

# **CORNWALL CHRONICLE**

**VOLUME 24: NUMBER 10 NOVEMBER 2014** 



# Cornwall Group Aids **Healthcare Consumers**

Think of an attorney who uses her legal skills and takes on cases pro bono as a way to give back to the community, and you will understand how Janet Carlson Sanders is giving back right here in Cornwall. The only difference is that Sanders' expertise is in healthcare marketing.

Sanders is a consumer advocate (pro bono) for folks wending their way through the maze of healthcare choices. She offers assistance to consumers through the 501(c)(3) non-profit organization she leads called PharmaCares. She does this part time in addition to her full-time job and says she and her business partners are "carving out time for the nonprofit because we believe in it."

To help consumers enrolling in or reexamining their healthcare insurance, Sanders and her team have designed a program called The Right Path. The program is really an analysis tool to help determine what vehicle is most appropriate for an individual consumer. For some, Medicare and/or Medicaid are the best choices. For others, marketplace insurance with subsidies is an option, and for others still, private insurance.

Sanders' inspiration came one day in 2011 while listening to a National Public Radio piece about the number of veterans

who had little or no access to medical care due to a backup in the Veterans Administration system and due to its tiered healthcare delivery system. This struck a nerve because Sanders comes from a family of veterans. She realized that nonveterans also needed help accessing healthcare.

Then, with the advent of the Affordable Care Act, Sanders learned about the availability of grants for those seeking to help teach people how to access the healthcare they need. The first grant she ever wrote and received was from Access Health CT. PharmaCares has since received funding from the Foundation for Community Health, donations from individuals, and over \$5,000 raised this summer from the PharmaCares 5K race in Cornwall Valley.



The whole process of assisting consumers, fundraising, and program development has been time consuming. Sanders said, "It took over my life. It was the best time of my life and the hardest time."

Sanders, along with her three other team members, are certified "assisters" for the healthcare enrollment process. They are currently the only four certified assisters in the county. (PharmaCares is also funded to assist folks in Dutchess County, NY.)

In 2013 Sanders participated in 15 informational events as well as hundreds of one-on-one appointments. Events for the 2015 enrollment period (ongoing November 15 through February 15) are already planned (see the Events and Announcements page). More information is also available at PharmaCares.org. -Pam Longwell

#### We Love Meeses to Pieces

In September Hunt Williams, driving along Scoville Road, encountered an Eastern bull moose—a specimen of Alces alces americana with a huge rack—opposite the Savins' house. He followed slowly in his car as it went up the Longwells' driveway and disappeared into the woods. The news got around because we've had these wanderers in town before. Eastern

(continued on page 2)

#### OVEMBER 2014. SUNDAY **MONDAY THURSDAY** WEDNESDAY SATURDAY **Every Week This Month:**

Mondays: Yoga, 8:30–10 am Library; Karate, 6:30–7:30 pm Town Hall ♦ Wednesdays: Meditation, 4–5 pm call Debra 672-0229; Tai Chi, 5–7 pm Town Hall; ◆ Thursdays: Pilates, 8:30–9:30 am Library; Toddler Play Group, 10:30–11:30 am Library; Meditation, 4–5 pm call Debra 672-0229; Mah Jongg 7-9 pm Library; Adult Volleyball, 7:30 pm CCS gym ◆ Fridays: Yoga, 8:30-10 am Library ◆ Sundays: Yoga 9-10:30 am Library

◆ Family Dance

Daylight Saving Time Ends

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- 3 Region 1 Board of Ed 6 pm Rm 133 HVRHS 7:30 pm Town Hall
- ◆ Election Day 6 am–8 pm ◆ Election Day Lunch 11 am–2 pm UCC Parish House Inland Wetlands 7:30 pm Town Hall
  T:30 pm Town Hall
  T:30 pm Library

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<del>19</del>

- 6  $\bigcirc$ ◆ Woman's Society Valorie Fisher India Talk 10 am UCC Parish House ◆ PharmaCares Health Insurance Info. Meeting 6:45–7:45 Town Hall

