



The Eastford Communicator

November, 2015 Calendar

- 2 Registrars of Voters, TOB, 9:00am – 5:00pm
Fiddle & Song, EES, 3:30pm – 5:00pm
Fiddle & Song, EES, 6:00pm – 9:00pm
School Readiness Council, EES, 6:00pm
Book discussion, Library, 7:00 pm
- 3 **Election Day, TOB 6:00am – 8:00pm**
Conservation & Historic Comm, Library, 7:00pm
- 4 Deadline: Seniors Thanksgiving Reservations
Nahaco Commission, TOB, 7:00pm
- 9 BOS, TOB, 7:00pm
- 10 Planning Commission, TOB, 7:00pm
Democratic Town Committee, Library, 7:30pm
- 11 Registrars of Voters, TOB, 5:00pm – 7:00pm
Communicator Deadline
- 12 BOE, EES, 7:00pm
- 14 5K Race, 11 am/FunRun, 12 noon; Food, 12-2pm
Senior Thanksgiving Dinner, Grill37, 5:30pm
- 16 Fiddle & Song, EES, 3:30pm – 5:00pm
Yoga, TOB, 5:30pm – 6:30pm
Fiddle & Song, EES, 6:00pm – 9:00pm
Town Meeting, EES, 7:00pm
- 17 Republican Town Committee, Library, 7:00pm
- 19 Gentle Yoga, TOB, 1:00pm – 2:00pm
Inland Wetlands Commission, TOB, 7:00pm
- 20 Yoga, TOB, 8:15am – 9:15am
- 21 EES Goods&Services Auction, EES, 5:00pm
- 23 Fiddle & Song, EES, 3:30pm – 5:00pm
Yoga, TOB, 5:30pm – 6:30pm
Fiddle & Song, EES, 6:00pm – 9:00pm
American Legion, TOB, 7:30pm
- 24 Storytime/Thankfulness Crafts, EES, 9:30-11:00am
Transfer Station Committee, TOB, 1:00pm
- 25 Registrars of Voters, TOB, 5:00pm – 7:00pm
- 27 Yoga, TOB, 8:15am – 9:15am
- 30 Fiddle & Song, EES, 3:30pm – 5:00pm
Yoga, TOB, 5:30pm – 6:30pm
Fiddle & Song, EES, 6:00pm – 9:00pm

Of Special Note

- Nov. 3 - Election Day - Your Vote Counts
- Nov 14-5K Race for Breast Cancer, Fun Run for Kids, Food
- Nov 14-Seniors Thanksgiving Dinner (Reservations Req.)
- Nov 16-Town Meeting
- Nov 21-EES Goods & Services Auction for Washington, DC Trip
- Nov 24-Storytime/Thankfulness Crafts, EES
- Dec 5-Library Holiday Card & Tag making
- Dec 15-Congregational Church Dinner & Concert

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: Thumbs Up and Thumbs Down, Energy and Synergy, Up in Price and Down the Sewer]

The Board of Selectmen, at their October 5, 2015 meeting, closed the books on the Fiscal Year 2014-2015 budgets for Town Government and the Board of Education. Specifically, the Board approved budgetary transfers of \$13,666.19 to cover overages in specific Town Government line items and to balance the Town budget. The bottom line fiscal year-end position saw a total of \$302,124.66 being returned to the General Fund; of that \$120,564.45 came from the Education budget and \$181,560.21 came from the Town Government budget. Our ability to stay within budget and to return such a munificent amount to the General Fund [thus assuring our ability to cope with budgetary concerns which

Continued on next page

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may face us in the future] is a product of increased revenue over projections and pecuniary parsimony on the part of department heads. I commend them all.

On a related matter, the annual audit of Town accounts for the fiscal period from July 1, 2014 to June 30, 2015 is underway, being conducted by our Auditors, Michaud Accavallo Woodbridge & Cusano LLC [MAWC].

Section 12 of Connecticut Public Act 15-244, the State's Fiscal Year 2016 and Fiscal Year 2017 Budgets, allows the Office of Policy and Management [OPM] to recommend reductions in municipal aid in both those budget years to implement the \$20 million Municipal Opportunities and Regional Efficiencies [MORE] Commission budgeted lapses. On October 1, OPM announced it would partially apply the lapse through a reduction in allocations [typically called "holdbacks"] totaling some \$14.8 million to two grants: the State Property PILOT [Payment in Lieu of Taxes] in the amount of \$12.3 million and the College and Hospital PILOT amounting to \$2.5 million. What that means for us in Eastford is a \$7,407, or one half of one percent, reduction in our State statutory aid, specifically from the PILOT for State property in Eastford.

Further bad news came from the State in early October when we were informed that the 2015 round of State Small Town Economic Assistance Program [STEAP] grants had been awarded and Eastford did not receive either, or any, of the two grant applications we had submitted, one for community center-like improvements to the Union Society Building and one to fund State-mandated covering of our Transfer Station containers.

