



# The Eastford Communicator

Volume 22, No. 12

## March, 2014 Calendar

- 3 BOS, TOB, 7:00pm
- 4 Conservation & Historic Comm, TOB, 7:00pm  
Democratic Town Committee, Library, 7:30pm
- 5 Nahaco Commission, TOB, 7:00pm
- 6 Senior Citizens, TOB, 11:30am – 2:30pm
- 7 Board of Assessment Appeals, TOB, 7:00pm  
(Hearings by appointment only)
- 8 Board of Assessment Appeals, TOB, 9:00am  
(Hearings by appointment only)
- 10 School Readiness Council, EES, 6:00pm
- 11 Planning Commission, TOB, 7:00pm
- 12 Special BOS, TOB, 9:00am  
Registrar of Voters, TOB, 5:00pm – 7:00pm
- 13 BOE, EES, 7:00pm  
Agriculture Committee, TOB, 7:00pm
- 14 Historical Society, TOB, 7:00pm
- 17 Yoga, TOB, 5:30pm – 6:30pm  
Grove Cemetery Assoc., TOB, 7:00pm
- 18 Republican Town Committee, Library, 7:00pm
- 19 **Communicator deadline**  
Union Society Exhibit, TOB, 1:30pm – 3:30pm
- 20 Gentle Yoga, TOB, 11:00am – 12:00pm
- 21 Yoga, TOB, 8:00am – 9:00am
- 24 Yoga, TOB, 5:30pm – 6:30pm  
American Legion, TOB, 7:30pm
- 25 Recreation Commission, TOB, 7:00pm
- 26 Special BOS, TOB, 9:00am  
Registrar of Voters, TOB, 5:00pm – 7:00pm
- 27 Gentle Yoga, TOB, 11:00am – 12:00pm  
Library Board, Library, 7:00pm  
Inland Wetlands Commission, TOB, 7:00pm
- 28 Yoga, TOB, 8:00am – 9:00am
- 29 LoCIP meeting, TOB, 9:00am
- 31 Yoga, TOB, 5:30pm – 6:30pm  
Grove Cemetery Assoc., TOB

## 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: On Bridges and Over Roads, Comings and Goings, Widgets and Budgets]

The Mill Bridge Road project proceeds apace. Under the Federal Local Bridge Program, the bridge over Bungee Brook will be replaced. The State Department of Transportation has authorized the Town to grant notice to our consulting engineers, [Wengell, McDonnell & Costello, Inc.] to proceed on final design; this phase includes work required to obtain environmental permits, regulatory agency approvals and rights of way. The State has set November 26 of this year as the deadline for Final Design Plan submission.

The Board of Selectmen have voted to join with the Town of Pomfret to request the State Department of Transportation to review the possible initiation of a through truck prohibition on Route 244 [Boston Turnpike and Brayman Hollow Roads] in both towns. This would be a through truck mandate, prohibiting large 18-wheel articulated vehicles. [Local truck traffic such as delivery vehicles, bulk milk tankers and such would not be prohibited.] The Board joined with Pomfret officials in being con-

### Inside:

- Eastford Scholarship Deadlines
- Veterans Memorial Deadlines
- EIFC - Stroke Care
- Inside Profile - Valerie Katkaveck
- Nahaco - Camp Registration
- Eastford Historical Quarterly:  
Yale-Myers Forest & Veterans
- Green Energy Team
- Emergency Preparedness-Contacts
- Great News:
- Aquaponics - Wounded Warriors

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cerned about the increased volume of such vehicles on Route 244 and their rate of speed. The concern is for the ability of residents to enter and exit from their driveways, for the safety of those walking along the road, picking up their mail or newspapers, and handling snow removal. Further compounding the situation is the State's plan to repave Route 244 from Route 198 in Eastford to Route 97 in Pomfret. If this plan is approved and funded and comes to be, it would make heavy truck traffic more of an issue.

If you contract with a private trash removal contractor to haul your trash, I would be most appreciative if you would inform the Selectmen's Office that you do. The Town is mandated by the State to report annually on who and what and how and in what quantities regarding our waste management, transfer station, and recycling efforts and we are not always aware of all the contractors doing removal in Town. If you use the Transfer Station or Willimantic Waste, you do not need to inform us since we know that data already. But if you use another service, please call us or e-mail us at 860-974-0133, extension 3, or at [selectmen@townofeastford.com](mailto:selectmen@townofeastford.com) and give us the name of your hauler.

While we are at the Transfer Station, you might recall that the firm that was removing refrigerators, air conditioners and dehumidifiers suddenly and summarily announced a bit ago that they would not continue to do so. The Town was faced with paying \$7 per unit for removal of each such item or purchase equipment and have personnel become certified in removing chlorofluorocarbons [CFCs]. But thanks to the good efforts of Public Works Supervisor Ben Schmidt and the Transfer Station Committee that potentiality has been avoided. We have engaged a firm called Take 2 Inc., a firm approved by the Mid-Northeast Recycling Committee [MID-NEROC]. Take 2 will recycle the four

items which the law requires be recycled—computers, monitors, televisions, and printers-- and pay us a set fee per pound. They will also remove other electronics including light bulbs and household batteries, and they will take our refrigerators, dehumidifiers and air conditioners and we will not have to pay for their removal or the purging of the materials within them. They will consolidate into a 40-foot container with signage and regular pickup. So, in sum, we have transferred to a better place.


The Board of Selectmen, at its February 3, 2014 meeting, appointed Mary Scalise as an Alternate Member of the Planning Commission and Robin Bibeault to the School Readiness Council. It accepted the resignations of Brenda Ford and Stephanie Bulan from the School Readiness Council. Also, the Board amended the terms of our representatives to the Northeast District Department of Health [NDDH] to be consistent with NDDH by-laws. Eastford's representative, Arvind Shaw, and our Alternate Representative, Terry Cote, will serve until June 30, 2016. Our thanks go out to all who serve Eastford and to those who have served. We are all grateful.

