



Hampton High Road

Take the high road, it is often the one less traveled

March 2016

The Hampton High Road is an unaffiliated, non-political publication. Our mission statement is "To pay tribute to the past, cherish the present, and celebrate the diversity of our community." We are dedicated to publishing material that will inform while promoting goodwill, tolerance, and Hampton's sense of community.

This e-mail publication is delivered monthly to all e-mail addresses in our data base. **To be added to our data base, please send us your e-mail address at hamptonhighroad@gmail.com. E-mail addresses will be kept confidential.**

If you have any news that you would like to share with the community, please submit it to our e-mail address. Ideas include birth, wedding, engagement announcements, obituaries, recipes, DIY and craft projects, old Hampton photos, special collections you may have, or things you want to "swap". Submissions will be included at the discretion of the Editorial Board and may be edited for space considerations.

Editorial Board: Anne Bladen, Jill Barton, Ben and Trudy Brockett, Joan Marquis, Violet Marquis.

THIS SOUVENIR TRANSCRIPT OF AN ARTICLE WHICH APPEARED IN THE NORWICH BULLETIN EARLY IN 1914 IS PRESENTED TO THOSE WHO ATTENDED THE TOWN TOUR AS ARRANGED BY THE HAMPTON ANTIQUARIAN AND HISTORICAL SOCIETY ON JUNE 17/18, 1987.

OLD HAMPTON PAPERS

Cowhantic Indians

By Susan Jewett Howe

Hampton has many historic places and foremost among them should be the Cowhantic ledges where dwelt the Cowhantic Indians, a peaceful tribe who were content to spend their summers on the banks of the Little River and their winters in the ledges to the west of the valley which bear their name.

Once more we are indebted to the Bennett records and traditions to carry us back and bring us in touch with the first inhabitants of Howards Valley. When the first William Bennett purchased his lands of the Cowhantic Indians about 1720, he found smooth flats cleared and ready for his first crops. For his predecessor, the red man had from time immemorial burned away the forests and kept the land clear and mellow for his fields of corn; while along the banks of the Little River he had built his wigwams finding plenty of good fishing, eels, pickerel, etc.; the muskrat and otter and all kinds of game in the woods to supply his needs. The old corn fields are encircled by three heavily wooded knolls that rise, cone shaped, two on the North and one on the South of the flats. Never has the greedy woodsman been permitted by the Bennett owners to dishonor this virgin timber and today we see many of the same trees yet standing on these knolls, which stretched forth their giant branches and offered protection and shelter to the Indian who built his campfires in their shade. And, as we look

Quote of the Month

Finally, let understand that when we stand together, we will always win. When men and women stand together for justice, we win. When black, white and Hispanic people stand together for justice, we win.

~ Bernie Sanders



upon them we cannot help but wish that they could tell us of their vigils during the two centuries they have guarded these flats. Of the dusky squaws who planted their hills of corn among the blackened stumps that studded these now green fields. How the faithful creatures made their early morning trips to the same knolls to visit their traps – of their tramping up and down the banks of this same Little River that has flowed on and on as if its mission was to hasten away the day of the Red Man and bring in the progress and civilization of the White.

If one stops to consider the lay of the land on these Bennett flats it gives one a very good idea of the sort of location the Indian chose for his primitive farming. It is said that there is no easier farm in town to cultivate than this homestead which shows how the Indian in choosing the site for his village took into consideration not only free access to water but easy cultivation as well. He made his winter home less than one mile from the summer home.

The Cowhantic ledges are well worthy of greater notoriety. No one visiting in Hampton should fail to see them. They lie directly back of the Howard Valley school house. A lane leaves the main road just north of the school house and ascends to the steep Cowhantic hill, meeting the road on top of Jewett Hill, thus uniting the hill with the valley. This lane was originally laid out to accommodate the 80 odd scholars that fifty years ago lived on the hill and attended the valley school. Today there are but five houses on this road and one scholar to attend the school.

Following the lane for about forty rods brings one to a pair of bars opening on the left. A rough path leads one to the Cowhantic Indians' winter quarters. A ledge rises perpendicular for about forty rods and are about fifty-six feet high. They extend like a sheltering arm around the hill. The smoke of their camp fires still shows against the face of the ledges and in the hollows of the rocks where they built their fires. It was an ideal

place for an encampment; secure from the attack from enemies as the approach at either end could easily be guarded. Protected above by the sheer wall of rock and below by the growth of timber on the plain, it would have been difficult indeed for a warring tribe of Indians to surprise the Cowhantic Indians in his fastness.

Standing on the plain now covered with second-growth timber and gazing up at the gray rock walls, the massive natural fortress, entirely shutting out the world on the western side and casting grim shadows over all, one can understand the wisdom of the American Indian in choosing both his winter and summer homes. No longer can one picture him in imagination as an aimless wandering creature thinking only of securing his food from day to day, instead they can realize his sagacity and prudence as perhaps they never did before.

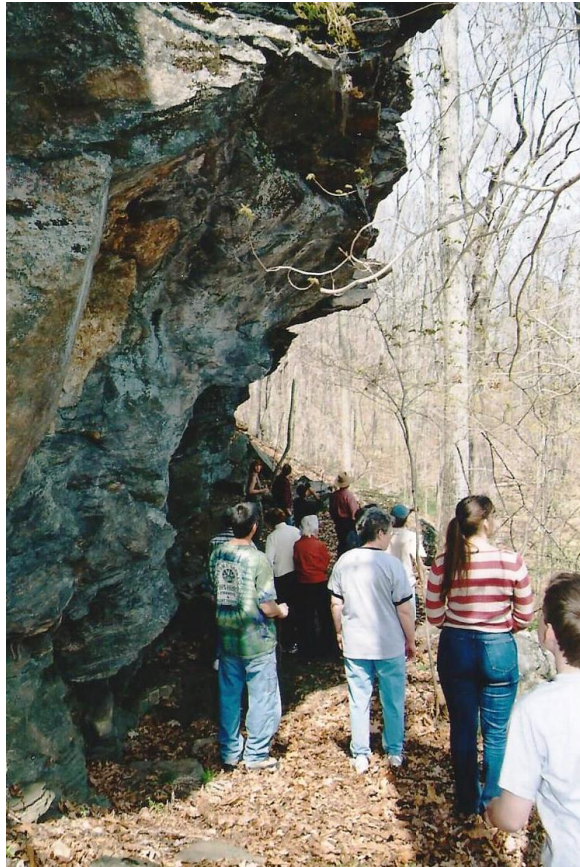
Scrambling up the steep path one can reach the top of the ledge and thus obtain a view of the surrounding country of unsurpassing beauty. Rolling hills stretch away as far as the eye can see; the course of the Little River can be traced by the growth of trees along its banks. White farm houses, red barns, roofs of other buildings are dotted here and there among the hollows of the hills, while directly east of the ledge the Valley Church gleams white and peaceful in the vale.



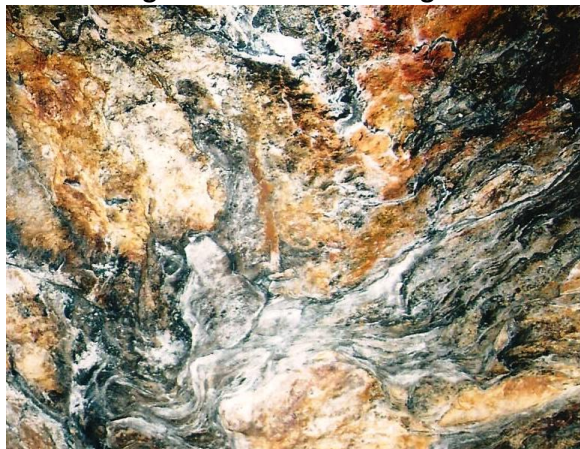
Walking to the Cowhantic Ledges

Standing on the dizzy height and looking down on the tree tops one can imagine that they can see the many Indian wigwams among the trees; can see again the smoke of their fires curling lazily among the branches and

catch the gleam of their camp fires burning bright. One feels as if a trespassing upon an Indian village and half expects to see the Red Man returning with stealthy step to his home. But the silent gray old rocks hold their secrets well, and no tale is left to tell the story of the Red Man who up to two hundred years ago made the fastness of the Cowhantic Rocks his home.



An overhang of the Cowhantic Ledges



Rock roof under one of the overhangs

The land is now owned by John McLaughlin but the town should take pride in making suitable highways to this historic spot and erect signboards to direct the visitors there. But even if you must make your way through the undergrowth unguided, you will feel well repaid by your visit to the Cowhantic Ledges. ~

****While the language in this piece, in referring to Native Americans, may be offensive, in 1914 it was common usage. It is apparent in this article that Susan Jewett Howe had great respect and admiration for the Native people who made their homes in what is now Hampton.*

****The Cowhantic Ledges have been purchased by the town of Hampton for preservation.*

Cowhantic Village

The Nipmuk people, who lived in Northeast Connecticut, were a sub-tribe of the Narragansetts. Many Nipmuk people lived in what is now Hampton. The Cowhantic people, such as those for whom the ledges were named, were an individual village of the Nipmuks.