And, our Public Works Department has been informed that the cost of road salt, under the State bid in which we participate, will be \$79.46 per ton, an increase from last year's \$76.40 per ton. We can only take solace in the fact that the earlier word on the Public Works grapevine was that the per-ton cost might be in the high 80s to low 90s.

On the positive side of the ledger, the State Department of Energy and Environmental Protection [DEEP] has released a

revised draft of the Municipal Separate Storm Sewer System General Permit, the development of which has been a subject of intense concern on the part of municipalities, particularly small communities such as Eastford, and has resulted in intense lobbying in opposition. The revised general draft permit is a result of ongoing discussions between DEEP and groups charged with lobbying on behalf of Connecticut's municipalities. The positive outcome for Eastford is that we have been removed from that tier of communities which would have been negatively impacted by the permit regulations. Of benefit to us under the new proposed draft are a reduction of street sweeping requirements, a reduction of the catch basin cleaning schedule and modification and clarification of the leaf management program.

The Town is engaged in a number of energy initiatives, ranging from energy audits to municipal energy planning. These efforts are extensive, comprehensive, and planned for the long-term. This is a critically important community project. The efforts initiated by Chairman Ken Andersen and the Clean Energy Group, the considerable technical assistance offered by resident Paul Torcellini, the many, many hours of energy-oriented work completed by Finance Director Tom Latham and School Superintendent Linda Loretz, and the staff support provided by Public Works Director Ben Schmidt and Brenda Willis of the Selectmen's Office, among others, have enabled Eastford to be recognized within Connecticut by State and public utility officials as having achieved significant accomplishments in matters of energy. On October 14, I was pleased and proud to represent Eastford at the Energize CT Clean Energy Communities Award Ceremony. There in the presence of high-ranking officials from Eversource, United Illuminating, Connecticut Natural Gas, Southern Connecticut Gas, the Connecticut Green Bank, the State Commissioner of DEEP, and the Deputy Regional Administrator for New England of the Federal Environmental Protection Agency [EPA], Eastford was cited for its success in making smart energy choices. It was also singled out as one of just a few "Rising Star" energy communities in Connecticut for the

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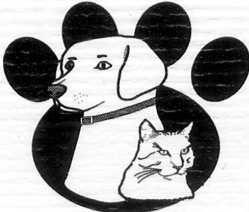
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EASTFORD FOOD PANTRY – DONATIONS NEEDED

By Steve Broderick

The last few months have been busy for our food pantry and we find that our resources are again running low. Among items most needed are: low sugar cereals, oatmeal, rice, tuna, canned fruits and juices, peanut butter, jelly, pasta sauce, macaroni and cheese, bisquick or baking mix, granola bars, flour, sugar, coffee, tea, toilet paper. If you prefer to make a monetary donation, checks should be made out to the Town of Eastford and include "Food Pantry" on the memo line (mail to Town of Eastford, P.O. Box 98, Eastford, CT 06242). This will enable us to maintain a supply of most needed items. Again, thank you!!

If you are in need of assistance from our Food Pantry or if you know of anyone in need, please place a confidential call to either Steve or Karen at 860 974-1618.

Editor's Note: November is the beginning of the holiday season, a time of sharing and giving. A donation of money helps the Food Bank provide special needs for local families.



Board of Education

Linda Loretz, Superintendent

At its October meeting, the Board of Education revised some of its policies to bring them into compliance with legislation. The following policies were updated:

Personnel - Reporting of Child Abuse, Neglect and Sexual Assault

The law now requires a report to DCF when a student of any age is a victim of sexual assault by a school employee. The law also revises the training requirements and provides that school principals must annually certify that the mandatory reporters in their school have been so trained.

<http://www.eastfordct.org/ChildAbuseandNeglect>

Personnel - Alcohol, Tobacco and Drug-Free Workplace

This policy has been updated to expressly include the prohibition of the use of vapor products and defines that term in accordance with Public Act 15-206.

<http://www.eastfordct.org/AlcoholTobaccoDrugFreeWorkplace>

Curricular Exemptions:

As of October 1, 2015, local boards of education are required to implement the forthcoming sexual abuse and assault awareness and prevention program identified or developed by the Department of Children and Families, in collaboration with the State Department of Education and a sexual assault crisis organization. This program will include educational materials for students in grades kindergarten through twelve. Public Act 14-196 allows parents/guardians, by written notification to the board of education, to exempt their child from participation in the sexual abuse and assault awareness and prevention program.

<http://www.eastfordct.org/CurricularExemptions>

Students - Student Discipline

This policy has been revised in accordance with Public Acts 15-206 and 15-96. Public Act 15-206 which expands on the definition of electronic nicotine delivery systems to include vapor products. Further, Public Act 15-96 limits significantly a school district's ability to issue out-of-school suspensions or expulsions to students in preschool and grades kindergarten through two.