The 2014-2015 Town Government and Board of Education budget process is underway and intensifies as we progress deeper into March and April. The Board of Selectmen have set Monday, April 28 as the date for the Budget Hearing and the budgets will be presented for approval at the Budget Town Meeting on Monday, May 19. The meeting of the LoCIP [Local Capital Improvement Plan] Committee will be on Saturday, March 29.

I would remind those in Town involved in a small business or perhaps contemplating starting one, that confidential, no-cost help is available to you through the Connecticut Small Business Development Center at the University of Connecticut, a joint effort of the U.S. Small Business Administration, the Connecticut Department of Economic and Community Development and the University. Whether you are just starting a business, experiencing growing pains, or ready to take your business to the next level, help is available at 855-4CT-SBDC or [CTSBDC@uconn.edu](mailto:CTSBDC@uconn.edu) or at this website: [CTSBDC.com](http://CTSBDC.com). Small business could mean big business in Eastford.

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**From Board of Education**

The February meeting of the Board of Education was canceled due to a snowstorm on the day it was scheduled. The Board did have two committee meetings during March:

1. At its Fiscal committee meeting, the Board worked on its 2014-15 budget and voted to send a budget reflecting a 1.14% increase over the 2013-14 to the Board of Selectmen.
2. At its newly formed School Security and Safety Committee, members reviewed the requirements as set forth by the State of Connecticut in Public Act 13-3. Discussion at this organizational meeting included the invitation to participate in safety discussions that would be sent to parents, teachers and members of the State Police and Eastford Fire Company.

The Board of Education has formed an initial committee for interviewing principal candidates. Candidates will be interviewed by a committee and finalists will be presented to the full Board of Education. It is the Board's hope to offer the principal's position to a successful candidate by the beginning of April.

**Legal Notice  
Town of Eastford  
Republican Caucus**

Notice is hereby given that there will be a Caucus of all enrolled members of the Republican Party in Eastford on Tuesday, March 25, 2014 at 7:30 PM in the Library to select delegates for the various Republican Conventions.

Attest: Dean E. Bunnell  
Chairman  
February 14, 2014

**Report of the Union Society Building Committee**  
By Carol Davidge, Chair

The Union Society Building Committee thanks State Representative Mike Alberts (R-50th) for his generous donation to the improvement of the town-owned, 1806 Union Society of Phoenixville House, located at Routes 198 and 44. Representative Alberts' contribution, along with those of other individuals, are acknowledged on the plaque that will be placed in the entry of the rehabilitated building. (For donations of \$100 or more, a memorial plaque will acknowledge the donor and list the names of individuals being honored. The plaque contains names of corporate, foundation and private donors, and is currently displayed at Heritage Day and other events.) This is one of several fundraisers that the USBC has initiated to support the building, located at Routes 198 and 44. The USBC will participate in the town-wide tag sale, tentatively scheduled for May 18. The USBC also holds an annual silent auction at Heritage Day, this year on June 14. If you have a new or unusual item, a gift certificate, or other service to offer, please let us know. All proceeds go to the Town of Eastford for the building. If you would like to make a financial donation, please make your 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, call Carol Davidge (860) 974-0756 or E-mail: carol.davidge@snet.net with "Union Society" in subject line.

The Union Society Building Committee sends its condolences to the family of Mike Roberts of Eastford. Mike and his partners at Heritage Building & Design worked generously and creatively to rehabilitate the roof of the Union Society Building. Mike often shared advice about the needs of the building. He was a gifted old house restoration carpenter. We will miss him.

**Camp Nahaco is your park.  
Come explore your park!**

**Merlo's Home Improvement**

<ul style="list-style-type: none"> <li>&gt;Custom Kitchens</li> <li>&gt;Entertainment Centers</li> <li>&gt;Interior Finish Work</li> <li>&gt;Additions</li> <li>&gt;Garages</li> </ul>	<ul style="list-style-type: none"> <li>&gt;Bathroom Vanities</li> <li>&gt;Hutches</li> <li>&gt;Exterior Finish Work</li> <li>&gt;Remodeling</li> <li>&gt;Roofing</li> </ul>
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Lauren Merlo  
Eastford, CT  
(860) 974-3331

Eastford Independent Fire Company  
From: Jeannine Spink, President

Welcome to Alexis Lathrop as our newest junior member.

We had a total of 20 emergency calls during the month of January.

During January, regular drills and meetings were scheduled along with emergency calls. Additional trainings included: 100% of the membership skilled in CPR and AED (Automated External Defibrillator). EMS Captain and EMR Debi Johnson attended a workshop at Day Kimball Hospital to review the newest Stroke Protocol, which includes assessment of the patient and timely transport to either Day Kimball Hospital or Windham Hospitals.

Early recognition by the family of a stroke patient and calling "911" is a CRITICAL piece in the success of treatment with less residual affects of the patient's future well being as a result of a stroke. YOU, as family or friend are the true "First Responders". We cannot do our job effectively or efficiently unless we are called.

**WHAT YOU NEED TO KNOW ABOUT STROKE**

**Traditional Symptoms:**

Facial droop                      Arm Weakness    Leg Weakness  
Headache/Migraine    Slurred Speech    Leg numbness  
Difficulty Swallowing  
Aphasia: A person is aware and can understand, but cannot communicate in return

**Non-Traditional Symptoms:**

Vision Changes                      Altered Gait/Fall                      Dizziness  
Seizure                      Altered Mental Status                      Fainting  
Weakness/Fatigue                      Nausea/Vomiting                      Neck  
Pain or Stiffness                      Shortness of Breath

**F – A – S – T**

**FACE**– Look for an uneven smile. Ask them to smile, to do what you do. Is the smile even? Does the smile slope to one side?

