer Advocates meet with new students in large group sessions at Madison Youth and Family Services before school starts and at Hand during the first two months of the school year. A parent/Peer Advocate information session is offered to give parents a chance to hear from students about the school culture their children are entering. Each year the program is recreated by involved Peer Advocates so that it remains fresh. Organizers put in time and energy during July and August deciding on number, location, and length of events, and the activities involved in each. Incoming ninth graders who were Peer Helpers at Polson Middle School are invited to train to be part of the welcoming group. “New” students entering Daniel Hand High School will be contacted by the Peer Advocate organizers. A welcome letter and brochure will be given to incoming students and their parents at the Daniel Hand High School Guidance office when the families come in to register.

The goal of “REACH OUT” is to make the transition to a new town, new school, or both, less difficult and more comfortable than it would otherwise be. “REACH OUT” was created in 1989 by Peer Advocates concerned that “kids coming to Daniel Hand who didn’t go to Middle School here have a hard time making friends”. The program debuted in the fall of 1990 and over the past twenty-two years has connected with over 720 new students.

One of the two before school opens “REACH OUT” meetings will take place on August 22nd at Memorial Town Hall from 11:00 a.m. - 2:30 p.m.

For dates and times of all meetings, as well information about the program, please contact Taffy Bowes at Madison Youth and Family Services at 203-245-5645 or at bowest@madisonct.org.

Information is also available at Daniel Hand High School’s Office of Guidance and Counseling 203-245-6360.



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Nobody's face is perfectly symmetrical but when we look at each other it is very difficult for us to see the difference. In pictures, however, we all know that one side is better than the other. What is your good side?

If you said your left, there is now science to back you up. According to a new study from Wake Forest University, images of the left side of the face are perceived as more pleasant than pictures of the right.

According to the researchers, the love of the left side is probably due to the fact that left cheeks usually display "a greater intensity of emotion." The thinking is that the left side of the face is controlled by the right side of the brain, which controls feelings.

How ironic then that the left side of the face ages faster than the right, at least here in the United States. As adults, we now get the bulk of our sun exposure in the car sitting next to a left sided window.

UVA rays go through the glass of your car, the glass of your home, your clothing and penetrate your skin to destroy your DNA and collagen. This is why wearing a

separate sunscreen for your face every day is so important.

The choice of sunscreens can be overwhelming and most of us seek out the highest SPF number we can find. Unfortunately, SPF measures your protection against UVB but not against UVA.

Your best defense against left sided aging is wearing a sunscreen that contains zinc or titanium dioxide. Both of these minerals protect you against UVA. Now, call the photographer!

Dr. Susan O'Malley, founder and Medical Director of Sonas Med Spa is dedicated to helping women maintain their beauty without surgery.

To learn more about Dr. O'Malley or Sonas Med Spa, please visit www.sonasmedspa.com or call 203-245-2227 for a free consultation.



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Veteran's Information

Any resident of the Town of Madison who is a Veteran of the armed forces in a time of war or is still serving in the Armed Forces may be entitled an exemption. A veteran is described as a person who has served in the armed forces as required within Connecticut General Statute 12-81(19), (20), (21), (22), (23), (24), (25) or (26) and 27-103. Currently the benefit is 9,000 of assessed value of either your real estate or your motor vehicle.

The following must be met in order to be eligible to apply for this exemption:

You must be a Madison resident as of October 1st and have record ownership of property as of October 1st and the DD-214 would need to be filed by September 30th.

There is an Additional Veteran's Exemption which is income driven.

Please see the following link for more information <http://www.madisonct.org/Assessor/assrveterans.htm> or by calling the Madison Assessor's Office at (203) 245-5651.

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Women's Club of Madison

The Women's Club of Madison was founded in 1900, and is a member of the National Federation of Women's Clubs. The Club became a member of the General Federated Women's Clubs of Connecticut in 1902. The Club was incorporated as a 501(c) 3 non-profit in 1968 and supports the Connecticut Federation's mission statement as follows: "We are not known so much by what we keep, but what we share."

The Women's Club meets from 7:00 to 9:00 p.m. on the second Tuesday of the month, September through June, at the Senior Center, Bradley Road, in Madison. The Club has approximately 50 members from Madison, Guilford, Clinton, and other shoreline towns.

