

*Winter/Holiday
2012*



Deep River News

Vol. 17, No. 4

A Small Town Really is Like a Big Family

In a scant four hours on Sunday, November 18th, Officers Ray Sypher and Pete Lewis shuttled their police cruisers (one of them a full-sized SUV, between the entrance to Adams Market and the food pantry at 56 High Street. By the time they wrapped up the food drive they'd stuffed their Cruisers eight times.. At the receiving end Social Services Director Rosie Bininger and volunteers from the Community Health Committee barely kept pace with the burgeoning inventory. By the time all the new stock was sorted and stacked every food pantry room was filled. Since each shopper has his or her personal menu in mind, the result is a wide variety of foodstuffs that should satisfy 'most everyone's holiday taste. Photographic evidence shows that generosity knows no age limits. Back at the Pantry a plethora of Adams tote bags were packed and ready for delivery, Thanksgiving dinners for 50 Deep River families.



An Endless Cycle: Building, Rebuilding & Maintaining our Infrastructure



Along Lords Lane the excitement's over. A pair of new storm drains jut above the compacted roadbed, awaiting the pavement that will bring the surface to their level. Two of the most important aspects of this project remain unseen, below the frost line. One is the Connecticut Water Company's eight inch main that will expand the neighborhood's service. The other is the sewer line we installed, which meant learning some new skills. Because the sewer's flow depends on gravity, the pipe must maintain an unerring pitch of no less than $\frac{1}{4}$ inch per linear foot, and it must be absolutely straight—a curve in the road requires setting manholes so that the sewer line can enter in one direction and leave in another.



The Village Street Bridge replacement (*above, right*), is also nearing completion. The bridge itself will have opened by early in December; the brick sidewalk and streetlights will follow along Village Street as weather permits.

Bricks & Granite, Granite & Bricks

Parading south along Main Street's west side, pallets of bricks strapped in cubes await the experienced masons of the G. Pic company, who will transform the random stacks into the familiar orderly pattern. Sidewalk widths depend partly on the distance between buildings and the curb, but five feet is com-




mon (that's $7\frac{1}{2}$ bricks, each measuring 4" wide, 8" long & 2" thick). Each cube supplies 66 five-foot rows ($16\frac{1}{2}$ linear feet). In sidewalk parlance the outer rows are called "Soldiers," presumably because they keep the inner bricks in line. The Phase 5 sidewalk is almost entirely straight, yet keeping up with the demand for half bricks keeps the brick cutter very busy. Curves, such as this one in front of the Library, test the mettle of cutters and masons alike.



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Deep River News

Winter/Holiday 2012

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To submit articles or ads,
 contact the Selectman's Office
 860-526-6020 or gsopneski@deepriverct.us

Deadline for Spring Issue is February 15, 2013

www.deepriverct.us

Deep River Fire Department

Helping our Brothers and Sisters in New York



At 5:00am on Saturday December 1st, 13 members of the Deep River Fire Department (DRFD) with a Rescue Truck, pickup truck and a 10 passenger van traveled to Breezy Point, NY to assist in Operation Breezy Pump & Gut (OBPG). The Guilford Fire Department also was heading down the same day with seven members with their Rescue truck and utility truck. On the way we met up Guilford and convoyed to Breezy Point together.

Operation Breezy Pump & Gut (OBPG) is an all-volunteer organization that was started following Superstorm Sandy by members of the FDNY as recovery effort for Breezy Point. This community of nearly 5,000 full-time residents is also home to many FDNY and NYPD families and nearly 3,000 homes were severely damage or destroyed by water and fire. The objective of OBPG is to get wet sheetrock, insulation and any other damaged materials out of houses that are currently salvageable before they get moldy. If mold sets in these homes could be deemed a total loss. With so many homes affected, homeowners and local contractors cannot pump and gut these homes fast enough. This is where OBPG came in. Phil Pillet, a FDNY fireman and a few other firemen would go down to Breezy Point after working their 24 hours shifts at the firehouse and work on a few homes. Soon after many other fireman joined in the effort and teams were working 24 hours a day 7 days a week. Donations of food, tools and cleaning supplies started pouring in and word began to

Continued on Page 10



On the Cover:
 Photo by: Susanne Wisner

Selectman's News

Welcome New Merchants

A sign of the strength and the confidence in our local economy is the willingness of entrepreneurs to continue to invest their energy, their talent—and their money—in new businesses. Over the past several months we've seen some storefronts empty...but, just in time for the Holidays, Main Street is full again.

Local native Susan White is the proprietor of Susan's Kitchen (formerly Our Bakery & Deli). This family enterprise includes daughter Alex as the short-order cook for Susan's full breakfast and lunch menu. Breakfast is served seven days a week (with quiche on weekends), lunch every day but Sunday. Cakes and pies on special order. Susan's Kitchen is located at 439 Main Street; to order in advance, call (860) 526-2488.

Just a mile to the north resident Andrea Chiappa has opened the first of three shops in the space most recently occupied by Irish Pine Antiques. (I mean no disrespect when I say that Andrea may be better known by her children's reputation, especially her daughters, world class skaters Chelsea and Tori). Andrea has named her women's clothing boutique My Fair Lady, and describes her inventory as chic but practical. Store number 2 will be known as Flowers on Main and finally Cupcakes, which will also serve specialty teas and coffees. My Fair Lady and Flowers on Main will be open Tuesdays through Sundays. Cupcakes will be open evenings. All three enterprises can be found at 246 Main Street, phone number: (860) 333-7851.

A small town note: residents who take pride in their knowledge of local lore remember the spot as the temporary home of Warren Carlston's Western Auto store. That was after the days of Bartlett's Garage (as in Gil Bartlett, whose daughter is Susan of Susan's Kitchen). True old-timers may impress by harking back to the 1960s and before, when it was a Dodge dealership known as Deuce's Garage.

Danielle Cantalupo has taken advantage of the space vacated by the Valley Press, right in the center of Town. An Old Saybrook resident, Danielle is confident that women's footwear and accessories (handbags, wallets, etc.) will fill yet another portion of the haute couture niche on Main Street. Danielle has chosen styles that are both practical and fashionable. The Shoebox on Main, 169 Main Street, is open Tuesday through Saturday from 10 till 5. The phone number is (860) 322-4488.

Tucked in behind Cumberland Farms, in the same building as the venerable Beauty Barn, Brenda Izaguirre brings her decorative designs for digits (both upper and lower) to her new Sparkles Nail Salon. Brenda offers her skillful manicures and pedicures Tuesday, Thursday and Friday from 9 till 5, Wednesday and Saturday from 9 till 3. Sparkles Nail Salon address is 171 Main Street; the phone number (860) 581-3922.

As our seventh entry we welcome Francis Brooke-Smith's Dough on Main to the space we knew for more than 20 years as Pasta Unlimited. Francis' credits include Bee & Thistle Executive Chef and General Manager of the Cuckoo's Nest. He has worked closely with Pasta Unlimited's owners, Pat and Michele, who have shared their recipes with him. With their original pasta machine, Francis will be turning out fresh pastas and ravioli, as well as sauces, salads and a full menu of sandwiches. Dough on Main will be open Monday through Friday from 7 till 7, Saturdays from 9 till 5. The address is 159 Main Street, the phone number is (860) 322-4590.

Although not new to Deep River, Re Tique recently had its grand re-opening at 199 Main Street. Shop owners Don and Renee Rakiewics stock a wide range of antiques and specialize in jewelry. Re Tique occupies the eastern portion of the Samuels Building, next door to Dr. Tunick on the south side of Adams parking lot. The phone number is (860) 510-6647; they're open Wednesday through Sunday from 10 till 5.

Town Projects Update: Town Hall

At the Board of Selectmen meeting of October 23, 2012, Art Thompson, Chairman of the restoration committee gave an update on the Committee's progress. With the exception of the Grand Staircase and the stage, all floors have been sanded and refinished with three coats of the same industrial polyurethane that has been applied to all Town Hall floors. Banisters that meet today's codes are installed. Electrical work is nearly complete and smoke resistant doors, carefully reproduced to match the originals, are ready for installation. The Committee began work with a treasury of \$260,000 from donations throughout the years, an amount that will be sufficient to complete the restoration.

Throughout the remainder of Town Hall the HVAC is fully functioning; and all office renovations have been completed. Some structural work in the basement will be scheduled during the next several months.

Selectman's News, cont.

Village Street Bridge

The project continues to be ahead of schedule. Concrete decking was placed during the week of October 15th. Then, on October 22nd, work began on replacement of the water main from Main Street, across the bridge, and extending approximately 75 feet to the west of the bridge. To cross the stream, the new 8 inch ductile pipe will be hidden within the structure of the bridge for a more esthetically pleasing look. New sidewalk and granite curbing, as well as reclamation and repaving from the intersection with Main Street to the construction limit of the bridge will be completed by the town.

Over the past 20 years we have replaced the Bridge Street and Essex Street bridges, which were funded 100 percent by grants. Only the Union Street Bridge, near the intersection with Elm Street, has yet to be replaced.

Streetscape – Phase 5

The Town's site preparation work is well underway. As they have during earlier Streetscape phases Highway Department personnel have removed the old concrete sidewalk, installed two-inch diameter electrical conduit for lighting and have installed the five-foot-deep bases that will anchor the streetlights. They have also prepped the base with processed gravel. The contract for the work remaining was awarded to G. Pic, the same firm that won the bid for Phases 1 and 2. They will install the 5½ inch concrete base, one inch of class 12 asphalt, mastic and finally, the brick.

Approximately 630 feet of Phase 5 will be close to completion by the time you read this. Hurricane Sandy set the project back somewhat—due to the lateness of the season the remainder (as far as the intersection of Union and Main Streets) will be completed next spring.