**ARM** – Check if one arm is week. Can they squeeze your hand? Are both sides of equal strength? Can they wiggle their fingers equally? Is one hand weaker than the other?

**SPEECH** – Is their speech slurred? Say a simple phrase. Can they clearly repeat what you say?

**TIME** – Make a notation of when you recognized symptoms and call "911" as soon as possible.

**Risk Factors:**

High Blood Pressure    High Cholesterol                      Smoking  
Diabetes                      Poor Circulation                      Obesity  
Not Being Active                      Family History of Stroke

Parameters that measure the quality of an EMS System start with YOU:

Stroke patients are dispatched at the highest level of care available in the shortest time possible.

The time between the receipt of the call by YOU to "911" and the dispatch of the team – EMS - is generally under 90 seconds.

EMS response time (EASTFORD) is generally under 8 minutes (time elapsed from the receipt of the call by dispatch to the arrival on the scene of first responders and ambulance.

On-scene time less than 15 minutes from arrival to transport, barring extenuating circumstances such as extrication difficulties.

Primary goals are rapid evaluation, early stabilization, neurological evaluation and rapid transport and triage to a stroke-ready hospital.

To learn more, visit: [StrokeCall911.com](http://StrokeCall911.com)



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**EES News**

By Joan Muller

“Genius: Eastford Elementary School has this Covered” is the caption for a new display in the main hallway of school. While the caption is a true statement, it is also a tricky play on words. It is layered onto the surface of a supersized painting of Albert Einstein, literally right over the art--and it will not be the only “covering” for long.

Even though Einstein is a universal stereotype of a genius (and a favorite of our students), Einstein’s actual life experiences remind us that smartness is not simply defined by a single measurement. Even the idea of an IQ number is outdated. Now there is widespread acceptance of how genius is more truly described through Harvard neuroscientist Howard Gardner’s “Multiple Intelligences” theory. His “eight smarts” are realistic, observable, and interconnected: word smart, picture smart, logic smart, body smart, music smart, nature smart, people smart and self-smart.

Since identifying personal smart styles is a powerful step toward focusing on strengths, students in grades four through eight are learning about their own unique combinations of learning preferences in order to become more successful problem solvers. They find the information practical and empowering! As students affirm their unique capabilities, they are making color-coded sticky notes for each of their “smarts” that will be added to the display as a growing mosaic-like layer surrounding the caption. For each new student “mind-stein” note added to the display, less and less of Einstein will show until we have the genius covered up.

Coincidentally, we will have playfully “covered” a few lessons about personal attributes. Albert might approve since he stated, “imaginative play is the highest form of research...and is a preview of life’s coming attractions.”

Ms. Joan Muller, Eastford Elementary School Art preK-8 and Designing Minds Enrichment.

**Library News**

By: Susan Shead

The Eastford Public Library book discussion group will meet on Monday March 17th at 7:00PM to discuss the book Looking for Salvation at the Dairy Queen by Susan Gregg Gilmore. All are welcome to attend.

The Fiber Arts group meets on the 3<sup>rd</sup> Saturday March 15)) of the month at 10:00AM. If you want to knit, crochet or do rug hooking or spinning or any other fiber arts craft please join us!

The library has discount passes and coupons available for places like Mystic Aquarium, The Wadsworth Athenaeum and the New Britain Museum of Art. Call the library for more info at 860-974-0125.

Tax forms (both federal and state) are no longer available at the library. Patrons can go online at [www.irs.gov](http://www.irs.gov) and print forms themselves.

Recent new non-fiction at the library include The Most of Nora Ephron, The Auto-Biography of Mark Twain Vo. 2, Slow cooker revolution, California the Beautiful, In Tuscany, and the Four Seasons of Travel.

**The library hours are Monday 3-8pm, Tuesday 10am to 8pm, Thursday 3-8pm and Saturday 9am to 1pm.**


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**From Principal:**

**Kindergarten and Preschool Registration**

There is a registration form available in the school office and online (<http://www.eastfordct.org/files/filesystem/registration%20form%202012.pdf>) for kindergarten and preschool. Children who were born in 2009 or earlier are eligible for kindergarten during the 2014-2015 school year. It helps our planning if kindergarten registration forms are submitted by the end of March. Of course, since kindergarten is required in Connecticut, we will accept registrations forms at any time. Students who are attending Eastford Elementary School's preschool do NOT have to re-register for kindergarten.

Children who were born in 2010 or 2011 are eligible to register for the Eastford preschool program. If you are interested in enrolling your child and you have not submitted a registration form, please do so as soon as possible.



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## Eastford Astronomy "Calendar in the Sky"

By Ralph Yulo

March is filled with many signs of an awakening and rejuvenating earth. The buds on trees and shrubs begin to swell, birds not seen for some time - such as robins and red-winged blackbirds - begin to reappear, and the choruses of spring peepers fill the air.

The birth of the new season is also heralded in the sky when the sun moves northward and crosses the equator on March 20. This date is the first day of spring, the vernal equinox. This name is a direct derivation from Latin (vernal from "ver" = spring, and equinox from "aequus" = equal, and "nox" = night). Thus, as the name indicates, there are an equal number of hours of daylight and nighttime darkness on this special day. This is also a day when sun will rise due east and set due west. The only other day like this is the autumnal equinox on September 22.

The celestial sky is very reliable clockwork that men and women have used from time immemorial to bring order to their lives and to their observances. For many Christians, for example, Easter occurs on the Sunday following the full moon that falls on or after the Vernal Equinox. Many Christians call this full moon the Paschal Full Moon because it was the date of Passover in the Jewish calendar. Since the Last Supper (Holy Thursday) occurred on the Passover, it follows that Easter should be on the Sunday after Passover.