The standing committees include Arts, Conservation, Education, Home life, Hospitality, Membership, Public Affairs, and Ways and Means. The committees sponsor activities, programs, and fund-raising events. Fund-raisers include a June Garden Tour and an October Fashion Show. There are also Club outings, a December holiday party, and a June annual dinner. As a civic organization, the Club raises money to fund projects in support of the town of Madison and agencies in the shoreline community.

The Club's latest two-year Community Improvement Project is to furnish a room in Madison's new ambulance



building for the staff and on-duty ambulance crew. This room will be used for training, education, instruction and conducting critical incident stress debriefings.

The room will need to be furnished completely including flooring, furniture, network connections and training materials.

Consider coming to a meeting to experience community involvement and find a most rewarding personal experience! Our next meeting is Tuesday, September 11 @ 7:00 PM at the Senior Center, 29 Bradley Road, in Madison.

For more information contact: Katherine DeBurra; President, threesams@sbcglobal.net or 203-245-2269.

Forte's Market

Forte's Market started in North Branford in 1914. 80 Years and four generations later, Forte's Gourmet Food Market is still cutting high-quality meats. The Forte family and staff work hard to give their customers a choice of angus, all natural and grass fed beef, plus lamb, pork and chicken.

Ron and his wife Lynn opened Forte's Market in Guilford in a small shop in Mulberry Plaza. After ten years, the small store was bursting at the seams. In 2005, they purchased the 'Green House' built in the 1750s at 1153 Boston Post Road, where the store is today.

Forte's Gourmet Market has become a destination where you can find unique items like truffles & truffle butter and the finest Italian pasta & ravioli. You'll find assorted and locally-made pot pies, and store-made prepared foods such as fresh-made pasta salads, salmon dishes, grilled chicken and assorted vegetables. There is always something coming out of the smoker; ribs, brisket and pulled pork. The meat department has any cut of meat you can think of. Visit Forte's Gourmet Food Market!

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Madison Senior Center

We have some great upcoming events to share. For a complete list of all upcoming events, pricing information, and specific program requirements, please visit our website <http://www.madisonct.org/seniors/index.html> or contact us at (203)245-5627.

FREE COMPUTER SUPPORT - Are you having trouble with your computer? Do you need assistance with a specific program, web-site or application on your computer? If so, Quinnipiac College Students will be available for three or four 1-hour sessions to help you.

COMPUTER CLASSES Computer Basics For Beginners For the person who is new or relatively new to computers. We start with the basics - terminology, components, what can be done with a computer; composing a letter, e-mail, entertaining, E-MAIL, and an introduction to the internet.

COMPUTERS II - Meant to build upon skills learned in Computer Basics. Build upon email skills, learn to managing your inbox, and attachments etc. We will learn more about the internet such as setting your home page, creating a favorites list, searching the internet for what you are looking for, social networking and more.

HULA CLASS - Join this fun exercise class and learn traditional hula moves. Also, get a better understanding about island culture. Helps trim the waistline and improve strength, flexibility and balance.

EXERCISE PASSES for exercise classes with Kris Reaske - The "exercise pass" is good for 5 or 10 classes taught by Kris and is valid for 6 months from the date of purchase. Once you use up your classes, simply purchase another pass. Classes include: Basic Pilates Core/Flex, Low Impact Aerobics, Zumba for All, and Zumba Gold.

RENT REBATE - May 15th - September 14th - Eligible residents will receive a one-time check to help offset rental expenses. Participants must submit proof of income in 2011 and rental, heating, electric, & water payments made in 2011. Program filing deadline Sept. 14th, 2012.

FARMER'S MARKET COUPONS - This program allows eligible participants to enjoy CT Grown fruits, vegetables, fresh cut herbs, and honey from approved local Farmer's Markets. Eligible participants will receive \$30 worth of coupons, which are good at the Madison Farmer's Market until October 25, 2012.

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Madison Emergency Management

Hurricane Season Preparations - Hurricane season is upon us, and the time is now to prepare your home and family for the potential damage and disruption that may occur. It is likely that there will be several days' notice of the approach of a hurricane. Here are some tips for preparing yourself before a hurricane hits. Think about your special needs, like pets, children and the elderly.