Traditional Nipmuk regalia



Traditional Wigwam

Below is a traditional Narragansett folk tale:

Rabbit's Wish for Snow

Let me tell you about Rabbits. Long in the way time past time, rabbits looked very different than they did today. Long in the way time past time, rabbits had very short ears. They had even very long tails. They had long, straight arms and long straight legs. Very different than the way rabbits look today. One day, Rabbit was out. It was Spring-time. Looking for something to do, and something to eat, as rabbits are always looking for something to eat, he came upon a willow tree that had fresh little shoots in it. It made him so hungry. He wanted to go and taste some of those shoots but it was high up in the willow tree and you know yourselves that rabbits are not good tree climbers!

So Rabbit decided to eat some of the grass and play around. But he thought to himself, 'I would like to play in the snow'. He remembered that his grandmother told him that if you can wish for something hard enough it can happen. So Rabbit started to wish for it to snow, so he started to dance. He started to pray for it to snow and so he started to dance. And he started singing his song, 'Oh how I wish it would snow; Oh how I wish it would snow'. And as Rabbit danced and prayed and sung his song, it started to snow a little bit. Oh, this made Rabbit so happy that he sung his song stronger and harder: 'Oh how I wish it would snow; Oh how I wish it would snow'. And the snow started to come down. And Rabbit was so excited to see that snow coming down that he sung his song stronger. 'Oh how I wish it would snow; Oh how I wish it would snow.' And it started to snow so much. All that snow!

And because he wished for it to snow so much, the snow rose higher and higher, higher until it rose high into that willow tree. And now Rabbit played in the snow, and now it is so high he could eat some of those fresh shoots that are in the willow tree. Filled his stomach.

And now he wanted to go home, tired from all that dancing and eating. But when he looked, he saw that his home was covered with

all that snow. Well, he decided he would rest in the crotch of the tree. And he fell asleep.

He awoke the next morning and the sun had come out and melted all that snow away. Now, Rabbit is high up in that willow tree, wondering how he is ever going to get down. Because as you know yourselves, rabbits are not good tree climbers! So as he was holding onto those branches and looking and wondering how could he get down, how could he sing his song again, how could he make it snow? As he was leaning over, SNAP! His tail broke! And when his tail broke he went tumbling down out of that tree. And as he tumbled down out of that tree, his little short ears would get caught in the branches and stretch and stretch and pull and pull and stretch and stretch and pull, until they are as long as they are today!

And when Rabbit, when he fell out of that willow tree, he hit that ground so hard, he hit that ground so hard, his long straight arms shot into his body and became little short arms just like they are today!

And when that Rabbit fell out of that tree, and he hit that ground so hard, his long straight legs, they broke and bent just like they are today. And now you know what I'm telling you is true. And when that Rabbit fell out of that tree, he hit that ground so hard, he smashed his face, and when he smashed his face, he split his lip. Now, you know what I'm telling you is a true lesson. Because if ever you were to look at that Rabbit today, or any of his grandchildren, you will see that they all have long ears, little short arms, bent rear legs, a split lip, no tail, and they have to hop everywhere they go. Now you know what I've told you is a true lesson as we Native people see it. And you can prove the truth of this lesson to yourself very soon. Any Spring-time, you can go out into the park or into the woods and look up in that willow tree. And when you look up into that willow tree, you will see where Rabbit has left his tail. Because that willow tree has a very special look. And today that willow tree and Rabbit all look different. And now, you know why rabbits look the way they do. And now you know why willows look the way they do. A ho! ~

HAMPTON HAPPENINGS

Parish Hill Middle School

The Parish Hill Middle High School 7th and 8th grade classes are having a community wide tag sale/bake sale/bottle drive on **April 2, 2016 from 9:00 – 2:00 p.m. at PHHS**. If anyone is interested in renting a table for the tag sale the cost is \$20.00 per table. For more information on renting a table or donating items to the tag sale, please contact KC at (860) 933-4876.



The Parish Hill High School Music Department will present *Cabaret* on **Friday, March 11th at 6:00 PM**. Join us for a night of song, dance, theater, food, prizes, and more! Tickets with Dining are \$15, and general tickets are \$10. Email drock@parishhill.org to make a dinner reservation with us. No dinner reservations will be taken at the door. General admissions **will** be taken at the door.

Our Lady of Lourdes Church

Our lady of Lourdes church Annual Auction coming up the end of March or beginning of April. We are looking for quality items for consignment or for donation. If you have any items that you have been wondering how to get rid of now is your chance. This will be our 4th auction and we have had great success for our church and for our consigners.

The gist of how it works is the consignor gets 75% of the sale price and the church gets 25%. If you sold at an auction house they would get the 25% or more. We do not except tag sale items, modern clothes, stuffed animals or toys that cannot be washed. We do not put reserve prices on items. Mayor Ernie Eldridge and his crew will be doing the auctioneering honors again. For more information please call Naomi Ayotte at 860-208-2273.

Fletcher Memorial Library



March Events



Celebrate St. Patrick's Day at the Library!



Saturday, March 12th from 10:00 – 11:00 a.m.

Come to the library on Saturday, March 12th from 10-11 a.m. for a St. Patrick's Day story, craft, and snack. All ages are welcome!



Spring Celebration!



Saturday, March 19th from 10:00 – 11:00 a.m.

Celebrate the beginning of spring at the library on Saturday, March 19th from 10-11 a.m. with a story, craft, and light refreshments. All ages are welcome!



Coloring for Adults



Experience the stress-reducing and meditative benefits of coloring. Unwind with creative coloring at the library. Coloring sheets and pencils will be provided, but feel free to bring your own. **Free drop-in program**. For more information, please call 860-455-1086.

Story Time, Song & Play

Every Friday Morning 10-11 a.m.

Story Time, Song & Play for children (ages 0 - 5) and their caregivers – This is an interactive program using a variety of musical instruments, rhymes, songs, finger plays, puppets, as well a story or two. Our goal is to encourage a lifelong love of reading and learning.

Knitting Group – Wednesdays

12:00 – 3:00 in the Sun Room

The **Knitting Group** meets every Wednesday from 12:00 – 3:00 p.m. Drop in and have a cup

of tea/coffee and work on a needlework project, or just come in to socialize. All are welcome!!

March library books

This month we have new novels from James Lee Burke and Jayne Ann Krentz, mysteries from Sam Eastland and Mary Higgins Clark, our first ever Chinese science fiction from Cixim Liu, plus the new Star Wars novel. Nonfiction includes the latest from Hampton's own Lawrence B. Goodheart, as well as books on the Civil War, knitting, and a stolen masterpiece, plus new picture books and juveniles for our younger readers.

Fiction

John Altman	Disposable Asset
David Baldacci	The Guilty
Chris Bojalian	The Guest Room
James Lee Burke	House of the Rising Sun
Mary Higgins Clarke	All Dressed in White
Ann Cleeves	Harbour Street (Vera Stanhope novel)
Stephen Coonts	The Art of War
Michael Cunningham	The Wild Swan and Other Tales
Sam Eastland	Red Icon (an Inspector Pekkala novel)
Richard Paul Evans	The Mistletoe Inn
Alan Sean Foster	Star Wars: The Force Awakens
Lisa Gardner	Find Her
Robert Harris	Dictator
Peter James	You Are Dead
Jim Kelly	Death on Demand
Dean R. Koontz	Ashley Bell
Jayne Ann Krentz	Secret Sisters
Tami Hoag	The Bitter Season
Cixin Liu	The Three Body Problem (#1 of trilogy)
Cixin Liu	The Dark Forest (#2 of trilogy)
Charles McCarry	The Mulberry Bush
Nele Neuhaus	I Am Your Judge
James Patterson	Cross Justice
James Rollins	The Bone Labyrinth (Sigma Force)
David Rosenfelt	Blackout
Elizabeth Strout	My Name is Lucy

Brad Taylor	Barton
Patrick Taylor	The Forgotten Soldier
	An Irish Doctor in Love and at Sea
Jacqueline Winspear	Maisie Dobbs
Jacqueline Winspear	A Dangerous Place
Nonfiction	
Bernard Cornell	Waterloo:The History of Four Days
Edmund DeWaal	The White Road
Ree Drummond	The Pioneer Woman Cooks
David Gessner	All the Wild that Remains: Edward Abbey, Wallace Stegner & the American West
Lawrence B. Goodheart	The Solemn Sentence of Death
Barbara Herkert	Mary Cassatt (YA)
Ann Hood, ed	Knitting Pearls, Writers Writing about Knitting
Marie Kondo	The Life-Changing Magic of Tidying Up
Dion Longley & Zaidel Buck	Heroes for All time: Ct Civil War Soldiers Tell Their Stories
Anne Marie O'Connor	The Lady in Gold (re: Klimt painting)
T.J.Stiles	Custer's Trials: A Life on the Frontier of a New America
Paul Theroux	Deep South
Merlin D. Tuttle	The Secret Lives of Bats
Juvenile	
Katherine Applegate	Crenshaw
Linda Bailey	When Santa was A Baby (picture book)
Janell Cannon	Stellaluna (picture book)
Jeff Kinney	Old School
Christine L'Heureux	Caillou: No More Diapers (picture book)
Neil Gaiman	The Sleeper and the Spindle
Audio books	
Ta-Neshi Coates	Between the World and Me
Bram Stoker	Dracula (a new theatrical production with 7 readers)
Robert B. Parker	The Devil Wins



PFLAG Hampton

Hampton Community Center
178 Main Street, Hampton, CT
Third Tuesday of Every Month
6:30 pm

PFLAG Hampton is currently holding a fundraising effort at Bravelets.com. For every bracelet or earrings purchased, PFLAG Hampton receives \$10! Go to www.bravelets.com/bravepage/pflag-hampton or look for the post on our facebook at pflaghampton.