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7

8 OSLS Workshop 10:30 am-1:30 pm
Crafty Gifts
CCT Annual Meeting 4 pm Town Hall

- Author John Tauranac **Book Discussion** 3 pm Library
- 10 ◆ Blood Pressure Clinic Noon–1 pm UCC ◆ Housatonic River Commission 7 pm CCS

  Pierce Pettis
  Folk Concert
  7 pm UCC
- Veterans Day ◆ Senior Luncheon 11:30 am–1 pm Wandering Moose

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◆ Economic Development 8:30 am Town Hall ◆ P&Z

◆ Board of Ed. 4 pm CCS Library

Dance Movie: Natasha

13

20 ◆ Seniors' Outing 9 am–4 pm Hill-stead Museum

 Cornwall Conservation Comm. 6:30 pm Town Hall

- 21 Winnie the Pooh's Seasor of Giving Movie 7 pm Library
- ◆ Fair Trade Crafts Sale 10 am–5:30 pm Bridget Church Hall Author Betty Krasne Book Reading 4 pm Library

  • Deadline:
  December Chronicle Copy 22

16

30

- ◆ Ecumenical Thanksgiving Service 4 pm St. Peter's Lutheran Church
- 24 ♦ 7BA<sup>3</sup> 7:30 pm Library

17

25 Committee for Seniors

◆ Board of Selectmen 7:30 pm Town Hall

7 pm Library

Board of Finance 7:30 pm CCS Library 26

◆ Library early closing 5 pm

- 27 Thanksgiving
- 28
  - ◆ Library Re-opening Noon ◆ Holiday Tree Lighting 5 pm Cornwall Bridge Green
- ◆ PharmaCares Health Insurance Enrollment Assistance 1 pm Library

  • Author Pete Vermilyea
  Book Reading 4 pm Library
- 29 ( lstQ Mailer-King Artist Reception 3–6 pm Souterrain Gallery

)

(continued from page 1)



moose are not native to Connecticut, but they've moved in from Massachusetts in recent years.

According to Andy LaBonte, wildlife biologist at the Connecticut Department of Energy and Environmental Protection, a male documented in Cornwall a couple of years ago traveled a loop from Plainville to Hartland, New Milford, and Cornwall, then to Granby. "There are only about a hundred moose in the state, most of them around Hartland and Barkhamsted. They travel a lot this time of the year, looking for a mate," says LaBonte, "but the chances of finding one aren't that great."

Nonetheless their population in Connecticut is expected to go up, and there are few predators here that will take on an adult moose. We may find ourselves coexisting with more in coming years.

An adult male moose grows an enormous rack every spring (females have none) which can weigh nearly 60 pounds, and sheds it after the battles of the fall rutting season are over. Our chances of finding such a rack, or shed, in the woods are very low because birds, rodents, and even bears eat them for their salt and protein content. But you can buy a fine pair on eBay for \$100 and up.

Don't try to outrun a moose. They trot along easily most of the time with nothing to fear; but they can move quickly in spite of their size. With their poor eyesight, moose have a keen sense of smell and hearing and can be spooked by a sudden sound or scent and go on a tear. They are fast on their feet, getting up to 35 or 40 mph. In fact, it's best to keep a safe distance. Though usually mild mannered, moose are more dangerous to public safety than bears. This is not just because they can get aggressive during the mating season, or when provoked; they've also caused deadly vehicle accidents (there were 19 of these by 2007). Cars and moose don't mix. If a car hits the legs of an animal six feet tall or more weighing between 600 and 800 pounds, the victim's bulk topples and crushes the hood, the roof, the window, and frequently the occupants.

"Moose" is Algonquin for "twig eater." They are always found in regenerating forests near water and they eat the buds, leaves, and shoots of birch and cherry saplings, and red and striped maple sprouts in swamps, devouring up to 40 or 50 pounds per day. But in spite of the familiar photograph of a long moose face dripping with aquatic vegetation, in fact their forage is much the same as the deer's, and they are no threat to our wetlands. Steve Hedden, chairman of the Inland Wetlands Commission, assures us,

"If the commission has a moose that puts in an application, we will certainly deal with it." -Ann Schillinger

# Woolly Bear Weather Forecast?

Does the woolly bear caterpillar forecast the weather, or is it more of a historian? In 1948 Dr. C. H. Curran, curator of insects at the American Museum of Natural History in New York, took this question very seriously.