Well before any storm:

- Refill special medications.
- Get cash (ATMs may not work for days after).
- Don't charge credit cards to the limit; you might need extra cash after the storm.
- Get non-perishable food and water for at least 3 days.
- Don't fill gasoline cans until right before the storm; they are a fire hazard.
- Fill vehicle fuel tank. Gas stations may run out and some will not have power to run pumps. Check your car's battery, water, oil. Make sure you have a spare tire and buy aerosol kits that fix and inflate flats.

- Check fire extinguishers.
- If you own a boat, make necessary preparations.

As the storm approaches:

- Get shutters, storm panels or plywood in place on windows. If you haven't installed sockets, attach with wood screws; they're better than nails and do less damage.
- Don't tape windows; tape can create daggers of glass and bake onto panes.
- Remove swings and tarps from swing sets. Tie down anything you can't bring in. Check for loose rain gutters, moldings.
- Move grills, patio furniture and potted plants into your house or garage.
- Check your mailbox. If it's loose, secure or remove it.
- Move vehicles out of flood-prone areas and into garages if possible. If not, park cars away from trees and close to homes or buildings.

Inside the home:

- Seal key documents - including passports, wills, contracts, insurance papers, car titles, deeds, leases and tax information - in zip plastic bags and get into a protected, dry place, such as a safe-deposit box or home safe.
- Set the refrigerator to its coldest setting in anticipation of the power failing.
- Fill the bathtub. It may be your main supply of water.
- Check flashlight and radio batteries and have extras on hand.
- Charge rechargeable cellphones, drills, power screwdrivers, flashlights, lanterns and batteries.
- If you are in a flood-prone area, prepare to evacuate; bring medications, eyeglasses, baby supplies, toiletries, change of clothes, bedding, cellphone charger, important documents and phone numbers.

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MADISON NEWCOMERS' GUIDE

WELCOME TO MADISON!

On behalf of *Events Magazines*, welcome to Madison. In Madison you will find wonderful people and places to visit in town. Madison has something for everyone. Below are important phone numbers. Tear out this page and keep it for future reference. We at *Events Magazines* and Essex Printing support local businesses. Please use this guide and "Buy Local"!

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N. MADISON CONGREGATIONAL203-421-3241
SHORELINE UNITARIAN UNIVERSALIST203-245-8720
ST. ANDREWS EPISCOPAL203-245-2584
ST. MARGARET ROMAN CATHOLIC203-245-7301

MADISON PUBLIC SCHOOLS

CENTRAL OFFICE.....203 245-6300
ISLAND AVENUE ELEMENTARY203 245-6450
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WALTER C. POLSON UPPER MIDDLE SCHOOL
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MADISON ROTARY CLUB.....860 304-0023
MADISON NEWCOMERS CLUB
.....MADISONNEWCOMERSCT.COM
MADISON LIONS CLUB860 732-2743
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MADISON HISTORICAL SOCIETY203 245-4567
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Safe Rides



10 School Street - 245-8347 Madison Safe Rides
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Safe Rides is a confidential, community-wide, student-to-student transportation service which operates on Friday and Saturday nights year round from 10 p.m. to 1:30 a.m. The program exists to provide high school and middle school students with a safe alternative to traveling with a drunk or otherwise incapacitated driver; to hitchhiking home; to driving while under the influence of substances; to driving home when sleepy. The primary purpose of Safe Rides is to keep people alive and safe.

Safe Rides is non-profit. It is run by Madison Youth and Family Services with the support of The Exchange Club of Madison, and operates only within Madison town borders. Each shift is staffed by 3-5 high school students and 1 adult. Adult responsibilities include interacting with student volunteers, reinforcing who not to transport, and canceling the shift if the weather is bad. The student's volunteers are registered through Madison Youth and Family Services and insured through the town. Each shift has one driver, one rider, and one or two dispatchers.

Continued on next page

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Safe Rides ... continued from previous page

If the driver is male, the rider must be female, and vice-versa, to promote the safety of both shift members and passengers.

Safe Rides drivers must have a license for at least six months, so most drivers are juniors and seniors. Safe Rides volunteers who do not have licenses serve as riders or dispatchers.

A prospective passenger is met outside the pick-up address, as Safe Rides personnel are not to go into the house where a party is being held. Safe Rides may take people only home- not to other parties or other people's houses.

The adult on a shift picks up the key to Madison Youth and Family Services at the police station at 9:45 and opens the building. At the close of the shift, the adult returns the key to the police station.

