



OUR TOWN



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

SAINTS LAWN CARE



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

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

Backus Healthy Communities

Saturday, July 13 | 6 to 8:30 p.m.

“All About Safety” at the River Park Music Night on the Backus Care Van. Fire and lead safety education. The first 15 people to visit will receive a **FREE smoke detector**. Families of children between the ages of one and six-years-old will receive a **FREE \$10 gift card** when children have a free lead poisoning blood test. **Snacks will be provided.**

J.N.S Computer Services

Repairs, Upgrades and Spyware & Virus Removal

Joseph N. Sardo ~Owner
Phone: 860-202-4337
Email: jsardol@att.net



Thank you for Volunteering:

Many thanks to the following volunteers that have helped collate the newsletter since I've become editor: Diane Fraiter, Selena Calderon, Cristian Calderon, Jasmine Calderon, Liana Pike, Pamela Russo, Marisol Melendez, Chelsea Bertock, Luke Piegari,

Maria Piegari
Thank you your help has been greatly appreciated. If interested in volunteering email Elizabeth @ our-town@ctsprague.org



Baltic Family Fest

Grace Fellowship Church of Baltic is sponsoring 'Baltic Family Fest' on **Saturday, July 27**. This event will be held at River Park from 1pm-5pm. There will be live music, a 'bounce house' for the kids, face painting, and much more. Come on down, have some fun with your neighbors, meet some new friends, and enjoy the afternoon! For more information, please contact John Gilmartin, pastor of GFCB, at [860-208-1027](tel:860-208-1027)

From the Desk of the First Selectman

From the Desk of the First Selectman

I am so happy that summer is here; I so enjoy warm days and equally warm nights. The Town meeting anticipated for June will be held (early July) to discuss and act on the bonding resolutions on Capital projects approved by the Board of Finance and several other issues.

Please stop by the River Park and join us for the outside movies, the summer concerts and the river runs. This area boasts an Eagle Scout project done by our own Austin Deschamps and is it ever beautiful! There is a stage, bench, defined planting beds, and a fire pit. Thanks Austin!

We have worked our way around Town to fill any potholes if we missed a pothole please call us and let us know. In addition the sweeping regiment is completed; roadside mowing will continue all summer.

Please accept our apologies for any inconvenience both in road travel and visits to the Town Hall. We are working to complete the large sewer projects (at pump station 1 and the sewer lines) with a target date of the end of July. We are also upgrading the bathrooms in the Town Hall making them ADA accessible; this should also be completed by the end of July. We continue to look for volunteers to help us replace the Little League concession stand. To volunteer call the First Selectman's office and leave your name with Barbara or I.

Several other projects are anticipated to start soon and they include the completion of the work on the Sayles School security upgrades, Grist Mill, Town Garage, the Fire Department, and the Shetucket Village. These renovations will complete all major work on our Town Buildings.

As always thanks for your support

Cathy Osten
First Selectman

Sprague Democratic Town Committee Update

At our June meeting, the DTC met and discussed the upcoming month's events.

We discussed helping the FoSRV and the Conservation Commission on supporting upcoming preservation of 2 parcels of open space one in the Town and one contiguous to the Land Preserve. We are very excited about both of these properties!

We ask you to stay tuned as we will be announcing our candidates for the November election in July. We also 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 new residents to register to vote. Registered voters 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**

RTC Column

I would like to take this opportunity to congratulate the students from Sayles School and Saint Josephs who participated and won the Sprague RTC “Government and the Constitution” awards. Congratulations to Ms. Maria Balderacchi and Mr. Joe Crowley, their entries can be read in their entirety on the spragueforward.com website. This award was created in the hope of getting our young people to take a more active interest in government and the role it plays in their life as well as encouraging them to be part of the process.

I’d like to also thank all those who participated—and especially those who voted “NO”—in the recent budget referendum. The RTC opposed this budget, which we felt contained many false savings and unsupported analysis for the major personnel, and policy changes it contained, changes we predict will negatively affect town services next year.