The woolly bear caterpillar, recognized by its distinctive black- and rust-colored bands, is the juvenile stage of the Isabella Tiger Moth. The common wisdom about predicting the weather with woolly bears is that the larger the black bands relative to the rust color, the colder the upcoming season. If the black band is wider at the head, the early days of winter will be harsh.

Beginning in the fall of 1948, and for eight subsequent years, Dr. Curran collected, measured, and observed the woolly bear at Bear Mountain State Park in New York. His predictions appeared in the *New York Herald Tribune* and were very popular.

As for the outcome of his studies, it seems the bands reflect more about the previous winter than they do about the

season upon us. Thus instead of the black band predicting a harsh winter, it reflects that the prior winter was mild.

The woolly bear overwinters under leaf litter. It continues eating until temperatures go low enough for the tiny body to develop its own antifreeze, then it hibernates. The milder the season, the more time to eat and grow. As it becomes larger the rust band narrows and the black bands expand.

To observe their behavior and the transformation into a lovely moth, the caterpillar can be collected during early November and placed in an aquarium-type tank. The tank should have a few inches of soil, leaf litter, a few twigs, and a secure lid with holes or screening. Add fresh vegetation, such as milkweed, grass, or clover every day until the woolly bear appears to slow down. Place the tank in a cold, dry space where it is protected from snow and rain, yet will be near outside temperatures. The woolly bear can tolerate



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temperatures well below freezing. Come early spring as the weather warms, begin feeding again, then observe as the caterpillar spins its silky cocoon. About a week later the orange and yellow moth emerges and can be set free outside.

As for scientific observations versus folklore; last year there was a bumper crop of these historians crawling about. This year, not so 'm still thinking lots of rust color

much. I'm still thinking lots of rust color and a mild season. — Diane Beebe

# Congratulations

Hugh Samuel Barnett and Francisco Rodrigues Alves Stephanie Kearns and Curtis Richard Lindsey Jaworek and Patrick Dinneen Juan Manuel Urquiza and Andrew Zobler

#### Welcome

Ruby Naya Goldberg to Katya Kazakina and Greg Goldberg

## Goodbye to Friends

Sam Pryor III Fred Thibault

#### **Land Transfers**

Arthur Strassle to Michael and Kathryn Schaper, 38.028 acres with buildings and improvements thereon, at 195 Great Hill Road, for \$1,110,000.

Estate of Margaret A. Tagliarino to Daniel D. Hubbard, land with house and other improvements thereon, at 64 Todd Hill Road, for \$500,000.

# **Latex Paint Recycling**

Have you done a little sprucing up around the house lately and now you have paint left over? According to the U.S. Environmental

Protection Agency, approximately 64 million gallons annually become leftovers.

Household hazardous waste centers have traditionally accepted oil-based products but not always latex-based paints. This amounts to significant volumes of paint residing in basements and garages. In 2011, Connecticut enacted Public Act 11-24, establishing a Paint Product Stewardship Program. Connecticut was just the third state

to do so at the time, following Oregon and California. Today additional states participate

As defined by the Connecticut Department of Energy and Environmental Protection, "product stewardship" is a principle that directs all participants involved in the life cycle of a product to take shared responsibility for the impact to human health and the natural environment that results from its production, use, and end-of-life management. As a result, the American Coating Association established a non-profit

corporation, PaintCare, to administer the paint stewardship laws in Connecticut.

The 2008 report regarding the annual cost of oil-based product recovery noted \$618,000 in expenses to state municipalities. Under the stewardship program, the National Paint

and Coatings Association finances the recovery through a fee charged to consumers on every paint purchase at the time of purchase. This eliminates the expense to the towns and hazardous waste centers.

