



CORNWALL CHRONICLE



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Cornwall's Health Assister

As most of us know, 2014 is the year all U.S. residents not already covered by health insurance are mandated to purchase an insurance plan. What many of us may not know is that Cornwall has its very own official Affordable Care Act (ACA) "assister" who can help figure out the best coverage for you. Working out of her office at the former West Cornwall railroad station, Janet Carlson Sanders' passion is to make sure anyone in the area applying by the March 31 deadline will "get the best possible outcome" for his or her particular situation. (After March 31, you'll have to wait until next year's open enrollment period, which runs mid-November through mid-January.)

As managing director of a marketing agency that primarily works with health-care-focused companies, Sanders is familiar with the complexities of the healthcare system. A grant from Access Health CT funds her ACA assister job eight hours a week, though she puts in many more. She is one of nine assisters in Litchfield County, and reports to a "navigator" based in Torrington who is an expert at understanding Medicare and Medicaid.

Sanders beams when she talks about the people she's helped steer through the often confusing and sometimes balky state-run website—accesshealthct.com. After

hours of training and filing of advisees' applications, she has an instinctive feel for the ins and outs of the process.

Sanders extols the effects of the ACA's requirement that insurance companies disregard any applicant's pre-existing conditions: "One family was paying \$4,000 a month due to a chronic disease and even then lived in constant fear of losing insurance. Now they're paying less than half that amount." She also likes to point to the many people who were unemployed and uninsured who have walked away from her office with free health and dental insurance from Medicaid. She acknowledges that for those with good incomes there are no truly "cheap" plans, but believes good deals are to be had in the new health marketplace.

A likely good plan, says Sanders, is one that meets three basic criteria: you're sure you can afford the monthly premium; you're likely to exceed the annual deductible; and you won't be financially ruined



if you have to pay the yearly "maximum out of pocket."

Sanders has advice for all ages and income levels. For some young people in good health, so-called "catastrophic" coverage may be the best approach. For some older people, Sanders says there are ways to maximize coverage and save on premiums—whether a person is on Medicare or not.

For those exploring coverage options on accesshealthct.com, Sanders has some tips:

Keep an *exact* record of your username and password, including capital letters.

Make best estimates and answer all questions "Yes" or "No;" never "I don't know." If you want to be considered for subsidies, you *must answer yes* when asked if you or anyone in your house needs help paying for healthcare. Participating provider (POP) plans are usually preferable to Health Maintenance (HMO) plans.

If you get offered Medicaid, note that it includes dental insurance, and is free of charge, even if it does limit your choice of doctors. Otherwise to be eligible for subsidies consider a "qualified" plan.

Make sure you pay your first premium immediately. If your insurance company is slow getting you documentation, call to confirm coverage and get your policy number for temporary identification.

(continued on page 2)

