

The Eastford Communicator

August, 2017 Calendar

- Nahaco Commission, Nahaco, 7pm Democratic Town Committee, Library, 7pm Recreation Commission, TOB, 7pm
- Christina the Magician, Library, 10:30am AA Meeting, TOB, 7:30pm
- School Readiness Council, EES, 6pm BOS, TOB, 7pm
- Planning Commission, TOB, 7pm
- Registrar of Voters, TOB, 5pm-7pm
- 10 BOE, EES, 7pm
- 12 AA Meeting, TOB, 7:30pm
- 13 14 Senior Citizens, TOB, 11am Deadline: 5k Registration discount (see p.7)
- 15 Republican Town Committee, Library, 7pm
- 16 Communicator Deadline
- 19 AA Meeting, TOB, 7:30pm
- 21 Clean Energy, TOB, 7pm
- 22 Transfer Station Committee, TOB, 1pm
- 23 Registrar of Voters, TOB, 5pm-7pm
- 24 Inland Wetlands Commission, TOB, 7pm Library Board, Library, 7pm
- 26 AA Meeting, TOB, 7:30pm
- 28 SCHOOL STARTS, EES, 8:45am

SUMMER FUN

YEAR ROUND-NAHACO IS YOUR PARK-FREE. On

Westford Road in Eastford, you'll find Crystal Pond, beach, picnic area, and trails. You can reserve the Park for a special event, and a dining hall is available.

FAMILY FUN FROM EASTFORD LIBRARY- Free/

discount passes for Mystic Aquarium, Roger Williams Park Zoo, The New England Air Museum, New Britain Museum of American Art, Wadsworth Atheneum, CT Old State House, and CT Science Center. Special Event: Christina the Magician, Sat, Aug 5, 10:30am

FREE EXPLORE GUIDE TO THE LAST GREEN

VALLEY. In tourism sites. Info: www.thelastgreenvalley.org

SENIORS - LIFETIME U.S. NATIONAL PARK PASS FOR \$10 ENDS August 10 (\$80/YEAR THEREAF-

TER). Info: https://store.usgs.gov/senior-pass.

SENIORS - FREE LIFE CT PARK PASS-Charter Oak Pass for CT residents age 65 or older, allows FREE access & parking for the entering vehicle & all passengers. Info on DEEP Rec page: http://www.ct.gov/deep/

BRODEURBITS

Brodeurbits is a regular compilation of writings and ramblings from the First Selectman and others and elsewhere, some profound, others mundane; all hopefully of interest and import, aimed at communicating and informing.]

[This month: Thanks All and Pit Falls, Fracking and Mowing, Stickers and Tags]

Experience Eastford on Saturday, July 8 was quite an experience, from dog kissing to frog jumping, from pancakes to Parry talking, from cars and crafts, to house bouncing and wall climbing, Historical openings and hysterical happenings, and much, much more. I want to commend all of those, particularly committee chair Terry Cote, who worked so hard and so long to bring all of the Experience

continued on next page

A SPECIAL REQUEST FOR DONATIONS

The Communicator NEEDS your donations!! Many communities no longer receive town newspapers due the costs of printing and mailing, which have gone up recently.

But we are grateful that folks who love Eastford support our efforts.

The Communicator gives you up-to-date reports by your school, town government and organizations.

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Dirk Anderson Theresa Buell **Bette Giordano**

Lt. Col. Nancy B. Samuelson Linda Torgeson

Emergency Management of Eastford We, the volunteer staff, Thank You! You are keeping the Communicator alive! Please send donations to:

Eastford Communicator P.O. Box 253, Eastford, CT 06242 Eastford and Heritage Day events to a happy conclusion. It was truly a day of celebration, of our Town and of each other.