Paint drop-off centers are located throughout the state and are listed at paintcare.org. The three closest to Cornwall are: Ed Herrington's Inc., Lakeville; True Value

Hardware, Litchfield; and CA Lindell True Value Hardware and Lumber, Canaan. It is recommended that individuals looking to drop off paint call ahead to make sure the facility has capacity and to note any additional restrictions on the number of gallons. The paints are then gathered into special containers at the drop-off center and periodically shipped to Shelton for recycling. Drop off is free, as the charge was already taken at purchase.

The program minimizes impact to landfills, the environment, home health, and the cost to towns. I'm off to the garage.

—Diane Beebe

# Run, Wag, and Bark

On Saturday, October 18, runners from as far away as Vermont and New Hampshire converged on the Cornwall town green to prove who was fastest on two and four legs. The Bunny Williams Connecticut Doggie Cup Run & Wag 5K attracted 175 runners, many accompanied by dogs of all sizes and mixes. Bunny Williams, title sponsor and interior designer, Kara Sundlun, WFSB news anchor, and our own Richard Schlesinger, CBS News correspondent, presented the awards to top solo finishers and dog and human tandems.

The overall winner was Eric Morse of Berlin, Vermont, who finished the race with his dog Murdock in 17:30. The event benefited the Little Guild of St. Francis, the largest no-kill shelter in northwest Connecticut and certainly the largest supplier of Cornwall dogs and cats.

—Diane Beebe

#### **Cornwall Briefs**

•Yellow is the New Pink: By now most should have noticed the change in colors at West Cornwall's former Pink House. It has a handsome reclaimed façade of yellow and white thanks to the work of new owners, Jim Herity and Libby Mitchell, and some funding from a generous state grant. If you are upset about the change in color, Herity told us that when they scraped off the pink they found previous coats of yellow, green, and white, which means, for historical purists, relax fellers, it wasn't

# Letters to the Chronicle

A CLARIFICATION

Jill Cutler correctly quoted me in last month's "The Little House Conundrum" when I lamented the dearth of local buyers for low-

priced Cornwall houses. However, one reader took away a very different meaning from what I had intended. He felt that I was discriminating against New Yorkers. For that misunderstanding I sincerely apologize. I came to Cornwall in 1975 as a New York weekender. We in Litchfield County benefit greatly from our New York friends. In no way did I wish to exclude them! My meaning, clearly

not well worded, was that I felt bad that local young families and retirees were financially unable to take advantage of the opportunities in this real estate market. At Bain we pride ourselves on pairing our sellers with people (local or from out of town) looking for a wonderful life in Litchfield County, and our buyers with the best home for them.

-Priscilla Pavel

#### THANKFUL FOR SENSE OF COMMUNITY

Although I would have liked an article about my Pine Ridge, South Dakota mission trip in June 2014, sponsored by United Church of Christ, and how it led me to another personal mission in August 2014 (delivering donated guitars to Lakota Teens at Risk), I woke this morning realizing what I would really like to communicate is how great Cornwall organizations are. I am not what one would call a "Cornwallian": I'm a transplant, now of 17 years. What brought me great pride about our Cornwall group of volunteers at Pine Ridge was that we were there as a "community" of different denominations. It filled me with pride when

asked by other volunteers "and you are not a member of that church?" to answer "No, it's open to everyone." That was and is a great feeling. And, that is one thing I can say about Cornwall organizations; I DON'T have to be a "member" to participate. Thank you for that!

We have attended all but one of the New Year's Day pancake breakfasts in 17 years. We have eaten lunch every year at the annual Memorial Day Carnival since we moved here. I have baked for the Lutheran Church fundraisers. Mohawk Mountain gave our two children nine years of free skiing. The Woman's Society gives scholarships to Cornwall students. The Housatonic Valley Institute gives loans to Cornwall students. I went on a fabulous weeklong mission trip sponsored by UCC to meet and help the "original" settlers of this continent.