<http://www.eastfordct.org/Discipline>

Students - Administration of Medication in Schools

This policy has been revised in accordance with Public Act 15-215 and the revised state regulations concerning the administration of medication. The Public Act adds provisions for the administration of anti-epileptic medication to a student with a medically diagnosed epileptic condition. Further, the revised state regulations, which became effective in August 2015, include provisions for the emergency administration of epinephrine for students who do not have a prescription or parent or guardian consent for such administration

<http://www.eastfordct.org/AdministrationofMedication>

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Eastford Independent Fire Company #1, Inc.
From: Jeannine Spink, President

The EIFC is on the move. The October Steak Supper was a success. A great way to welcome the holiday season.

On October 5th, EMS Captain Spink and Lieutenant Paquin welcomed Pre K and K EES students to the firehouse. They saw the trucks, talked about fire safety with Lt. Paquin and colored pictures and received “goodies”. The pictures were posted around the firehouse on the night of the Steak Dinner.

October 20th was the “formal” fire drill and presentation at the EES for Fire Prevention. An “alarm” was activated, members responded with trucks to locate the “alarm” and deactivate it. During that time, the school was quickly and efficiently evacuated in approximately two minutes from “alarm” to evacuation to the rear of the school and accountability. At the completion of the drill, lower grade students gathered in the gym for a fire safety and EMS presentation. Members were dressed in full turnout gear, giving the students an opportunity to “touch” and put on what firemen and rescue wear. Parents of EES students can be assured that their children are safe. They are well prepared in evacuating the building quickly and safely.

Members responded 11 times for emergencies in addition to weekly drills.

GREEN HOUSE NUMBER SIGNS ARE AVAILABLE FREE ANY WEDNESDAY NIGHT FROM 7:00 TO 8:30 AT THE FIREHOUSE.

**FIRE PREVENTION WEEK –
OCTOBER 4TH THRU 10TH**

Location matters when it comes to your smoke alarm. That’s the message behind this year’s Fire Prevention Week campaign,

“Hear the Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm!”

In a fire, seconds count. Half of home fire deaths result from fires reported at night between 11 p.m. and 7 a.m. when most people are asleep. Home smoke alarms can alert people to a fire before it spreads, giving everyone enough time to get out. Working smoke alarms cut the chance of dying in a fire in half. Three out of five fire deaths result from fires in homes with no smoke or no working smoke alarms.

This year’s campaign includes the following smoke alarm messages:

- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home, including the basement.
 - Test alarms at least monthly by pushing the test button.
 - Replace all smoke alarms when they are 10 years old or sooner if they don’t respond properly.
 - Make sure everyone in the house knows the sound of the smoke alarm and understands what to do when they hear it.
 - If the smoke alarms sound, get outside and stay outside. Go to your outside meeting place.
- Call “911” from outside the house. Never go back in your house.

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Eastford Elementary School

Annual Goods & Services

Saturday, November 21, 2015

Eastford Elementary School, 12 Westford Road

Schedule of Events:

- 5 - 6:30 Pasta Dinner, \$6 pp
Pasta, Meatball, Salad, Roll
- 5:00 Sweet and Savory Bake Sale
Delicious Pies, Breads, Desserts
- 5:00 Tea Cup Raffle opens
Winners drawn all night
- 5:30 Silent Auction begins
Tables close every 15 mins starting at 6:15 pm
- 6:15 Live Auction begins



PLEASE contact Amy Ayer
or Sharon Kozey
at auction@eastfordct.org or
860-974-1130



<https://www.facebook.com/EESAuction2015>

SILENT AUCTION ITEMS

donated by: Boston Red Sox,
NECONN soccer, Plimouth Plantation,
Willibowl, Still River Mill, Gates GMC, Wachusett
Mountain, Vanilla Bean, Mohegan Sun and many
more!



LIVE AUCTION facilitated by Holly Singleton and
8th Grade Students. Featuring: Disney Tickets,
a FitBit, Principal for a Day, 1 Week Day Camp
at Crystal Pond and more!

TEA CUP RAFFLE baskets filled with interesting,
exciting, and must-have useful items in the
following themes:

Chocolate/Candy, Holiday, Family,
Arts/Crafts, Boy/Girl specific

EASTFORD Residents, Families, Friends, and Community Members

WE NEED YOUR HELP!

Do you have a craft or talent to share?

Do you know a business or someone who has wonderful items to donate?

Donations are needed and very much appreciated. This one fundraiser supports the 8th grade class
4 day class trip to Washington D.C.