Lords Lane

Lords Lane is the most complex highway rehabilitation project the Town has undertaken. In addition to rebuilding the storm drainage system (a standard component of highway reconstruction in Deep River), we decided to add sewer construction to our Public Works repertoire (more about that later). Then, since we would have to excavate for the sewer expansion, we contacted the Connecticut Water Company, who agreed to install approximately 800 feet of eight-inch main along Lords Lane. Only five houses on the lane have had access to municipal water, and they were served by private measurement lines whose upkeep was the property owners' responsibility.

These small diameter pipes (usually one inch diameter) were placed beneath Lords Lane and some crossed neighbors' property (a practice no longer acceptable). A failure, even of such relatively small pipes, can damage the roadway. Any water main break, no matter how small the pipe, can severely damage the substructure of the road above. A few years ago a water line at the intersection of Union and Bridge Streets ruptured, damaging nearly the entire newly paved intersection.

The Sewer Extension - Why Undertake This New Task? The timing was perfect. We had a road under total reconstruction. Our sewer treatment plant, which was designed with capacity sufficient to serve the entire village, can easily process the additional sewerage, and there are financial advantages: Additional annual revenue for the treatment plant will spread the cost of operation over a larger base of users, helping to keep the rate stable.

Property owners will no longer have to bear the expense of rebuilding individual septic systems in the case of system failure. Given the ledge that underlies most of the area, the proximity to the reservoir and the requirements for large reserve areas, septic system replacement could easily run upwards of \$30,000. Compare that cost to the present annual residential sewer rate of \$415.

Finally, the presence of both municipal water and the sewer line increases property values. Over the past several years many residents (and visitors) have complimented us on the improvements in Deep River's appearance. Residents, especially, seem really excited about our new look. Thank you all for your kind words. Your sense of pride echoes my own, and those who have worked to make our town so attractive.

Firehouse Study Committee

Since the 1990s the Fire Department has been studying ways to upgrade their Headquarters building on Union Street. Most recently their proposal for an expansion of the existing building failed to win support during two referendums. Since then a Fire Department Study Committee (FSC), which, includes members from the community at large appointed by the Board of Selectmen, has been investigating every possible option, including moving the headquarters to a totally new location.

After months of extensive research, the FSC reporting to a joint meeting of the Board of Selectmen and Board

Selectman's News, cont.

of Finance on October 23rd, presented two possible recommendations for the two Boards. Of perhaps a dozen possible alternative locations, each had drawbacks: too expensive, not enough land, too far from the Town center, etc.

There is no doubt that a solution must be found. The present structure is more than 50 years old. More than adequate for its era, it is deficient in many areas: barely large enough merely to house the Fire Department's apparatus, its administrative space is woefully small. There is no training or meeting space except the garage area itself. There are code issues (bathrooms, kitchen and offices are not ADA compliant) as well as ventilation issues existing. When the trucks are started, the exhaust from the trucks should be evacuated through a ventilation system; at present, it isn't.

Renovation is, very often, more expensive than building anew. The two boards' conclusion was that a possibility of remaining in the Union Street location remains, and they jointly authorized an expense of \$5,000 to investigate the possibility of building a replacement on the grassy part of the Headquarters property, adapting the 19th Century residence the Fire Department Incorporated purchased several years ago with expansion in mind, then demolishing the present fire house.

The first step will be to prepare a layout, which will determine whether the site is large enough for present and future Fire department needs.

The Importance of Maintenance

Funding for new projects is often more easily found than the money to maintain them. This is especially true when grants are awarded for the initial cost. Whether it's an expansion of our Public Library or new bathrooms at Plattwood or brick sidewalks and streetlamps or an expansion of our sewer, whatever we build, no matter how carefully, it will eventually need attention. Streetlamps need light bulbs, when a 30-year roof reaches its life expectancy it must be replaced. During my 23 years as First Selectman it has been my policy to systematically maintain and upgrade our entire infrastructure—building exteriors and roofs, mechanicals (lighting, plumbing, etc.), sidewalks, park facilities, including playing fields, and most noticeably, our roads.

Highway-related work accounts for the largest item in our Town budget, with the exception of education. Everyone uses the roads; everyone sees them. Our local roads are essential for both pleasure and commerce.

One of the frustrating realizations of my job is not being able to have every road newly paved. I would love to see brick sidewalks and streetlamps through our town. Over the past 23 years almost all construction materials have doubled in price, which prevents us from rebuilding as many of our roads as we would like.

What can I do to stretch every Town dollar? We continue to seek out the best possible prices, by taking advantage of state bid prices and buying construction products in bulk. I also expect maximum productivity from our entire municipal staff, including the Highway Department. My philosophy concerning Public Works is simply: No Job is Too Big or Too Small. I will admit that some jobs simply are too big—I did not suggest to my Public Works staff that we replace the Village Street Bridge ourselves. We have never rented a paving machine and done our own paving. But when it came to extending the sewer to include Lords Lane—there was a job I was confident we could do. I was right. We have done it, and I'm proud that our philosophy of doing it ourselves and maintaining our infrastructure has worked so well for Deep River.

It has always been my priority to not only maintain but to improve the Town's infrastructure so that we are not faced with the large expenditures that can result from neglect. We have accomplished this in two ways:

Through the pursuit of State and Federal grants, and based on my knowledge gained through the years, the assistance of many individuals who have volunteered their expertise and knowledge when I have asked, and the willingness of our capable public works employees to go beyond their job descriptions. I have found this positive attitude to be prevalent among our entire staff. Because of this "can do" philosophy we have saved literally hundreds of thousands of dollars.

Trick or Treat—Sandy or Not

Despite Mother Nature's best efforts we had Halloween anyway. Of the many hundreds of calls answered by Gina, Jonathan and Cathy of our Town Hall staff, a substantial number of Wednesday's calls were "are we having Halloween?" In addition to the phone calls, many of

Selectman's News, cont.

you stopped to talk with me during and after the storm, with the same question. Our decision was to let families decide for themselves. As I cruised around town, along many darkened streets, I was pleasantly surprised to see how many people were out despite the power outage. The young ones appeared to be having as much fun as they would have, streetlights or not.

To ease the disappointment of trick or treaters, the Administration of the Regional School District sponsored a special Halloween parade at the John Winthrop Middle School Wednesday afternoon, with more than 700 witches, goblins and superheroes in attendance.

Perhaps the most popular destination that evening was the firehouse on Union Street. The Fire Department had decided long before Sandy that they would be there for trick-or-treaters. As things turned out, the firehouse was the biggest act in town. In fact, so many youngsters (and grownups) stopped by that they had to make a special run to Adam's to restock their goody supply.

Our response to Sandy was no accident. All First Responders—members of the Ambulance Association, Firefighters, Police, Public Works employees, Emergency Management Committee were prepared to respond to Sandy. We knew what our jobs were and how each group would respond. Our Town forces, along with a contracted tree company, a CL&P line crew and tree crew were out assessing damage and clearing roads as soon as weather conditions allowed.

I cannot emphasize enough the efforts put forth by everyone concerned. We are fortunate indeed to have such commitment and compassion.

We were prepared for Sandy, just as we had been ready a year ago for Irene. Irene left a tangled mess of wires, branches and downed trees. Sandy was a little gentler. While it took several days to clear all the debris Irene spread over our roads (and some weeks afterward to complete our roadside cleanup), the majority of roads were passable 48 hours following Sandy's passage and roadside cleanup was finished by week's end.

Starting that Monday, the day Sandy arrived, and through Friday I participated in a daily statewide conference call attended by many representatives of all Connecticut's 169 towns and cities, the utilities, State agencies and Gov-

ernor Dannel Malloy and Lieutenant Nancy Wyman. Thursday President Obama, who had toured the worst hit areas of New Jersey and New York, also took part in the conference call from Air Force 1. For the most part we in Deep River were inconvenienced, although at the outset we were one of Connecticut's towns that were 100 percent without power, greater than following Irene.

Compare that to the report given by Selectwoman Patricia Llodra of Newtown. With the largest land area of any town on Connecticut, Newtown also maintains 240 miles of highways. On Thursday, about 60 hours after Sandy had passed, 20 percent of Newtown's roads were still blocked—even emergency vehicles could not pass.

The Other Side of the Story

I was somewhat less pleased with CL&P's *modus operandi*. It seemed to me that, contrary to other previous events (including the devastating 1982 flood, that communications between CL&P management and the towns and cities was lacking. Deep River was assigned a liaison, Mike Karasinski, who was stationed in Town Hall for the duration. He did his utmost to address our concerns. The line crews themselves performed excellently. Throughout my 40 years as a public servant I have had the opportunity to build relationships with people in all walks of life. I want both our residents and the management of CL&P to know how well their utility's line crews served Deep River. There is no doubt in my mind that if it had not been for the CL&P crews assigned to Deep River we would have been without power for even longer. Those linemen were Brian Tisdale, Eddie Mosca, Jim Tucker and Sylvester Hawthorne. These four, along with many of their co-workers, were largely responsible for restoring our power. I have emphasized to CL&P management the importance of the experience and local history these line crews bring, especially in situations such as Sandy. There is just no substitute for their knowledge and expertise.

A Job Well Done

In truth it was a job extraordinarily well done—by Town employees, by volunteers, by utility line crews, by the administrations and staff of the Regional School District. Within the bounds of safety in a very dangerous environment people kept working and working and working. I have said this many times: I truly believe that there is something about our community's outpouring, whether to help a neighbor in need or to respond to a civil emergency, that is unique to Deep River. I am especially grate-

Selectman's News, cont.

ful to the members of our Fire Department and Emergency Management personnel for their devotion to our town during Hurricane Sandy.