The inclusiveness of Cornwall organizations echoes the theme of my life that "everyone is welcome" and the Pine Ridge Lakota belief that "we are all related." Thank you to the Cornwall organizations, UCC Cornwall, and UCC Cornwall Pine Ridge Fund. —Daphne Naylor

#### CORNWALL CHURCHES WELCOME ALL

The article about the Newcomers' Tea should be revised to include the welcome extended by Mary Gates, the Episcopal priest for the Chapel of All Saints, on behalf of her fellow Cornwall clergy to all those present. She referred to the medical literature that indicates that belonging to a community can improve one's physical and mental health and she urged all to consider participating in one of Cornwall¹s churches. Our churches, St. Bridget's, St. Peter's, the UCC, and the Chapel, have played a critical role and their activities continue to enrich our community today.

—Ledlie Laughlin

always pink. In fact Herity told us the building dates to 1856 and was constructed by the same person who built the Gen. Sedgwick house in East Cornwall.

Down the road, once legal issues are settled, the former Pink House is to become home to the West Cornwall Publishing Company with retail space, writers-inresidence facilities, and other unspecified offerings (perhaps duck-pin bowling or a West Cornwall Pub with a large variety of designer beers?) Send us your thoughts.

• Brighter Lights For Christmas: Some time early this month—November 10 is the target date—a group of volunteer experts will gather on the Cornwall Bridge green to



create a bigger, better, brighter solar lighting system for the giant spruce that carries the informal title of Cornwall's Christmas tree. The project got going earlier this year when the local branch of the National Iron Bank, led by then manager Amy Reeve, began a fundraising effort that produced about \$1,200. The Board of Selectmen voted an additional \$2,000 and a grant application was made to the Cornwall Foundation for another \$500.

The work will be donated by experts in their appropriate fields: Ray Conti of Cornwall Electric; Fred Scoville of Scoville Landscaping and Tree Service and his cherry picker to hang many dozens of strings carrying possibly as many as 10,000 colored lights; and Jim LaPorta of Litchfield Hills Solar donating use of a solar-powered generator.

All this effort should make for a brighter holiday setting and, to top it all off, there's going to be a "flip the switch" tree-lighting party at 5 P.M. on Friday, November 28, sponsored by the folks at Park and Rec. Refreshments, you want to know? Of course!

— John Miller

### **Events & Announcements**

#### Art in Cornwall

At the Cornwall Library: Returning to Cornwall, an exhibition of paintings by Susan Hellmann, continues through November 22. A Stitch in Time: Contemporary Cornwall Quilters, a selection of handmade quilts, opens November 25 and continues through January 3.

At The Souterrain Gallery: CM and Mom Art continues through November 16. Corbeaux & Dark Horses, an exhibit by Danielle Mailer and Louise King, opens with a reception on Saturday, November 29, 3 to 6 P.M., and runs through January 4.

**Motherhouse Events:** Family Dance with music by Still, the Homegrown Band and teaching caller Bob Livingston, Saturday, November 1, 7 P.M. at town hall. Suggested donation: \$5/child, \$10 to \$15/adult. Call Jane Prentice for more info, 672-6101.

Old Style Life Skills Series workshop: Crafty Gifts, Saturday, November 8, 10:30 A.M. to 1:30 P.M. Simple aprons, pinecone bird feeders, ornaments, etc. Includes potluck lunch. Suggested donation: \$35/family. Contact: Debra 672-0229 or lifeskills@motherhouse.us.

**Daylight saving:** Daylight saving time ends Sunday, November 2. Time to "fall back" as we approach the winter solstice.

Get out and VOTE! Tuesday, November 4, 6 A.M. to 8 P.M., town hall.

Election Day Lunch: Tuesday, November 4, 11 A.M. to 2 P.M., UCC Parish House. Homemade soups, bread, and desserts available. Donations benefit the Cornwall Food and Fuel Bank.

PharmaCares Health Insurance Informational meeting: Thursday, November 6, 6:45 to 7:45 p.m., town hall; Saturday, November 22, 1 to 3 p.m., Cornwall Free Library, for information and assistance with enrollment. Janet Sanders and her team will be available to assist consumers with new health insurance applications, as well as open enrollment renewals.