The Eastford Board of Selectmen has called a Special Town Meeting for August 7, 2017, at 7 p.m. in the Eastford Elementary School to seek approval of two proposed ordinances. The ordinances were vetted at a Public Hearing on July 17 and acted upon positively by the Board at a meeting following the hearing. One ordinance provides for the continuation of a Joint Park Commission, the other pertains to the prohibition of fracking waste in Eastford. The ordinances are on the Town website at www.eastfordct.org/townofeastford

The Board of Selectmen, meeting in regular session on July 17, awarded the contract for Town tree work for the July 1, 2017-June 30, 2018 year to Country Landscapes & Tree, LLC. of Eastford. In other award action, the Board awarded the contract for roadside mowing for this season to Billy Gallop of Sterling in the amount of \$5,000 and mowing is underway.

At the Annual Budget Town Meeting on June 5, voters moved to establish a Building Committee with proper representation from the Board of Education and citizens-at-large with regard to the Gymnasium Roof Replacement Project at the Eastford Elementary School. At its July 17 meeting the Board of Selectmen established that committee. It is comprised of: Rob Torcellini, chair; Christine Hustus, Gary Carabeau, Tom Hughes, Paul Torcellini, and Linda Loretz, recorder.

The Board of Selectman has authorized me as First Selectman to proceed on implementing telephone, fiber optic, Wi-Fi, Nutmeg Network, and other information technology related enhancements and improve-

molding and siding

showroom open

weekdays 7:30 am-3:30 pm

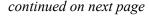
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ments in Town buildings and to expend the \$15,000 in Municipal Reserve Funds approved and allocated for that project. The Board further awarded the project contract to Savage Systems of Putnam. I want to commend Bob Willis for volunteering to undertake the research and contacting and gathering of information which has enabled us to proceed on this project. Bob did yeoman duty in bringing us to this point and time in the long-needed, and long-awaited, modernization of Town communications.

The Board of Selectmen has given its stamp of approval on, and support of, the plan for a multijurisdictional emergency shelter at the Pomfret School. The plan evolved after discussion among First Selectmen and Emergency Management Directors of the towns involved [Eastford, Pomfret, Woodstock, and Brooklyn], American Red Cross and Pomfret School officials [among them State Representative Pat Boyd] in developing an available and accessible shelter to be used by Town residents during emergencies. The site of the shelter will be the Pomfret School fieldhouse which has all the components necessary for such a shelter such as space, bathroom facilities, back-up power and the like. Many thanks go out to Eastford's Emergency Management Director Deb Richards for her diligence and hard work in helping to bring this shelter plan to fruition.

Couple of Facts and Figures: The total value of building permits issued in June was \$266,600. There was one auto accident in Eastford in June and 58 State Police calls—among them eleven traffic citations and seven written warnings. No criminal investigations ongoing, no burglaries and no larcenies.

August 1 has past, so you should have your new





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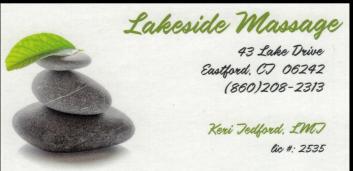
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Transfer Station sticker—they are brown—affixed to the lower driver side of your vehicle windshield if you want to use the Town transfer facility for the 2017-2018 year. Also, dog license tags should have been purchased in June from the Town Clerk.

And speaking of the Transfer Station, paving work there has been completed and, out of safety concerns, Public Works has restructured the brush disposal area, making it a bit more level, to preclude folks falling into the "pit" while unloading brush or backing vehicles down into it.

The Town has been informed that Algonquin Gas Transmission has withdrawn the Access Northeast Project which would have brought improvements in Algonquin's natural gas pipeline infrastructure including that portion of the pipeline in Eastford, from the Pilfershire Road area through the Natchaug Forest and crossing Kennerson Road into Chaplin at the town line. Algonquin's stated reason for withdrawing is because "New England currently lacks a uniform energy policy and the authority necessary for regional support of natural gas infrastructure for electric generation."