PFLAG Hampton has added two new books to our library:
Coming Out from Behind the Badge; Stories and Advice from Police Officers Who are Out on the Job, by Greg Miraglia.

Misplaced Ideals, by Cliff Morrison, an autobiography.

PFLAG Hampton, with the help of generous donors, will be giving scholarships to 6 Parish Hill students to attend the True Colors 2016 at the University of Connecticut on March 18.

To attend the support/advocacy meeting, or if you would like to volunteer with PFLAG, please come to one of our third Tuesday meetings at the Hampton Community Center.

We encourage any parents and families of LGBT people to join us to share stories or experiences with those who may be new to being involved with the LGBT community.

Hampton Seniors



Join us for our monthly luncheon on **Wednesday, March 16, at 1:00 PM at the Senior Room at the Hampton Town Hall.** The cost is \$4.00 and will be corned beef and cabbage.



Hampton-Chaplin Ambulance Corps

The Hampton-Chaplin Ambulance responded to 28 calls for the month of February.

Our HCAC family suffered a devastating loss on February 18, when Dana Ameer succumbed to pancreatic cancer. Dana, the wife of long-time member and past Chief, Albert Ameer, will be greatly missed by so many. Our sympathy goes out to Albert and his children, Joey and Kari.

Hampton Fire Company

The Hampton Fire Company regrets to announce the passing of Dana Ameer, wife of Deputy Chief Albert Ameer. Dana passed away last night from complications of pancreatic cancer. While we grieve the loss of our dear friend Dana, please keep the Ameer family in your thoughts and prayers.



Bright Acres Farm Sugarhouse

The Bright Acres Farm Sugarhouse will host its 5th Annual Open House on March 19th and 20th, from 11:00 AM – 4:00 PM, rain or shine, at 40 Old Kings Highway, Hampton. Visit the Sugarhouse and taste warm syrup. Maple products will be for sale, and there will be a kids' activity table. From 1:00-4:00 PM there will be a book signing by David K. Leff, author of *Maple Sugaring: Keeping it Real in New England*.

www.brightacresfarmsugarhouse.com.

Joshua's Land Trust

Join The Celebration

It's the 50th Anniversary of Joshua's Tract Conservation and Historic Trust

Many special events are being planned throughout the year to showcase the Trust's properties in our 14 town area..

- Come, explore over 20 trails accompanied by knowledgeable guides. Participants will be awarded prizes for a certain number of walks recorded in their "Passports", specially made for the Anniversary.
- Attend a book signing by Rudy Favretti of his just published book "50 years of Trust" chronicling our history and mission. While there, listen to the popular jazz band "Juniper Hill Jumpers" with guest, international jazz singer, Sarah Spencer.
- Tour the historic Gurleyville Grist Mill, the only stone mill of its kind in Connecticut.
- Visit the Atwood Farm Museum. In the Weaver's Cottage watch a demonstration of antique and weaving implements. New exhibits in the Blacksmith Shop, Pig Sty and Hen House will be open to the public for the first time.
- There'll be a repeat of last year's popular Cider Pressing.
- The renowned choir "Take Note!" will perform at an upcoming event.

Please call the Trust at 860-429-9023, watch local publications and visit our website www.joshuastrust.org for information and ongoing updates.

Joshua's Trust Winter Walks

Just forming now is a Joshua's Trust Winter Walking Group. This group will take guided walks on different JT properties, giving about a one week's notice via email, allowing adjustments for weather predictions regarding temperatures and amounts of snow. If interested please email Marcia Kilpatrick, at kalmia1234@gmail.com. Include how often you might be interested in walking and indicate your preference for weekends, weekdays or have no preference.

Joshua's Trust

Eco – Forum Presentation Series

This fall, Joshua's Trust began a new lecture series called "Eco-Forum". The series features speakers who are experts on different environmental topics of interest to the general public. The fourth and last of this series will take place on April 14, 2016 with Dr. Mitch Wagener. He teaches climate ecology, entomology and related courses at Western Ct. State University in Danbury. His research interests include the ecology of soil, and aquatic invertebrates, our changing climate and the impact of historical events on the environment. He will speak on Climate Change and its Effects. The lecture will be held at the Buchanan Auditorium of the Mansfield Public Library on Route 89 in Mansfield. Doors open at 6:45 pm with the presentation starting at 7 pm. **Pre-registration is REQUIRED** at www.joshuastrust.org/eco-forum, or call the Trust at 860-429-9023. Cost for members is \$5.00, for non members \$8.00.

SAVE THESE DATES

Saturday April 2 – at 8:00 am Join David Parry for a "Birding Walk" at the beautiful Allanach-Wolf Preserve. Directions – Rt. 14E from Windham Center, left to Back Rd., entrance on left after pond (approx 1 mile) or 14 W from Scotland, past Frog Pond to Back Rd. or Brooklyn Tpke. to Back Rd., left at Stop sign, entrance on right. #165 Back Rd. Any questions re the hike or weather email David Parry at dfparry01@gmail.com.

Saturday April 9 at 10:30 am, Carl Lindquist will lead a walk at the Two Sisters Tract in Chaplin. A forty acre forested tract with multiple stone walls, rocky outcrops and glacial erratics. After a short, moderately steep initial climb, the trail is one mile long on gently rolling terrain. Directions – Rt. 6, Chaplin, approx. 2 ¼ miles west of Willimantic Walmart store or .on Rt. 6, .8 miles north of intersection with Rt. 203/Rt.6. The parcel lies between Quintana Memorials and the Pleasant View Motel. Park on the shoulder of Rt. 6. Look for Joshua's Trust sign. For more information, call Carl Lindquist at 860-455-9914 or email clind01@gmail.com.

Saturday, April 16 at 9:30 visit the Josias Byles Sanctuary in Ashford. Connect past to present by walking the Sanctuary trail and coming to the Historic Byles Homestead for snacks, drinks and a few stories. Enjoy the 2 mile long, easy to moderate loop trail as you pass a meadowland, descend a short steep section to a stream, then travel through a bio-diverse climax forest. We hope to be able to observe a beaver dam on the Mt. Hope River. Directions - Park at the trail entrance just across from North Vet. Clinic on Rt. 44, ¾ mile east of the Rt. 89/Rt. 44 junction. For information, contact Marian Matthews, 860-420-8544. Rain Date is 4/17/16 at 1:30 pm.

Saturday, April 23 attend Book Signing w. Rudy Favretti of his book "50 Years of Trust". Musical entertainment will be provided by the popular jazz band "Juniper Hill Jumpers" with guest, internationally known jazz singer, Sarah Spencer.

Location and time to be announced. Please, check our website, www.joshustrust.org for updates.

Saturday, April 23 at 10:00 am, Jim Russell will host a walk on the "Wildside" at Pappenheimer Preserve. Hike the 101 acre forest preserve, abutting Mohegan State Forest. Visit Red Maple swamp and 5.5 acre grass covered swamp. A moderate walk, leashed dogs welcome. Pre-registration required. Directions- park on left side of Rt.97 (Devotion Rd) in Scotland, 2.5 miles south of Rt. 14/Rt. 97 intersection. For information, contact Jim Russell, 860-377-3687, email james_r_russel@yahoo.com.

Saturday, April 30 at 9:00 am, George Jacobi will host "Walking the Woods for Wildlife" in the Friedman Memorial Forest, Ashford – a moderate walk. He will discuss and practice deliberately walking to maximize wildlife sightings, while traversing a 2 mile loop with diverse ecosystems, including how to move (or not) and how to see and hear more effectively. No dogs, please. Directions - Take Bicknell Rd from Rt.89 to end, left on Bebbington Rd. 2 miles to small parking lot. Trust signs on the right side of the road. For information, call

George 860-450-0845, 860-377-6248 or email gjfishn@gmail.com.

Please, call the Trust at 860-429-9023, watch local publications and visit our website, www.joshustrust.org for information and ongoing updates.



Programs at the CONNECTICUT AUDUBON SOCIETY

Grassland Bird Conservation Center

**218 Day Road, Pomfret Center, CT 06259
(860) 928-4948**

ART & EXHIBITS

Trail Wood Writer & Artist In-Residence

Prose & Art Exhibit Free

Free through March 30 at the Center, 218 Day Rd. in Pomfret

Paint a Bird @ Artique: Paint Bar

Saturday, March 19, 6-8 p.m.

Come join the fun - a benefit for the Center. Learn how to paint a bird and enjoy a little wine while you do it. Adults and age 16+ Artique is BYOB, wineglass provided Arrival time is 15 min prior to start time (no early birds) Please note: cancellations require 24 hour notice for a refund or credit. Reservations with payment are required. Seating limited. No Walk-ins. Your instructor – Paint Bar owner artist Lisa Andrews. Cost: \$35.00 per person - See more at <http://www.artiqueputnam.com/events/2016-03/>

FOCUS ON NATURE

Photography Contest & Exhibit (*Submission deadline March 15*)

**Opening Reception Sunday, April 3, 2-4 p.m.
Exhibit and Sale through April 30**

Calling amateur photographers of all ages! Submit your best nature photos and be part of the exhibit. Different age categories, a variety of nature categories. Rules & Forms at www.ctaudubon.org/center-at-pomfret.