FEBRUARY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Every Week This Month: Mondays: Yoga, 8:30–10 am Library; Karate , 6:30–7:30 pm Town Hall ♦ Wednesdays: Tai Chi, 6–9 pm Town Hall; Women's Basketball , 7:30 pm CCS gym ♦ Thursdays: Pilates, 8:30–9:30 am Library; Toddler Play Group , 10:30–11:30 am Library; Adult Volleyball , 7:30 pm CCS gym ♦ Fridays: Yoga, 8:30–10 am Library ♦ Saturdays: Skating, 7–8 pm Hotchkiss Schmidt Rink ♦ Sundays: Yoga 9–10:30 am Library; Meditation , 1–2 pm, call Debra for location, 672–0229						1 ♦ Community Contra Dance 7 pm Town Hall ♦ <i>The Man in the White Suit</i> 7:30 pm Library
2	3 ♦ Region 1 Budget Wrkshp 5 pm HVRHS Room #133 ♦ Region 1 Board of Ed 6 pm HVRHS Room #133 ♦ Park and Rec 7:30 pm Town Hall	4 ♦ Board of Selectmen 7:30 pm Town Hall ♦ Inland Wetlands 7:30 pm Town Hall	5	6 ♦ Woman's Society 10 am UCC Parish House	7 1st Q ♦ Health Insurance Help 11:30 am–2 pm Cornwall Country Mkt	8 ♦ Benefit Pasta Bonanza Dinner 5–7 pm UCC Parish House
9	10 ♦ Band & Chorus Concert 11:30 am CCS ♦ Free Blood Pressure Clinic Noon–1 pm UCC Parish House	11 ♦ Economic Development 8:30 am Town Hall ♦ Seniors' Luncheon 11:30 am–1 pm Wandering Moose ♦ P&Z 7 pm Library ♦ Housatonic River Commission 7 pm CCS	12	13	14 O FULL ♦ CCS Closed Teachers' Workshops	15 ♦ Reg. Deadline for Pine Ridge UCC Trip ♦ "Art Among Friends" Recpn. 3–6 pm Souterrain Gall. ♦ Artist's Talk/Recpn.: Ellen Moon 4–6 pm Library ♦ <i>The Umbrellas of Cherbourg</i> 7:30 pm Library ♦ Deadline: March Chronicle Copy
16	17 ♦ CCS Closed Presidents' Day	18 ♦ CCS Closed Presidents' Day ♦ Board of Selectmen 7:30 pm Town Hall	19 ♦ Board of Education 4 pm CCS Library ♦ Region 1 Budget Wrkshp 6 pm HVRHS Room #133 ♦ Dance film <i>Place</i> 7 pm Library ♦ Board of Finance 7:30 pm CCS Library	20 ♦ Cornwall Conservation Comm. 6:30 pm Town Hall	21 ♦ Seniors Flower Show Trip 9 am–3 pm Park & Rec ♦ <i>Beauty and the Beast</i> Film 7 pm Library	22 4th Q ♦ Family Cow Forum 10am–2pm UCC Parish House ♦ Health Insurance Help 1–3 pm Library
23	24 ♦ ZBA* 7:30 pm Library	25 ♦ Committee for Seniors 7 pm Library	26	27	28	

*Check with Zoning Office—672-4957

(continued from page 1)

Sanders is philosophical about the online enrollment problems that plagued so many this past fall. "We're moving mountains and we have to start somewhere." For the moment anyway, she is one satisfied health insurance assister. She asks: "Now, when was the last time you were hugged for just doing your job?"

Sanders will be offering health insurance assistance sessions this month at locations in Cornwall & Sharon. For information call 672-0043 x111 or email jcarlson@accesshealthct.com.
—Paul De Angelis

Four Corners' Fresh Start

Ryan Craig, with his fiancée Natasha Travieso and 3-year-old daughter Gianna, is exuberant as he shows off the spruced-up, repainted Berkshire Country Store. "We've returned to our roots," he tells us. "I worked at Berkshire when I was in high school in 1997 through 2002 before heading out into the corporate world. The store will be very similar to what it was, but we'll listen to what customers want. We hope to reinvest in the community."

That reinvestment—the family has already spent a month and a half remodeling—is evident in the reconstructed coffee bar (of Cathedral Pines wood), the gleaming stainless deli area, turbo oven and prep counters, the huge stove where they'll be baking fresh bread and pizza, the large grocery area ("we hope to carry local items"), and the refinished floors that match the bright new dining booths by the windows.

"After living away and working for others, I jumped at this opportunity to move back to Goshen, be my own boss, and spend more time with my family."

And the whole family is here, in one way or another. When asked about decorations, Ryan shows us his varsity school letters: a blue felt M for Marvelwood (his) and a red felt W for Wamogo (his father's). And he plans to mount an antique terracotta lion's head in the store; it was given to him by his late grandfather, who called him "Ryan the Lion" when he was a kid.

The store has had 344 "likes" on its Facebook page and has even had a few requests for employment. Ryan was about to extend a job offer to a young local woman. "You'll have to come back when we open to learn who she is!" And yes, the opening is planned for the end of January. Call 672-BERK (2375) to find out.