There are two new moons in March, the first on March 1 and the second on March 30. These can be very good times for stargazing because fainter stars and constellations are easier to observe when there is no interference from moonlight. Look for the full Moon on March 16. Native Americans used the full moons to track seasonal changes. Algonquin tribes in New England called the March full Moon the "Full Worm Moon" because it was the time when the soil began to thaw and earthworms became active, both welcome events for returning robins. The March Moon was also called the "Sap Moon" because it signaled the time when maple trees might be tapped.

The very bright planet Jupiter is visible high in the south-

ern sky all month long. Jupiter will appear to be near the Moon on 9<sup>th</sup> and 10<sup>th</sup> of March so these evenings may be an easy time to locate the planet. On Sunday, March 9, for example, Jupiter will be above and to the east (left) of the Moon. Bright winter constellations like Orion, the Hunter, are still visible in the southern sky but they are rapidly moving toward the western horizon. Look below and to the right (west) of bright Jupiter to see the three stars in a slanting row that represent Orion's belt.

## Eastford Seniors

By Linda SM dos Santos

An exciting year begins for our seniors with the **Eastford Senior Brown Bag Lunch** on **Thursday, March 6 at 11:30 AM**, to be held at the Eastford Town Office Building. Seniors will bring their lunch from home and gather to see old & new friends, to share this winter's experiences, and to serve up some fun surprises.

During lunch, the Eastford Senior Citizens, sponsors of this Learn at Lunch program, will conduct a brief meeting. Stacy A. J. Rodecap, Director of Programs at TEEG will provide dessert to everyone's delight. At 12:30 PM, Emma King, the new TEEG Community Programs Manager, will answer questions regarding, "Accessing Health Insurance Options in CT's New Health Exchange." (Seniors, who may be thinking of taking advantage of this new program, must make application before the March 31 deadline.) To ensure there are enough desserts and written materials, please **RSVP for the Brown Bag Luncheon before Monday, March 3**, 860-538-8868, or 860-928-9177. Seating is limited. (Please park in the Eastford Elementary parking lot and enter through the TOB's lower level.)

### **SAVE THE DATES:**

The Senior Potluck Dinner is at 5:30 PM on Tuesday, April 8 at the Congregational Church of Eastford at 8 Church Rd. On Wednesday, May 5, the Senior Car Caravan to enjoy Senior Day in Putnam will gather at 11 AM. These programs sponsored by the Eastford Senior Citizens are open to all Eastford seniors.



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## Report of the Eastford School Scholarship Committee

March is the month during which applications are being accepted for those scholarships available to Eastford residents which are within the purview of the Scholarship Steering Committee and managed by the Community Foundation of Eastern Connecticut.

Those scholarships include:

**The Dennis Barlow Scholarship**, given to a student interested in the fields of science, engineering, or pre-medical studies. Requirements are academic achievement and good character; financial need is considered.

**The Eleanor K. Lewis Scholarship**, to a student interested in any field of study and is based on scholastic ability and good character. Financial need is a consideration.

**The Edith Wheaton Smith Memorial** goes to a student pursuing any field of study who is in good academic standing. Financial need is considered for this award.

**The Esther and Lucie Harmon and Leta Sabin Trepal Scholarship**, given to a student interested in any field of study but with special consideration given to non-traditional students returning to academia. Requirements are academic achievement and good character as demonstrated via integrity, industriousness, and seriousness of purpose. Financial need is considered.

**The Mary King Sharpe Memorial Business Scholarship**, given for the study of Business at a two- or four-year accredited institution. The student must be in good academic standing, financial need is not a consideration.

**The Emil Vaida Scholarship** goes to a student interested in any field of study. Financial need is not a criterion.

**The Harold Carpenter Fund Scholarship**, awarded to a student interested in studying History and who also has manifested academic achievement and demonstrated good character via integrity, industriousness, and seriousness of purpose. Financial need is considered.

For eligibility information and applications, please see the Community Foundation's website at <http://www.cfct.org/Scholarships/HowtoApplyforaScholarship/tabid/211/Default.aspx>

Applications are to be submitted online and the Community Foundation is managing the collection of the online applications. When the application becomes active, the Guidance Offices at Woodstock Academy, Killingly High School and Ellis Technical High School will be notified so that Eastford seniors can apply. Students who are in college and are interested in these scholarships

should check the Community Foundation website during the month of March. The deadline for applying will be in early April 2014. Eastford Board of Education members will select recipients of scholarships.

In regard to another scholarship opportunity, Ethel Cushing Gardner, a former Eastford resident, left money to the Hartford Foundation for Public Giving to be distributed annually to one or more students in the Town of Eastford, who in the opinion of an appointed committee shall have musical talent and a serious purpose with respect to the study of music. If you know of a high school senior or college student who is serious about the study of music and would like to apply for a scholarship to augment his/her studies, please call the Eastford Elementary School at 860-974-1130 for a scholarship application or download it from the Eastford Elementary website at [www.eastfordct.org](http://www.eastfordct.org).