REGULAR WALKS

Wednesday Noon Walks

March 2 through 30, 12 p.m.

Join Connecticut Audubon Society staff for fresh air, exercise, good company and naturalist lessons along the way. Seniors and parents with babes in backpacks welcome. Free to CAS members; \$3 non-members.

Thursday Morning Walks

March 3 through 31, 8:30 a.m.

Stretch your legs, breathe in that early spring fresh air and look for signs of spring on the sanctuary with Fran Barnaski, longtime volunteer, tracker and nature photographer. Bring your camera if you are so inclined. Free to CAS members; \$5 non-members.

CHILDREN'S PROGRAMS

Creativity through Construction (ages 7 and up)

Saturday, March 26, 10-11 a.m.

Led by longtime center volunteer and educator, Kathleen Hart, children will explore the fun and imagination that comes with architecture and construction. Activities will be oriented around bridges, tunnels, and other building structures. This is a great STEM (Science, Technology, Engineering and Math) enrichment program. Registration required and limited to 10. Cost: CAS members \$10 per child; non-members \$15 per child.

MARCH SUNDAY LECTURE SERIES

The Plight of the Grassland Bird

Sunday, March 6, 2-4 p.m. (preceded by an optional guided walk at 1 p.m.)

From the fields of New England and Canada to the vast plains of Montana to the deserts of Mexico, grassland birds are losing their habitats at an alarming rate. First aired on New Hampshire Public Television, host Will Lange explores efforts to protect these birds and their habitats. Cost: \$5 members; \$10 non-members.

Revenge of the Rainforest: Climate Change and Human Health

Sunday, March 13, 2 p.m. (preceded by an optional guided walk at 1 p.m.)

Sharon Diamen, M.D. retired internist, master naturalist and Center volunteer will discuss the implications of global climate change for human health and well being. Cost: \$5 CAS members; \$10 non-members.

Finding Out: The Art and Science of Learning About Our Natural World

Sunday, March 20, 2 p.m. (preceded by an optional guided walk at 1 p.m.)

Jorie Hunken is a published author of young adult books. Her published credits include Prentice Hall Science Explorer: Human Biology and Health, Ecology for All Ages: Discovering Nature Through Activities for Children and Adults, and Botany for All Ages: Discovering Nature Through Activities for Children and Adults.

For more info:

<http://www.ctaudubon.org/center-at-pomfret>

Free to CAS members; \$5 non-members.

SPRING MIGRATION BIRD WALKS & PROGRAMS

(Walks led by Sanctuary Mgr. Andy Rzeznikiewicz)

The Messenger

Friday, March 11, 7 p.m.

A new documentary about songbird decline. This 90 minute film of "well-spoken scientists juxtaposed with beautiful cinematography" delves into the challenging question of why. It won *Best Conservation Program* at the 2015 *Jackson Hole Film Festival*. Cost: CAS members \$5; non-members \$10

Woodcock Watches

Thursday, March 10, 6:45 p.m.

Saturday, March 12, 6:45 p.m.

Thursday, March 17, 6:45 p.m.

Thursday, March 31, 7 p.m.

A sure harbinger of spring, this fascinating little bird puts on a riveting mating display at dusk. As long as the weather and temperature cooperate, we should hear & see them in action. Snow cover will cancel the program. Cost: \$5 CAS members; \$10 non-members.

Tuesday Morning Bird Walks

March 22 & 29, 8 a.m.

With access to over 1,650 acres of open space, we will seek out a variety of bird species. Wear drab colored clothing and bring binoculars (on some occasions a spotting scope is useful). Free to CAS members; \$5 non-members.





Programs at TRAIL WOOD

93 Kenyon Road, Hampton, CT 06247

860-928-4948 www.ctaudubon.org

Stroll, Story, Stew and Song

Sunday, February 28, 2 p.m.

A fundraiser for Trail Wood featuring the works of our *Class of 2015* Writers & Artists-In-Residence.

Reservations are required: Info and RSVP forms at www.ctaudubon.org/trail-wood

Second Sunday Walk

Sunday, March 13, 2:00 p.m.

Free to CAS members; \$3 non-members

Woodcock Watch

Saturday, March 19, 6:45 p.m.

Andy Rzeznikiewicz will take you to see woodcock performing their mating display. As long as the weather and temperature is okay, we should hear and see woodcock in action.

Snow cover will cancel program. Cost: \$5 CAS members; \$10 non-members.

Full Moon Walk

Wednesday, March 23, 7:00 p.m.

Free to CAS members; \$3 non-members



James L. Goodwin Conservation Center

March Program Schedule

More programs will be posted on our website www.friendsofgoodwin.com as soon as they are set.

Long Distance Guided Hike

Sunday, March 6th

10:00am-1:00pm

Get to see some different parts of the Goodwin State Forest with one of Elaine Koza's long-distance guided hikes! Enjoy the company of fellow hikers and get some great outdoor exercise. Expect a 5-7 mile hike. Guide Goodwin Docent Elaine Koza has completed all the New England 4000+ foot elevation hikes, and has hiked all the highest peaks in the 48 contiguous states. Elaine hikes with her Australian Sheppard, Shalee. Friendly dogs are welcome to join the hike.



Spring Walk to Governor's Island

Tuesday, March 8th

12:00pm-3:00pm

This three-mile walk is an intermediate hiking level on moderately even terrain. Join Naturalist Emma Lorusso for an afternoon walk to Governor's Island, and learn a little bit about the history of the island and the flora and fauna we come across. Any interested parties are encouraged to attend.

Forestry for Landowners Series: Part II Map Reconnaissance & Aerial Photos

Thursday, March 10th

10:00am-12:00pm

The Goodwin Conservation Center will host the second program of the Forestry for Landowners Discovery Series. This is the second of four sessions discussing basic forestry concepts and skills used in Connecticut. During this session we will take a closer look at aerial photos and topographical maps. What did foresters do before GPS? How did they avoid getting lost? What information can you get from an aerial photo? Can you tell what type of trees are growing in a stand from just a black and white aerial photo? A forester can! Discover what you can learn from maps and old photos of your own property. Not just for landowners! All are welcome to this indoor program. Inclement weather postpones, call for more information.

Gardening Workshop

Saturday, March 19th

10:00am-11:30am

This workshop is intended for gardeners with several years of experience to help answer specific problems that you may face in your gardens. We'll share best practices and pitfalls for this part of Connecticut. The March workshop will focus on vegetable gardening. Earliest start times, best varieties, and other tips and tricks to beating this unpredictable New England weather.

Bark Identification

DATE TBD

Leaf identification is a great way to begin to identify trees, but how will you recognize your favorite trees in the winter? Bark is a great way to identify trees and will help you understand the overall "look" that each species has! Naturalist Emma Lorusso will help you to hone your skills, so you have a more well-rounded understanding of tree identification!

Maple Sugar House Tour



DATE TBD

REGISTRATION REQUIRED

We will take a field trip to local Hampton Maple Sugar House 'Bright Acres Farm'. Come and see how we used to make maple syrup in a homemade backyard evaporator and how we make it today, in our new post and beam sugar house with an energy efficient evaporator. Learn about the differences between each of these set-ups. Learn about how this all natural product is made and get a taste! There will be a chance to collect some sap if you would like, weather permitting! Our hosts will also explain how to start your own backyard syrup making operation! Dress for the weather! Outdoor program.

Vernal Pools

Wednesday, March 30th

7:00pm-9:00pm

REGISTRATION REQUIRED

Vernal pools are fishless ephemeral spring ponds that form in the forest and by

midsummer they are gone! So what's so special about them? Vernal pools are essential to many amphibians and other aquatic creatures' life cycles. During this program Naturalist Emma Lorusso will teach us about the importance of vernal pools. Afterwards we will go out into the night to visit a vernal pool and try to get a glimpse of what activities these nocturnal creatures engage in.

Senior Walk

Thursday, March 31st

12:00pm-2:00pm

These are easy to moderate but still casual walks taken on forest trails. They're a great opportunity to get outside, learn something new and maybe even meet a few new friends. These walks are very popular, and not just for seniors! All are welcome. Hiking sticks are available to borrow.