—Ella Clark

Skating on Thick Ice

The cold snap just before Christmas made for a couple of glorious weeks when the ice on Cream Hill Lake was safe enough for hockey and general walking on (frozen) water merriment.

"This year it was pretty good because it was cold without a lot of snow," said Gordon Ridgway who, along with his kids, Skip Kosciusko and his kids, Billy Gold, some Zabriskies, Dan Horan, and Henry Blodgett among others, quickly arranged some pickup hockey games out on the lake in front of CHLA.

The rain on January 5 may have marked the beginning of the end for Cream Hill skating for this year, and the wildly fluctuating temperatures in January didn't help.

While the Cornwall Recreation Department sponsors a chance to skate Saturday nights (7 to 8 P.M.) at Schmidt Rink at The Hotchkiss School through February 22, there are currently no other ice-skating opportunities in Cornwall. But it wasn't always so. From the late 60s into the 80s when it was still in Cornwall Village, the Marvelwood School would flood the tennis courts on Pine Street for its hockey team to practice.

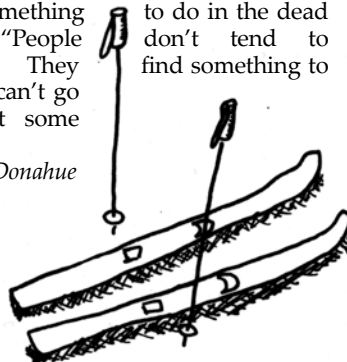
Also, a decade or so ago, Ian Ingersoll and Jeff Fox built and maintained a rink behind the fire department in West Cornwall. Ingersoll says it wasn't much more than some plywood and a liner, but it offered ice time for local youth hockey league members and the whole town used it. Still, Ridgway says it takes work to maintain even a small outdoor rink like that: "You need a hockey team to maintain it. You need young shovelers."

If you have a pond on your property and are wondering about whether it's safe to venture out, here are some things to keep in mind: the ice needs to be four to five inches thick, you should always go out with someone else (though keep some distance in case one of you falls in the other can call for help) and agree on a safety plan. Beware of any water flowing in or out of the pond where ice can be particularly thin. As ice fishermen are known to say, "Thick and blue, tried and true; thin and crispy, way too risky."

Two rumors mentioned by Ridgway about Cream Hill ice remained unconfirmed at press time: that John Wells used to scoot around the lake on an inner tube to test the ice's strength; and that there is at least one car at the bottom of the lake—the result of some optimist's misjudging of the ice's thickness.

Still, Ridgway says, "It's pretty special when it comes together," and it gives people something to do in the dead of winter. "People hibernate. They do. If you can't go skiing, put some blades on."

—Kerry Donahue



Susan Fox Remembers

Often, when sleep eludes us, we try to shut down and hope some soft dreams will overtake us. We might even try a pill or some warm milk. Instead, Susan Fox transports herself back to the days when she was a girl on Gay farm, her family's summer home. "Memories are often of things we did wrong, or mistakes we made. That doesn't help me sleep. But, I'm learning to use other sense memories, like the sense of touch. Memories using other senses are always good."

The Gay farm along the Housatonic had a small dairy farm operation in those days, and Bill Tew was chief cowman on the farm. Susan recalls him as a small man, maybe 5 feet 3 inches tall with a high voice, who loved cows. Bill Tew had a regular routine when he milked. He'd bring in a pail of soapy warm water to wash the cow's udders and nether ends very carefully. Then, he'd dip the hairs at the tip of the cow's tail into the bucket and swish them around until they were dripping wet. He'd then wrap them around his forearm, let them sit for a minute, and gently remove his arm, leaving those damp tail hairs in a ringlet. Why would he do this? "He wanted the cows to be beautiful."

In her moments of somnolent reverie, Susan transports herself back to those summer days with her cow, Arbutus. "Leaning my cheek against her side, listening to her stomach's working, felt and smelled wonderful."

The cow's side, or flank, is a perfect spot for a young girl's cheek to rest, while the cows are milked and fed. To this day, that memory is better than pills or hot milk to send Susan off into dreamland.