VOTE



The Democratic Slate

November 3, 2015

Responsible, Reliable, Responsive Ready to Serve Eastford

First Selectman



Art Brodeur

Selectman



Terry Cote



Board of Education



Steve Sokoloski



Gerry Marmat



Library Trustee



Barbara Aquila

Town Constables



Arvind Shaw



Mike Schulz

Paid for by the Eastford Democratic Town Committee, Robert Williams Treasurer

We Never Stop Fighting

MARILYN T. KROM
1945-2009



November 14 @ 11:00

Eastford Town Hall

This year's race is dedicated to

Martha MacWilliams

1-1/4 mile

Ribbon Run & Fun Run

@ 12:00

mini-races are dedicated to

Judy Thavone



Pre-Register by 11/6 and get a free T-shirt
Sign up @ helpseanfightcancer.com

INSIDE PROFILE

by Sue Orcutt

Marilyn Krom 5k Race for Breast Cancer & the Fun Run to help Kids

This month I am using Inside Profile to talk about the November running/walking events that take place in Eastford, and the people whom the events honor. Marilyn Krom was an Eastford resident who succumbed to cancer in 2009, and Eastford's 5k is held each year as a tribute to her.

Here in her son's words is Marilyn's story.

When my parents moved to Eastford from Vermont in 2001, they instantly felt welcomed into the community. My mother was a retired RN from Yale-New Haven Hospital. She became involved with the Eastford school system as a teacher's aide. She attended all school events and made sure that the kids had a positive experience. In the summer she was the nurse at Camp Nahaco' day camp where she again was totally involved. She would work on the newsletters, and find ways to involve the community.

Marilyn was always helping in any way she could. She would do anything for anyone, and help anyone in need. My mother was diagnosed with uterine cancer in early 2008. She was shocked at the diagnosis, and could not believe this was happening to her. She was a strong person, though, fighting her illness with all the strength and courage she could. On January 1, 2009, my second son Ian was born and my mother could not have been happier. When she visited the hospital to see the baby, you would not even know that she was sick. Yet just a week later, I called my parents to say "hi" and my mother didn't know who I was.

I knew things were getting worse, but I didn't know just how bad they had become. That night she was admitted to the hospital where she would stay for the last three weeks of her life. This was the hardest thing that I had to ever face in my life. My mother and I had a bond that could not be broken by anything, and to see her this way was heart breaking. She would have good days and bad days, but I would pretend the bad days never happened because I couldn't face the reality of the situation.

On February 1st 2009, my mother lost her battle with cancer. The passing of my mother put me into a deep depression for the next two years. I refused to deal with the fact that she was gone. I refused to talk about her death with others and I bottled up my anger. This led me down the path of finding things to numb the pain. Eventually I turned to substance abuse. I had gone from a happy-go-lucky individual to a person who was miserable and who wanted everyone around me to be miserable.

On April 10th, 2011, I made the decision to take my life back and checked myself into a treatment center. While undergoing treatment, I had a lot of time to reflect on how my life had taken such a wrong turn. In sharing my story, I hope that I can help prevent someone else finding such a dark place. I've taken the pain and used it as a catalyst, driving me to start running to improve my own health, raising money for supporting cancer re-

search, creating a website (helpseanfightcancer.com) for support for anyone going through hard times related to the fight against cancer, and organizing Eastford's 5k race in memory of my mother. Every year at the race I meet a new person who is excited to tell me how nice a person my mother was and how she impacted them in a positive way. Each year we draw more and more people, and raise more money for a family in need. The feeling of paying respect to my mother and the town she loved is the greatest feeling for me. Marilyn would have really enjoyed working with the recreation commission to help run the event. -
by Sean Krom-

Every year the 5k race is dedicated to someone whose life has been impacted by cancer. This year the race is dedicated to Martha MacWilliams. I visited Martha so you could get to know her.

Martha's Story

Martha loves pig farming. Her parents were and are pig farmers, so Martha has always loved pigs. She loves variety, also, so she had a variety of jobs including being a mason and a private care worker with hospice. Martha comes from a large family with five siblings. (Catie Botting being her older sister.) Martha discovered a lump in her breast February of this year, and was diagnosed in March, a few days before her 29th birthday. When she called her doctor, she was told that they couldn't see her for two months, so she called Planned Parenthood in Danielson. They saw her the next day. They determined that Martha had stage 3 invasive ductile carcinoma. She has gone through two programs of chemotherapy treatments, and is now on her third. In addition Martha has started a six week, five days/week radiation program. As part of her treatment, her doctor has induced early menopause, eliminating the estrogen and progesterone in her body. This causes moodiness, depression, and hot flashes. Martha has had to give up the pig care, handing the care over to her dad and her fiancé, Dereck. However, she continues the hospice care, saying it gives her life some normalcy.