Confidentiality is a vitally important part of the program. Neither adult nor student volunteers are to talk about the shift or divulge the names of any passengers during or outside the shift. Concerns from both youth and adult volunteers are to go directly to Melissa Balletto at 245-5656.

Adult and student volunteers are needed for this program to operate to its full potential.

To volunteer please call Melissa 203-245-5656. If you need a ride call Safe Rides at 245-8347.

**STUDENT DRIVERS AND ADULT VOLUNTEERS
ARE NEEDED!**

Rosé Wines

Rosés are wines that are basically "pink" in color, which is attributed to the grape varietals used and how long the skins stay in contact during the wine making process. Rosés are typically a blend of more than one red varietal, and occasionally white grapes are used. The taste is very pleasing and refreshing with accents of fresh berries such as strawberry, raspberry and cassis. Rosés are a delicious alternative to white or red wine for summer. They are great for picnics and barbecues which normally provide a large selection of foods including chicken, beef and seafood. These wines are produced all over the world, so each country's unique blend of grapes varies. France produces Grenache, Syrah, Cinsault blends which are full and clean. California does a beautiful job producing Pinot Noir Rosés which are soft and refreshing. South Africa blends a white, Viognier, into their Rosés which gives a pleasant floral quality to their wines.

Whether you typically drink white or red wine, you can not go wrong with a Rosé. During the hot summer months when you just want something refreshing, try a great bottle of Rosé, they are guaranteed to please the pallet. Enjoy your summer and these mouth-watering wines!

*Arthur LiPuma, Manager
Spirits of Madison / Madison
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*High Hopes SYMPHONY Invitations
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LYME, Connecticut (July 9, 2012) - Julia Balfour, LLC & High Hopes Therapeutic Riding, Inc. are pleased to announce that the invitations designed for the High Hopes 2012 Symphony Fundraiser have been honored with a Connecticut Art Directors Club Award. The invitations were designed by Julia Balfour, LLC, a full service creative agency. Both organizations are proud of the work that was created, and are thrilled that it was acknowledged by the professional design community.

The Julia Balfour, LLC team created the work through their pro-bono partnership with High Hopes Therapeutic Riding. Hand drawn illustrations and watercolors were utilized to create an invitation that spoke to the elegance of this biennial event. 2,500 invitations were wrapped and packaged by hand, speaking to the dedication of volunteers from both organizations.

Essex Printing in Centerbrook, CT also generously donated their expertise and services in printing the invitations.

This years' Symphony fundraiser took place on June 9th, at

the High Hopes Center in Old Lyme, CT. The event, which included a silent auction and a performance by the New England Orchestra, was a huge success. Ticket sales were up 10% from previous years. The evening raised over \$200,000 in donations. The funds will all be used to support the operations of the High Hopes programs, as well as their scholarship program.

The Connecticut Art Directors Club hosts an annual award show to honor exemplary design work from around the state. The High Hopes Symphony Invitations were showcased on June 15th, 2012, along with the other award recipients. The Julia Balfour, LLC team netted 16 total awards that evening.

Julia Balfour, LLC is located in Lyme, CT. As fellow horse lovers, they have been overjoyed to work with High Hopes; citing their incredible work with those who have cognitive, physical, and emotional disabilities as a constant source of inspiration.

To learn more about the High Hopes Therapeutic Riding Program, visit them online at: <http://www.highbopestr.org/>

Find more information about Julia Balfour, LLC online at: www.juliabalfour.com. www.facebook.com/juliabalfourllc.

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Garden Maintenance

"No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden. Such a variety of subjects, some one always coming to perfection, the failure of one thing repaired by the success of another, and instead of one harvest a continued one through the year". Thomas Jefferson

The garden is a work in progress and perfection is a relative term. The true nature of a garden is to be imperfect. Flawlessness in the garden is only achieved by patience, regular tending and understanding that Mother Nature is ultimately in charge. Garden maintenance can be a challenge when faced with busy schedules, heat scorching temperatures, weeds, critters, bugs, and a variety of lurking diseases. But, in the end it is worth the effort to put the energy into planning and planting your garden and to follow through with maintenance throughout the entire summer. There are many things you can do to ensure a good looking garden but in the real world it may not be possible to actually get it done! Without getting in over your head you can, however, keep your garden looking great through October if you follow these simple tips:

Patience - As mentioned, patience with your plants and yourself is important. Despite your best efforts, your garden may not be the picture perfect vision you had in mind.