—Jane Bean

Welcome

Benjamin Graeme Young
to Wendy McFarlane and James Young

Goodbye to Friends

Teryl Joseph Roepcke
DeForest Benjamin, Sr.

Land Transfers

Hamilton Robinson, Jr. and Roxana Barry
Robinson to Cornwall Conservation Trust, Inc.,
property known as 94 Town Street, containing
62.365 acres of land, for \$313,333.

Karen J. Greenberg to Leon E. Irish and Karla
W. Simon, 10 acres of land with buildings and
improvements thereon, at property known as 6
Day Road, plus 4.17 acres of land on Day Road,
for \$650,000.

Landmark Trust (U.S.A.), Inc. to Big Pink, LLC,
land with buildings and improvements thereon
at property known as 417 Sharon Goshen
Turnpike, for \$63,000.

William I. Miller, III and Elaine S. Miller to
Marcia T. Scattergood, land with buildings and
improvements thereon at property known as
28 Todd Hill Road, for \$275,000.



A Good Stretch

It's easy in these winter months to assume couch potato pose. However, if you're looking for something healthier for your body and your mind, why not consider downward dog, mountain, or warrior? There are nearly daily opportunities to do yoga in Cornwall.

Nancy Opgaard, a yoga instructor who's been teaching for nearly three decades, leads three hatha style classes at the Cornwall Library each week and is resuming an adaptive yoga class at the Souterrain Gallery in the coming weeks. The adaptive yoga class is done in a chair and designed for people who have chronic pain or physical limitations.

On a recent very chilly Sunday morning, six women showed up to Opgaard's Sunday morning class at the library. No Lululemon here; just bodies of various shapes, sizes and experience with yoga.

The room settled in as Opgaard led the class through some breathing exercises and chanting. Then, as the class began moving through poses, Opgaard walked around, offering encouraging words ("atta girl").

Opgaard says her winter classes typically have three to ten students and as many as 20 in the summer. All ages and abilities show up and all are welcome. "It's nice for a teenager to practice next to a student in her 70s."

Yoga class sizes are roughly the same at the Cornwall Bridge Gallery at the intersection of routes 7 and 45. Instructors Becca Conn and Gabriele Davis each teach two classes a week and take turns teaching a Sunday morning community class with a suggested donation of \$5. Becca Conn says her classes are focused on the breath and flow between poses, including "gentle flow" or "freestyle." She also loves power yoga: "getting sweaty really gets me out of my head."

Gabriele Davis says yoga is such a personal thing that having many teachers in an area is advantageous. People can find which teacher suits them best. As attendance varies, she and Becca like to modify their teaching to meet individual needs. "When someone new shows up, I really

Letters to the Chronicle

CIVIL WAR MATERIALS WANTED

The Cornwall Historical Society is mounting an exhibit about the Civil War from Cornwall's perspective: 2014 marks the 150th year since the death of Major General John Sedgwick from a sniper's bullet at Spotsylvania. We welcome the loan/donation of any letters, photographs, or other memorabilia related to the Civil War in Cornwall and its veterans. Call 672-0505 or email cornhistsoc@optonline.net.

—Barbara Gold, CHS

FABULOUS SHOW!

Going to three of my friends' art openings in one week in January was an astonishing treat: I was dazzled by their endless creativity. Many know of Danielle Mailer's and Bob Parker's shows, but the display Debra Tyler has mustered at the Parish House of the Congregational Church may have remained

encourage the student to listen to their bodies and take breaks." Beginners are welcome at all classes.

Mary Ellen Geisser has been taking classes at the library for the last few years. She says yoga's one of the best things you can do for your health. "I find it incredibly beneficial. If I don't do it for a while, I really, really miss it."

Opgaard says she likes teaching in a small community: "It's very satisfying to see people improve. To see their bodies change, their attitudes change." She says her students take their ability to stretch "off the mat and into their lives."