### HATHA YOGA

@ the Eastford Town Office Building  
(lower level)

FREE YOGA SESSION

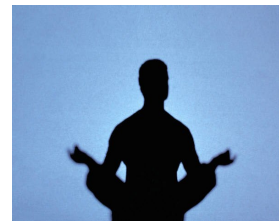
March 17, TOB, 5:30 pm

Mondays - 5:30-6:30 pm - Beginning Yoga

Thursdays - 11:00-12:00 noon - Gentle Yoga

Fridays - 8:00-9:00 am - Yoga Flow

Instructor: Sue Orcutt [sogo618@charter.net](mailto:sogo618@charter.net)



Pay as you go--\$5.00/class

Sponsor: Eastford Recreation Commission

NAHACO NEWS  
by Mary Ellen Ellsworth

SAVE THE DATE! Nahaco Spring Volunteer Day has been set for Saturday May 3, 2014, with the following day, May 4<sup>th</sup>, as the rain date. We welcome all participants! This year we are particularly eager to encourage school-age volunteers, so that they have the opportunity to get involved in an important community-service project, and so that they become more aware of the importance of green space and green initiatives. Nahaco Commission members Tom Hawkins of Woodstock and Gary Kendrick of Eastford are heading up the day. We plan to begin about 9:00 a.m., with work time until about noon—when we will all stop for a hearty lunch provided by the Nahaco Commission. After the meal, we hope participants will visit with one another and Commission members, enjoy the views, and perhaps hike the Park's trails. Work tasks will be varied, depending on the ages, interests, and skills of volunteers, but may include trail maintenance; the clearing of brush, leaves, and litter; building repairs, painting or cleaning; fire pit or picnic table construction or repair; sign installations; demolition; beach, or walkway preparation/improvement. Some of our chores will be determined by how well both our built and natural environments at the Park weather this tough winter. I will be updating information in both April and May, and you will begin to see our flyers around Earth Day and Arbor Day in April. Please contact any Nahaco Commission member with your ideas for initiatives.

DAY CAMP! The Day Camp at Crystal Pond will inaugurate its 11<sup>th</sup> year on July 7, 2014. It will run for 5 weeks—through Friday August 8<sup>th</sup>. Registration forms are available now. Please contact: [daycampatcrystalpond@gmail.com](mailto:daycampatcrystalpond@gmail.com) for more information.

YOGA: Look for yoga classes, directed by Eastford's Sue Orcutt, at the Nahaco Dining Hall again this summer. Sessions will run for 8 weeks during May and June, and again for 8 weeks in August and September. Individuals will probably be able to come for one session—or for all of them, paying a nominal fee for each class that they can attend—a fee model that is particularly good during the busy summer season!

ACTIVITIES AT THE PARK: Nahaco Park is open to everyone, but the Nahaco Park Commission particularly encourages use by local Eastford and Woodstock groups. We are pleased the Eastford Seniors and the Eastford Girl Scouts already have reservations on Nahaco's spring and

summer calendars. We look forward to welcoming the Woodstock Boy Scout Troop again this year, and to working on special projects with the Towns' Conservation and Recreation Commissions.

HAPPY SPRING—AND HAPPY ST PATRICK'S DAY!

Sam Asikainen	Beach Baywood
Mary Ellen Ellsworth	Tom Hawkins
Gary Kendrick	Chuck Lee
Philippa Paquette	Tony Perreault
Missy Vincent	

---

### **Recreation Commission News**

By Valerie Katkaveck

**Eastford Youth Basketball has started on Monday nights from 6-7 pm in the EES gym, and will continue through March.** We still welcome kids who want to play even if you didn't sign up. Stop in and check it out.

**Men's Pickup Basketball is Wednesday nights, 6:30-9 pm through March in the EES Gym.**

**Come and try YOGA for FREE! March 17th at 5:30 pm.** One visit is all you need to sign up for the remainder of the season, the next 6 weeks will only cost \$30. This is a small price to pay for mind and body fitness here in Eastford!

**Sue Orcutt also offers Gentle Yoga on Thursday mornings at 11:00 am and Yoga Flow on Friday mornings at 8:00 am.** All sessions take place at the town hall building, lower level.

**Zumba with Linda Thayer will continue through June on Tuesday nights from 6:30-7:30 at EES gym.** Call Linda for info at 860-974-1807. Men's Pick-Up Basketball will resume on Wednesday Nights, from 6:30-9 pm through March in the gym at EES. Stop in when you can. No sign-up necessary.

Our next meeting is on the 25th at the town hall, lower level. Anyone interested is always welcome to attend!



**Eastford Green Team**

By Ken Andersen

A clean energy policy offers big benefits for Town government, local businesses and home owners.

Eastford is well-poised to draw from the experience of other Connecticut communities who have adopted clean energy policy and actions to bring an array of benefits and savings to municipal governance, businesses and home owners. These efforts have created jobs, boosted local economies and upgraded facilities with highly-efficient energy systems. They have also reduced the budgetary burden to taxpayers and avoided the need for costly emergency repairs. Here are some examples:

\* A West Hartford lighting retrofit of its town hall reduced energy consumption by 17 % in just six months after the project's completion.

\*In Chester, a town-installed, 92.5 kw photovoltaic array on its elementary school was financed with with strong incentives through the Clean Energy Finance and Investment Authority (CEFIA).

\*Partnering with (CEFIA), local savings banks in 13 towns across and 19 bank branches in central Connecticut and Naugatuck valley towns, provided low-interest loans to finance a wide range of energy improvements to homeowners and installed by local contractors.

\*More than 80 homeowners in Eastford, Ashford, Chaplin and Pomfret have attained free solar estimates for discounted solar installations augmented by CEFI in the Solarize CT program. The success stories go on-and-on.

Eastford's Green Team has compiled a summary of energy action plans adopted by various Connecticut towns for the review and consideration by the Board of Selectmen. You can review these policies by visiting the CT Clean Water Action website, under "Municipal Organizing in CT", "Resources" access the Google docs. folders by clicking on <http://bitly.com/cwactpolic>

For clean energy programs, check out EnergizeCT.com For special financing opportunities, check out ctecleanenergy.com

Let your town leaders know of your support for Eastford working to become a Clean Energy Community.