THEN & NOW



From a postcard postmarked in 1914

Looking North on Main Street



2016, Violet Marquis Photo



Good News in the Neighborhood

Birthdays

March	1	Marina Figueroa
	6	Antonio Romano
	7	David Trowbridge
	11	Richard Costa
	15	Matt Stensland
	20	Amy Costa
	20	Keishla Figueroa
	22	Renee Cuprak
	23	Helene Baum
	30	Joseph Costa

Anniversaries

March	3	Margaret & Harold Haraghey
	8	Ben & Trudy Brockett (30 th)
	21	Anne Bladen & Jill Barton (25 th)

Parish Hill Middle/High School Honor Roll

Grade 12

High Honors – Emma Burnham, Zachary Card, Lydia Kinzer, Olivia Rivera, Deven Smith

Honors – Marina Figueroa

Grade 11

High Honors -Kyle Jacobson

Honors – Zoe Blanchard, Marissa Deal, Jonah Dupuis, Taylor Vertefeuille

Grade 10

High Honors -Thomas Rountree, Vanessa Surridge

Honors – Maxwell Landeck, Thomas Lehoux, Michael Rahall, Savannah Tyler

Grade 9

Honors – Maxx Freed, Kyleigh Horan,

Grade 8

High Honors – Maximilien Blanchard, Delaney Card, Amelia Chokas, Sadie Kinzer

Honors – Olivia Burrelle, Rebeca Burnham, Ethan Dunn, Ethan Fontaine, Brianna McCollum, Summer Stoddard

Grade 7

High Honors – Destiny Bora, Brent Freed, Nicholas Meister, Rachel Trowbridge

Honors – Kaysie-Marie Dupuis

Eastern Connecticut State University

Dean's List

The following Hampton students were named to the ECSU Dean's List for the Fall, 2015 semester: Courtney Beaulieu, Patrick Dunn, Elizabeth Shaw, and Nataalka Tuczkewycz.

State University of New York at New Paltz

Jacob Berentsen of Hampton was named to the Dean's List for the Fall, 2015 semester at State University of New York at New Paltz.

American International College

Damon Vega of Hampton was named to the Dean's List for the Fall, 2015 semester at American International College in Massachusetts.

Paul Smith's College Dean's List

Nicholas Burdick-Chapel of Hampton was named to the Dean's List for the Fall, 2015 semester at Paul Smith's College in New York.

Northeastern University Dean's List

Kerri Ruffo of Hampton was named to the Dean's List for the Fall, 2015 semester at Northeastern University in Boston.

LAND TRANSFERS

320 Drain Street

\$63,000

B: Little Ones Foundation

S: Citimortgage Inc.

Hartford Turnpike

\$315,000

B: PLH LLC

S: Freiman Peter P. Est & Gregory J. Freiman Ex

Station Road

\$85,000

B: Ben F. Buell & Judith H. Buell

S: James A. Estabrooks TR & Ann C. Estabrooks

14 Old Town Pound Road \$295,000



IN MEMORIAM

Sara Jane “Dana” (Chapel) Ameer - August 3, 1951 - February 18, 2016 - of Hampton, passed away peacefully at her home on Thursday, February 18, 2016, with her family by her side. She was born and raised in Hampton, the daughter of Sherman and Hildred (Bergeron) Chapel. Dana stayed close to family and friends her whole life. She was an animal and nature lover and passed on her love and compassion to her children. She was a devoted wife and mother, the quiet strength of the family. She enjoyed gardening at home, camping in Rhode Island and Cape Cod with her husband and children. Dana is survived by her husband of 45 years and best friend, Albert Ameer, her two children; Joseph Ameer and Karen Ameer. There are no calling hours. Burial will be at the convenience of the family. Memorial donations may be made to the Hampton- Chaplin Ambulance Corp. PO Box 98, Hampton, CT 06247. For an online memorial guestbook please visit www.potterfuneralhome.com.

Waldeck Allen

Thiel – *** Loving Father and Grandfather ***

Waldeck “Wally” Allen Thiel, of Hampton, CT, age 88, passed away peacefully surrounded by his family on Sunday, February 14, 2016 at Windham Hospital in Willimantic, CT.

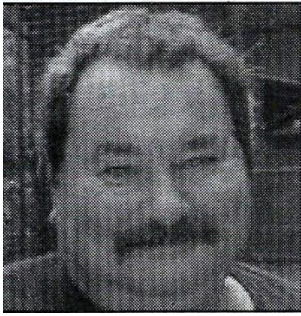


Wally was born on February 9, 1928, in Yonkers, NY, son of the late Arnold Maximillian and Eva (Fitzsimmons) Thiel. He was a graduate

of Roosevelt High School in Yonkers and earned his Bachelors and Masters Degrees from NYU. He began his 30 year banking career as a teller and worked his way up the corporate ladder retiring as Senior Vice-President of Chase Manhattan Bank. Wally was a past member of the Rotary Club and a member of the Congregational Church in Brookfield and the Hampton Congregational Church in Hampton. He was easily outgoing and was known for his positive attitude and adventurous nature. Wally lived in Bronxville, Scarsdale, and New Rochelle, New York, before moving to Connecticut, where he lived in Trumbull, Easton, Brookfield, and Hampton. After retiring from Chase Manhattan Bank, Wally became the president of two different equipment leasing corporations. Wally loved antiquing, upon his retirement from the leasing companies, Wally turned his passion into a pastime as he owned and operated the Grey Squirrel antique shops with locations in New Preston, Woodstock and Gaylordsville in Connecticut.

Wally is survived by his sons, Douglas Paul Thiel of Chicago, IL, Peter Waldeck Thiel and his wife Gay of Prospect and his daughter, Stephanie Brokaw and her husband Steve of Carmel, IN. He also leaves behind his grandchildren, Alexander Thiel and his wife Katelyn of Cheshire, Emily Thiel of Prague, Czech Republic, Niko Thiel, Deena Thiel, and Dodie Paige Thiel all of Fairfield, IA, Keith Brokaw and David Brokaw both of Carmel, IN. Wally was predeceased by his brother Arnold Thiel.

Family and friends called at the Maiorano Funeral Home, 95 Willow St., Waterbury on Friday, February 19, 2016 from 4:00pm-6:30pm with a service from 6:30-7:00pm. Burial will be at the convenience of the family. Memorial contributions in Wally’s name may be made to: The Hampton Congregational Church, United Church of Christ, 263 Main St., Hampton, CT 06247 or National Kidney Foundation, 30 East 33rd Street, New York, NY 10016 or www.kidney.org. For more information and online condolences visit www.maioranofuneralhome.com.



John J. Burelle, Sr. – 63, of Tompkinsville, KY, passed away unexpectedly on January 29, 2016, in his home. John was born in Willimantic, CT, in September 1952.

Anyone lucky enough to know John, could attest to what a remarkable father, brother, grandfather, friend, and human being he was.

John Burelle Jr. and his wife, Allison, of Lebanon, CT, and Timothy Burelle and his wife, Patricia, of Lenexa, Kansas, will always lovingly remember their father.

John leaves behind his siblings, Anthony Burelle, of Norwich, CT, Laurie Burelle of Oregon, Beverly Burelle of Willimantic, CT, Michael Burelle of Massachusetts, Becky Gagne of Scotland, CT, Paul Burelle of Hampton, CT,, and Thomas Burelle of North Grosvenordale, CT.

He had four grandchildren, Kaya and Lacy Burelle, of Lenexa, Kansas, Andrea Burelle and Sydney Baldga, of Lebanon, CT.

His father, Hector John Burelle and his mother, Joan Chartier Burelle predecease him.

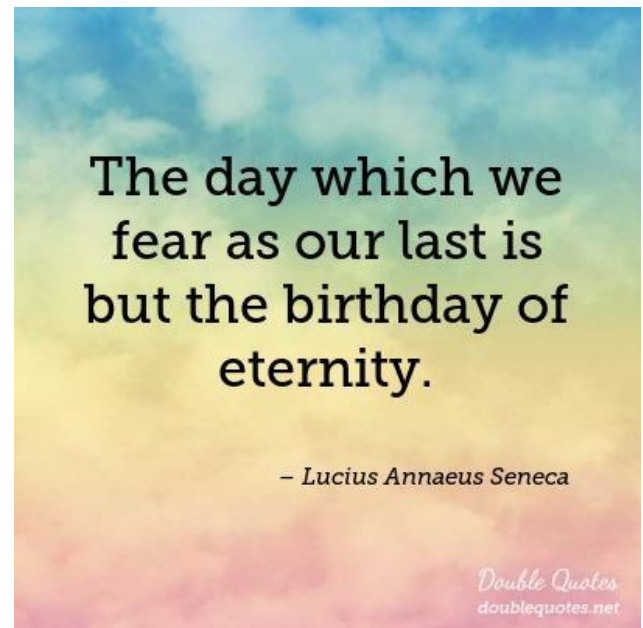
John attended Hampton Elementary School and Windham Tech School in Willimantic.

John had several employers to include: Tyler Brothers farm, Burell Brothers Sawmill, Graywall Farm, and Sigfridson Wood Products. In 2006, John began a new journey and moved to Kentucky. He worked for Anderson Lumber, John Ritter Lumber, and lastly, Johnny Rich Lumber. He considered himself a southern Yankee and made several close friends there. He was an avid fan of Jeff Gordon, the New York Yankees, and the Green Bay Packers. He

enjoyed coming home to his 2 dogs, Molly and Rusty and his cat, Tangy.

Even though he built a new life in Kentucky, he managed to keep a close bond with his friends and family, who will sorely miss him.

A celebration of his life will be held on Sunday, March 13, at the lower level of the Willimantic Elks Club, starting at noon time. Guests are encouraged to bring a dish to share.



Manny & Tanner– A Dog's View of Life

Dogs come into our lives to teach us about love. They depart to teach us about loss. New dogs can never replace a former one – they merely expand the heart. If you have loved many dogs, your heart is very big. ~Author Unknown

Leap Year Celebrated at Hampton Elementary School

Several activities were planned for students and staff at HES on February 29th Leap Day! The day included a Fashion Disaster that was a big hit, a snack treat delivered by Peer Mediators who took donations to send to the Hampton Fuel Assistance Program, a lunch time taste test and sign along, a lot of jump roping at recess with a collection of how many jumps can we make as well as an opportunity to get ready for Jump Rope for Heart and lots of reading of specially leaping frog tagged books throughout the day.