Regular classes at all locations are \$15 and each of the yogis recommend bringing your own mat and other equipment. Class schedules may be found by visiting the instructors' websites: nancyopgaard.com and brightenergyyoga.com.

—Kerry Donahue and Elisabeth Kaestner

Three on Three Hoops

The Three on Three Hoops Tournament was held at the Cornwall Consolidated School on January 18. Ten teams participated in the adult male event, which attracted players from as far away as New Hampshire. Cornwall was represented in the hotly contested championship game by CCS Principal Mike Croft on one team and CCS boys basketball coach Liam O'Reilly on the other. Croft suited up with the father/son duo of Ross and Ben Huntington and the trio went on to win the highly competitive tournament with their tenacious team defense and the blistering outside shooting of Ben Huntington.

Organizer Becky Hurlburt hopes to expand the format next year by including two new divisions to participate separately, one comprised of all women and the other a mix of both sexes. She urges those interested to contact her early so she can plan accordingly.

—Bill Goulet

under the radar. Her work ranges from papier maché to silkscreen to linoleum printing, from a huge hanging head of the Blue Ox Babe, to the Local Farm Logo printed on ikat-patterned silk, to books, including flip books of photos of Garrick Dinneen, aged 14, with two young oxen, hauling firewood out of the woods at my place. I could see the occasion all over again. It is really an astonishing exhibit.

—Nita Colgate

INVITATION TO CURLING

As Cornwall residents and longtime curlers, we would be delighted to give you a tour of the Norfolk Curling Club, which has been rebuilt and open after a total-loss fire a couple of years ago. With the Olympics coming up this month, now is a great time to familiarize yourself with the sport. Call us at 672-6546 or see Mike at Northwest Lumber.

—Mike & Diane Coe

Staying in Touch During Storms

There are several ways Cornwall residents can stay in touch with town officials during severe weather. The town maintains a phone number list of residents who wish to be checked on—often those who have health or transportation issues. Call the selectmen's office at 672-4959 to be added to this list.

The town also uses the State Alert Emergency Notification System. To receive these notifications by phone go to the ctalert.gov website and register yourself for the Cornwall alert system. Emergency notices will also be posted at the Cornwall Fire Department's website, cornwallfire.org, as well as at cornwallct.org.

If you have concerns during storms, call 672-4959. For emergencies dial 911, which will dispatch emergency help. Please make sure your house number is clearly visible for 911 responders.

—Gordon M. Ridgway, First Selectman



Cornwall Briefs

•PURA: That stands for Public Utility Regulatory Agency, the agency that told Connecticut Light and Power to begin "enhanced tree trimming"

along several of Cornwall's roads, including routes 4, 125 and 128. The purpose is to prevent trees from damaging power lines and causing blackouts in heavy snows and windstorms. The selectmen's office said smaller power lines are particularly vulnerable to wind and ice. Homeowners are encouraged to notify the selectmen's office of any problem trees adjacent to or on their property.

•The Cornwall Country Market has tested

its new 30 kilowatt generator and it proved to keep the store's entire electrical system functioning. The market will be able to operate as a center for shelter, food, and heat in the event of a major loss of power. The Wandering Moose in West Cornwall has a similar large-capacity generator that also allows it to stay open in case of a power outage.

•**417 Sharon-Goshen Turnpike**, popularly known as West Cornwall's Pink House, has been sold. The price: \$63,000, and \$35,000 went to the town for back taxes. The buyers: Libby Mitchell and her husband, Jim Herity. Their immediate goal: clean the place up and add a new coat of pink paint to prevent further deterioration of the building. Mitchell said the long-range plan is to turn the structure into "Big Pink LLC, the West Cornwall center for the arts," with programs in writing, painting, and music for adults and children.

•**Bonjour Bonney Brook:** The first days of the new year saw the first residents move into their new homes at Bonney Brook in Cornwall Bridge. Taking up responsibilities at the site was property administrator Al Stokes, who also works at Beckley House in Canaan. The settled folk of Cornwall extend a warm welcome!

