



OUR TOWN

SERVING THE VILLAGES OF BALTIC, HANOVER, AND VERSAILLES
IN THE BEAUTIFUL SHETUCKET RIVER VALLEY
Information & News for February 2013

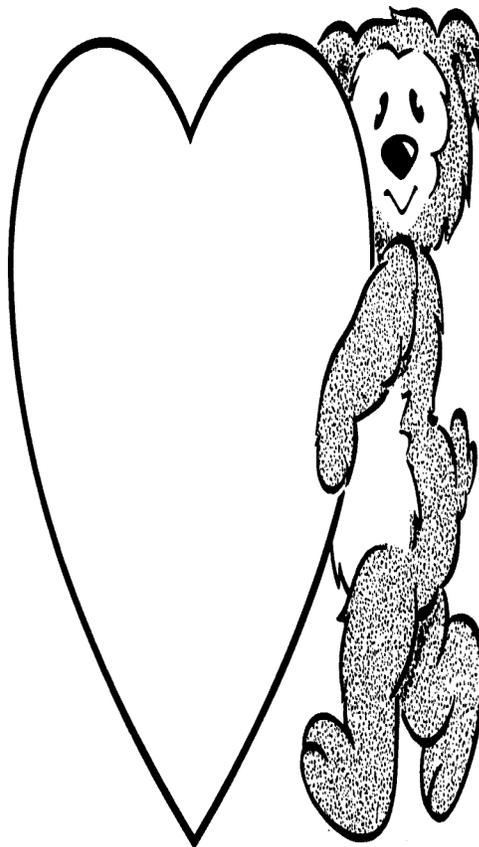
Farmer Assistance

A reminder of the Farmer's Informational gathering on March 11, 2013 at 7:00 pm at the Sprague Senior Center.

There are a number of programs available to all of us farmers (large farms and small farms) thru the local USDA office as well as the State Ag. Dept.

Come and hear Javier Cruz of the local USDA as well as a representative from the State to tell us how they can assist us.

Your Ag Team: Gerry Lachance, Stuart Woronecki, Sara Ihloff



Versailles United Methodist Church Breakfast

Join us for breakfast!

Feb 2nd from 7-10am
\$6 per person



*Pancakes ~ Eggs ~ Sausage
Home Fries ~ Coffee, Tea &
Juice*

1st Saturday of every month!



LITTLE LEAGUE SIGN-UPS

Every Saturday night at Franklin School 6-9:30.

Thank you for Volunteering:

Many thanks to the following volunteers that have helped collate the newsletter since I've become editor:
Selena Calderon, Cristian Calderon, Jasmeen

Calderon, Liana Pike, Pamela Russo, Marisol Melendez, Chelsea Bertocki

Thank you your help has been greatly appreciated. If interested in volunteer-

ing email Elizabeth @ ourtown@ctsprague.org





From the Desk of the First Selectman

Goodness gracious is it ever cold brrrrr.... I cannot wait for spring to roll on in!

We are planning for a capital project review for Sunday February 17th from 5pm -7pm. This is to go over completed projects, outline planned for upcoming projects and gather ideas for possible unthought-of projects. The review will be in the court room in the Town Hall.

We also are diligently preparing budget documents for a special Our Town edition which will be sent in March. This will have all the capital plans, salary schedules and other information pertinent to budget discussions. These documents will be put in one edition rather than squeezed in to several months of the Out Town.

A huge THANK YOU to Fusion Papermill and the wonderful local steelworkers for their generous donations to the Town's food bank, these donations help us help those who need a little something to tide them over. Please stop by the Town Hall and see Colette if you are in need of assistance.

Please be cautious of icy conditions, remember to clean your sidewalks (it is the law) and give the plow drivers room to clean your roads!

As always thanks for your support.