Reading incentives will continue through March and gently used books are being accepted as donations in the main entrance.

Pacific Rim Tire Tool



This tool, owned by Robert and Violet Marquis, is marked Pacific Rim Tool, Cleveland, Ohio, Patent Applied for.

The tool is a Pacific Rim Tire Tool of the 1920's. This tool was used when changing a tire on the old 'split rim' tires. The Pacific Rim Tool Company began manufacturing this tool in 1921. After some years, the Pacific Rim Tool Company became the Ken-Tool Company.

The two piece wheels used on early automobiles required special tools to mount and dismount and repair flat tires. The two pieces consist of the wheel (Solid Disk Wheel – SDW) and Split Wheel Rim (SWR) which is a spring steel formed metal piece with a locking tab where the split occurs.

The Split Rim Tool fits on the rim in the following manner in order to pull the split rim away from the tire (after the locking pin has been removed) so that the tire, tube, and flap can be removed from the split wheel rim to be replaced or repaired.

Split Wheel Rim tools generally cost about \$2 and as much as \$5 back in the early days. Use of the Split Wheel Rim tool requires some care and expertise. Although it is easy to use the split wheel tool according to the directions for it, it was also easy to misuse the tool and damage the split wheel rim (SWR). Once damaged, the SWR is next to impossible to repair and straighten out, although it can be done well enough to be used. Failure to have a 100% straight rim or wheel for the tire will result in a 'wobbly wheel' on the vehicle. Although not inherently dangerous at the low

speed of antique cars, a wobbly wheel does cause erratic tire wear.

The weakness of the split wheel rim tool is its design. It is a 'one side' only tool. The one-sided nature of the tool makes it easy to exert pressure on only one side of the rim and bend it. Another weakness is that when used, it can be used wrong, when the tool should only retract the split wheel rim to the point necessary to take the tire off. However, some users retract the split rim to the point that the tire virtually falls off the wheel. This is wrong, and will usually result in a bent rim. When mounted on the wheel it would normally result in a 'wobbly wheel' condition.

Today, split wheel rim tools can be found available for anywhere from \$10-50 depending on condition and rarity. By the same token, having a tire removed, repaired, or replaced professionally can cost from \$85-125. The narrow tires used also can cost from \$100-175, not counting the inner tube and wheel flap. Altogether, buying and replacing a single tire/tube/flap on a split wheel rim can cost from \$200-300, which is more than the cost of a modern tire replacement.



Split Wheel Rim tool on Tire

If you have an interesting tool or object, send us a photo and a description of what it is and what it was used for.



Hello to Hampton Parents.....

By Myrna Riquier

Do you have a child that can sing well? Would your child like to enter the Voice of Podunk Kids singing talent contest coming up in August at the Hebron Fairgrounds.

Registrations are now being accepted by phone. The contest is limited to just 10 acts and two of those slots are already filled, leaving just eight openings. Thus, early signup is prudent. Calls from parents to ask questions are welcomed and encouraged.

Kids need to be age 7 to 17 and they can register by calling Myrna Riquier at Natchaug Music Publishing 860-455-9400 any day between 9:00 am and 9:00 pm. There is a \$5 entry fee per act and each act can be either a solo, duet, trio or quartet. Cash prizes plus some amenities are awarded.

Each act will perform a song of their choice from any genre. One accompanying instrument is allowed per act. We want to avoid multiple instruments or bands in this competition since we wish to keep the focus on the singer. A separate competition is offered for bands.

Our judges include Bonnie Glow, owner of the Guitar Workshop in Chaplin who is a musician and guitar instructor; Jim Sharpley, former WNHC-TV news broadcaster, singer and multi-instrumentalist currently working with several bands; Ruth Hartunian-Alumbaugh, a board certified music therapist, concert pianist, keyboard instructor and widely known accompanist at high schools, colleges and churches in the area; plus Myrna Riquier,

owner of Natchaug Music Publishing and a musician, songwriter, host on CTV192 and area promoter of live country music.

At the conclusion of the contest, after the awards are presented, the judges will be happy to chat with the participants to answer questions the kids may have about the various aspects of having a career in music. There are many roads one can take in the music profession besides that of a performer, such as business manager, songwriter, booking agent, recording engineer, radio DJ and many others. The judges are all seasoned musicians and will be happy to share their knowledge with the children.

The contest will take place **on August 13 from 11:30 am to 12:30 pm at the Hebron Lions Fairgrounds**. It is part of the weekend activities of the annual Podunk Bluegrass Music Festival. The festival runs August 11-14 and includes two simultaneous stages; one features Nashville bluegrass performers and the other offers local and regional acoustic music performances. In addition, the festival has a workshop stage where classes are offered throughout the weekend on such subject matters as songwriting, band management, working with record labels and similar content. The kids singing contest will take place on this Workshop Stage, located in the Better Living Building.

Also included with the festival is a band competition, a songwriting contest, a Kids Music Academy, music classes for adults, vendors with a wide variety of merchandise and food, weekend camping with lots of over-night music in the campgrounds, plus a comprehensive program of supervised activities for youngsters, including night time movies.

The prominent festival is attended by people from across our country and numerous other countries. This year the festival celebrates its 20th birthday and it was recently bestowed an award of excellence by the International Bluegrass Music Association. It has become a destination event for office outings, family camping, school reunions and other similar group gatherings. Each year it strives to bring an

abundance of interesting and fun activities to children and adults.

The Voice of Podunk Kids talent contest was initiated just last year and received grand reviews. For each participant it was their first performance on stage before an audience and the audience certainly loved every one of those kids. We heard some remarkable singers and we hope your child will want to come and sing for us his year. Be sure they know that they do not need to sing a bluegrass song unless they want to. All genres are encouraged. The rules for this and all of the Podunk contests can be found at www.podunkbluegrass.com.

Stormy Weather

We had snow....



And we had wind....





Health and Safety Corner

By The Hampton-Chaplin Ambulance Corps
March is National Sleep Awareness Month

March has been designated National Sleep Awareness Month. One part of sleep awareness is knowing how our sleep may be affected by changes in the environment. Most of the United States returns to Daylight Saving Time beginning at 2 a.m. local time on Sunday, March 8. As we spring forward and advance our clocks one hour, it is important to consider how this small change can affect our sleep.

Moving our clocks, watches, and cell phones in either direction changes the principal time cue—light—for setting and resetting our 24-hour natural cycle, or circadian rhythm. This makes our internal clock out of sync with our current day-night cycle.

In general, “losing” an hour in the spring is more difficult to adjust to than “gaining” an hour in the fall. An “earlier” bedtime may cause difficulty falling asleep and increased wakefulness during the early part of the night.

If you have insomnia or are sleep-deprived already, you could experience more difficulties. In this situation, you could see decreased performance, concentration and memory during the workday, which is common to sleep-deprived individuals. You also may experience fatigue and daytime sleepiness. All of these are more likely if you consume alcohol or caffeine late in the evening.

In general, people adjust to the change in time within a few days. You can help this by decreasing exposure to light in your home during the evenings, exercising, trying to have a consistent sleep schedule, and reducing or eliminating alcohol and caffeine.

To learn more about getting a better night’s sleep, visit the Vanderbilt Health and Wellness Resource Library to [read about sleep](#).

Charity of the Month

Holy Family Home and Shelter

Holy Family Home And Shelter was founded in 1989 by Sisters of Charity, Our Lady Mother of the Church to temporarily house homeless families, (female head of household) at no cost to them, regardless of race, religious preference, or family status. For 25 years, Holy Family Home and Shelter has been eliminating homelessness one family at a time.

Like every organization, Holy Family Home and Shelter is dependent upon volunteer support for so many of the tasks needing to be done in order to fulfill its mission. Volunteers enhance the daily lives of our residents by:

Assisting in maintaining our facility, reading to our children, mentoring our parents, filing and other office work, assisting in fundraising work, gardening, maintaining our clothes closet, planning and giving birthday parties, and many other things too numerous to list.

Wish List

- Food
- Clothes
- Cleaning Products
- Medicine
- Beds
- School Supplies
- Toys
- Books
- Volunteers
- backpacks
- notebooks and pencil cases
- healthy snacks
- Children books 0 - 5 years
- Turkeys
- Fresh produce
- Zippered mattress covers for twin beds and mattress pads

To donate money, time, or skills, go to <http://holyfamilywillimantic.org> for more information. Or call **860-423-7719**.

E-mail:

Information@HolyFamilyWillimantic.org

P.O. Box 844 88 Jackson St. Willimantic CT 06226

Crafts

Paper Spring Wreath



Supplies:

Different colors of patterned paper
Styrofoam wreath form
Glue gun
Scissors
Paper cutter (optional)

Optional:

Burlap ribbon
Decorative nest
Plastic eggs

Directions:

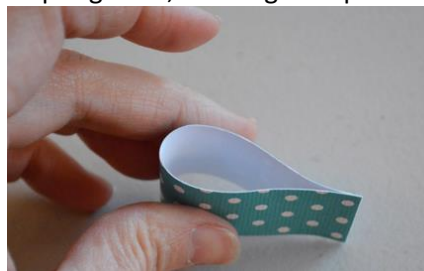
Step 1. Cut 1" strips out of your patterned papers. I used 14 different papers and cut 4 strips of each.