•**Appointment:** Terry Burke of the Cornwall Bridge Burkes has been appointed assistant director of the town's Emergency Management under director Nev Dunn. Terry said he would forego the usual car and driver that go with the position (just kidding).
—John Miller



February Fests

February does its part to cheer the midwinter with a celebration of love and multiple presidential birthday salutes. So lift your pen, along with that glass of champagne, and write the *Chronicle* a check. Celebrate! And thanks.

Events & Announcements

Come out all you groundhogs to the Community Contra Dance on Saturday, February 1, at 7 P.M. at the town hall. Music by Still, the Homegrown Band, calling by Fern Bradley. No partner necessary, left feet welcome. Donations requested. For information call 672-6101.



Band and Chorus Concert on Monday, February 10, at 11:30 A.M. in the CCS gymnasium. Performers from grades 6 through 8 of the six elementary schools of Region One will be conducted by Cornwall's music director Alicia Simonetti-Shpur. All are welcome.

At the Cornwall Library

The Saturday Winter Film Series continues February 1 at 7:30 P.M. with *The Man in the White Suit*, and Saturday February 15, with *The Umbrellas of Cherbourg* (refreshments served).

Family Movie Night, featuring Disney's *Beauty and the Beast*, will screen on Friday, February 21, at 7 P.M.

The dance movie *Place*, a duet by Mikhail Baryshnikov and Ana Laguna, will be shown on Wednesday, February 19, at 7 P.M.

A "carnival"-themed dinner dance with jazz by the Bob Parker band and southern food will take place on Saturday, March 1. Cost is \$25/person and cash bar. Call for details.

Betty Krasne will be teaching an eight-week memoir-writing program beginning mid-March. Contact the library for details.

Art In Cornwall

At the UCC Parish House, Debra Tyler's exhibit, *Of Joy and Justice*, will continue through February. Call 672-6840 weekday mornings for viewing.

Ellen Moon's exhibition, *In the Field*, opens February 4 at the Cornwall Library. On February 15 at 4 P.M. an artist's talk will be followed by a special reception to honor Ellen's many years of curating the library's art exhibits.

The Souterrain Gallery of the Wish House will show *Art Among Friends*, the debut exhibit of works by the acrylic paint group led by Alisyn Hamilton of Gaylordsville. Included are paintings by Cornwall's Ruthellen Griffin, Mary Gates, and Susan Gingert. Opening and artists' reception are on February 15 from 3 to 6 P.M.

A Pasta Bonanza Supper will be served on February 8 at the UCC Parish House from 5 to 7 P.M. Donations benefit the Heifer Project International. Call the church office for information at 672-6840. (Gluten-free pasta served too.)

Free Blood Pressure Clinic on Monday, February 10, at the UCC Parish House from noon to 1 P.M. Sponsored by Visiting Nurses Association Northwest.

Senior Luncheon on Tuesday, February 11, at the Wandering Moose Cafe from 11:30 A.M. to 1 P.M. Hot food and hot gossip at a cool price. No reservations necessary. Questions? Call Jane Prentice at 672-6101.

The Pine Ridge Work Trip sponsored by the Cornwall UCC to build homes and enjoy a cultural exchange with Lakota people in South Dakota is planned for June 21 to 27. Adults and children age 13 or older (with parent) are welcome. Sign up deadline is February 15. Contact Micki Nunn-Miller via email at cornwallpastor@aol.com for more information.

Applications for a hearing before the Board of Assessment Appeals must be received by February 20. Hearings will be held during March.

Senior Bus Trip to the 33rd annual Connecticut Flower and Garden Show in Hartford is on Friday, February 21. Depart at 9 A.M., return by 3 P.M. Admission is \$12 and lunch can be purchased. Bus transportation is free. Must RSVP to Becky Hurlburt by February 14 at prcornwall@gmail.com or 672-4071.

A Family Cow Forum will take place on Saturday, February 22, from 10 A.M. to 2 P.M. at the UCC Parish House. RSVP at farmer@rlocalfarm.com or call 672-0229.

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