Cathy Osten

Winter Hike at the Preserve

Winter Tracking Hike at the Sprague Preserve
Led by a Master Wildlife Conservationist
Sponsored by Sprague Conservation Commission
Sunday February 10, 2013
Meet at the Grist Mill
11am



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Sayles School Honor Roll

Sayles School 1st Marking Period
Grade 7 High Honor Roll -

Juliette Berry, Shane Williamso

Grade 7 Honor Roll - Brianna

Dziekhan, Kaitlyn Gifford, Alyssa

Jedele, Alyssa Ricatta, George

Sechen, Jaeden Spitale, Gregory Topalis

Grade 8 High Honor Roll - Kelsey Allen-McQuade, Joseph Crowley, Skyla Politowicz

Grade 8 Honor Roll - Kiana Belton, Heather Cook, Chance Gaudreau, Keerigan Heg, Ryerson Hill, Colby

Jakan, Celina Ortiz, Shayla Peterson, Casey Semenuk, Elaire Ward, Christopher Watson



~SPRAGUE COMMUNITY CENTER~

Greetings from SCC! We have had a very busy beginning of the New Year at SCC. Our "Food Friday" food distribution program is expanding every week. Every Friday we have a truck and a van with 4 people go to United Way in New London and bring back 1000 to 1500 pounds of a variety of foods, focusing on healthy produce. There are no requirements for this program but we do ask new people to call by Thursday to register for this weekly program. There are no additional requirements to be a part of this program. Anyone who is in need is welcome---senior citizens, unemployed, or working families that are struggling to make ends meet. So if you know anyone in need please suggest this program to them---we would love to include them in our "Food Friday" program.

These are certainly challenging times for many people and even SCC is struggling to have enough money to pay their operating expenses. One of the most beautiful gestures that has happened to us at SCC is that a couple from Baltic sends a monthly donation to SCC to help with our programs and expenses. This is a beautiful "gift" of support from the community

and we are very appreciative of their kindness.

We are hopeful that we can stay open as an Outreach Ministry to serve the Sprague Community. However, our Board will be reviewing our expenses and will be making this important decision in the very near future. One way that we might be able to stay open longer is to find additional funds through local donations and possible grants. If you would like to make a contribution, please do so---we would be very grateful for your assistance.

Another way that we get additional funds is by renting out our hall for a donation of \$75.00. If you are having a bridal shower, birthday party, anniversary gathering etc., please consider renting our hall. Please call me at 860-822-6595 for additional information.

Sincerely,
 Brenda J. Keefe
 Outreach Coordinator

860-822-6595

J.N.S Computer Services

Repairs, Upgrades and Spyware
 & Virus Removal

Joseph N. Sardo ~Owner

Phone: 860-202-4337

Email: jsardo1@att.net



SAINTS LAWN CARE

*Mowing, Yard Work,
 Brush Cutting,
 Spring and Fall Clean Ups*

Mike St. Germain
 280 High Street, P.O. Box 532
 Baltic, CT 06330

Phone: 860-213-1629
 Email: michaelgermain@sbcglobal.net



Sprague Democratic Town Committee Update

At our January meeting, the DTC met and began to look forward to the upcoming spring. We expect the cold weather to come to an end soon and preparations for the municipal elections have begun.

We expect the next year to be filled with all the difficult choices we have faced head on before with a tight budget and difficult decisions for all our elected officials. If you wish to help us to address all of these upcoming concerns stop by the next DTC meeting (the first Thursday of the month).

We as always encourage people who are interested in volunteering on boards and commissions to submit an application located on the new Town website (www.ctsprague.org) and in the Town Clerk's office.

The Sprague DTC encourages residents to register to vote. Registered democrats interested in serving on Town boards or joining the DTC should contact me or DTC secretary Claire Glaude at 860-822-9111.

Please visit the Sprague DTC website @ SpragueDemocrats.org for updated information.

Catherine Osten
DTC Chair



2013 Memorial Day Parade Grand Marshal Search

The selection committee would first like to thank everyone for their submissions for last year's Grand Marshal Nominations. It's now time to send in your recommendations for this year's parade.

If you know of someone who has served in the United States military and living in the town of Sprague he or she could be nominated.

In about 300 words or less please explain why you think this



person should be this year's Grand Marshal. Include anything that you feel might help with the selection process such as special deeds, helping others, volunteering somewhere; you get the idea. Also include contact information so we may let them know of their selection. Send your letters to: Town Hall 2013 Parade Committee, P.O. Box 162, Baltic, CT 06330.

Entries need to be postmarked by

May 15, 2013. Remember, your candidate must have served in the United States military.

Representatives from American Legion Post 85, the Town of Sprague and Baltic Fire Department will look over all of the entries received and make a decision as to who will be the Grand Marshal for our 2013 Memorial Day Parade.

Good luck to all the entrants.