wants to teach people, especially adolescents, how to become aware of and learn. Martha prides herself on always being a strong woman, and now she knows that this experience with cancer has helped her embrace how strong she is internally. "You have to push through to see the inner strength," she says. Martha has started strength training at Crossfit 860, and practices yoga at home. One interesting thing has happened to Martha. She was never very interested in her outer appearance—always being a tomboy, and feeling that inner beauty was more important. Once she lost her hair, Martha began to pay more attention to her looks, applying blush for glow and drawing brows above her eyes. Although some days are better than others, Martha believes that the cancer is a life-changer. "Self-discovery is beautiful and I'm grateful and embrace it." Martha's prognosis is good—her cancer has an 80% cure rate. In the future, Martha and what's going on in their bodies. She says that we need to become our own advocates today, especially, when the

Continued on next page

doctor only has 15 minutes to spend with you. This will be her opportunity to help people. -by Sue Orcutt-

The Fun Run Benefits Kids

Last year the recreation commission added the Fun Run, and this year it has added the Ribbon Race. These two runs involve kids of all ages. The kids have a blast and feel like they are part of the community. The Fun Run involves a run/walk to the Congregational Church and back, and the Ribbon Race is a walk/run one and a quarter mile loop. The Fun Run is dedicated to a young person who may not have cancer, but instead may have a condition or chronic disease that requires long-term treatment. You may remember Kenny Botting from last year and the Kenny t-shirt. "How is he doing now?" you may be asking. His mom wrote an answer for us.

Kenny's Story

On September 24, 2014 Kenny, my son, was diagnosed with craniopharyngioma. For those of you who do not know, craniopharyngioma is a benign tumor that grows on your pituitary and hypothalamus. It is a very invasive tumor that usually causes blindness and huge deficiencies in the body. We were so lucky to catch it early! Kenny has amazed all of his doctors by how strong his body has been throughout this process. The surgery removed a large part of the tumor, but because of where it's located, proton beam radiation was the next best way to get rid of the whole thing. Kenny and I moved to Boston to Christopher's Haven from the day after Thanksgiving through January 13. Sister Emma and Dad visited on weekends. Kenny received amazing treatment at Mass General. After MRIs this spring we saw dramatic results from the proton beam radiation. Kenny's tumor had shrunk by 25%. The doctors believe it will continue to shrink. Did you know that radiation is accumulative? It will still be in Kenny's body years after treatment. Yikes!! Kenny will be continuously monitored by Connecticut Children's Medical Center's surgical staff. He also has an oncologist. His endocrinologist treats Kenny's hormonal system. Because of where his tumor is located, Kenny will have severe hormonal and adrenal deficiencies. We consider ourselves lucky, though, because all of these deficiencies can be replaced by modern medicine. Overall, Kenny has been very lucky. He is doing well in school and has not had too many medical problems since surgery. Sometimes we find ourselves in the emergency room due to endocrine deficiencies, but, again, this can be treated. So we feel kissed by this brain tumor and are grateful that we have settled into a new "normal." -by Catie Botting-

Judy's Story

This year the Fun Run/Ribbon Race is dedicated to Judy Thavone. I visited Judy and want to share with you what I learned about this amazing young person.

Judy is a 13-year-old in the eighth grade at EES. She describes herself as shy, but admits that the school is so small that everyone feels pretty close. Judy has lupus which is a disease that causes the immune system to get confused. Instead of help-

ing fight infection, the immune system attacks healthy tissue and organs. Judy used to have lots of energy, and played volleyball, basketball and ran track. She has had to give that up for now, but she expects to be able to play once her medications are leveled off. Judy has just finished a six-month treatment, similar to a chemo-therapy program. A family member would leave the house with Judy about 8:00 am and return home about midnight. This routine was repeated once a month.

Judy compares her disease to a tiger. The treatment that she has finished kept the tiger from roaring. The purpose of current and future medication will be to keep the tiger quiet. Throughout this journey, Judy has been brave. She didn't cry a lot because she knew she would get better, and just wanted to get the treatment over with. Some of the medications make her look different—Judy's face is rounder, she can be moody, and her hair became so thin that she had her mom shave it all off. She found some comfort knowing that some celebrities like Selena Gomez and Nick Cannon have lupus and are doing fine. Judy told me that having gone through this experience has changed her. She found out that people, including her friends, really care about her; and now she can relate to people who have chronic diseases.-by Sue Orcutt- To register for the 5k race or the fun run/ribbon race go to helpseanfightcancer.com. Registration fee is \$30, but if you pre-register by November 6, the fee is \$25 plus a free "Marilyn" or "Judy" t-shirt. You can register on the day of the races at EES, and the cost will be \$30. If you want to purchase a brick in memory of a loved one, please fill in the "brick" form at the end of this article. Make the \$40 check payable to: Town of Eastford and mail it to P.O. Box 98, Eastford, CT 06242. The bricks surround the bench that is dedicated to Marilyn and is located on the soccer field at EES.