Department members stood by for their community until roads had been opened and the worst of the emergency had passed. Their families, too, were without power, with all the inconveniences the rest of us suffered. We also want to thank the American Red Cross for the many hours they spent assisting our residents at JWJHS. It is events such as Sandy that remind us just how important to our quality of life our volunteers are. But volunteer or paid, Town employees or outside contractors, all worked hard and long, and we worked together to mitigate the effects of the storm to the fullest extent we were able.

Another group that stood by in our behalf was the management and staff of what may come to be known as (if we continue to suffer these dramatic weather events) School District Superintendent Ruth Levy and staff had the John Winthrop Middle School open and ready for residents at four o'clock the afternoon Sandy blew in. Beginning with breakfast Tuesday morning, and three times a day through breakfast the following Sunday, Chef Thomas Peterlik and his aides served 3,785 meals. Ruth directed the activities and led the younger children in an hour-long Wednesday Halloween parade. All the guests could enjoy most of the comforts of home, including showers. Pets, as long as they were confined (and brought their own meals), were welcomed. My congratulations and thanks for all you did for us that week. I would also like to thank the Red Cross for the many hours they spent at JWJHS assisting Reg.# 4 staff and our residents.

The Holidays

On behalf of the Board of Selectmen I wish you all the happiest of holidays, and my thanks for all you have done to help make Deep River such a special place in which to live. It is your support for the projects we undertake and your appreciation of the results of our efforts that continue to energize us.

Dick Smith, 1st Selectman

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Town Clerk's Office

Welcome New Residents

| | | |
|---------------------------------|-----------------------|------------|
| Craig A. Whaley | 149 Hemlock Drive | 08/09/2012 |
| Madeline S. Wilson | 24 Cedar Lake Road | 08/29/2012 |
| Jean Bagley | 234 Warsaw Street | 09/14/2012 |
| Scott Papoosha | 199 Stevenstown Road | 09/25/2012 |
| Candice and Douglas Dopp | 391 Main Street, #132 | 10/01/2012 |
| Richard V. Daley, III | 90 Witch Hazel Drive | 10/03/2012 |
| Daphne Stroud & Kevin Downey | 39 Pinewood Trail | 10/05/2012 |
| Sara E. Sherman | 20 Main Street | 10/10/2012 |
| Amy S. Tisdale | 92 Main Street, #223 | 10/10/2012 |
| Eric S. & Melody Bailey | 241 Cedar Swamp Road | 10/11/2012 |
| William J. & Marcia E. Nitschke | 163 Essex Street | 10/26/2012 |

Marriages

| | |
|------------------------------------------------|------------|
| Francisco O. Echeverria & Brenda L. Swanson | 06/28/2012 |
| Michael D. Auperin & Rebecca A. Doane | 07/13/2012 |
| Bradley B. Bullis & Nancy J. Ristaino | 08/11/2012 |
| Steven J. Pauszek & Lisa L. Hladky | 08/17/2012 |
| John A. Biase & Lee A. Marino | 08/18/2012 |
| Aaron D. Dieckerhoff & Christina S. D'Agostino | 09/01/2012 |
| Mark F. Crane & Katie F. Malone | 09/06/2012 |
| Thomas J. Taylor & Shari L. Taylor | 09/15/2012 |
| Andrew N. Becker & Jessica L. Clark | 09/15/2012 |
| Michael A. Barth & Janelle M. Rooks | 09/08/2012 |
| Kevin C. Monahan & Jessica L. Parlin | 09/29/2012 |
| Thomas Calatayud & Sharon W. Eline | 09/29/2012 |
| Nicholas L. Marsan & Leigh P. Testa | 09/29/2012 |
| Edmond S. Hancock & Jodi L. Picard | 10/06/2012 |
| Michael J. Vinton & Anthony P. Spatafora | 10/06/2012 |
| Jared L. Kusmit & Elizabeth J. Frager | 10/07/2012 |
| Daniel J. Vontell & Sarah L. Colella | 10/13/2012 |
| Vasilios Aloupis & Rebecca L. Tringali | 10/20/2012 |

Passings

| | | |
|-----------------------|-----------------------|------------|
| Mary Kruczek | 65 Tower Hill Road | 07/13/2012 |
| Steven J. Wernicke | 67 Stanwoll Hill Road | 07/14/2012 |
| John H. Waz | 143 Warsaw Street | 07/15/2012 |
| Martin P. Clark, Jr. | 295 Main Street | 07/29/2012 |
| Scott Bratz | 315 Main Street | 08/02/2012 |
| Barbara V. Deutsch | 70 Book Hill Road | 08/07/2012 |
| John L. Adanti, Sr. | 86 River Street | 08/07/2012 |
| Eva R. Darcy | 132 West Bridge St. | 08/27/2012 |
| Robert G. Groth | 46 Hemlock Drive | 10/06/2012 |
| Elaine S. Dibenedetto | 57 River Lane | 10/20/2012 |
| Reuben Alper | 92 Main Street, #204 | 10/23/2012 |

Town Clerk's Office, cont.

New Trade Name Filings

| | | |
|----------------------|-----------------------------|------------|
| Richard Allen Reiser | Built Wel Home Improvements | 07/30/2012 |
| Shane Lindner, | | |
| Scott Kalapos & | | |
| Joseph Thibeault | Simply Local Connecticut | 08/22/2012 |
| Thomas White | Pizzeria DaVinci | 11/01/2012 |

Congratulations and Welcome To Newly Appointed Board and Commission Members

| | |
|--------------------------|-------------------------------------------------------|
| Linalynn Schmelzer | Deep River Town Hall Auditorium Restoration Committee |
| Ben Whelan (alternate) | Planning & Zoning Commission |
| Sara Denegre (alternate) | Planning & Zoning Commission |
| Stephani Award | Park & Recreation |

Board and Commission Vacancies

If you are a registered voter and are interested in serving on a Board or Commission, please contact the Selectmen's Office at 526-6020. Currently there are vacancies on the following Boards:

| | |
|--------------------------------------------|---------------------------|
| Community Health Committee | term to expire 10-30-2014 |
| Economic Development Commission | term to expire 12-01-2013 |
| Economic Development Commission | term to expire 12-01-2014 |
| Park & Recreation Commission | term to expire 12-01-2013 |
| Park & Recreation Commission | term to expire 12-01-2013 |
| Park & Recreation Commission | term to expire 12-01-2014 |
| Park & Recreation Commission | term to expire 12-01-2015 |
| Planning and Zoning Commission (Alternate) | term to expire 12-01-2014 |
| Water Pollution Control Authority | term to expire 12-01-2014 |
| Agent for the Elderly | |
| Long Island Sound Council | |
| Region II Regional Mental Health Board | |

New England Masonry Services

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Deep River Fire Department, cont.

spread about the help that was needed. Two heated tents were erected by the National Guard to act as a command post and operations center for OBPG and for the next 30 days crews from all over tri-state area were coming in to volunteer. Some would spend a day others a few days or more. Residents who needed assistance would come and fill out a work order and on a first come basis crews were assigned to their home and as of Saturday over 350 homes that had been gutted, cleaned and prepped for remodeling.



The Deep River Fire Department heard about the FDNY families needing assistance and wanted to help our brothers and sisters whom have already been through so much over the past

decade. After reaching out on an on-line Fire Forum we are actively involved and a few phone calls later we had a point of contact, Phil Pillet and OBPG. On November 25th, outside Adam's Hometown Market in Deep River, members of the DRFD collected bleach, cleaning supplies and food items to donate to OBPG. The outpouring from our community was overwhelming! In four hours we had collected 40+ gallons of bleach, 100 rolls of paper towels, 250 hot dogs, rolls, etc. In a boot we raised nearly \$1,000 in cash which was used to purchase tools, work gloves, buckets and other safety items needed for demolition work.

Adam's Hometown Market, Deep River Hardware Store, Peter Czepiel Sr., and The Safety Zone in Essex donated or gave us items at a reduced cost as well. These items were left at OBPG at the end of our day for other crews to use. Transportation was made possible by Whelen Engineering for allowing us to use their 10 passenger van for the day. THANK YOU ALL!

We arrived in Breezy Point at 9:00am and we were immediately assigned an address. To say the least, DRFD members were in



awe of the magnitude of the devastation this one community has endured and at every home and neighborhood we worked in, the residents were totally appreciative of

what we did for them. Our first job was at the FDNY Marine Divisions Maintenance Supervisor's home a few blocks away. All he was requesting was the use of a heavy-duty saw to finish cutting up the tongue and grove flooring in the house after his circular saw died. We came and cut, stripped and removed the entire floor for him in a matter of a few hours. During that time we learned that his great grandfather bought that property after arriving from Ireland and it's been in the family ever since. We then set in an area near the beach that was hit really hard. We set up our grill and began cooking hot dogs, hamburgers and chili for residents as our crews were working on other homes nearby. Again, total strangers sharing with us their life stories and how appreciative they were for being there for them. It was so humbling.



We spent the remainder of the day at this location calling back to the OBPG command post for additional jobs as we completed them. Before heading back to

the command post, we met up with the Guilford guys and helped them complete their last house. We all returned together to OBPG around 8:00pm and found out that we were one of the last teams to quit for the day and that there were over 350 volunteers working for OBPG that day.

This experience was by far the most rewarding thing that most of us have ever done in the fire service and this is why we are proud to be Deep River Fireman.



*John R. Kollmer, Secretary/Administrator
Deep River Fire Department*

American Legion Post# 61

Recently, The Charter was draped with proper ceremony for the passing of Charles P. Gregory WWII U.S.Army, Robert G.Groth WWII Naval Aviator and Earnest J. Calamari WWII U.S.Army combat engineer. Donations were made to the Deep River Congregational Church, the Deep River Fire Department, and the Wounded Warrior Project.