**Report of the Eastford Veterans Memorial Committee:**

**Paving Stones**

By Rick Torgeson

On Veteran's Day, November 11, 2013, a beautiful Veterans Memorial was dedicated on the Eastford Town Green. This project was completed with generous funding donated by the family of Charles S. Bowen, in his memory. Inscribed patio pavers will be offered to those who wish to create a lasting memory of a loved one who is or was an Eastford resident and served honorably in a branch of the U.S. military by donating \$50. Application forms are available in the Town Office Building. Additionally, any citizen who would like to make a donation to the perpetual care of the memorial may do so by completing a brief form available at the Town Office. Please note; checks only, no cash. Make checks payable to the Town of Eastford, memo Veterans memorial. Please mail your checks to Veterans Memorial, Town of Eastford, P.O. Box 98, Eastford, CT 06242. For information, visit website (<http://www.eastfordct.org/TownofEastford.cfm?subpage=1798298>)

The Eastford Veterans Memorial Committee, a 10 member group, has been appointed by the Board of Selectmen. Their task is to manage and maintain the Memorial providing for any necessary repairs, paver installation, and monitoring funds in concert with the Town Treasurer. Following are the members:

- |                |                   |
|----------------|-------------------|
| Russell Mayhew | John Paquin       |
| David Olsen    | Chad Therrien     |
| Harold Dumas   | Jennifer Willich  |
| Rick Torgeson  | Charles Kernan    |
| George Bean    | Christopher Bowen |



**March 3, 2014**

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### Great News!

This column is devoted to good news about our neighbors in Eastford.

### New Product by Bigelow Brook Farm

“GrowGrip” is an exciting new product developed by Rob Torcellini at Bigelow Brook Farm, an aquaponic farm that that raises fish and plants in a symbiotic relationship. GrowGrip is a low-cost, reusable plant holder used for deep water culture applications in hydroponic and aquaponic growing. It replaces common plastic net pots and grow plugs. Friends can help finance the launch of this product by making a financial pledge through KickStarter.com. Donations raise funds to complete the development and start the first production run. Donors are rewarded with new GrowGrips before they are available to the general public. Help spread the news to others who may be interested. Go to <https://www.kickstarter.com/projects/bigelowbrook/growgrip-plant-holders>. KickStarter.com has helped raise funding for thousands of projects across the U.S.

### Farming for Wounded Warriors

The Veterans Agricultural Center of Connecticut (a non-profit 501(c)3 organization) has been established at Sheldon Farms in Eastford to assist veterans learn skills needed to find jobs and start their own businesses. Directors are Colonel Ahmed Beerman, (USAF-Retired), Salvatore Tarantino, Captain 18th Century Military Unit; and Robert Nowakowski (U.S. Army Reserve); Operations leader is Mark Sheldon, Sr. of Sheldon Farms, and Bill Aufrecht. The mission is to assist veterans and wounded warriors by providing on-site therapy, training and mentoring in all aspects of hybrid-hydroponic farming systems to increase the ability of the veteran to be self-sustaining. Course work is designed in collaboration with UConn College of Agriculture and the U.S. Department of Veterans Affairs. Donations to this project may be sent to VAC-C, 215 Chaplin Road, Eastford, CT 06242.

### EASTFORD GROVE CEMETERY ASSOCIATION, INC.

#### Notice

**Annual Meeting:** Monday, **March 31, 2014**, 7:00 p.m., T.O.B.

**Spring Clean-up:** The Trustees will conduct a general clean-up of the cemetery grounds after **March 15th**, on a date to be determined. Seasonal flowers, wreathes, logs and other objects will be removed at the time of the clean-up. If you wish to recycle your own decorations, you should do so at your earliest convenience, but **prior to the 15<sup>th</sup> of March**.

**Landscaping/Mowing Season:** between March 15<sup>th</sup> and November 1<sup>st</sup> **live flowers** may be planted or placed in plastic pots **within 12” of the base of the monument** ; artificial flowers, ornaments, and other objects are not allowed and will be removed because they are a risk to the groundskeepers and their machines.

**Military Veteran’s Bronze Flag Holder:** look for an order form in next month’s publication—flag holders will arrive in time for Memorial Day.

For more information, contact a member of the Board of Corporators: Joe Andert, Bill Bibeault, Howard Budd, Audrey Carabeau, Carol Day, Jim Ellis, Tom Fabian, Faye Logee, Tom Lynch, Lincoln Phillips, Ed Staveski, Linda Torgeson, Jim Vaida. Or Board of Trustees: Lauren Anderson, Herman Barlow, Dean Bunnell, Ken Grube, Bev Lindemann, Rick Torgeson, Ruth Yulo.



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**The Eastford Historical Society**  
*"Preserving Eastford's Past & Present for the Future"*

**The Eastford Historical Society:**

- Maintains archives of Eastford's heritage,
- Works with school children on local history projects at Eastford Elementary School,
- Publishes the EHS Quarterly that arrives four times a year in *The Communicator*,
- Responds to requests from media and organizations around the U.S.
- Provides programs for children & adults at Heritage Day & other events.

All activities are funded by memberships and donations which are tax deductible. Memberships are \$10 per year.

Please support the EHS by sending your membership information (below) with your check to:  
 Eastford Historical Society, P.O. Box 236, Eastford, 06242

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN, STATE, ZIP \_\_\_\_\_

E-MAIL for updates and notices: \_\_\_\_\_

INTERESTED IN VOLUNTEERING?

SHARING EASTFORD INFORMATION?

Please include your interests. Thank you!

**EASTFORD FOOD PANTRY AVAILABLE TO HELP**

The number of families using our food pantry has grown over the last several months. The families we help are all so grateful to everyone in this community for their continuing support. If you know anyone in Eastford in need of food, or if you are in need of food, please place a confidential call to Steve or Karen at 974-1618. Food is distributed by appointment on a monthly basis.

The following is a list of standard items the pantry tries to provide each family: spaghetti sauce, pasta, cereal, side dishes (potatoes, rice, stuffing), tuna, canned fruit, juices, soup, peanut butter and jelly, beans. In addition to those items, families always appreciate when we can provide: toiletries, laundry detergent, coffee, tea, condiments, sugar and flour.