ICE CREAM SANDWICH DAY AUGUST 2



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Nahaco Park Update

The Nahaco Park commission continues to be very busy and productive over the course of the summer months. We were able to organize some members to have a display at Experience Eastford day. Wildflower seeds and informational flyers were distributed and local kids were entertained by throwing disc at a target. Our disc golf course is up and running. With a soft opening on July 1st, many local players have enjoyed using the course which is nearly complete. Painting has begun on the dining hall and through the efforts of commission members the south side is now complete and looking great. Yoga continues every Wednesday night at 5:30 by the water. What better setting to relax and forget about the stresses in your life. Our day camp is up and running under the leadership of Jen Larkin. The campers have enjoyed some great weather and a variety of activities to enjoy, including disc golf instruction by a local player who also donated many disc to the camp.

Revisions to our Ordinance are also in the works with a recent public hearing to help clarify the reasons for our requests. It is my understanding that there will be a vote on August 7th. Woodstock has yet to call a public hearing, however I have been told it will happen soon.

It has truly been a pleasure to work as Chairman of the Nahaco Park Commission. I have been blessed with a dedicated, hard-working group that all have very unique talents to bring to the table. Coming back to Eastford to volunteer for Nahaco Park has also allowed me to meet up with old friends that I grew up with. Our community is very fortunate to have hard working, responsible and caring individuals, including past Commission members, willing to reach out and assist whenever possible for the benefit of the town. I encourage everyone, once again to take a trip up to Nahaco Park and enjoy the pure beauty and peacefulness it has to offer. For anyone desiring renting the property please visit: www.nahacoparkreservations@gmail.com for more information. Chris Mayhew, Nahaco Park Chair



Betsy DiQuattro Realtor Cell 860-455-8565 Office 860-923-3377 bdiguattro3@gmail.com

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Board of Education

By Linda Loretz

The Board of Education hopes to appoint a new principal at its August meeting, scheduled for August 10 at 7 pm. Except for July, the Board meets the second Thursday of each month in the school library. The public is always welcome to attend their meetings. The school building is open every day during the summer. If you need information about the School District, please contact the office staff.

Bus routes for the elementary school and high schools will be posted online and on the doors of the school about two weeks before the start of school. School reopens on Monday, August 28. In an effort to cut costs, the BOE has decided to use two buses instead of three for the upcoming school year. Bus routes will be modified and decisions about door-to-door service and walking to bus stops will be made based on the BOE's Transportation Policy, (#5131.1), which can be found in their entirety on the school's website—https://www.eastfordct.org/domain/1184. Following is an excerpt of the policy:

"In determining the provision of transportation for resident public school students, the following guidelines regarding walking distances will be considered. Distance measurements will be based on the most direct route from the student's home beginning at a point at the curb or edge of a public road or highway nearest the home to the edge of the school property or bus pickup areas.

Practice	<u>Grade</u>	District
-door service	PK, K	door-to
mile	1-3	1/2
	4-6	3/4
mile	7-12	1 mile

Special circumstances and safety issues will be considered by the Superintendent and/or Board when interpreting these district practices. There will be door-to-door service for students living on state routes 171, 244, 198 and 44.

From the Principal's Office

By: Carole McCombe, Acting Principal of Eastford Elementary School

It was a pleasure to see the children and families that came out to support our two summer events sponsored by the EcoTarium in Worcester, MA. Those who attended were able to interact with live animals and learn about turtles in New England and other animal adaptations.

School begins for students on **Monday, August** 28, our school start and end times have been adjusted by 5 minutes at the beginning and end of the day. School will begin for students at 8:45 a.m. and end at 3:20 p.m. We welcome new faces to our EES community. Tyler Bridgewater will teach PE and health, Brooke Felt will teach art, Meghan Kebernick will teach Spanish, Rachelle Mauer will be our speech/language pathologist, and Kathy "Jean" Barlow will be the school nurse.

EES invites all registered Preschool and Kindergarten families to join us for a 'Meet and Greet' with Mrs. Kopplin and Mrs. Bibeault from 2 p.m. to 3 p.m. on Friday, August 25. Children and families will have an opportunity to tour classrooms and meet with the teachers to help with their transition. Children will also play on the playground and have a school bus ride! I looking forward to meeting families and children. If you are unable to attend but have questions, please feel free to contact Mrs. Kopplin (ckopplin@eastfordct.org) or Mrs. Bibeault (mbibeault@eastfordct.org).