Concert at Grist Mill Community Center

There will be a praise and worship concert featuring local musicians and singers, at the Grist Mill Community Center- 2nd floor- 76 Main Street (Rte 97), Baltic on March 2, 2013. Doors will open at 6:30pm. Music will start at 7pm. Coffee, tea, hot chocolate, and refreshments will be provided. All are

invited and welcome, tis event is free and open to the public. It will be a great way to shake off the winter blahs and meet some new folks. Sponsored by New Creation Baptist Church.

For more information, people can contact Pastor John Gilmartin 860-208-1027



email-
NewCreationBc@charter.net

Sprague Public Library

Take your Child to the Library Day!



Saturday February 5th from 10-11AM we will have a special program for parents and children. Parents please bring your children to the library for a special story, craft and snack. Following story time parents will have time to choose a book and read to their child. This event will be happening at every public library in Connecticut on this day. Bring your child to the library and show him/her the importance of reading.

Regular Programs

The Knitting Club meets every other Saturday at 11:30AM. In February we will meet on the 2nd and the 16th and March 2nd. Come join us!

The Afternoon Delight Book Club will meet to discuss Lincoln, and It's Not That I'm Bitter Wednesday February 6th at 3:30.

The Fiction Addiction Book Club will meet on Monday February 18th at 5:30 to discuss Mr. Maybe.

Story Hour is every Thursday at 10:30AM all pre-school children are invited to attend.

Mark your calendars on February 12th At 6PM for special visit with Glenn Alan Cheney

Glenn's new book is:

How a Nation Grieves: Press Accounts of the Death of Lincoln, the Hunt for Booth, and America in Mourning

Glenn will lead a discussion about Lincoln at the library on Tuesday night at 6PM. Please join us for an interesting discussion about the *Actual Press Accounts of the death of Lincoln, the Hunt for Booth, and America in Mourning*.

It is not necessary to have read this book to join us for this discussion, but books will be available for purchase. The Library will have three books for loan, and ten books will go out on loan to other public libraries in Connecticut.



The Friends of the Sprague Public Library Are introducing a New Program at the Library

We are calling it Memory Keepers

Memory Keepers is a program for scrap-booking.

It will be the second Wednesday of each month beginning Wednesday March 13th.

The session will be:

3PM to 9PM for a cost of \$10.00 per person.

3PM to 6PM for a cost of \$5.00 per person.

6PM to 9PM for a cost of \$5.00 per person.

Some cutting supplies stickers and paper will be available for use.

There will also be raffle tickets available for prizes.

For more information please call the library at 860-822-3012

SABIA USTED? DID YOU KNOW? by Ana Lazu

SABIA USTED?

Como mantener su hogar economicamente con calefacion? Esta usted teniendo dificultad con los costos altos de calefacion? Atienda a este entrenamiento de una hora y media y escuche sobre como mantener una cuenta y aprender tecnicas de como conservar energia y mucha mas informacion. Preguntele por mas informacion a su trabajador en la oficina de TVCCA en el programa de energia.

Atienda este entrenamiento y usted automaticamente puede recibir \$200.00 de beneficio añadido a su cuenta de energia o calefacion lo que usted use para calentar su hogar. Esto es cortesia de TVCCA.

Este entrenamiento proveera tecnicas y heramientas necesarias para analizar y mantener cuentas de gastos en el hogar, habitos de gastos y tecnicas de como conservar energia que le ahoraran dinero.

*Se le proveeran detalles de el programa cuando complete este entrenamiento.

Sabia Usted? que mucho de los aparatos domesticos que tenemos en nuestros hogares aunque esten apagados todavia usan electricidad. Tambien insolacion a su casa en el calor o el frio le economiza a usted hasta 30 porciento de gasto.

Localidad y Horario:

Norwich:	New London:
TVCCA, Uncas on the Thames	TVCCA, New London Office
401 W. Thames St. Unit 201	83 Huntington St.
Norwich, CT 06360	New London, CT 06320
Tuesdays, Oct. 30th and Nov. 20th	Tuesday, Nov. 13th
10:00-11:30am	10:00-11:30am

Ana Lazu

DID YOU KNOW?

The ABC's of Home Heating affordability: Analyze, Budget, Conserve

Are you having difficulty affording rising heating and energy cost? TVCCA can help. Attend this free one and half hour workshop to hear about how budgeting skills and energy conservation techniques can strengthen your household's budget when you need it the most! Ask your Energy worker for more information. Attend this free workshop and automatically be in the running to receive an additional \$200.00 benefit towards your utility account. Courtesy of TVCCA.