BRICK ORDER FORM

4 X 8 brick - 16 characters per line

Name: _____ Phone: _____	\$40.00 per brick make checks payable to: Town of Eastford mail to: P.O. Box 98 Eastford CT 06242
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Eastford Readiness Council

by Jennifer Barlow

Eastford Elementary School, 12 Westford Rd
Eastford, CT 06242 (802) 974-1130

The Eastford Readiness Initiative at Eastford Elementary School is designed for 3 and 4 year old children and is designed to help prepare students for primary school with a morning only option available as space allows. The Program renewed its accreditation certificate from The National Association for the Education of Young Children last year.

The Readiness Program is supported through a grant applied for annually through the State of Connecticut. The Program operates during the school year and is established as a partnership between home and school. Throughout the year, the program offers parent education opportunities that are open to any parent of a child in Eastford under the age of 5.

The Readiness Program strives to educate students through play and actively seeks opportunities for the children to learn more about their community. In the past few months, the Readiness Program has participated in field trips to the Eastford Public Library, Eastford Fire Station, Buell's Orchard and to Brooklyn's Creamery Brook Bison Farm.

The Readiness Council oversees the Readiness Program in Eastford and meets once a month during the school year. The meetings are open to the public and anyone who wants to become involved with the program may become a member of the Readiness Council. The Council seeks to develop more programs open to the public and would greatly appreciate public input on the types of programs they should provide. The next two scheduled council meetings are on November 2nd and December 7th.

All parents of children birth through 4 years old please join the Readiness program on November 24th at the Eastford Public library at 9:30 for story time. The group will then head back to the school classroom and do a seasonal craft. For more information on the program please look on-line at the

Program's handbook or by contacting the Head Teacher, Christine Kopplin at ckopplin@eastfordct.org or the Readiness Council Liaison, Jen Barlow, at jbarlow@eastfordct.org

Mark your calendar!

November 2nd: Readiness Council Meeting @ 6:00
November 24th: Story time and Thankfulness craft 9:30-11:00 am.
December 7th: Readiness Council Meeting @ 6:00

Recreation Commission News

By Valerie Katkavick

Congratulations to Juliana & Dwain McNeal! Winners of the 5th Annual Chili and Apple Dessert Cook-Off! Chili second place went to Sarah Mortensen and third to Philip Finch. For the Apple Dessert Holly Wagner came in second and Tom Pandolphi third. It was a beautiful day with over 60 voters who came out and enjoyed sampling everyone's hard work. Thank you for participating and making this another successful year.

5K Race for Breast Cancer

Please read the heartwarming articles in this paper about the upcoming 5k event on Nov. 14. Pulled pork and smoked turkey sandwiches will be available from 12 noon to 2 pm. Sue Orcutt has done a wonderful job combining 5 notable people together for one cause. The fund-raising part of these events are just the beginning, but the truly important part is coming together as a community that supports each other and shines during these events. Volunteers are needed and always welcome-contact Valerie Katkaveck if you would like to be part of this event that shows our love of a small town with a huge heart.

Pre-school to 3rd Grade Basketball

We would love to see the pre-school to 3rd graders participate in pre-frog rock basketball this year, we could not get volunteers to commit last year. We plan to start in December. If you would like to help out these eager players, please contact me at valkat@charter.net.



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Eastford Seniors

By Linda SM dos Santos

Last chance to get your Tickets for the **Family & Friends Harvest Dinner** Saturday EVENING on Nov. 14 from 5:30-8 PM held at The **Grill 37** Restaurant, 37 Putnam Road (Rte 44) in Pomfret. Michael Gallison & Bill Blanchard volunteer to entertain with their, "SECOND HELPING"- 2-piece Acoustical Act. The Salad provided by The Eastford Branch of First Niagara Bank & the Bake Goods by Soleil & Suns Bakery in Woodstock. Grill 37 will serve a plated Turkey dinner with Vegetables and Mash Potatoes, Coffee or Tea. The Eastford Senior Citizens are sponsoring the event. There may be a surprise or two. Reserve & pay for Tickets by Noon on Nov. 4, Members-\$13, Non-Members-\$17, 860-538-8868.

A Thank you goes out to Frietha Lawrence, who demonstrated the Zentangle drawing method & Mark Hand, who discussed Medicare "101" at the October meeting of the Eastford Senior Citizens. Everyone enjoyed the catered sandwiches by Eastford's own Coriander Country Store & Café and the baked goods provided by Soleil & Suns Bakery in Woodstock.

Quinebaug Valley Regional Senior Center (QV) Eastford, Brooklyn, Canterbury, Killingly, Plainfield, Pomfret, Putnam, Sterling, Thompson, & Woodstock. Other senior centers are accessible to Eastford residents, including in Ashford and Mansfield.