A summer mailing with important information has been sent home. Please look for your child's emergency contact information card to verify your current information and return it, and other relevant papers to our office as soon possible.

EES is excited to again offer instrumental music opportunities for any students entering grades 4 through 8. For rental information, copies are available in the office.

We are eager to start the new school year, and are looking forward to collaborating with families through the exciting experiences planned in the year ahead. Continue to enjoy the summer weather and I look forward to another amazing school year with talented students and staff in this supportive community.

EASTFORD INDEPENDENT FIRE COMPANY #1. INC

Jeannine Spink, Secretary

WELCOME AND CONGRATULATIONS!

Welcome to Emily Hull, our new Junior Member. She has attained certification in CPR/First Aid. Congratulations to Emily on her recent graduation from the Eastford Elementary School, and the recipient of The Marilyn Krom Award, sponsored by the PTO, for a student in recognition of significant progress while a student at the EES. 2017 graduates were also Silas Bunnell from Woodstock Academy and Nathan "Hully" Hull from Ellis Tech. Silas received the Douglas Foisy Memorial Scholarship to a student expressing genuine interest in helping others and going into the field of nursing. President James Roy presented the EIFC's 58th Annual Citizenship Award to EES graduate Cedric Bilica, who has demonstrated leadership, respect for school and community rules, and involvement in school and community affairs.

We welcomed State Rep. Pat Boyd, to the monthly meeting on July 11th who present President Roy and Company a citation from the State of Connecticut in

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WHAT A DAY AND THANK YOU EASTFORD!

Saturday, July 8th was the annual "Experience Eastford" festivities. The weather was beautiful and the attendance was great for all activities. The EIFC experienced a wonderful response from residents at our complimentary "thank you" pancake breakfast. Social King, Lieutenant John Paquin, estimated that between 100-125 breakfasts were prepared and served by members. EMS Captain Jeannine Spink demonstrated the arts of "Hands Only CPR" and "Heimlich Maneuver" to approximately 35 people. The fleet of apparatus was displayed, "goodies" available, and a demonstration showing extrication and cutting skills of a vehicle was a highlight. All in all, the day was a very successful experience for everyone. A special thank you to people who generously donated money to our Company.

A VOLUNTEER SERVICE HELPS KEEP

YOUR TAXES LOW – A volunteer service provides the town with high-quality emergency services at a fraction of the cost of a paid service. WE NEED YOUR HELP, even if you can help for only a few hours a month. We will work with whatever time and skills you are willing to give, not necessarily fighting fires or providing medical treatment. Come help us and together we can make a difference for our town. When you join the EIFC, you're not only joining a community service, you are joining a family. If interested in helping, talking to any member.

Sigh..from The Editor—Up till 10 years ago The Communicator required individuals living out of state or town to donate in order to receive the paper. In the past two months, postal costs have risen so now we now ask, if you are able, please consider sending a donation if you live outside the town or state. (It costs more to mail to out-oftown addresses so your assistance, in any amount, would be greatly appreciated.) Thank you to all & all who already send donations.



Report by Eastford Conservation & Historic Preservation Commission

Put out a BOLO on Invasive Plants in Eastford

BOLO - Police-speak for "Be on the lookout for". We'd like you to be on the lookout for invasive plants in Eastford. Invasive plants are a problem because they push out, overgrow, strangle, and squeeze out our native plants and so, make it harder for our native animals to survive. You don't know which plants are considered invasive? No problem. Here are two good websites that can get you started: cipwg.uconn.edu (CIPWG = CT Invasive Plant Working Group) and IPANE (Invasive Plant Atlas of New England) at www.eddmaps.org.