This year Veterans Day, November 11th fell on a Sunday. There were many celebrations thru-out our state and nation. Some veterans were not able to attend one of these due to busy schedules or an inability to travel because of illness or age. The Post 61 Chaplin had mailed a letter to many local churches requesting that attending veterans be recognized before, during or after religious services. Many veterans continue to provide valuable talent and energy to our local communities.

By the time this report is published, Veterans Day programs will have been held at Deep River Elementary School on November 8 @10:15 and at John Winthrop Middle School on November 9 @9:30am. However,

judging has not been completed for the essay contest.

Post 61 wishes to thank all residents who continue to drop redeemables in our recycling bin at the transfer station. Veteran-members continue to haul away these bottles, cans, and plastic for redemption. This allows us to support many local civic projects in our community.

The Veterans offer a confidential Veterans Crisis Hotline 1-800-273-8255 for anyone in need of these services.

Commander James Marshall extends his very best wishes to the Post 61 veterans and our Auxiliary members for a very Merry Christmas and a truly happy holiday season; and a very sincere thank you to our Deep River friends for all their support this past year. For non-member U.S. military veterans, please make a New Year's resolution to join an American Legion post near you. Post 61 cordially invites you to join us. For more information, please telephone 860-526-9187. Our meetings are on the third Monday of the month @ 7:30pm downstairs at the Deep River Library.

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Water Pollution Control Authority


The Authority has had a very busy year. Upgrades at the treatment facility, which is approaching its 25th anniversary included replacement of the HVAC system, replacement of the casing and drivetrain on one mechanical mixer (the other is slated for replacement next year) as well as, replacement of gear boxes in two of the four positive displacement pumps. The facility, which is monitored by the State of Connecticut Department of Energy and Environmental Protection as well as the US Environmental Protection Agency is in better than new condition. From an operational efficiency standpoint, the facility has an unsurpassed track record, producing an extremely high quality effluent. The facility has never experienced a by-pass condition (which is a discharge of untreated or partially treated wastewater) thanks to the diligence and proficiency of the employees.

The Authority is nearing completion of a plan to extend sanitary sewers in the River & Kirtland Street areas. A study of financing options will soon be presented to the Board of Selectman. It is estimated that the project cost will be approximately 4 million dollars. The demand by property owners for this project illustrates that in these difficult financial times, this project is a necessity, not a luxury. Please be sure to watch the Town web site to monitor the progress of this proposed expansion.

Before concluding, I would like to express my sincere appreciation to the WPCA staff, Ken, John, Ted and Gary for their hard work and dedication to the facility. The recurring storms and frequent power anomalies have placed a tremendous burden on them.

If you have any questions regarding the Water Pollution Control Authority, or would care to tour the facility, please contact me @ 860-575-6439.

Pete Lewis, Superintendent



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Deep River Assessor's Office

State of Connecticut Homeowner's (Circuit Breaker) and the Town of Deep River Senior Abatement Program

The application period for these exemptions is February 1, 2013 to May 15, 2013. Persons who file must be at least 65 years of age or totally disabled. Please call the Assessor's Office to make an appointment or to discuss your qualifications.

Additional Veteran's Exemption

The application period for Additional Veterans' exemption is February 1, 2013 to October 1, 2013. Please call the Assessor's Office to make an appointment or to discuss your qualifications.

Proof of income is required when filing for the above programs. Income includes all taxable and non-taxable income as well as social security income. Exemption forms for the Totally Disabled and for the Blind are available in the Assessor's Office.

If you have any questions please do not hesitate to call us at 860-526-6029.

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Deep River Town Hall Auditorium Restoration Committee

Lest We Forget...Restoration Began Before 2012.



Beginning with the incorporation of Restoration Association in 1979, a long list of dedicated individuals contributed time, talent, and treasure to Deep River's effort to return our town hall auditorium to its earlier grandeur. They accomplished much. They have earned our praise and thanks. They should not be forgotten.

eye
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Dr. Matthew E. Elgart
eyeboss@comcast.net

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Deep River Merchants

Family Day

What a wonderful Family Day we had this year!! The weather was absolutely beautiful and we were so pleased to see how many of our friends and neighbors were out and about. Our village was bustling with activity – carnivals and contests, pumpkin painting and pet parades, fishing and counting shoes – town was full of laughter and both young and old were out enjoying the sights, sounds and smells of what has become a much anticipated Deep River tradition.

We would like to thank the students of Mount Saint John's School for volunteering their time and energy at the carnival this year! It was a pleasure having your youthful energy and smiling faces help us at our most popular family day event! We would also very much like to thank Gina Sopneski and Dick Smith for pitching in again at the carnival!!! And finally, the tireless efforts of Ray Oakes before and during the carnival are welcomed and appreciated by all! Please remember that we welcome volunteers at each and every family day! It's the 3rd Saturday each September and you can email Sage Novak of Anchor & Compass if you would like to volunteer next year – rsnovak@comcast.net.

The Deep River Merchants are proud and honored to be able to bring this event to you each year and we especially enjoy working with the amazing people at Parks & Recreation to make the entire day full from sunrise to sundown. Beginning with the Road Race and finishing with the fireworks it is a very special day indeed. We're certain that there were many tired children and adults hitting the hay that night!

The money that we take in at the carnival and hot dog stand not only helps us to fund Family Day each year, but it enables us to help defray the costs of decorating our beautiful lamp posts at the holidays. It helps us plan fun activities at the annual and magical holiday stroll. And last year, we were able to donate much needed money to our town's social service department so our own families in need could purchase Christmas gifts for their children.

So, thank you so much for coming out for Family Day and allowing us to say Thank You – our loyal and local friends and customers – for your support of not only our businesses, but all that we try to do to help make our very

special village of Deep River a wonderful place to call home. By working together we can all make a difference!

Holiday Stroll and Lamp Post Decorating!!!



The Sunday after Thanksgiving has traditionally become the day the Merchants decorate our beautiful lamp posts that line Main Street. This year was cold and breezy but we had a great group of business owners and their significant others out there braving the elements (and a lot of sap) to get those wreaths and garlands out there! They look absolutely lovely and create a very festive atmosphere to our quintessential New England town. We have great appreciation for Andrea Chiappa of the new Shoppes on Main for helping us obtain the wreaths and garlands at a very reasonable cost. We also have to give special thanks to Phil Schaller at Signs and Digital Graphix for bringing his bucket truck! Finally, thanks to George at Hally Jos Café for offering free coffee and hot chocolate to help warm our hands and spirits!

The annual Holiday Stroll is coming up on Friday December 7th – it's always the 1st Friday of December so mark your calendars! By the time this edition of the Deep River News hits your mailboxes the date will have passed, but we are all very much looking forward to what has proven to be a magical evening for our town.

Merchant Logo and Membership Drive

We are very excited about our new Deep River Merchant logo! Some of you may have noticed it on our business doors and on our beautiful, new town signs that have been installed at locations like the John Winthrop light. The simple, crisp design was a collaboration of Sage Novak (Anchor & Compass) and Phil Schaller and Rebecca Washburn at Signs & Digital Graphix. The rope border is a nod to our town's history as a port of trade on the Connecticut River.

Deep River Merchants, cont.

As we work to brand our image as an active, community group we are also looking to increase our membership. Currently, there are about 30 paid members of the Deep River Merchant Association. We offer a lot of value for the very reasonable \$50 annual membership fee. For more information, please contact either Cindy Lignar of Squared Circle Studio (860-526-8738) or Sage Novak of Anchor & Compass (860-322-4327).

New Merchant Website

Thanks to the time and efforts of Cindy Lignar of Squared Circle Studio and Rose Natter of Face Arts Music, the merchants have launched a beautiful new website to attract visitors to our community. Please visit us at www.deeprivermerchants.com! You'll find information about your local businesses, links to our Town Hall and the Historical Society, as well as an opportunity to view the wonderful Deep River paintings by local artist Lori Lenz. You can also link to us through the newly revamped town website at www.deepriverct.us!

Thank you!

To all of you who come out and support our businesses. Maybe that means getting a haircut or enjoying Sunday breakfast on Main Street or taking a kickboxing class or grabbing a drink after work or buying a gift for a special someone or treating your beloved pet to a new toy....however you choose to support your local businesses, know that we appreciate it. A strong and vital economic base lays the foundation for a strong and vital town. Above all, it strengthens our sense of community and in this day and age, that's priceless.

On behalf of all our Deep River Merchants, Sage Novak of Anchor & Compass and Cindy Lignar of Squared Circle Studio



Attention all Deep River Businesses!

The Deep River Merchants Association (DRMA)
has recently created a website for its merchant members!

We invite you to join the DRMA and benefit from being a member,
including increased public visibility from placement onto our website.

Membership fee is only \$50.00 per calendar year!

You can view the website at
www.deeprivermerchants.com

For more information, please contact:

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We look forward to hearing from you!!

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Dry Pants Model Yacht Club

The Best Sailing of the Season Has Arrived!



Most people think model yacht sailing is a warm-weather sport. It's not !!!!!.If there is no ice, the Plattwood sailors will be sailing, at least, once a week on the pond. For those willing to endure the elements, the breeze is generally stronger and more consistent.

2012 to date has provided great sailing with only two cancellations due to bad weather. The pond has also hosted numerous events and received nice media coverage for Deep River. The Dry Pants Model Yacht Club (DPMYC) hosted a regional (New England) spring regatta in May. It has also sailed three, eight week series to create more competition in the club during the Spring, Summer and fall. This has been very successful in significantly increasing sailing participation.