Medicare Open Enrollment is Oct. 15 through Dec. 7, review changes in Medicare Part D prescription drug or Part C Advantage Plan for 2016. Medicare/Medicaid, Insurance & CHOICES Counseling questions, call Tammy Harris, Marcia Manns, or Lisa Baxter at 860-774-1243, Mon.-Thurs. 9:30 AM to 1 PM. If you are nearing 65, or over 65+, and have NOT received **your copy of The Medicare & You** booklet containing special information for Connecticut Residents, contact SHIP for CT - CT Program for Health Insurance Assistance, Outreach, Information & Referral Counseling & Eligibility Screening (CHOICES) 1-800-994-9422.

There will be a discussion on **Preventing Elder Financial Abuse** by Putnam Bank at **QV** on Thurs., Nov. 5 at 12:30 PM. Reserve your place before 10 AM on Mon., Nov. 2, 860-774-1243.

Services: **Robert Williams, Eastford Agent for the Aging**, 860-974-1034, 9-5 M-F, williarob@me.com

Know the 10 Signs - Early Detection Matters, Alzheimer Assoc., 1-800-272-3900, www.alz.org/10_Signs **Northeast Transit** 860-774-3902

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**LEGAL NOTICE
TOWN OF EASTFORD
WARNING OF ELECTION**

**MUNICIPAL ELECTION
NOVEMBER 3, 2015**

The electors of the Town of Eastford are hereby warned to meet at their respective polling places in said Town on Tuesday, November 3, 2015 for the following purpose:

To Cast Their Vote for:

- 1 First Selectman
- 2 Selectmen
- 1 Town Treasurer
- 1 Tax Collector
- 3 Board of Education - Full Term
- 1 Board of Education - To Fill Vacancy for Two Years
- 2 Board of Assessment Appeals – Full Term
- 4 Constables - Full Term
- 3 Library Trustees – Full Term
- 1 Library Trustee – To Fill Vacancy for Two Years

Notice is hereby given that the location of the polling place is:

EASTFORD TOWN OFFICE BUILDING
Lower Level
16 Westford Road

The polls will be open from six o'clock (6:00) a.m. until eight o'clock (8:00) p.m.

Dated at Eastford, Connecticut this 14th day of October, 2015

Melissa M. Vincent, Town Clerk, Town of Eastford

Eastford Elementary School
Heather Tamsin, Principal

Parent/teacher conferences will be held in the evening on November 10 and the afternoon of November 9. If you are a parent of a student at EES and you have not scheduled a conference, please do so as soon as possible.

Eastford Elementary School posts a monthly newsletter on the school website. Each newsletter provides curricular highlights and detailed descriptions of school events. You can find the newsletter at: <http://www.eastfordct.org/newsletters.cfm>.

I hope to see many community members on **Saturday, November 21** for the Middle School's Annual **Goods and Services Auction**. The students, parents and staff appreciate the support of the entire Eastford community. Dinner and auction previews will begin at 5:00pm in the Eastford Elementary School gym.

We have received back our school performance results for the Smarter Balanced Assessment from the Connecticut State Department of Education. Parents of students in grades 4 through 9 have received individual reports for their children. As a school, we significantly outperformed the state averages on the assessment. The table below shows our percentage of students that met or exceeded the achievement level on the assessment compared to the state performance:

Grade level	ELA/Literacy Percent Level 3 or above	State	Mathematics Percent Level 3 or above	State
3	77%	53.6 %	38%	48%
4	80%	55%	55%	44.2%
5	75%	58.5 %	42%	36.9%
6	73%	55.6 %	55%	37.3%
7	77%	57.1 %	77%	38.8%
8	80%	54%	67%	36.8%

Fiddle & Song

Tom French
tomfrench@charter.net



Have you ever thought of making a song? Usually people speak of “writing” a song, but writing isn’t required. The best songs come directly from your mind and are easily put down on your voice recorder or iphone. Perhaps you are in love; a song of love for that special person can be something you will both cherish for a very long time. Perhaps you have a new baby; a lullaby or a funny song about something happening with your youngster catches the moment. Perhaps you have an occasion, like a birthday or family gathering. It is very unique to create a song for an event. Among gifts, those that are homemade are the best. But more likely, there may be feelings within you that demand expression and need to be shared with others. There is a healing in artistic expression, whether the thought be a happiness or sadness. You could write about it; you paint about it, you could dance about it; or you could sing it out.

Simply start thinking. Imagine a tune, or borrow a tune you already know. When you have a moment alone, sing it out loud. Remember that first phrase. Try a second phrase to go with it. Record it. Over the next hour, day, or week, keep singing that idea; make it longer. Record it each time and keep it in your memory. Making a song might also be something you do with a family member or a friend, where you both start singing and creating it together, bouncing musical ideas off of each other. Regardless how it comes out; it’s fun to be the creator and audience simultaneously. Seems too hard to do? Believe me, your favorite songs are already in you. You possess the skills of a master song writer.