Step One in controlling invasive plants is correct identification. These two website can help you with that and direct you to useful apps for your mobile phone that you can use out in the field. Step Two is figure out what you're going to do. You need a plan. Investigate proper control methods and be realistic about how much you can do. Step Three is to be persistent. It's important to realize that most invasive plants are not easy to control (that's why they're invasive). Successful control requires a commitment. For example, your hard-working town conservation commission has been working on controlling water chestnut (*Trapa natans* - check it out online), an aquatic invasive plant, for the past 15 years. Our efforts have led to a success that is the envy of towns all over CT and MA that have problems with water chestnut. Some major infestations of this plant have been found in Ashford, Mansfield, and Thompson in the past year. Water chestnut can be spread by ducks and geese. We need you to keep a sharp eye out for water chestnut cropping up in Eastford's ponds and lakes. If you think you've found it, please notify the Eastford Conservation and Historic Preservation Commission at the Town Office Building.

Another invasive plant that has started to show up in Eastford in recent years is purple loosestrife (check it out online). It can take over huge swathes of wetlands, pushing out native wetland plants that provide food and shelter for many wetland species of animals. There is some hope of controlling this plant when its populations are small. Let us know if you find purple loosestrife plants in Eastford. One simple thing you can do to help control invasive plants is to not let them go to seed. If you've got purple loosestrife, oriental bittersweet, garlic mustard, Japanese knotweed, multiflora rose, etc., cut them back & cut and bag their seeds or berries before those seeds fall to the ground of get carried away by birds. Please contact the ECHPC at the TOB or the Master Gardener Office in Brooklyn (860-774-9600) if you have questions about invasive plants.

Report of the Union Society Building Committee

By Carol Davidge, Chair

We thank recent Legacy Donors Thomas Hughes and Andrea Amato, Barbara Urban, Lucinda and Richard Labbe. Also, Mary Vaida Larkin Bloom whose donation is in honor of the Vaida uncles and the "extreme" croquet played at the Union Society Hosue. All kinds of games and activities for all ages took place at the Union Society gatherings, but the croquet court (still to be seen adjacent to A.J. Shaw on Rt. 198) was continuously popular among teens, and had electric lights as early as 1930 for night-time matches.

A Silent Auction to benefit the Union Society Building was held on July 8 at EES during Experience Eastford with proceeds of \$1,300. For their contributions to this effort, we thank Susan Burns and Robert Williams, Robert Davis, Ed Windecker, Mike and Mary Ellen Ellsworth, Barbara Urban, Karen Butts, Janet Bellamy, Lauren Anderson, Louise Rickard, Carolyn Hazard, Heather Parker, Leslie Lavallee, Valerie Katkaveck, Woodland Trails Wildflower Nursery, Coriander Cafe, Garden Gate Florist, Cargill Quick Lube and Car Wash, Willington Pizza, the Boston Red Sox, All The Pretty Saddles Tack Shop, Harrisville Golf Course, Bowens Garage, Buell's Orchard, Bradley Playhouse, Paws cat rescue center, Pilates by Margherita Nichols-Shaw, Jorgensen Center for the Performing Arts at UCONN, Dragon Wells Accupuncture, the Vanilla Bean Cafe, Pizza 101, Monet's Table, Eastford Veterinary Clinic, Mansfield Supply and other donors.

The 1806 Union Society Building, located at the junction of Routes 198 and 44, is on the National Register of Historic Places. For 200 years it was a place where people gathered for tax protests, demands for voting rights, family games, holiday parties, social and spiritual activities, and everyone was welcome regardless of ethnic origin, spiritual belief, gender or age.

Donations and Legacy Memorials are needed to move the project forward. For donations of \$100 or more, a legacy memorial plaque acknowledges the donors and individuals being honored. All proceeds from fundraisers and donations go to the Town of Eastford, which owns this important historic building. To make a donation of any size, please make checks payable to: Town of Eastford (write Union Society in the memo line), and mail to Union Society Fund, Town of Eastford, P.O. Box 98, Eastford, CT 06242. For information, E-mail:

carol.davidge@snet.net. Your donations are matching grants from other places, doubling what you donate. Thank you.