Water - Pay attention to how much water your garden is getting. If you have an irrigation system do not assume your garden is getting the right amount of water. It could be both over watering or under watering that causes problems. Your irrigation may need to be reset depending on what the weather is contributing in regards to rainfall, heat and sun exposure. If you do not have an irrigation system you will need to pay close attention to how much water Mother Nature is providing. A general guideline is 1 inch of water a week. If there has been no rain then supplemental watering is recommended. For newly established plants water is critical!

Deadhead - pinching and deadheading will greatly improve your garden's performance if done regularly. A good analogy is a hair cut. Just as a healthy head of hair responds to regular trimming the same is true of the plants in your garden. Deadheading the spent flowers gives the plant energy to produce more.

Weed - Do not let the weeds conquer. They will grow before your eyes and it is impossible to get every one. But, if the weeds get ahead of you it is easy to give up on your garden before it has the chance to reach its full potential. Even fifteen minutes spent weeding will make a difference!

Monitor - Keep your eyes open for critters, bugs and disease so that you can head them off.

Realistically, it does not take as much time as you think to keep up with the garden. It only takes a few minutes in the morning or evening when it is cooler to tend the garden. Your garden can be a great stress reliever and source of satisfaction. However if the garden is becoming more of a frustration to you consider hiring a professional to help you maintain a "perfectly imperfect garden".

*Melissa Blundon
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Local M.D. Named Full-Time Hospice Medical Director

When people think of hospice care, they often focus on death and dying. But according to Middlesex Hospital's new, full-time Hospice Medical Director (and Haddam resident) Bill Zeidler, M.D., the essence of hospice care isn't about dying. "One of the big misconceptions out there is that a lot of people think that hospice is just about dying. It's truly not. It's truly about trying to live to the best of one's ability until the moment you die," said Dr. Zeidler.

And Dr. Zeidler should know. He has been certified in the specialty of hospice and palliative care since 1997. He is also a founding member of the American Academy of Hospice and Palliative Care Physicians. Modern-day hospice care in the United States only started back in the mid- to late-1970s, explains Dr. Zeidler. He adds, "It's seen amazing growth since then. This means that a lot of people are coming to understand the worth of hospice and palliative care."

A recent Wall Street Journal article stated that, according to the National Hospice and Palliative Care Organization, an estimated 1.58 million patients received hospice care from more than 5,000 programs nationwide in 2010, more than double the number of patients served a decade earlier. More than 40 percent of all deaths in the United States that year were under the care of hospice, which provides medical care, pain management and emotional and spiritual support to patients with terminal illnesses.

The Middlesex Hospice and Palliative Care program began as an inpatient unit at the Hospital back in the mid-1980s. At that time, Dr. Zeidler became its first, part-time medical director. The original, six-bed inpatient unit has now expanded to a 12-bed hospice and palliative care unit and the program also provides hospice care in the home setting throughout Middlesex County and beyond.

Dr. Zeidler has a long history with Middlesex Hospital. He became a Family Practice Resident in 1975. In 1978, upon graduating from the program, he set up a private family medicine practice in Higganum. In 1997, he became a member of the Middlesex Hospital Primary Care network with offices on Saybrook Road in Middletown. Dr. Zeidler left his primary care practice this year to become the Hospital's first, full-time Hospice Medical Director. As such, Dr. Zeidler will be caring for virtually all the Hospice patients on the inpatient unit, and some in the home and in area nursing homes as well. But, according to Dr. Zeidler, "My function is part of a large, interdisciplinary care team that includes inpatient and homecare nurses, social workers, physical therapists and occupational therapists. We use the expertise of pharmacists, who are well trained in pain medications.