We are happy to announce that our shelves are now filled due to some very generous food drives and donations these last few months. Please consider a monetary donation with checks made out to the Town of Eastford; write "Food Pantry" on the memo line. This will enable us to maintain a supply of most needed items. Please know that we appreciate each and every donation.

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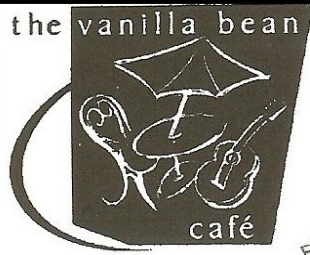
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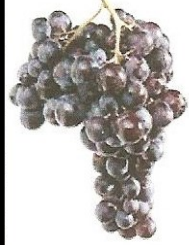


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### Seeking Heritage Day Volunteers!

Eastford Heritage Day will be June 14!

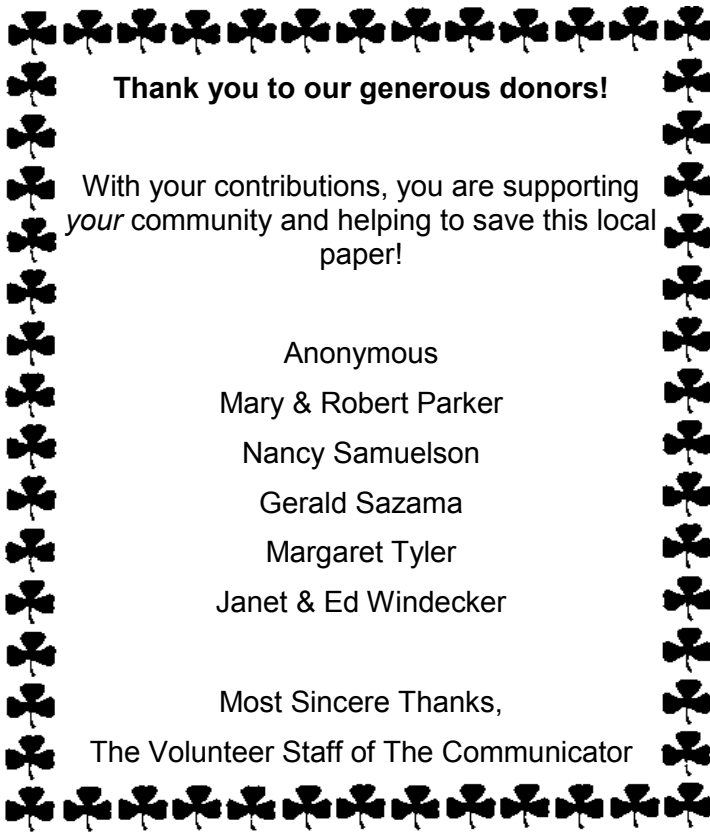
Spend a day with friends & neighbors -  
Meet new folks in town - Food! - Fun!

Activities for all ages - Learn what local  
groups are doing

Heritage Day began with the U.S. Bicen-  
tennial and has continued annually  
through the present. If you would like to  
help plan this fun, town-wide event, please  
contact Terry Cote at (860) 974-0133 x 3.

#### JOSHUA'S TRUST WALKS

Winter is a wonderful time to explore the out of  
doors. Joshua's Trust offers weekend and weekday walks  
at its preserves, and all are invited. For information, con-  
tact Marcia Kilpatrick (860-455-1226 or email [Kalmia1234@gmail.com](mailto:Kalmia1234@gmail.com)  
(include JTwalk in the subject  
line). You need not attend all walks in order to be part of  
the weekday group. See website:  
[www.joshuaslandtrust.org](http://www.joshuaslandtrust.org). Schedule changes due to  
weather will also be posted on the website.



Thank you to our generous donors!

With your contributions, you are supporting  
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paper!

- Anonymous
- Mary & Robert Parker
- Nancy Samuelson
- Gerald Sazama
- Margaret Tyler
- Janet & Ed Windecker

Most Sincere Thanks,

The Volunteer Staff of The Communicator

#### Eastford Veterans Memorial

Reminder

For installation of an engraved paver brick honoring an  
Eastford veteran, please submit a completed form and  
check by April 15 to "Eastford Veterans Memorial", Box  
98, Eastford, CT 06242. All orders secured to date will be  
installed by Memorial Day, 2014. Forms and information  
are available at the Town Office Building, Office of the  
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## INSIDE PROFILE-Valerie Katkaveck

By Sue Orcutt

I got to talk to a really good person today. You've heard about those people who would give you the shirt off their backs? Well, Valerie Katkaveck is one of those people. The more I talked to her, the more I kept nodding my head, "Yup, this is a good person."

After Valerie graduated from high school, she traveled to Maine and to all her favorite places in CT, usually settling at places that were by the water. She stayed in Hebron to help a friend, and later moved to South Carolina where she also helped a friend. South Carolina became her home for seven years. She loved her greenhouse and the coy in her pond, and, of course, her gardens. She had ten months of gardening from sunrise to sunset. "Me and my shovel, peaceful and wonderful." As much as she loved it there, however, she found herself missing her family, and so she moved to Eastford.

I said "and, of course her gardens" because anyone who knows Valerie knows that she is the creator of the "secret garden" in back of Coriander. Brett wanted a place people could sit and bring their coffee and listen to the birds. Valerie and her mom, Sally, transformed what was a pile of sand into an artistic oasis. Drainage was a huge problem, so Val and her dad, Bill, brought in compost and rocks to hold the soil. They built a retaining wall around the edge, carrying and placing rock after rock into its place. People started noticing Valerie and her rocks. Before you knew it, the townsfolk were dropping off rocks and plants and compost. Rich contributed chairs from his antique shop. Birdhouses from the transfer station added to the "garden art". Valerie says this garden was a town effort, but every work of art needs a conductor. She grows "whatever Brett wants". So, Valerie grows (from seed) marigolds, zinnias, herbs, tomatoes, but mostly basil. "Bret uses a lot of basil."