Marilyn T. Krom

September 16

All proceeds raised for

Barbara Aquila

Eastford town hall 10:00 am Sign up at Aratrace.com

5k Run/Walk \$22 (before Aug.14) (Includes race T-shirt)

5k Run/Walk \$25 (before Sept.15) 5k Run/Walk \$30 (race day)

> Donations welcome, day of race or mail to: The Marilyn T. Krom Foundation 7 Riverside Court, Guilford, CT 06437



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Free Milk Program at EES

Children from families whose income is at or below the levels shown on the official chart (http:// www.eastfordct.org/files/filesystem/Public% 20Notice%202016.pdf) are eligible for free milk. Application forms are being sent to all homes with a letter to parents. To apply for free milk, households should fill out the application and return it to the school. The information provided on the application is confidential and will be used only for the purposes of determining eligibility milk programs. Note that the district MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs. It may also be shared with auditors for program reviews, and law enforcement officials to help them look into violations of program rules. This information may also be verified at any time during the school year by school or other program officials. Applications may be submitted at any time during the year. No application is required if the district directly certifies a child based on a household member receiving assistance from: The Supplemental Nutrition Assistance Program (SNAP), or Temporary Family Assistance (TFA) program. All children in these households are eligible for free milk benefits. Households receiving SNAP benefits or TFA for their children should only submit an application if they are not notified of their eligibility by September 16, 2016. If a child is not directly certified, the household should complete a free milk application form. The application for the SNAP or TFA households require the name of the person in the household receiving the SNAP or TFA benefits and their case number. The signature of an adult household member is also required. Households receiving assistance under the SNAP/TFA programs will be notified of their eligibility and their children will be provided free benefits unless the household notifies the school that it chooses to decline benefits.

IN APPRECIATION

The Eastford Grove Cemetery Association would like to thank the following donors for their support of perpetual care:

Theresa Buell in memory of Bob Buell and Carl Erikson Leonard Whitman

in memory of Dorothy Lawton Whitman Donations are tax-deductible and can be mailed to: EGCA, Inc. P.O. Box 284, Eastford, CT 06242

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Be alert! Watch for children School starts August 28th at 8:45am



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Carl & Evelyn Pfalzgraf



DID YOU KNOW?

By the Eastford Historical Society

Did you know that William E. Cheney operated a successful carriage and blacksmith shop at the intersection of John Perry and Old Colony Roads, just north of Richard Bowen's barn? In the last years of his life he added an undertaker's office, with a hearse, much for the convenience of the community. At his death in 1884, the establishment ceased to exist. Source: CT Genealogy

> Florence Warren Latham Museum of Eastford History 65 John Perry Road Hours: 2-4 p.m. 2nd & 4th Sunday May - October

The Eastford Historical Society would like to thank the following people for their assistance and support in preparing for the grand opening of our museum: Stan Megos, Brad Sorenson, Andy Hustus, Tom DeJohn, Rick Torgeson, Ernie Nowakowski, Alex Kowalchek, Donald Froelich, Scott Bunnell, Anne Latham, Toni Doubleday, Bey Lindemann, and Carol Davidge. THANK YOU!

EASTFORD FOOD PANTRY

As coordinators of the Eastford Food Pantry, we would like to thank the many residents of Eastford who have helped replenish supplies to our pantry. We especially want to thank those who donated during Experience Eastford. Financial donations are critical and allow us purchase essential items that are missing from our pantry. We also want to thank the several anonymous donors who have brought food and/or checks to the town hall. It is very much appreciated. Part of the definition of a real community is that we are willingly help one another out in times of need. Eastford continues to prove that we are a close knit community of caring, generous people. Many, many thanks to you all. Eastford residents in need who would like to avail themselves of the food pantry can place a confidential call anytime to Steve or Karen at 974-1618, or contact the First Selectman's

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Library NewsBy Susan Shead

The summer reading program Build a Better World is winding down. Our end of the summer special event is a performance of "Christina the Magician" on Saturday August 5th at 10:30am. Registration is not necessary for this event. New books this month: adult fiction: Saints for all Occasions by Courtney Sullivan, Britt Marie was here by Fredrik Backman, Secrets in Summer by Nancy Thayer, Testimony by Scott, the Fix by David Baldaci, Come Sundown by Nora Roberts, and the Identicals by Elin Hildebrand. There are discount passes at the library for Mystic Aquarium, Roger Williams Park Zoo, The New England Air Museum, and free admission passes to the New Britain Museum of American Art. Wadsworth Atheneum. Connecticut's Old State House, and 20% off for The Connecticut Science Center. Please note: The library hours are Monday 3-8pm, Tuesday 10am-8pm, Thursday 3-8pm, Saturday 9am-1pm.