One thing that has been particularly gratifying is the number of new members we have added, thanks to the pond's visibility, our website, and articles such as this. Membership in the club is almost double last year's number. We continue to extend our open invitation to residents in the area to come out and try sailing a boat and then get the itch to compete. Members are very helpful in getting new sailors into the family of congenial participants.

The boats we sail are known as CR-914's, a nationally syndicated one-design class that are scale models of prior America's Cup racers. More than 5,000 of these 36" boats exist and can be found in every state. They are radio-controlled and have no motors.

Information about DPMYC is easy to find. Visit www.dpmyc.com and check out the pictures and videos. You may also call 860-767-5052 for information and assistance.

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Deep River Public Library

Meet, Greet, and Share Holiday Cheer

This is a great opportunity to enjoy the holiday season at the library.

The Library will be switching to a new web-based on-line catalog in December. More news to come.

Have an urge to try a new author? Then let us help you. In addition, our book discussion group meets the third Wednesday of the month at 1:00pm.

Film Nights

Family Film Night is the third Monday of the month at 5:30pm.

Foreign Film

First Friday of the Month at 7:30pm

Don't forget to check out our e-books by accessing our website.

Visit the Library's Facebook page for events.

Winthrop Baptist Church

Special Christmas Events!

Winthrop Baptist Church welcomes everyone to join us in celebrating the season of Advent.

We would like to thank the community for the support of our annual Holly Day Faire, Saturday, December 1. If you missed it this year we hope to see you next year for this fun holiday event. You can mark your calendars now for Saturday December 7, 2013, 9am-2pm.

Join us each Sunday during Advent. We will be lighting candles in our morning Worship at 10:00AM. All are welcome to share in the season of light leading us to Christmas.

Candlelight Christmas Eve worship begins at 5:00pm on Monday, December 24. This family-friendly service will include many favorite carols. Come share in the celebration of the birth of the Christ Child through word, song, and light.

The Winthrop Baptist Church is located at the junction of Routes 80 and 145. The building is accessible via a ramp on the east side of the building. For more information, call (860) 526-5241, or find us on Facebook!

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- Differences in repair estimates are common. A lower estimate may not include all necessary work. If you're not sure why one estimate is different from another you've received, please ask us.
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Community Health Committee



January is National Blood Donor Awareness Month!

Donating blood is an important community responsibility. Your donation of blood helps to ensure that there is blood available for the treatment of cancer patients, people with blood disorders, trauma victims, premature babies and others who face life-threatening illnesses.

Did you know?

- Every 2 seconds, someone in the US needs blood
- One donation can help save up to 3 lives
- The average red blood cell transfusion is approximately 3 pints
- More than 1 million new people are diagnosed with cancer each year. Many of them will need blood, sometimes daily, during their chemotherapy treatment.
- A single car accident victim can require as many as 100 pints of blood.
- Type O negative blood (red cells) can be transfused to patients of all blood types. It is always in great demand and often in short supply.

To donate blood, you must be in overall good health, be at least 17 years old and weigh at least 110 pounds. *additional weight requirements apply for donors 17 & 18 years old.

The blood donation process takes just about an hour. Step 1: The staff and volunteers will sign you in and go over basic eligibility and donation information. You will read information about donating blood, and will be asked to show an ID. Step 2: You will answer some questions during a private consultation interview about health history and places you've traveled. We will check your temperature, pulse, blood pressure and hemoglobin level in a sample of blood. Step 3: We will prepare the arm, insert a brand new sterile needle for the blood draw which takes about 8-10 minutes. Step 4: You will enjoy a snack and juice or water and leave knowing that you helped save lives.

There are several blood drives scheduled across the state every day. All eligible donors are urged to make an appointment to donate blood. You can visit the website or call to find a blood drive within your area now.

www.redcrossblood.org
1-800-RED-CROSS

"This article is provided to the residents by the Community Health Committee of the Town of Deep River. The mission of the committee is to promote good health and the general well-being of the Deep River's citizens. Contact us in care of the Town Hall."

Submitted by Stephanie Mulvihill, Account Manager
American Red Cross Blood Services
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Deep River Land Trust

Treasure Buried on Deep River Land, By Sarah Ficca



Chomping on peanut butter toast I hopped into my car for a twisting turning ride to the Deep River Landing where I met Jim Lockhart. The sky was threatening rain, but that didn't dampen his smile or my curiosity. Jim is a well-

known Geocacher, he has set up treasure hunts all over Connecticut, and some of his most well-loved are on public land in Deep River including those of the Land Trust.

"Geocachers" are an international community made up of adventure and knowledge seeking people, and caching turns out to be education and exercise disguised as fun.

Geocaching is an outdoor game played by millions worldwide. Basically, someone hides a small container with prizes and a logbook somewhere, usually in the woods. Then the coordinates are posted online for others to find. To geocache, you need a GPS, or a smart phone, and a way to access the Internet. At www.geocaching.com you can search by area, difficulty, or user to find options to explore. GPS coordinates can be downloaded right to your device, or typed in, or you can even print them out.

Jim decided to take me to Canfield Meadow Woods and we accessed it from the Route 154 entrance. There is ample parking and a new sign and trailhead maps to guide you. "I liked this location because the Leatherman had come through here," Jim says, as he builds a history lesson into his geocache. He claims that he can't remember exactly where this treasure is, but I suspect he just wants me to learn to cache on my own.

We follow the trail as the GPS guides us closer and closer, we see some strange bug activity on a tree, some glowing orange mushrooms on a log, we pass over the train tracks, past the split rock and I'm impressed at the level of beauty and natural diversity in this space. Then after an easy half-mile walk, the GPS tells us our location is within 25 feet of the cache. This is as close as technology will get us, and we are on our own with only a small hint from the website that says, "Stick in tree." We dig at every rotten log looking for our clue, and just when I'm ready to give up we find it. A stick in a hollow tree, with a film canister taped to the top, inside are more GPS coordinates.

"Now we find part two," Jim smiles and we type in the new

coordinates. After a quarter mile we are near the Split Rock and see that we are close to our cache, and scan our surroundings. I see a rock outcropping that looks like it might be a great spot to hide something. We check for muggles, people who are not cachers, to make sure we don't spoil the secret location as we dig around leaves and sticks and finally find a Tupperware container with leaves glued all around. Inside is a logbook and we read notes from people. One person in February saying they are cold and wet, another person who had to try twice to find it, another loved the land and the hike. There are all sorts of trinkets left behind, and the rule is that if you take something you must leave something of equal or greater value. I put in some shells, and coral. We saw pictures of a baby, a calculator, pins and other treats for those who make the effort. On the way back I told Jim about one of my favorite land trust places. "I can't wait to set up a new cache there," he says, "everyone will be so excited." So keep an eye out for a new cache but I won't tell you where that is because it would be giving up all the fun of finding it.

Sign up for our Geocaching Workshop this Spring

The Deep River Land Trust will be sponsoring a workshop on Geocaching this spring led by G.O. Jim (as he is known in the geocaching community). Space may be limited. To be advised of the date and to register, please email us at drlandtrust@gmail.com. All are welcome whether you have done caching or are interested in learning. We hope other cachers in Deep River will come and share their ideas. Just bring your GPS device or smart phone as we will be practicing.

Find the Winter Wild things in the Deep River Woods with a Wildlife Biologist

The woods may seem silent when there is a blanket of snow on the ground, but if you have a sharp eye you will get a clear view of winter wildlife from their tracks. Following a trail in the snow – being a nature detective and figuring out who's been there and what they have been doing -- is an exciting thing to do in wintertime. So join the Land Trust this year for an adventure on one of our nature preserves. Kristina Vagos, a Deep River resident and wildlife biologist at the Steward B. McKinney National Wildlife Refuge, will take us for a walk in the woods and show us where to look and how to identify the different tracks. Because this excursion is weather dependent, please email the Land Trust if you are interested at drlandtrust@gmail.com. If we get sufficient snow and Kristina is available, we email you with the date, time and place.

Deep River Garden Club

Summer has been an active time for our newly re-established Deep River Garden Club. We have just completed our first full year and look back on our accomplishments. In the Spring, we enjoyed the burst of yellow as the daffodils blossomed around town and especially at Devitt Field. More blossoms will be occurring next Spring around the Gazebo at the Keyboard Pond.

We held two successful fund raisers this year. In the spring baskets of violas and pansies and on Family Day in the fall, we sold daffodil bulbs. We appreciate all the support from town residents during these events. Next season we hope that even more residents will visit our booths and see what we have to offer.

We had a floral arrangement made by one of our members which was displayed at the Governor's Residence as part of their Open House Day in Connecticut. We were one a few garden clubs that participated in this event.

The library has been a pet project of ours this year with



planters and new plantings around the bench to help beautify the front entrance. Underneath the beautiful Copper Beech tree on the south side of the library, we planted pachysandra to help fill in that area. We look forward to doing more next season as our membership and treasury grow.

The Veteran's Green received new plantings in the spring around the sign and on the corner islands. In the fall plantings were changed out to embrace the color of the season. The Winthrop planter located at the intersection of Westbrook Road and Route 80 has thrived throughout the summer and has new Fall plantings to go into the colder months. Acer's Garden from Winthrop has been helpful in assisting with plant selection, advice and contributions towards this effort.

We planted the window boxes and the huge black kettle at the Deep River Historical Society Stone House and added geraniums under the entrance sign. Some of their existing perennials were transplanted and redesigned. This was a gesture of appreciation for allowing us to use the carriage house for a few of our events this year.

We have sponsored and held a couple of interactive work-

shops during this past year and offered a couple of day long excursions. We look forward to expanding that effort.