This workshop will provide techniques and tools necessary to analyze and track your household expenses, spending habits, the techniques to build the strongest budget for your household, and practical energy conservation techniques that will help you save money.

*Details to be provided upon completion of the Analyze, Budget, and Conserve Workshop.

Did you know? that many of your appliances use electricity even when they are turned "off". CFL lights bulbs may cost more but last 10 times longer than regular incandescent light bulbs and, sealing and, insulating your home can reduce heating and cooling costs by as much as 30 percent.

Location and times:

Norwich:	New London:
TVCCA, Uncas on the Thames	TVCCA, New London Office
401 W. Thames Street, Unit 201	83 Huntington St.
Norwich CT 06360	New London, CT 06320
Tuesday, Oct. 30th and Nov. 20th	Tuesday, Nov. 13th
10:00-11:30am	10:00-11:30am

Ana Lazu



TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, MPH, RD.

TVCCA SENIOR COMMUNITY CAFE FEBRUARY 2013

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>TVCCA SNP UPDATES:</p> <ul style="list-style-type: none"> • <u>Save the Date! April 6, 2013</u> Fundraiser for Meals on Wheels CARNEVALE 2013 Ticket details coming soon! • Café Participants may now make Café Reservations 24 hours ahead. See Site Server 	 <p>Chicken Marsala Rice Pilaf Italian Vegetable Medley Fresh Orange</p>	 <p>Swedish Meatballs Buttered Egg Noodles Mixed Vegetables Applesauce Cup</p>	 <p>Roasted Cod w/ Tomato Garlic Relish Au Gratin Potatoes PEI Vegetable Medley Fruit Cocktail</p>	<p>Penne Pasta & Meatballs Italian Vegetable Medley Peas Pineapple Cup</p>
<p>4</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Capri Vegetable Medley Grape Juice Oatmeal Cookie</p>	<p>5</p> <p>Lazy Man's Lasagna Wax Beans Carrots Applesauce Cup</p>	<p>6</p> <p>Cod Newburg Rice Pilaf Capri Vegetable Medley Peas w/ mandarin oranges</p>	<p>7</p> <p>American Chop Suey Green Beans Carrots <i>Happy Birthday Cupcake</i> Grape Juice</p>	<p>8</p> <p>Tuscan Beef Stew Peas & Carrots Broccoli Peach Cup <u>Ethnic Celebration</u></p>
<p>11</p> <p>Presidents Day </p> <p>Senior Nutrition Office Closed</p>	<p>12</p> <p>Chicken Piccata Roasted Potatoes Mixed Vegetables Apple Juice Danish</p>	<p>13</p> <p>Ash Wednesday</p> <p>Beef Stroganoff Seasoned Rice Green Beans Fresh Orange</p>	<p>14</p> <p>Happy Valentines Day</p> <p>Maple Mustard Pork Mashed Sweet Potatoes Chuck Wagon Vegetable Medley Pineapple Cup</p>	<p>15</p> <p>Crispy Fish Cakes Mashed Potatoes Green Beans & Tomatoes Fresh Fruit</p>
<p>18</p> <p>Stuffed Chicken w/ Broccoli & Cheese Seasoned Rice Stewed Tomatoes Fresh Fruit</p>	<p>19</p> <p>Baked Ham Sweet Potatoes PEI Vegetable Medley Fruit Cocktail</p>	<p>20</p> <p>Chicken Florentine Au Gratin Potatoes Stewed Tomatoes Cranberry Juice Chocolate Chip Cookie</p>	<p>21</p> <p>Baked Ziti w/ Sweet Chicken Sausage Peas Italian Vegetable Medley Applesauce Cup</p>	<p>22</p> <p>Eggplant Rolette Penne pasta w/ Marinara Capri Vegetable Medley Peas w/ mandarin oranges</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>INCLEMENT CLOSINGS In the event of an inclement weather program closing... Closing announcements will be made on all local radio stations and listed on channel 3 WFSB.</p>

1% milk and whole grain bread are served with each meal. Menu is subject to change with out notice.