Finally I would like to announce the SRTC 2nd Annual BBQ which will be held on June 29th, for tickets and information please go to our website or you can contact me personally at asmith7258@aol.com. We will also be holding a pig-roast in August; more information on this event will be made available on the spragueforward.com site in the coming days.

Have a safe and happy summer.

Michael W. Smith



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SPRAGUE SCHOOL DISTRICT

Baltic – Hanover – Versailles

Kindergarten (Full-day) Registration

Please come in or call to receive a kindergarten registration packet

Sayles School

25 Scotland Road

Baltic, CT 06330

822-8264

Sayles School is currently conducting kindergarten registration for the 2013-2014 school year. Parents of children who will be five years old by January 1, 2014 must provide *birth certificates, social security numbers and a record of all state mandated immunizations along with a current physical. Parents also need to provide three proofs of residency showing the street address.*

It is important that all students planning to attend full-day kindergarten during the 2013-2014 school year be registered as soon as possible.

Please call

822-8264 Ext. 100 for a **registration packet** or if you have any questions.

Ride the Shetucket River

The Town of Sprague in conjunction with First Light Power Resources will resume the wildly popular Ride the Shetucket events for 2013.

Once monthly during the warm weather season a scheduled water release from Scotland Dam will take place allowing a water level high enough to paddle or tube from below Scotland Dam to River Park in Baltic.

The Town of Sprague will provide a free shuttle from River Park and the Scotland Dam.

Water release is scheduled for approximately 10:00 am on the days of the event. Participants can put in any time between 10:00 and 12:00. You can ride the river as many times as water level allows. The ride is 4 miles long and takes approximately 1-2 hours depending on water volume.

Dates for 2013 are: July 27th, August 31st, September 28th, and October 12th.

Since Ride the Shetucket is weather sensitive even, check the Town website on the Thursday prior to the event for any cancellation postings.

Paddlers need to have PFD's and a distress whistle. www.ctsprague.org

Additionally, this year, a full moon night paddle is scheduled for October 18th as part of the Last Green Valley Walktober series. Please consult the LGV Brochure and the Sprague website for details as they become available.

SEE YOU THERE



BALTIC FIRE DEPARTMENT LADIES AUXILIARY

Members met at the Baltic Firehouse on Tuesday, June 11 for their regular meeting.

Copies of the current by-laws were distributed and members will be reviewing to see if any changes need to be made at this time.

The annual Holly Jolly Bazaar was discussed. This event is scheduled for **Saturday, November 30, 2013, from 9 am to 3 pm.**

We will again have tables available for rental for crafters. The cost is \$25.00 for an 8 foot table which we supply. If you are interested or know anyone that is interested and not on our mailing list, please call me at 860-822-8331 and leave your name, address and phone number. The letters for table rentals will be mailed in early September.

Members will be getting together during the summer months to work on craft items for our table at the Holly Jolly Bazaar.

Our next regular meeting is scheduled for Tuesday, September 10, 2013 at 7 pm at the firehouse.

Please remember that anyone interested in joining the Auxiliary is welcome. We are always looking for new members and new ideas for fundraising. You need not be a Sprague resident or have a spouse or family member in the Fire Department to join the Auxiliary.

Jeannette Deschamps ~ Secretary



American Legion Post 85

6/4/13

The meeting opened at 7:03 p.m. 5 of the 7 officers were present. 10 members present. The May 7th minutes were read and accepted. It was reported that six new members had joined. The names will be posted in September. The Financial Officer reported that \$1,521.05 was in the treasury.

There was some discussion as to the date for next year's parade. The Jr. Vice Commander complimented all those who assisted in placing flags on the veteran's graves.

The Sergeant at Arms notified the post that the spaghetti and meatball dinner will be held in the fall. The Duck Race will be rescheduled this summer. Options are the upcoming July 3-6 Carnival or the October 6th Village Festival.

A poker run is being planned for July 27th. Flyers and information will be out in mid-June. The run will be to raise money for the war memorial statue.