We welcome anyone interested in joining our group to contact our club president, Janice Kmetz at Janice.kmetz@gmail.com or 860-790-0432. Our meetings are usually held at the town hall on the third Tuesday of every month at 7:00 pm. We hope to add to our projects next year and help to beautify our wonderful town of Deep River. We also welcome any suggestions from town residents on what projects they might like to see us consider. You do not need to have vast knowledge on gardening, just an interest in beautifying our community. We are in great need of more members to make our projects come to life and the more hands, the easier it is. COME GROW WITH US.



Sue Wisner, Club Secretary



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Weight Control, Exercise & Having Fun

Exercise helps to control weight by using extra calories that otherwise would be stored as fat. Everything we eat has calories and everything we do uses calories, including basic body functions such as sleeping, digesting food, etc.

Any physical activity, in addition to what our bodies normally do, uses extra calories. Research consistently demonstrates that getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan. It really does work this simply:

1. We eat more calories than we use = Body stores extra calories = Increased weight
2. We eat less and/or burn more calories than we use = Body uses stored calories = Weight loss
3. We eat the same amount of calories that the body uses = Weight stays the same

How do you find a physical activity that is right for you? As always, if you have not been active for a long time, are at an advanced age, have any physical limitations or are pregnant, consult with your physician first.

One of the keys to success in achieving and maintaining a healthy weight is to find and adhere to activities that you find fun! All of us exercisers who love what we do and are having fun at it can attest to the following:

- We look forward to our regular exercise program
- We are not bored
- We often mix different exercises and activities for the best body benefits
- We feel refreshed and invigorated after exercising
- We feel empowered and de-stressed after exercising
- We experience positive mind and body-changing results

Explore your physical activity/exercise options, as they are limitless! Sample various activities and find what makes you feel good, smile, laugh and see results. You can join a gym or not join a gym. You can exercise alone, with a partner or with a group of people. You can be inside or outside for your activities. Finding what works for you and making it a part of your routine is life-changing with many benefits! As we always say

at the studio, "Just keep moving..." It is vital to your overall health and well-being.

Below are great links to learning how many calories you will burn during an activity. The Changing Shape link is a calories burned calculator that allows you to plug in your current weight, type of activity and duration of activity to find burned calories. The NutriStrategy link has an extensive list of calories burned during exercise, activities, sports and work that you can reference and apply.


www.changingshape.com/calculators/calories-burned/
www.nutristrategy.com/caloriesburned.htm

Cindy Lignar, RN, AFAA Certified Personal Trainer & Fitness Instructor
Co-Owner, Squared Circle Studio, LLC

Sources: CDC, NutriStrategy.com, ChangingShape.com, eHow.com

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Tri-Town Youth Services

Tri-Town Youth Services has many programs and events planned for this winter. Join us whenever you can!

American Red Cross Babysitter Training

Learn how to become a safe and responsible babysitter! This American Red Cross program includes basic childcare, first aid for breathing and bleeding emergencies, and injury prevention, as well as topics to prepare 11- to 14-year-olds for babysitting. This class is an excellent opportunity to help students build self-confidence as well as leadership and decision-making skills. Completion of this course is a plus on your Job Bank application. The \$70 fee includes book, course, and certificate.

Two sessions will be offered this winter. The first will be offered on Tuesday evenings, January 15, 22, and 29. The second, on Monday evenings, March 11, 18, and 25. All classes will be held at 56 High Street in Deep River, from 6:00-8:15 p.m. Classes fill quickly! To register, call 860-526-3600.

Tri-Town Substance Abuse Prevention Council

The Tri-Town Substance Abuse Prevention Council will hold its next meeting at Tri-Town Youth Services, 56 High Street in Deep River at 9:00 a.m. on Wednesday, January 16, 2013.

Membership on this coalition is open to all who live or work in the Tri-town area who are concerned about substance abuse and interested in its prevention. In addition to ongoing prevention programming in our schools and communities, the tri-town area is currently involved in Healthy Communities Healthy Youth and the Drug Free Communities federal grant.

Please do join us to share your thoughts, to learn more about prevention, and to get involved! For further information, call 860-526-3600. Meeting dates for the remainder of the school year are: March 13, 2013 and May 22, 2013, same time, same place.

Winter Family Fun: Mad Science!

Mad Science of Southeastern Connecticut (www.mad-science.org) will blow your minds with science fun!

This hour will be limited to 15 children ages 4-12 and their parents. Please call Tri-Town at 860-526-3600 to register by January 10th.

Meet: Tri-Town

Date: Saturday, January 12

Time: 3:00 p.m.

Cost: \$15 per child (\$10 per each additional child in family)

Please call 860-526-3600 by January 4th to register.

1,2,3 Magic! Parenting Workshop

We all feel overwhelmed by our children's behavior at times. 1,2,3 Magic! Is a discipline tool that you can add to your parenting toolbox. It helps parents stop problem behaviors, encourage positive behaviors, and strengthen family bonds. Meredith Adler, Tri-Town's Parent Resource Coordinator, will run a quick interactive workshop on the basics of this discipline tool. Books will be available for purchase for those interested in learning more.

Meet: Tri-Town

Date: Tuesday, March 5

Time: 7:00-8:30p.m.

Cost: \$10 per parent/couple

"Outstanding Ones"

(children 12-24 months*)

Meet: Wednesdays, January 2-March 13, 2013

(No class February 20)

Time: 11:00-11:30a.m.

Place: Tri-Town, 56 High Street, Deep River

Tuition: \$45 tri-town residents, \$55 non-residents

"Terrific Twos"

(children 24-36 months*)

Meet: Wednesdays, January 2-March 13, 2013

(No class February 20th)

Time: 9:30-10:30 a.m. (60 minute session)

Place: Tri-Town, 56 High Street, Deep River

Tuition: \$60 tri-town residents, \$70 non-residents

Registration is limited. Please call 860-526-3600 to register. *Please call with any questions regarding appropriate placement.

Tri-Town Youth Services

A.I.M. Support Group for Families of Children with Special Needs

A.I.M., which stands for "Advocate-Inspire-Motivate", is a support group to help create positive outcomes for families of special-needs children. A.I.M. is sponsored by the Valley Shore Collaborative and is moderated by Joy Orr and Shannon Nygard.

Meet: Tri-Town

Date: Third Thursday of each month

Time: 6:30-8:00p.m.

Cost: FREE!

Contact: Joy Orr (joyorr@comcast.net) or Shannon Nygard (Shannon.nygard75@gmail.com)

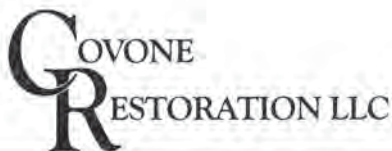
Tri-Town's Own Super Bowl Giveaway



Master potter and Prevention Coordinator Cate Bourke has bowled us over with her offer! "Like" Tri-Town Youth Services on Facebook before January 30, 2013 to receive weekly updates about The Year of the Role Model and we'll put your name into

a drawing for the Tri-Town's Own Super Bowl Giveaway on February 4! Stunning enough to present to your love on Valentine's Day, and ample enough to serve a family pasta dinner, don't miss this opportunity to receive this one-of-a-kind work of functional art!

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Deep River Meetings on Television

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Occasionally, other town meetings are also broadcast such as Special Town Meetings and Public Hearings.

Following the broadcasts, discs of the meetings are available in the Deep River Public Library.

Anyone interested in helping with the recording and broadcast of these meetings is welcome -- please contact Margo at 860-526-8933. A short training session at the Comcast studio is required to become familiar with the equipment used.

Broadcasts are sponsored by the Deep River Taxpayers Association to make municipal business and discussions available to a wider audience of citizens.

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Deep River Elementary School PTO

The mission of the Deep River Elementary School (DRES PTO) is to support excellence in education by promoting closer ties and communication among parents, faculty, administration and the Board of Education. Our goal is to provide curriculum and social enrichment activities for all DRES students as well as support to the administration, faculty and staff throughout the academic year. The PTO raises funds to support cultural arts programs at DRES, grade level field trips, field day, 6th grade graduation and more!

This winter, the PTO hosted a Winter Wonderland Holiday Craft Fair on Thursday, December 6th from 5-8 p.m. at DRES. The children made holiday crafts for family and friends for a pittance. The next PTO meeting is scheduled for Tuesday, January 8, 2013, at 7:00 p.m. in the DRES Library. If you are interested in learning more about the activities of the PTO, please join us on the 8th or send an email to drespto@gmail.com.

Here are some ongoing Activities for DRES parents and the community that can earn money for DRES:

Box Tops for Education - Box Tops offers three easy ways to earn cash for our school through everyday activities such as buying groceries, shopping online and purchasing books.

1. Clip — Box Tops coupons are worth 10¢ each when our school redeems them from Box Tops for Education.
2. Shop — Shop through the Box Tops Marketplace (www.btfe.com/marketplace). Up to 8% of each qualifying purchase is automatically donated to DRES. There is no additional cost to you.
3. Buy books — Purchase books online at Barnes & Noble through the Box Tops Reading Room. DRES will receive 6% of your new book purchases and 3% of all other online purchases.

One of the easiest ways you can help is to sign up to support DRES at www.btfe.com. You will learn about new and easy ways to help our school earn the extra cash it needs.

A+ School Rewards Program - Shop at Stop & Shop and earn cash for DRES! The PTO has added the Stop & Shop Reward Program to our fundraising! Simply register your card at www.stopandshop.com/aplus or call 1-877-275-2758 - Use school id# 11128 and KFAB for the password. We need your support!

eScrip Recycling Program - This program is FREE and provides a convenient location for collecting laser & inkjet printer cartridges, used cell phones, iPods, laptops, digital cameras, GPS devices and media (CDs, DVDs/Blu-rays,


video games) while raising funds for DRES. You can drop off your items in the collection bin outside the DRES main office whenever it is convenient for you. Periodically, DRES PTO will ship the items collected at DRES to eScrip Recycling and they will then deposit funds electronically in DRES PTO's account!