Continued on page 27

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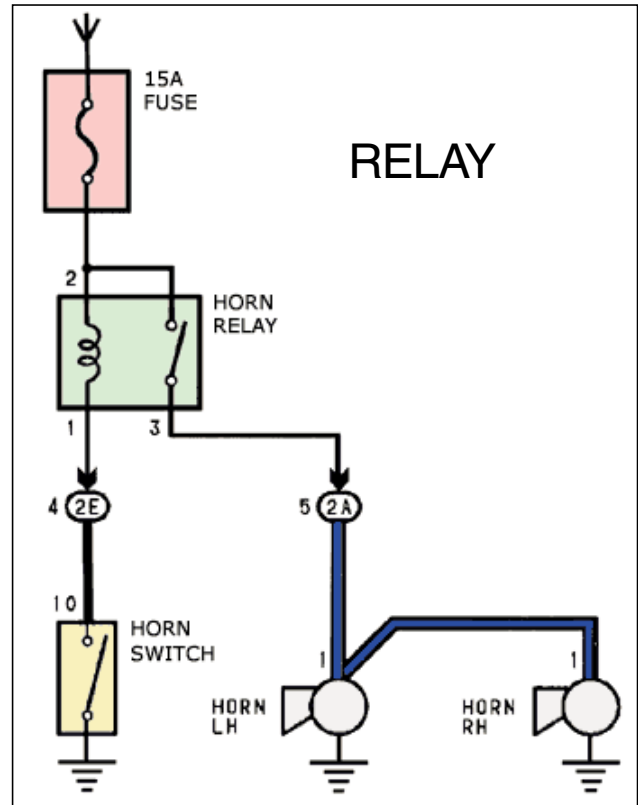
What is a Relay?

What is a relay? The short answer; it's an electrical device that uses a small amount of electricity to control a much larger one. Automobiles use these devices to control things like your horn, lights, wipers and power windows.

How does it work? See diagram below: when the key is turned on power is supplied through the fuse to pin 2 of the relay. When you press the horn button, it closes the contacts at #10 providing a path to ground and energizing the coil in the relay. When that happens it pulls in the contact at #3 allowing the horns to sound. When you let go, the coil de-energizes and the contacts open and the horns quit. This is a simple illustration of how it works. Your wipers, lights and windows are very similar in function. Why do we need these? It prevents the height current from overloading the switches. Most are very small in size. Look how small your window switch is. You can find most relays around where your fuses are. You can look in your owners manual to find fuses and relays.

You would use one if you wanted to put on some extra lighting or maybe a set of air horns. If you are having problems and the fuse doesn't fix it, try looking at the relays. If that doesn't work, check with your local repair shop and get professional help.

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Hospice Medical Director ... continued from page 25

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Dr. Zeidler admits that managing a patient's pain is an important aspect of hospice care. But he adds that the ultimate goal is to control the pain, while still keeping the patient as alert and oriented. This not only benefits the patient, but the family as well.

"When we get the patient's pain under control, the patient often relaxes, which means the family can relax as well," Dr. Zeidler added.

Dr. Zeidler is looking forward to his new, expanded role in the Hospice and Palliative Care program, and for good reason.

"It's a wonderful program and it is truly amazing how much patients and families benefit from it. The message is that we're just trying to make things a little bit better for patients, and significantly better for the family. And the more support you give the patient, family and other loved ones, the better everyone does. Often, we are actually able to bring some joy into their lives during a very difficult situation."

Staying Active in Your Senior Years

The Joys and Benefits of Staying Active in Your Senior Years

We humans are social creatures, with a natural desire to interact and be with other people. Some senior citizens, however, find themselves living alone with limited interaction or engagement with friends or family. This is unfortunate since social involvement is a major component of the overall well-being and good health of any senior. Research by the Harvard School of Public Health and others illustrates that an active social life helps seniors enjoy a higher quality of life during their retirement years. Social activity also greatly reduces or even eliminates loneliness or depression, which often affect secluded people.

Everyone can create "social opportunities" by:

Getting involved in activities at local senior centers, church groups or other organizations

Signing up for art, music, or fitness classes

Volunteering or mentoring at a local school, library, or museum

Joining a local club (such as gardening, writing, reading, or chess)

Taking part in "senior" travel programs

Attending lectures and cultural events

Senior citizens also are encouraged to attend community meals, or invite friends and family to dinner. Additionally, seniors should try to accept invitations to join others at mealtime as often as possible.

Some seniors may consider moving into a retirement community, assisted living residence or a continuous care retirement community (CCRC), all of which typically have suitable social and cultural programs available daily, under one roof. These communities often include transportation services - which helps those who no longer drive maintain a level of independence.

If there is a senior in your life - or if you are planning for your own retirement - be sure to include as much social, physical and cultural activity as you can manage. You will be impressed by the benefits, and will enjoy a higher quality of senior living!

By Kathy Ryan, Executive Director, The Saybrook at Haddam



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