BUS SCHEDULE FROM SPRAGUE TO OCCUM

<u>Points of Departure to Occum</u>	<u>Time</u>		
Shetucket Village	7:45am	9:45am	11:45am
Playground Brookside & High Street	7:48am	9:48am	11:48am
TJ's Parking Lot	7:50am	9:50am	11:50am
Arrive Occum- SEAT Connection Site Red McKeon Park, Hooper St. & Rte. 97	8:10am	10:10am	12:10am

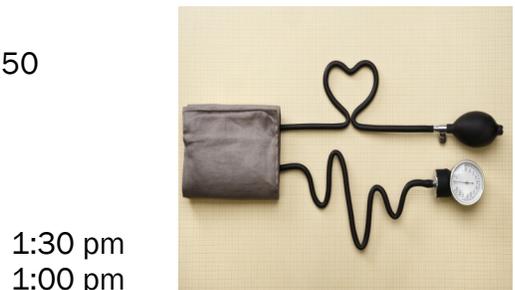
<u>Points of Departure to Sprague</u>	<u>Time</u>		
Red McKeon Park, Hooper St. & Rte. 97 (stop as needed for return trip)	8:15am	10:15am	12:15pm
Express Return to Senior Center	2:15pm		

Times are approximate and may vary several minutes earlier or later. Service runs Monday through Thursday except for holidays. For more information call Buddy Meadows, Sprague Senior Center Coordinator at 860-822-3000 ext. 203. *The Sprague to Occum Bus is a courtesy of the Town of Sprague and the Sprague Senior Center. For seat schedule visit www.seatbus.com.*

Winter Weather Schedule: The bus will follow the school closure schedule during the winter. Watch early morning television on Channel 3, 8 or 30 for closures.

VNA East

34 LEDGEBROOK DRIVE, MANSFIELD CENTER, CT 06250
PH: 860-456-7288 FAX: 860-456-4267



VNA East will hold the following clinics:

Blood Pressure Screenings:

Tues	Feb	19	Lebanon Senior Center	12:30 – 1:30 pm
Wed	Feb	20	Scotland Town Hall	12:30 – 1:00 pm
Tues	Feb	26	Franklin Senior Center	10:30 – 11:30 am
Tues	Feb	26	Sprague Town Hall	11:45 – 12:45 pm

Adult Health Screenings

Includes blood pressure, cholesterol, blood glucose, earwax, and foot care. Blood pressure screening is free; other services have a nominal charge. Call (860) 456-7288 for appointments, costs, and information on other services. Clinics will be held at the following locations:

Tues	Feb	19	Franklin Senior Center	8:30 am – 11:30 am
Tues	Feb	19	Sprague Senior Center	12:00 pm – 2:30 pm



February

2013

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2 Breakfast 6:30am-10am Versailles Methodist Church
3	4 Inland Wetlands 7 pm, Town Hall Zoning Board of Appeals, 7 pm Town Hall	5 American Legion 7 pm, Rod & Gun	6 BOE, 7 pm Sayles School Knights of Columbus 7 pm, Fire House P&Z Comm. 7 pm Town Hall	7	8	9
10	11 Agriculture Comm., 7 pm, Town Hall Conservation Comm. Mtg., 7 pm, Town Hall	12 Library Bd. Mtg. 6:30 pm, Grist Mill Lincoln's Birthday	13 Board of Selectmen 5:00 pm, Town Hall	14 	15	16
17	18 Presidents' Day	19	20 Water & Sewer Auth., 4 pm, Town Hall	21 Board of Finance 7 pm, Town Hall	22 Washington's Birthday	23
24	25	26 Historical Society 6:30 pm, Grist Mill	27	28 Regional Animal Control Mtg. 10:30 am Franklin Town Hall Recreation Comm. 7 pm, Town Hall		



Our Town

Your Sprague Newsletter
P.O. Box 677
Baltic, Connecticut 06330

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Note from the Editor: Elizabeth Calderon

Deadline for Our Town submissions is the 15th of each month. Submissions will be no more than 200 words and may be e-mailed to OurTown@ctsprague.org. No series will be accepted. Longer articles may be submitted and used based on room at the Editor's discretion. The focus of Our Town is community events, articles, commission notes and other items of town-wide interest. Annual budget considerations may affect page appropriations. Ads have no restriction on word limit and must be pre-purchased at rates of: **Business Card \$21; Double Business Card \$40; Half Page \$70; Full Page \$100- - Purchase 11 months and receive the 12th month free.** Sprague~ Our Town is a free monthly publication of the Town of Sprague, serving the communities of Baltic, Hanover & Versailles. Primarily funded by the Town, support is also provided by paid advertisements. Opinions expressed in Sprague~ Our Town are not necessarily those of town officials or the community at large, but solely reflect those of the writer. Submissions may be edited for clarity and formatted as necessary. Libelous or obscene materials are not permitted.