Christina the Magician
At Eastford Public Library
Saturday August 5, 2017
10:30AM
No registration will be taken for this event

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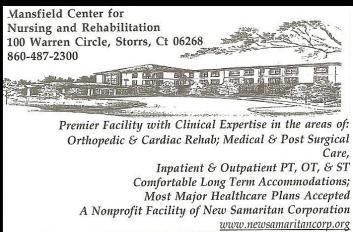
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News You Can Use - Situational Awareness Deb Richards -EMD

A new wave of terror, a more low-tech version such as guns, knives and vehicles, has become the common threat and so difficult to prevent. There is often no network of affiliates and the perpetrator is often acting alone, having been radicalized locally, perhaps via the Internet. Collection of intelligence is the best way to try to prevent this type of attack, which is the most likely in the United States. According to Emergency Management Magazine, it is true in terrorism and in law enforcement that people may be hesitant to tell on each other for cultural or other reasons, such as a fear of retaliation or just general mistrust. For agencies. building relationships with the community and community leaders and sharing that information is critical. For individuals, it is key to identify what the threats are and take the environment into consideration "What are you trying to protect against - a person with a gun or maybe someone running amok with a vehicle? Learn to practice personal responsibility in situational awareness. Hesitation or lack of awareness, such as being glued to a phone, can get people killed. People should be aware of their surroundings, what the possible dangers could be, and do a mental rehearsal of a plan in case of the worst-case scenario like being in a movie theater and confronting an active shooter situation. Ask yourself, "If I'm in a theater and a shooter comes in, where are my primary and secondary exits? If getting out of there is not an effective solution, what am I going to do? Am I willing to fight, can I seek cover somewhere?" Having that situational awareness and that mental plan of what my actions are going to be is going to decrease or eliminate the hesitation, and the hesitation is quite often what ends up getting killed. Source: Emergency Management Magazine





Tips for Today by Liz Ellsworth

In honor of Henry David Thoreau's 200th Birthday (b. July 12, 1817), take some quiet time outdoors this summer to reflect and rejuvenate. It's time to "unplug" for a bit. What do you observe? What's your favorite place outside? Thoreau is best known for his eco-reflection work entitled <u>Walden</u>, in which he explored the simplicity of living close to Walden Pond in Concord, MA. He wrote about his 2 years at Walden – journaling about growing his own food and building his own cabin. To learn more about Henry David Thoreau, visit: https://en.wikipedia.org/wiki/Henry_David_Thoreau

ATTENTION

All articles & news for The Communicator must be submitted to Deb Yazo:

E-mail: eastford.communicator@gmail.com Deadline: 2nd Wednesday of each Month

Eastford Communicator Volunteers

Executive Editor Carol Davidge
Composition/Layout Deb Yazo
News Collection Deb Yazo
Volunteers Ruth Yulo
Tom French

Megan Calchera

All items for The Eastford Communicator must include submitter's name, address & telephone, for verification. All items submitted are subject to editing. The Communicator reserves the right to reject any submissions. Opinions expressed are those of the submitters and not necessarily those of The Communicator. The Communicator will not print items it regards as offensive or slanderous

Dear Readers:

We hope you will contribute to The Eastford Communicator.

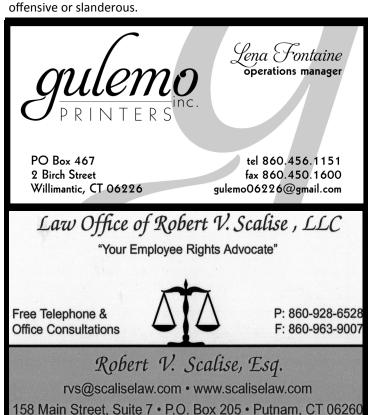
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