The Post held elections

Commander – Don Bastien

Sr. Vice Commander – Fred Zinavage

Jr. Vice Commander – Tim Brodeur

Adjutant – Chris Meuller

Financial Officer – Cathy Osten

Chaplain candidate – Joe Osowski

Sergeant at Arms – Andy Trudelle

The next meeting will be held at the Rod and Gun Club on September 3rd at 7:00 p.m. The meeting ended with the Pledge of Allegiance and a salute to the Colors. The outgoing Commander said a prayer. The meeting closed at 7:55 p.m.

Respectfully submitted, Tom Coletti ~ Outgoing Jr. vice Commander

Versailles United Methodist Church

Breakfast

Join us for breakfast!

July 6th from 6:30-10am
\$6 per person



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

1st Saturday of every
month!

Sprague Garden Club

The garden club does not have meetings during the summer months. Our first monthly meeting of our new year is Wednesday, September 4.

We are working on renovating the fire escape garden at the Grist Mill. The overgrown perennials have been removed and homes found for them. Astilbes, peonies, spring flowering bulbs and daylilies will replace them along with a Korean Allspice Viburnum bush.

If you haven't had a chance to check out the gardens at the Grist Mill, please take time to visit. The town has provided picnic tables and grills behind the building and have removed all the brush along the riverbank. It looks great.

Club members were invited to watch the planting of an herb garden at the LaChance home. Herbalist Cathy Dodge took time to meet with the members to discuss the benefits of using herbs as an alternative to prescription drugs. Thank you to Mrs. LaChance and Cathy for an enjoyable afternoon.

We haven't had our plant sale as I write this. We always enjoy the day and it is fun to visit with everyone who stops by.

Have a wonderful summer.

Gallimore - Jeckel-O'Toole

Ms. Holly Christine Jeckel-O'Toole and Mr. Timothy Wayne Gallimore were united in marriage on June 1, 2013. After journeying through this life for 50 years, fate and faith were kind enough to give two wandering spirits a perfect soulmate and the answer to their prayers.

The ceremony took place at the Hanover Congregational Church with the Rev. Robert Morris presiding. The maid of honor was Ms. Kelle O'Toole, daughter of the bride, with Ms. Lauren Gallimore, daughter of the groom, as bridesmaid. Best man was Lee "Cracka" Gunderson with Mr. Sean O'Toole, son of the bride, as groomsman. Flower 'girl' was Tinkerbell, beloved dog of the bride. Reception, dinner and after party followed with family and friends at the Sprague Rod and Gun Club in Baltic.

Holly is a licensed and certified cosmetologist, member of The American Board of Certified Hair Colorists, and is co-owner of Beyond the Mirror salon in Ledyard. Tim is Project Manager for Mattern Construction, Inc. in Baltic.

Mr. and Mrs. Gallimore took a week long get-away in New Hampshire and Maine, and will take another in the Adirondacks this summer. They are planning to honeymoon in the Gulf states this winter.

Holly and Tim have lived and worked in southeast Connecticut their entire lives and reside in Sprague.



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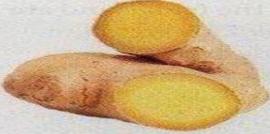
STEM EXPLORATION

Looking for a fun and educational summer camp for your child? Check out the Science and Technology Magnet School weekly summer camps. Camp offerings include Biomedical, 3D Animation and Math Mania. Camps are for students entering grades 6, 7, or 8 in the fall of 2013. For more information, please visit www.nlstmhs.org or call [860.437.6496](tel:860.437.6496).

Thanks
Barbara Richardson Crouch

Looking to eat healthier this summer ? Try using these:

Six Super Spices
A couple of sprinkles a day can keep the doctor away.

 <p>DRIED RED PEPPER The compound capsaicin puts the heat in chiles. It may lower the risk of skin and colon cancers; studies show it also helps people eat fewer calories. Try hot pepper on pizza or in pasta.</p>	 <p>NUTMEG Contains antibacterial compounds that may help fight listeria, <i>E. coli</i> and salmonella, according to research. Try nutmeg in soups or chicken dishes or on sweet potatoes.</p>	 <p>CUMIN A potent anti-inflammatory and antioxidant that may help stop tumor growth. Try cumin in tacos, or use it as a rub on meats.</p>
 <p>TURMERIC Contains an active component called curcumin, which may stop cancer from spreading and help prevent type 2 diabetes. Try turmeric in soups, stews or curry dishes.</p>	 <p>CINNAMON Just ¼ to ½ teaspoon daily lowers blood sugar, LDL (bad) cholesterol and triglycerides in people with type 2 diabetes. Try cinnamon sprinkled on oatmeal or applesauce.</p>	 <p>GINGER Can stop nausea and may also relieve heartburn and bloating. Try adding a few slices of fresh ginger to stir-fries or salad dressings.</p>

drabdulsamad.com

The Salvation Army

Upper New London County Service Unit

Dennison Allen Town of Sprague Representative to the Upper New London County Unit