PTO membership is open to all parents and guardians of all DRES students as well as all DRES staff. All are welcome to attend the PTO meetings to find out more about its activities. If you are interested in helping out with PTO activities or if you have any suggestions for new PTO activities, please feel free to email us at drpto@dres.k12.ct.us or drespto@gmail.com or drop a note in the PTO mail box in the DRES teachers' lounge. To keep up to date on PTO activities, please check our recently launched DRES PTO Facebook page and the DRES PTO information on the Region 4 Schools website (<http://www.reg4.k12.ct.us>) under the Deep River Elementary School information.

Thank you, 2012-2013 DRES PTO Officers - President: Leslie Sheehan, Vice President: Stacy Meisner, Secretary: Jeni Gray-Roberts, Treasurer: Cari Kirla, Recording Secretary: Amy Petrone

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Hedy's Health Tips

Winter Season

If we look at the 5 seasons associated with TCM (traditional Chinese Medicine) we associate; SPRING (Wood element) is the time of renewal and rebirth. We come out of our shell and begin a new cycle.

SUMMER (Fire element) is full steam ahead. Stay up late and rise early. Lots of energy and activities that keep us busy, busy, busy!

LATE SUMMER (Earth element) is back to center and balance.

FALL (Metal element) is pulling inward. We close up our windows and put away outdoor items. Our bodies prepare for more internal work.

WINTER (Water element) is fully introspective. Time of reflection and meditation. Little outside distractions leaving us time to dream and manifest the New Year approaching. People complain they hate winter...I say whew....thanks for the time to recover!!!!

Going to bed early to read, not working out so hard and eating all of the warming foods are the true blessings of this dark season. Time to regroup, re-energize and form close family bonds.

The Water element (winter season) organs are the kidneys and bladder. This energy guards the root of the body from the waist down including sexual organs, reproduction and adrenal function. Problems with pain in the lower back, knees, feet and walking could be associated with this imbalance.

The emotion is fear and the sensory organs are the ears. Sometimes fear is so deeply rooted we don't recognize our own insecurities. We live in a society that is addicted to fear. Just watch TV or read a newspaper. Let's face it fear sells! Little by little that fear fosters insecurities that affect our bodies. PTSD is the extreme example of this and some people receive psychotherapy to no avail or have little success because the kidney adrenal complex has not been addressed.

By restoring kidney energy it is possible that one can feel great joy and love return to their lives.

General Symptoms of Kidney Imbalance:

- Bone problems
- Dizziness
- Ringing of the ears, hearing loss
- Dryness of the throat and mouth
- Back, knee, hip foot pain
- Reproductive or developmental problems
- Urinary, sexual or seminal problems
- Agitation, nervousness, insecurities, sadness
- Loss of hair or premature aging
- Edema, swelling or aversion to cold
- Asthma or shortness of breath
- Lack of will power

Foods that Nurture the Water Element

Black or blue foods such as grapes, plums, raspberries, blueberries, blackberries, huckleberries, black beans, black sesame.

Any beans, millet, barley, potato seaweed chlorella, almonds, walnuts, chestnuts.

Meats include sardines, clams, eggs, pork, cured meats, smoked fish, beef kidneys and liver.

Cheese is also beneficial especially goat or fermented.

Careful to purchase organic vegetables and free range meats. Meat should be eaten in moderation. Too much can cause dampness in the body. So with all things moderation and balance is the key to success!!

Avoid the Blues; Moderate exercise DAILY outside as much as possible to breath in that crisp clean air.

- Vitamin D might help (consult physician)
- Wear a bright blue scarf
- Give more hugs and laugh more!!

As always, be kind to yourself and understand that spring is right around the corner!!

Be well, Hedy





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Park & Rec

The Parks and Recreation Commission continues to offer Deep River residents many exciting programs and events.

Family day brought many folks to town to participate in the 18th annual 5K road race. Over 190 runners and walkers took to the streets of Deep River to enjoy our scenic course. Trophies were awarded to the top three finishers in each age category both male and female.

The results for the 5K Run are as follows:

<14 Male: 1st -Ryan Cartells, 23:50
2nd - John Guarnaccia, 23:51
3rd- Max Klin, 24:19

14-18 Male: 1st-Liam Regulia, 18:42
2nd -John Kollmer, 23:34

19-29 Male: 1st- Rigo Zoltan, 18:52
2nd-Greg Paul, 20:37
3rd-Jeremy Gilroy, 25:18

30-39 Male: 1st-Matthew Yoder, 18:47
2nd-Sean McElhose, 20:32
3rd- Brian Checko, 22:50

40-49 Male: 1st-David Darling, 20:09
2nd-Kurt Johnson, 20:26
3rd- John Morin, 20:57

50-59 Male: 1st- Charles Mitchell, 19:51
2nd-Steve Carver, 20:23
3rd-Richard Luke, 21:06

60-69 Male: 1st-Donald Nuhn, 20:42
2nd- Willy Jezek, 21:58
3rd- Dave Jacobs, 21:59

70-79 Male: 1st-William Gagnon, 32:30

80+ Male: Robbie Logan, 42:20
<14 Female: 1st- Jessica Carroll, 22:31
2nd- Claudia Dalterio, 24:12
3rd- Sofia DiTommaso, 24:24
14-18 Female: 1st- Lindsay Grote, 27:21

19-29 Female: 1st- Lupe Marquez, 26:38
2nd- Kayla Howard, 28:03
3rd- Hannah Scott, 29:06

30-39 Female: 1st- Rachael Whitbeck, 19:53
2nd- Danielle Castellano, 19:59
3rd- Kim Shea, 20:47

40-49 Female: 1st- Kati Papoosha, 24:44
2nd- Brenda Kollmer, 24:50
3rd -Julie Steevels, 24:50

50-59 Female: 1st- Beth Konefal, 30:34
2nd- Amanda Starbala, 32:45
3rd- Gail Jameson, 35:46

60-69 Female: 1st-Jeanne Potter, 27:34
2nd- Jane Sable, 28:34
3rd- Patricia Phillips, 28:41

70-79 Female: 1st-Jane Doran, 40:26

The top ten finishers in the 1 Mile Fun Run are as follows:

1. Lexi Ross, 07:59
2. Sophia Surber, 08:02
3. Emma King, 08:11
4. Ava Cunningham, 08:17
5. Logan Burdick, 08:22
6. Lucas Rogers, 08:24
7. Alena Crosby, 08:27
8. Finn Grabowski, 08:39
9. Julia Cope, 08:42
10. Ellie Cost, 08:49

We would like to thank the sponsors of this year's race as without their support, the race wouldn't be as successful. The following businesses contributed either a monetary donation or a free service for the raffle. In alphabetical order they are: Adams Super Food Store, Anchor and Compass, Atlantic Building Supply, Atwood's Auto, Brewers Deep River Marina, Celebrations, Chris' Dog House, Deep River Design, Deep River Pizza, Essex Mail Mart, Face Arts Music, Finkeldey Septic Service LLC, Flip Flop Gymnastics, Gorilla Graphics, Hairworks Barber Shop Salon, Hally Jo's Restaurant, Machine Repair, Mather & Pitts Insurance, Inc., Milton Realty Co., Morrissey Engineering, LLC., Pizzeria DaVinci, Red House Restaurant, Signs & Digital GraphX, Squared Circle Studio, Tangles Salon, The Black Seal Seafood Grill, The Ivory Restaurant and Pub, The Lace factory, Tri-Town Precision Plastics, Inc., and the Whistle Stop Restaurant.

Park & Rec

The evening concluded with a fantastic fireworks display at Plattwood Park. Parks and Recreation sold some two hundred glow sticks which one could see illuminated all around the park! The DJ filled the air with music and several people could be seen kicking up their heels! We wish to extend our gratitude to the Deep River Fire Department fire police, the town constables, the resident state trooper and especially to our big sponsors, Haynes Materials and Whelen Engineering.

October brought our annual Halloween festivities, which due to the impending storm Sandy, were very well attended. The parade began in the upper corner of the Adams parking lot, and brought the costumed participants down Main Street. How fun that several merchants handed out candy to the witches, ghosts and goblins as they passed by. The parade brought the children to the elementary school where they were treated to dazzling feats of magic by Christina the Magician. The children left with several treats and goodies. A big thank you goes out to the DR fire police who always help us out with traffic control and our resident state trooper and constables who ensure that the parade participants remain safe.

With December came our annual holiday stroll. Again, the horse drawn carriage rides were enjoyed by many. This year we added a glowing fire to warm the crowd and offered free hot chocolate and cookies handmade by Parks and Recreation members. The gingerbread house contest was again a big hit. This year we added roaming entertainment by a talented juggler who used fire and glowing objects to entertain the crowd. The merchants participated with late hours and store specials and the DR fire department showed some holiday movies at the fire station. What a great family evening!

Our basketball program is underway with all the teams practicing in preparation for the start of the season in early January. Some two hundred local youth are participating this year! The program is so popular that it has been expanded once again to include youth up to 12th grade!

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Board & Commission Meetings

All meetings are held at the Town Hall unless otherwise noted.