Step 2. Cut each strip into 3 pieces, so you have a bunch of 1" x 4" paper strips.



Step 3. Using your glue gun, glue the ends of each strip together, creating a loop.



You'll have a large pile of loops.

Step 4. Using the hot glue gun again, start gluing the loops to the wreath form, staggering the colors.



Step 5. Continue gluing looped papers onto the wreath. Keeping them as even as possible. You may have to add in extra papers to fill in gaps as well.

Glue a loop of paper or ribbon to the back of the wreath to hang it.

Optional:

Step 6. Use the burlap ribbon to make a loop with a long piece that hangs down into the center of the wreath. Glue the ribbon to the back of the wreath and to the nest.



Step 7. Thread another piece of ribbon through the ribbon loop and tie it. This creates your wreath hanger.

Step 8. Glue eggs into nest. Hang and enjoy!

Recipes

******Correction** from last month's cookie recipe: The amount of applesauce is 1/3 cup, and any rolled oats (Quaker Oats, etc) can be used.

Creamy Artichoke Parmesan Dip



Ingredients

nonstick cooking spray
14-ounce can quartered artichoke hearts, drained and coarsely chopped
10-ounce package frozen chopped spinach, thawed but not drained
½ cup diced onion
2 medium garlic cloves, minced
1 teaspoon dried oregano leaves
½ cup light mayonnaise
½ cup grated Parmesan cheese

Instructions

1. Coat a 3 ½- to 4-quart slow cooker with cooking spray.
2. Combine the artichokes, spinach and its liquid, onions, garlic, and oregano in the slow cooker.
3. Cover and cook on high for 1 ½ hours or on low for 2 ½ - 3 hours.
4. Stir in the remaining ingredients.

From The Diabetes Fast-Fix Slow-Cooker Cookbook by Nancy S. Hughes

12 servings. Per serving: 4 grams carbs, 70 calories, 1 sugar, 3 grams protein, 0 fiber

Crockpot Spinach Lasagna



Ingredients

Cooking spray
1 cup low-fat ricotta cheese
1/4 cup freshly grated Parmesan cheese
1 1/4 cup part skim mozzarella shredded cheese, divided
1 10-ounce box frozen, chopped spinach, thawed and drained
24.5-ounce jarred lower sodium pasta tomato sauce
9 gluten-free lasagna noodles or whole wheat
8-ounce can no-salt added tomato sauce

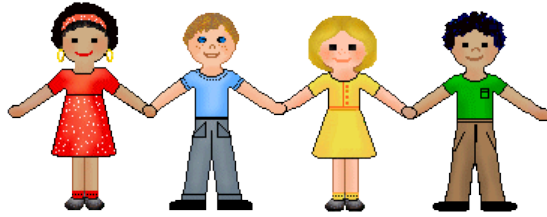
Instructions

1. Spray a crock pot with cooking spray.
2. In a medium bowl, mix together ricotta cheese, Parmesan cheese, ¼ cup mozzarella cheese and spinach.
3. Spread 1 cup pasta sauce on bottom of crock pot. Arrange 3 noodles side by side on top of sauce, break noodles apart to fit, if needed.
4. Spread about 1/3 cup of ricotta-spinach mixture on top of noodles. Repeat layering with pasta sauce, noodles and ricotta spinach mixture 2 more times. Top with remaining pasta sauce and canned tomato sauce. Sprinkle top with 1 cup mozzarella cheese.
5. Place cover on crock pot. Cook on low setting for 2-3 hours or until done (cooking times vary based on crock pot).

*This recipe was tested with gluten-free lasagna noodles, but whole-wheat lasagna noodles could be used.

12 servings. Per serving: 180 calories, 22 grams carbs, 5 sugars, 10 grams protein, 4 grams fiber

Hampton Elementary School



Will conduct a preschool screening on

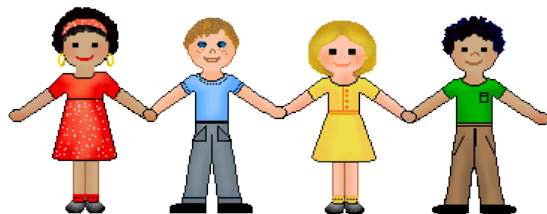
DATE: Wednesday, April 27th

TIMES: 9:00am and 10:30am

**For children who are three, four, or who
will turn three in 2016.**

This is not a pre- admission to school

**Please call Ms. Damato for an appointment
at 860.455.9409**



SAVE THE DATE AND SAVE YOUR STUFF

PARISH HILL HIGH SCHOOL CAFETERIA • 304 Parish Hill Rd, Chaplin, CT 06235

INDOOR



FUNDRAISER

BAKE SALE & BOTTLE DRIVE

SATURDAY

APRIL 2ND

9:00AM – 2:00PM

RESERVE YOUR TABLE TODAY!



SUGGESTED DONATIONS

TOYS • FURNITURE • BIKES •
KITCHEN & HOUSEWARES
HOME DECOR • KNICK KNACKS
TOOLS • ACCESSORIES • LUGGAGE
BOOKS • SEASONAL/HOLIDAY
CAMPING/OUTDOOR GEAR
SPORTS EQUIPMENT

WE CANNOT ACCEPT
MATTRESSES/BEDDING, CRIBS,
CARSEATS



DONATIONS WILL BE ACCEPTED PLEASE CONTACT KC @ 860-933-4876 FOR MORE
PROCEEDS SUPPORT THE PHHS 7TH and 8TH GRADE APRIL 2016 CLASS TRIP TO DC
THANK YOU!



"ISN'T IT ROMANTIC?" By Marjorie Richter — Edited By Timothy E. Parker

ACROSS

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- 10 Withdraws (with "out")
- 14 Star in Orion
- 15 Spy Mata
- 16 Spouse of Zeus
- 17 Oak product
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- 20 With 61 Across, this puzzle's theme
- 22 Like some salmon
- 24 Novelist Beattie
- 25 Comedian "Colonel Maggie" Martha
- 27 It's Big in London
- 30 Humorous poet Nash
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- 37 Skin soother
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- 5 Bad-weather culprit
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- 10 "-- be in England" (Browning)
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- 12 Leaves home
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- 27 Walls
- 28 T.S. or George
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31 Alternative to nothing

- 33 Causes an unearned run
- 34 Burial vault
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- 36 Turns sharply
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- 42 New Haven student, informally
- 44 Mission in Texas
- 47 Where metals are detected
- 51 Author Truman
- 54 Aggressive and then some
- 56 Having a musical key
- 57 Beatles film
- 58 Sphere of study
- 59 Parent
- 60 Clickable item
- 62 Norma and Charlotte
- 63 Bail out on Wall Street
- 64 Two silkworms raced and ended in ---
- 65 Imprest
- 68 Mr. Van Winkle

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1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17					18				19				
20				21			22	23					
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45						46	47			48			
49						50			51		52		
				53	54			55		56			
57	58	59	60				61	62			63	64	65
66					67	68			69				
70					71				72				
73					74				75				

St. Patrick's Day

Find and circle all of the words that are hidden in the grid.
The remaining 34 letters spell a secret message.

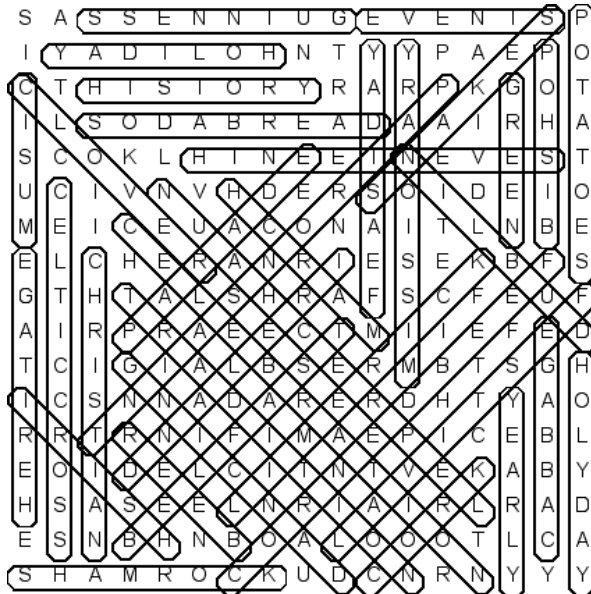
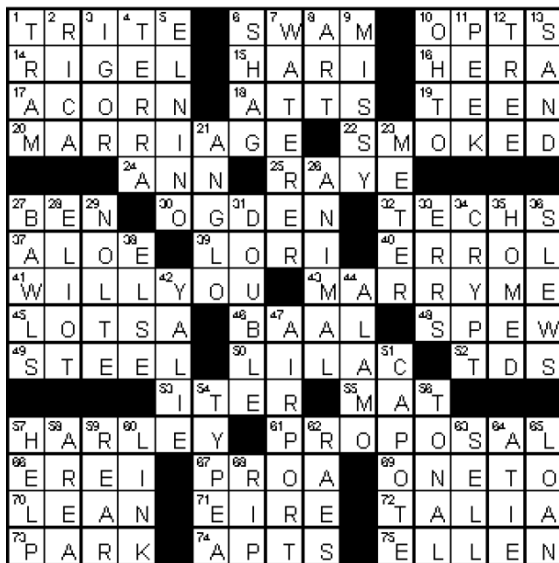
S A S S E N N I U G E V E N T S P
I Y A D I L O H N T Y Y P A E P O
C T H I S T O R Y R A R P K G O T
I L S O D A B R E A D A A I R H A
S C O K L H T N E E T N E V E S T
U C I V N V H D E R S O I D E I O
M E I C E U A C O N A I T L N B E
E L C H E R A N R I E S E K B F S
G T H T A L S H R A F S C F E U F
A I R P R A E E C T M I I E F E D
T C I G I A L B S E R M B T S G H
I C S N N A D A R E R D H T Y A O
R R T R N I F I M A E P I C E B L
E O I D E L C I T N T V E K A B Y
H S A S E E L N R I A I R L R A D
E S N B H N B O A L O O O T L C A
S H A M R O C K U D C N R N Y Y Y