I want to thank those who have donated checks to the Upper New London County Service Unit. If you would like to donate to support the food bank efforts, you can send checks to: The Upper New London County Service Unit, PO Box 304, Versailles, CT 06383. 90% of the donations are kept in here to feed families in need. Thank you, your donations provide community action. If you need food, call Town Hall and speak to Colette.

Have you as a family made a plan what you would do if we had another bad storm or storms this year. Do you have a 72 hour emergency kit? Have you, as a family, met and discussed your evacuation plan in case of an emergency? Who will take what with them, etc... Do you have important papers in a safe place?

May the Lord bless you during this summer!



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.



EARTH MARKET

The Earth Market was successful for its first year. Local maple syrup produced by the Howard Sprague's Sugar Shack, Bushnell Hollow Road was sold. They introduced us to an interesting recipe for maple syrup salad dressing (Balsamic vinegar, olive oil and maple syrup) Delicious!! Also winners of the Recycled Animal ART SHOW were: Grown up category, Bruce Piekarski (Bottle Fish) and children's category, Sierra Gauvin/ Colin Michell (caged birds).

Cover the Heap

In recent years, the Agricultural landscape in Eastern Connecticut has seen an increase in the number of small farms. The Federal Government has numerous programs that provide assistance to larger commercial farm operations, but the small hobby farms often do not qualify for this assistance. But just like the large commercial farms, small farms can reduce the likelihood of contamination of nearby brooks and ponds from animal manure when they know the most effective methods or receive funding assistance to implement on-farm improvements. In 2013, the Eastern Connecticut conservation District will begin a project that focuses on assisting horse farms in New London and Windham counties with manure management. An unmanaged manure pile can cause water pollution by exporting nutrients and fecal bacteria. Generation over 50 lbs. of manure per animal daily, the livestock on small farms have a considerable impact on water quality. The types of activities ECCD can assist with include improved manure storage practices, erosion control, and storm water management.

An example of basic manure management is that manure should not be spread on fields when the fields are flooded, frozen, snow-covered, or when the soil is saturated (typically November through March). During this time period, manure must be stockpiled until weather conditions are favorable for manure spreading. However, when rain pours down on an exposed pile of manure, nitrogen, phosphorus, and bacteria can be washed away and end up in the nearest brook or pond. Acid resistant tarps are an acceptable method for diverting clean water away from manure piles, and thus provide a simple, cost-effective improvement for manure storage on farms with small numbers of horses. (Good Horse Keeping, 2011) ECCD will be providing acid resistant tarps at a reduced price to qualified farm owners to cover manure stockpiles.

If you would like more information, or help with implementing best management practices on your small farm, Please contact the Eastern Connecticut Conservation District at 860-887-4163 x 403.



Volunteer Needed

The *Sprague Library Board has a vacancy for an alternate member position.* If you are interested please contact Sally Exley at [860-822-9005](tel:860-822-9005) or come to a meeting on the 2nd Tuesday of each month at 6:30 pm at the library with a letter of consideration.

2013 St. Mary's Rummage Sale

RUMMAGE SALE



27th Annual Rummage Sale

St. Mary's Church located at 70 West Main St. in Baltic is seeking donations for its annual rummage sale. Donations of furniture, household items, clothing etc. will be gratefully accepted through July 22nd. Please call St. Mary's Rectory at (860) 822-6378 to arrange for pick-up of larger items.