She and her son, Danny, and her younger daughter, Molly, enjoy hiking, backpacking and kayaking. The Bigelow Brook and Nipmuc Trail are right outside her door. Valerie says that you have to be prepared to put your foot down in the water to go over logs or a tree. Perhaps you've met her oldest daughter, Nicole, who works at Coriander. Valerie's artistic side extends beyond the garden. She also loves working with stones, beads, and glass, and making mosaics. But she says that when she creates an art work, it has to mean something to the person she is making it for, as well as to herself. Valerie also volunteers as the squirt team

manager for her son's hockey team, keeping track of the team's statistics.

Valerie's fame comes from co-chairing the Recreation Commission. When she first moved to Eastford five years ago, she noticed that there were things for kids to do. When she found out that it was the Rec Commission that was responsible for these opportunities, she wanted to become involved. "Eastford does things; there are nice people, but they need help. Volunteers are what makes the town."

I don't think it is an accident that Valerie works with stones, beads, and glass. Valerie is a gem herself; a truly giving person.

---

### Easy Delish

#### Baked Irish Beef Stew

Cooking time: 3 hours at 325 degrees in oven

4 pounds stew meat or chuck roast, cut into 2 inch cubes

1 lb whole carrots, peeled, cut in 2 inch pieces

6 large potatoes, peeled, cut into 2 inch pieces

2 large white onions, diced

2 cloves garlic, chopped

2 Tbsp tomato paste

1/4 c. flour

1 Tbsp sugar

1 beef bouillon cube

32 ounces (1 quart) beef or chicken broth

1 quart water (or 1 bottle beer, Guinness Stout or red wine)

Salt and Pepper to taste

Optional Additions: parsnips, turnips

Cooking time: Oven-3 hours

In dutch oven sized heavy sauce pan, saute the onions till translucent; add garlic; add tomato paste. Stir in 1/4 c. flour. Stir in 1/2 quart of the broth and 1/2 of the water or beer or wine. Add sugar. Add meat, spreading over the bottom of the pan. The meat should be covered only half way, so that 1/2 of the meat is above the liquid. Bake uncovered for 2 hours. Add potatoes and carrots (and any other vegetables). Cover the meat and vegetables with the remaining liquids and bake one more hour, or until meat and vegetables are tender. Add salt and pepper to taste.

---

### Tips for Today

by Liz Ellsworth

### Happy March!

World Water Day is Saturday, March 22. Use this eco-celebration day as an excuse to see what you can do to save more water: turn the water off while brushing your teeth, take shorter showers, install water-saving toilets, install water-saving aerators on all of your faucets, purchase a rain barrel for watering gardens and landscapes, re-use water from old water bottles to water your plants. To learn more about World Water Day:

[www.unwater.org/worldwaterday](http://www.unwater.org/worldwaterday)

**Family Communications Plan. Emergencies can News You Can Use**

Deb Richards – Emergency Management Director

www.ready.gov/kids

Family Communications Plan. Emergencies can happen at any time. Do you know how to get in touch with family if you are not together?

**KNOW the NUMBERS!**

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Parent: \_\_\_\_\_

Home: \_\_\_\_\_

Cell: \_\_\_\_\_

Cell: \_\_\_\_\_

Work: \_\_\_\_\_

Neighbor: \_\_\_\_\_

Home: \_\_\_\_\_

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Cell: \_\_\_\_\_

Cell: \_\_\_\_\_

Out of town relative:

Work: \_\_\_\_\_

Home: \_\_\_\_\_

My Cell: \_\_\_\_\_

Cell: \_\_\_\_\_

Sibling: \_\_\_\_\_

Cell: \_\_\_\_\_

*Memorize your home and parent's cell phone numbers!*

Let them know you're OK!

Pick the same person for each family member to contact.

It might be easier to reach someone who's out of town.

Unless you are in immediate danger, send a text. Texts often have an easier time getting through during emergencies, and you don't want to tie up phone lines needed by emergency responders (like 911).



**March 17, 2014**

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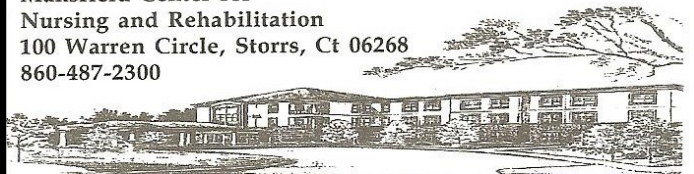
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**Mary Jezierski  
Lauren Anderson**

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Dear Readers:

**We hope you will contribute to The Eastford Communicator.**

Advertising revenues do not cover printing and postage costs. The Communicator is Eastford's main source of news about local events, town government, committees, organizations. We need donors to support this effort if we are to continue. If you can, please send a donation. **Thank you!**

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**THANK YOU!**

*The Volunteer Staff of The Communicator*

**ATTENTION**

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

E-mail: eastford.communicator@aol.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

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.



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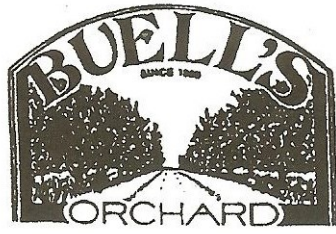
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STUMP GRINDING

**BILL BIBEALT JR.**  
OWNER  
FULLY INSURED

38 Providence Pike  
Eastford, CT 06242  
860-974-1833  
Fax 860-974-1356