BEER	DANCING	HOLY DAY	POTATOES
BELFAST	DUBLIN	IRELAND	SEVENTEENTH
BISHOP	EVENTS	IRISH	SHAMROCK
CABBAGE	FEAST	LEPRECHAUN	SNAKES
CELEBRATION	DAY	LIMERICK	SODA BREAD
CELTIC	FESTIVAL	MARCH	TRADITION
CROSS	GREEN	MISSIONARY	YEARLY
CHRISTIAN	GUINNESS	MUSIC	
CLOVER	HERITAGE	PARADE	
CORK	HISTORY	PATRON	
CORNED BEEF	HOLIDAY	SAINT	

[Did you enjoy this puzzle? Visit:](http://www.puzzles.ca/wordsearch.html)
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"ISN'T IT ROMANTIC?"

By Marjorie Richter



The hidden message: SAINT PATRICK LIVED IN THE FIFTH CENTURY

Riddles:

Number 1

What is greater than God, more evil than the devil, the poor have it, the rich need it, and if you eat it, you'll die?

Number 2

What is it that's always coming but never arrives?

Number 3

A girl who was just learning to drive went down a one-way street in the wrong direction, but didn't break the law.

How come?

Number 4

How can you throw a ball as hard as you can and have it come back to you, even if it doesn't bounce off anything? There is nothing attached to it, and no one else catches or throws it back to you.

Number 5

A man is dead in a cabin on a mountaintop. There are windows in the cabin, but they do not open. The man did not die of natural causes, accidental poisoning (including carbon monoxide), suicide, or murder. His death was not caused by anything inside the cabin, and there were no natural disasters. How did he die?

Answers:

Number 1 : Nothing Number 2: Tomorrow Number 3: She was walking. Number 4: Throw it straight up in the air. Number 5: The man was a pilot, the cabin was the cabin of an airplane, and he died when his plane crashed.



All You Need

is

COFFEE

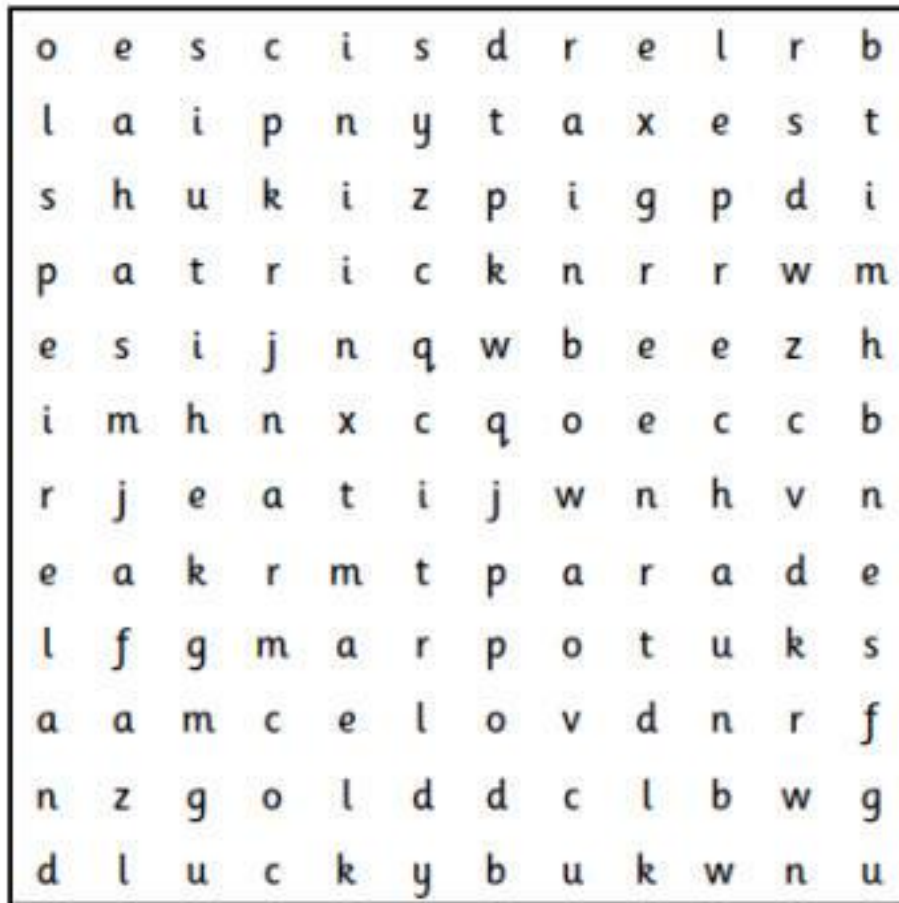
and

WARM

SOCKS



St Patrick's Day Word Search



emerald

gold

green

ireland

leprechaun

lucky

parade

patrick

pot

rainbow

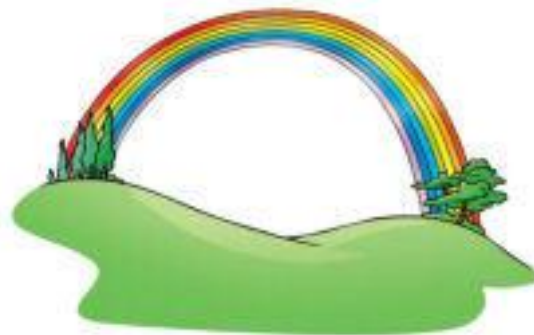
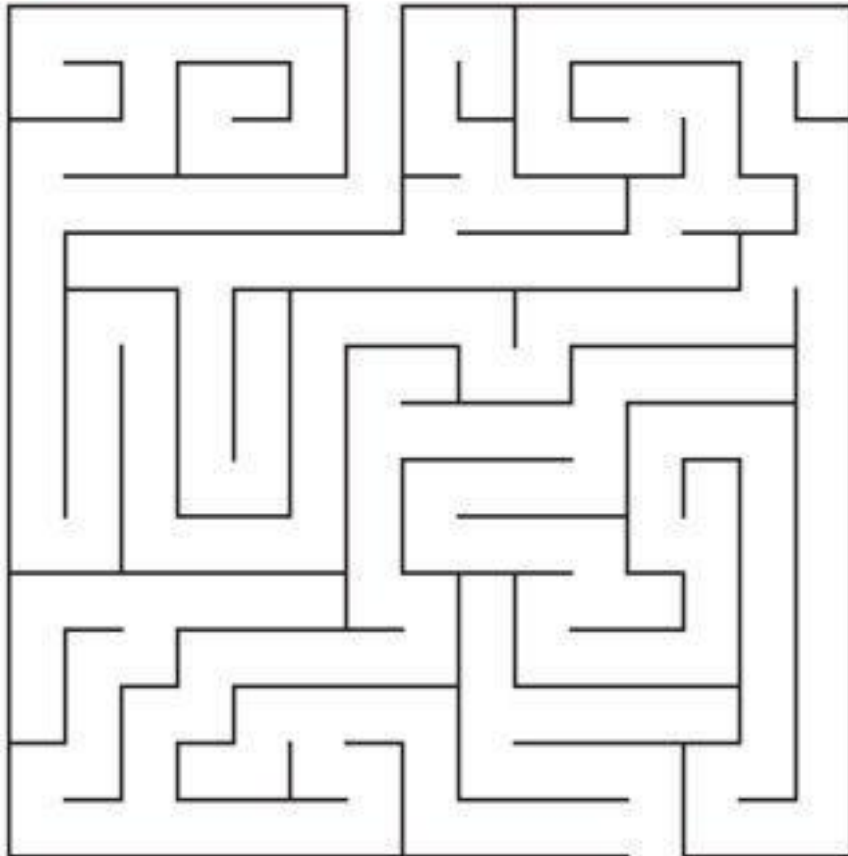
saint

shamrock

St Patrick's Day Maze



Can you help the leprechaun find his way to the rainbow?




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(To be added to our directory, send your business card to Brockett, 129 Bigelow Road, Hampton, or email it to hamptonhighroad@gmail.com.)



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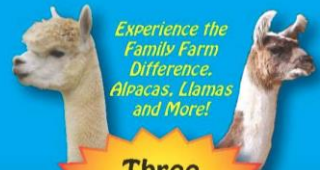
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