Board of Assessment Appeals

March and September
Date & times to be announced.
Chairperson: Mark Reyher

Conservation & Inland Wetlands Commission

2nd Thursday of each month at 7:30 p.m.
Chairperson: Alan Mizejeski

Community Health Committee

3rd Tuesday of each month at 7:30 p.m.
Chairperson: Russell Marth

Deep River Elementary School Board of Education

3rd Thursday of each odd numbered months (except for July) at 7:30 p.m. at the elementary school. Joint meetings with other Region 4 boards during even-numbered months at JWMS
Chairperson: Christine Daniels

Design Advisory Board

4th Thursday of each month (as needed) at 6:30 p.m.
Chairperson: Alan Paradis

Town Hall Auditorium Restoration Committee

2nd Wednesday of each month at 2:00 p.m.
Chairperson: Arthur Thompson

Board of Finance

4th Tuesday of each month at 7:30 p.m.
Chairperson: John Bauer

Board of Fire Commissioners

1st Monday of each month at 7:00 p.m. at the Fire House
Chairperson: William Spitzschuh

Library Board of Trustees

2nd Monday of each month (except for July) at 7 p.m.
at the library.
Chairperson: AC Proctor

Parks & Recreation Commission

2nd Wednesday of each month at 7:30 p.m.
Chairperson: Janice Kmetz

Planning & Zoning Commission

3rd Thursday of each month at 7:30 p.m.
Hearings may be scheduled separately.
Chairperson: Jonathan Kastner

Regional 4 Board of Education

1st Thursday of each month, except July and August.
Meetings are at 7:30 p.m. at John Winthrop Middle School.
Chairperson: Linda Hall

Board of Selectmen

2nd and 4th Tuesday of the month at 6:30 p.m.

Water Pollution Control Authority

1st Monday of each month.
Meetings are at 7:30 p.m. at the Treatment Plant.
Chairperson: Ted Mackenzie

Zoning Board of Appeals

3rd Tuesday of the month at 7:30 p.m.
(only when there is a case to be heard.)
Chairperson: Don Grohs

Note: If a scheduled meeting falls on a legal holiday, check with Board of Commission for rescheduled date.

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Quarry: 526-2456

Index of Services & Facilities

Selectman's Office

174 Main Street
860-526-6020
selectman@deepriverct.us
Mon.-Fri. 8am - 4pm

Assessor's Office

174 Main Street
860-526-6029
assessor@deepriverct.us
Mon.-Fri. 9am-12, 1-4pm

Building Department

174 Main Street
860-526-6025
buildingdept@deepriverct.us
Mon.-Fri. 8am - 3pm

Conservation & Inland Wetlands

174 Main Street
860-526-0082
Mon. 9am -11am & Wed. 9am-12pm

Public Works Department

206 Winthrop Road
860-526-6032
Mon.-Fri. 7am-3pm

Kirtland Commons Housing Authority

Joann Hourigan
60 Main Street
860-526-5119

Municipal Agent for the Elderly

Richard Smith
174 Main Street
860-526-6020

Fair Housing Officer

Richard Smith
174 Main Street
860-526-6020

Park & Recreation

174 Main Street
860-526-6036
parkandrec@deepriverct.us

Planning & Zoning

174 Main Street
860-526-6030
zoning@deepriverct.us
Mon. & Wed. 8:30am-12pm

Registrars of Voters

174 Main Street
860-526-6059

Water Pollution Control Authority

99 Winter Avenue
860-526-6044
plewis@deepriverct.us
Mon.-Fri. 8am-4pm

Tax Collector

174 Main Street
860-526-6028
taxcollector@deepriverct.us
July & Jan. Mon.-Fri. 9am-12pm, 1pm-4pm, All other months Tues. & Wed. 9am-12pm, 1pm-4pm, Thurs. 9am-12pm, 1pm-6:30pm

Town Clerk

174 Main Street
860-526-6024
townclerk@deepriverct.us
Mon.-Fri. 9am-4pm
Open til 6:30pm Thurs.

Social Services

56 High Street
860-526-6033
drsocalservices@deepriverct.us
Tuesdays, 9am-1pm, Thursdays, 1pm-4pm and by appointment

Transfer Station

220 Winthrop Road
860-526-6047
Wed, Fri, Sat, Sun. 8am-4pm

Visiting Nurses of Lower Valley

61 Main Street
Centerbrook, CT
860-767-0186
Mon.-Fri. 9am-4pm

Regional District #4 Superintendents Office

1 Winthrop Road
860-526-2417 x1
jbryan@reg4.k12.ct.us
www.reg4.k12.ct.us

Deep River Elementary School

12 River Street
860-526-5319
School Nurse ext. 1
www.reg4.k12.ct.us

John Winthrop Middle School

1 Winthrop Road
860-526-9546
www.reg4.k12.ct.us

Valley Regional High School

256 Kelsey Hill Road
860-526-5328
www.reg4.k12.ct.us

Public Library

150 Main Street
860-526-6039
apaietta@att.net
Mon. 1-8, Wed. 12:30pm-8pm, Tues., Thur, Fri. 10am-6pm, Sat. 10am-5pm, Jul. & Aug. 10am-2pm

Ambulance Association

284 West Elm Street
860-526-6043 (non-emergency)

Fire Department

57 Union Street
860-526-6042 (non-emergency)
Winthrop Station
409 Winthrop Road
860-526-6041 (non-emergency)
deepriverfd@sbcglobal.net

Fire Marshal

174 Main Street
860-526-6020 (non-emergency)

Resident Trooper's Office

174 Main Street
860-526-6027 (non-emergency)
police@deepriverct.us

Troop F - State Police

Westbrook, CT
860-399-2100 (non-emergency)

Animal Control

174 Main Street
860-767-3219 ext. 2
860-526-6020 (non-emergency)
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Tri-Town Youth Services

56 High Street
860-526-3600
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Deep River Post Office

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860-526-5970

Connecticut River Area Health District

445 Boston Post Road, Suite 7
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Then & Now - Midtown Main Street: Deep River Inn & LaPlace Furniture



Only Town Hall's rectangular chimney (*far right*) bridges the four decades that separate these photos. Arlene Macmillan's 1973 opus favored structures that had lost their luster (*opposite*) or that illustrated Deep River's less prepossessing architecture. The house, built in 1844, served as residence and office for Dr. Frederick Devitt (*namesake of Devitt Field*) from 1905 until 1939, when it was purchased by the three Joy Brothers (*George later served as First Selectman*). The Joys built the addition and opened the Glider Inn, but it is most fondly remembered as Bernie and Bridie McKeon's Deep River Inn (1967—1986). A decade of successive owners ended in abandonment. In 1999 the land was purchased by the Town; the building, in total disrepair, was razed. To the right of the D.R.I. is the complex of frame buildings that were the LaPlace Furniture showroom—until 1981 when, fanned by 45 mile an hour north winds that brought the wind chill to near zero, it burned to the ground. But owner Bill LaPlace rebuilt, and the family continued the business until 1999, when the property was sold. That property, together with the adjoining Town land, attracted Walgreens, which opened the branch in 2008.



The North End: Brooklawn Apartments



Built by Pratt, Read in 1920, the Brooklawn Apartments occupied the site of present day Kirtland Commons. Two buildings had entrances on Main Street; the third, behind River Wind Antiques (*far left*), faced Spring Street. It contained the heating plant that served the entire complex. On a bitterly cold January 8, 1968, fire rendered the Spring Street building unsafe. Families found temporary shelter at the Congregational Church. As news spread, donations of food and clothing began arriving in quantity; First Selectman George Joy made a Highway Department truck available to pick up donations of furniture. The Main Street buildings, fallen into disrepair, were eventually demolished. Kirtland Commons will have its 20th Anniversary in May 2013.

In addition to Arlene Macmillan, thanks to the Forristalls' for "Heroes of Deep River," and to Russ Calamari, Dick & Mary Jane Daniels, Jeff Hostetler and Peter & Sabra Woodcock for sharing their knowledge of a past for which I was not present. A special debt of gratitude to the late Historian Don Malcarne, whose research on our historic structures is invaluable. Jonathan Kastner

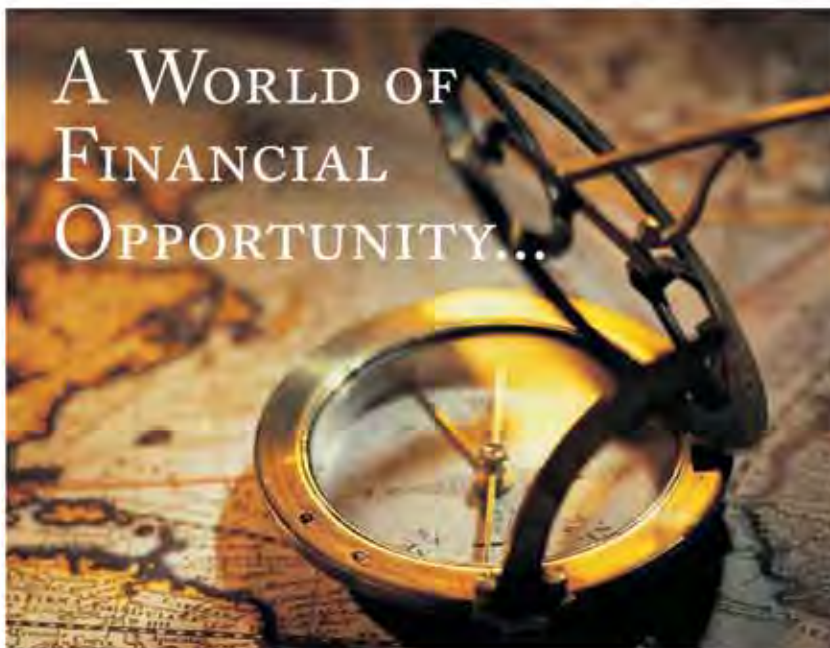




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