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EES News

Laurie Bardsley Grade Two Teacher

The second graders at Eastford Elementary School have been working with great enthusiasm throughout their first few months of school. September and October have flown by, and we are now into another busy month.

We have been implementing Lucy Calkin's writing program. Lucy Calkin's Units of Study provide explicit and sequenced writing instructions. Students have daily opportunities to write by following her Writing Workshop format.

Our focus will be on three types of writing ; opinion, informative/explanatory texts, and narrative.

Through opinion writing, students will practice how to change a reader's point of view, bring about action or emotion, and how to convince someone to accept their explanation or evaluation.

Informative writing will improve a student's understanding of a subject. It will help with reading comprehension of a subject, or it may assist in explaining steps in a process.

The final type of writing, narrative, has been the most commonly practiced in the past. Specific techniques, such as using sensory details and specific event sequences, will improve our students' storytelling skills.

As the school year continues, second graders will work through a wide variety of writing projects. Our staff will continue to come up with creative ways to allow students to increase their repertoire of writing strategies. They will have a true appreciation for writing along with a true ownership of their own writing progress.

Library News

By: Susan Shead

On behalf of the Library Board I would like to thank all of the patrons who came to the library during the week of Oct.22nd and participated in our Adopt-a-Book fundraiser. Remember you can still adopt a book as a gift to the library and recognize someone special at the same time.

A holiday card and tag making will take place at the library on Saturday Dec. 5th beginning at 10:00AM. Registration is not necessary. Drop in and visit the library that day and make a card!

The library book discussion will take place on Monday Nov. 2nd at 7:00PM. We will be discussing the book *The Murder of Roger Ackroyd* by Agatha Christie. All are welcome to attend.

There are discount passes available for Mystic Aquarium, Roger Williams Park Zoo, The New England Air Museum, and free admission passes to the New Britain Museum of American Art, The Wadsworth Atheneum and Connecticut's Old State House. We also have coupons for 20% off admission to the Connecticut Science Center. We also have State Parks and Forests Day pass. This pass can be used to cover the cost of parking at state parks and forests where there is an established parking charge.

Please note:

The library will be closed on Thursday Nov.26th for Thanksgiving.

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

New You Can Use

Deb Richards - EMD

FAMILY COMMUNICATIONS

Your family may not be together when disaster strikes, so plan how you will contact one another. Think about how you will communicate in different situations.

Complete a contact card for each adult family member. Have them keep these cards handy in a wallet, purse or briefcase, etc.

Additionally, complete contact cards for each child in your family. Put the cards in their backpacks or book bags.

Check with your children's day care or school. Facilities designed for children should include identification planning as part of their emergency plans.

Family Communication Tips

Identify a contact such as a friend or relative who lives out-of-state for household members to notify they are safe. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members.

Be sure every member of your family knows the phone number and has a cell phone, coins or a prepaid phone card to call the emergency contact. If you have a cell phone, program that person (s) as "ICE" (In Case of Emergency) in your phone. If you are in an accident, emergency personnel will often check your ICE listings in order to get a hold of someone you know. Make sure to tell your family and friends that you've listed them as emergency contacts.

Teach family members how to use text messaging (also known as SMS or Short Message Service). Text messages can often get around network disruptions when a phone call might not be able to get through.

Subscribe to alert services. Many communities now have systems that will send instant text alerts or e-mails to let you know about bad weather, road closings, local emergencies, etc.

[img alt="Small icon of a document with a checkmark."/>

CT Alert ENS (Emergency Notification System)

The CT Alert ENS uses the state's Enhanced 9-1-1 (E9-1-1) database for location-based notifications to the public for life-threatening emergencies. But the E9-1-1 database includes only traditional wire-line telephone numbers in the state (the "land line" phone you may have in your home).

www.ct.gov/ctalert/

Sign up multiple devices

Set the order of receipt

Add additional locations in the state to receive alerts like the office or your children's schools

American Red Cross Emergency Contact Card

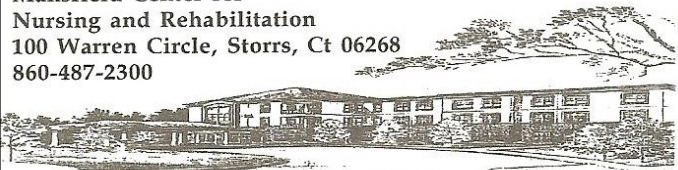
Get a kit. Make a plan. Be informed.

* Print out a card for every member of your household.

* Fill in your emergency contact information.

* Carry this card with you to reference in the event of a disaster or other emergency.

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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: eastfordcommunicator@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

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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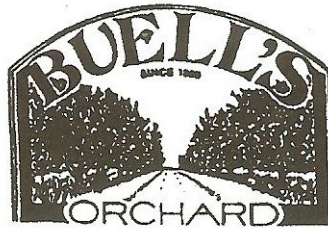
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