## November's Gift?

The leaves are gone but the *Chronicle* brings you Cornwall's news month in and month out...Why not offer a small thanksgiving with an early holiday check?

Program on India: Thursday, November 6, 10 A.M., UCC Parish House. Valorie Fisher will speak to the Cornwall Woman's Society about her experience as an educator, author, and tourist in India last spring. All welcome.

Cornwall Conservation Trust Annual Meeting and Wildlife Talk: Saturday, November 8, 4 P.M., town hall. Will feature a talk by Felicia Ortner, a Con-

necticut master wildlife conservationist and bear enthusiast. Appropriate for children and adults. CCT will also announce the winners in the Bear Challenge photo contest. Email questions to: information@cornwallconservationtrust.org.

#### At the Cornwall Library

John Tauranac will discuss his book *The Empire State Building: The Making of a Landmark* Sunday, November 9, 3 P.M. Books available for signing and purchase.

Betty Krasne will present her book *Body Parts* Saturday, November 15, 4 P.M. Thomas Gruenewald will read excerpts. Books available for signing and purchase.

Pete Vermilyea, teacher and historian, will read from his book *The Hidden History of Litchfield County* on Saturday, November 22, 4 P.M. Books available for signing and purchase.

Dance Movie, *Natasha*, the Life and Work of Ballerina, *Natalia Makarova*, Wednesday, November 19, 7 p.m.

Family movie, Winnie the Pooh's Season of Giving, Friday, November 21, 7 P.M.

Thanksgiving hours: The library will close at 5 P.M. on Wednesday, November 26, the day before Thanksgiving, and it will reopen on Friday, November 28, at noon.

#### **Senior Events**

Free Blood Pressure Clinic: Monday, November 10, noon to 1 P.M., UCC Parish House. For information contact VNA Northwest, 860-567-6000 or vnanw.org.

Luncheon: Tuesday, November 11, 11:30 A.M. to 1 P.M., the Wandering Moose Café. For information, call Jane, 672-6101.

Hillstead Museum outing: Thursday, November 20, 9 A.M., UCC parking lot for bus to museum and lunch at Whole Foods. Trip sponsored by Park and Rec.

Cornwall Beginner Tai Chi: Wednesday, November 12, 6 to 7 p.m. and each week thereafter at town hall. This beginner's class is sponsored by Park and Rec. For



information contact David Colbert at 672-0064 or davidcolbert7@gmail.com.

Fair Trade Crafts Sale: Saturday, November 15, 10 A.M. to 5:30 P.M., St. Bridget Parish Hall. Crafts made by artisans in Third World countries, who are paid a fair wage for their labor, will be for sale.

#### Ecumenical Thanksgiving

Service: Sunday, November 23, 4 r.m., St. Peter's Lutheran Church. Lay people and clergy from the Chapel of All Saints (Episcopal), St. Bridget (Roman Catholic), and the UCC in Cornwall (Congregational) will share in the celebration. All welcome. Please bring food or household goods for the town's food pantry.

**Tree Lighting:** Friday, November 28, 5 P.M., the Cornwall Bridge green (intersection of routes 4 and 7). Refreshments will be served.

United Church of Christ Christmas Fair: Spaces available for Saturday, December 6, 9:30 A.M. to 3 P.M. for local craft and artisanal food vendors. Contact Marianne at mariannecthills@gmail.com

Military Holiday Greetings: Cards can be sent to your family or friends in the military from the American Legion Auxiliary, Lamson-O'Donnell Unit 46 Goshen-Cornwall. Contact Suzette L. Barker, 860-491-2422 or Jeanne Sage 860-309-7079.

# CORNWALL CHRONICLE cornwallchronicle.org

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Kevin Fisher, Illustrations Pam Longwell and Diane Beebe, Editors

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MANAGING EDITOR Ruth Epstein CALENDAR EDITOR Louise Riley calendar@cornwallchronicle.org

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