Dates and Times

- | | |
|--------------------|---|
| Thursday, July 25 | 5PM to 8PM, Early Bird Shopping, \$10 Admission |
| Friday, July 26 | 9AM to 7:30PM, Free Admission |
| Saturday, July 27 | 9AM to 2PM, Free Admission |
| Friday, August 2 | 10AM to 4PM, Free Admission |
| Saturday, August 3 | 9AM to 2PM, Free Admission |

Sprague Public Library Newsletter July 2013

The Connecticut Authors Trail

The Connecticut Authors Trail consists of a consortium of Eastern Connecticut Libraries who are constantly amazed at the variety of genres and diverse styles of writing among the authors who live in or are associated with the Nutmeg State. Beginning July 9, 2013 at 6:30 pm in Franklin and ending September 19, 2013 at the Mohegan Sun, local authors will showcase their books and share their stories.

Passports are available *free* at participating libraries throughout the summer as a guide to the author events. Have your passport stamped at each author event for a chance to qualify for an exclusive pre-program Meet & Greet in the Cabaret Theatre at the Mohegan Sun on Thursday, September 19, 2013 at 6:00 pm.

Join us on the trail!



Thursday July 18 at 6:30PM meet author Stan Munslow and discuss his book "Getting Good Getting Great What the Best Players Know".



Tuesday August 6 at 6:30 PM meet author S.L. Hudson who will discuss her book "Duly Noted".



Sprague Public Library Summer Events for Children and Families



Monday July 8

- Steve Taylor Puppet Show Reluctant Marionette 1PM
 - Upstairs in the Grist Mill

Monday July 29

- Bryan Lizotte Comedy Magic 1PM
 - Upstairs in the Grist Mill

Monday August 5

- Amazing Andy Juggling 1PM
 - Upstairs in the Grist Mill

Wednesday August 21

- Summer Reading Finale 12PM
 - Upstairs in the Grist Mill

Special Hours

Sprague Public Library will open from 1PM to 6 PM on Monday July 9, Monday 29, and August 5.

**** Please note that we will be closed Thursday July 4th for Independence Day****

Branching Out.....Notes from the Tree Warden

SAVE THE DATE!!! The town has received another grant to plant trees at the Baltic Reservoir and we will need lots of help to get the most for our money! Details are still being worked out, but as of now September 14 is the target date to plant 150 to 200 conservation pine trees on the northeast side of the reservoir. We will need as many volunteers as possible to get this large job done, so please set the date aside as a day to hug a tree, work the earth and contribute to town efforts toward putting the reservoir back in service as the town's water supply. The area should be cleared and the holes dug, but we will need help setting the trees in place and replacing the dirt.

As many of you may know, the large dam has already been replaced. Several studies need to be completed before the side dam can be done – probably a few years (and grants) before completion. We are replanting the pine 'forest' around the reservoir to comply with EPA/DEEP requirements to have a pine 'leaf screen' surrounding a public water supply. The pines will help prevent leaves from blowing into the water which turns the water dark in color and creates a lot of the 'muck' at the bottom. About 2400 seedlings and 60, 4-6 foot pines have been planted in the last 4 years and about two-thirds of the perimeter has been replanted. The ball and burlap, 3-4 foot white pines scheduled on September 14 will give us a good section of trees with a five to six year 'jump' over seedlings. Please contact me, the Conservation Commission or the First Selectman if you, your organization or youth group can pitch in to help with this project. Getting the trees planted by volunteers means most of the grant money can be spent for trees.

Just a reminder about attaching signs to public trees or light poles. I enforce the State statute that prohibits putting signs of any kind up in the town right-of-ways (yes, there IS such a law) and take down any signs I find nailed/tacked/stapled to public trees or poles. I have a few wire frames to go in the ground that can be borrowed for folks that can't find any stakes for their signs. Please help me keep Sprague looking good. Thanks.

Dave Gustafson ~ Sprague Tree Warden



FREE MULCH AVAILABLE

AT THE TRANSFER STATION
YOUR BRUSH AND SCCRRA'S TUB GRINDER
WORKING TOGETHER ALLOW US TO PRO-
VIDE THIS PRODUCT

AVAILABLE DURING REGULAR HOURS
HAPPY GARDENING!

The SCCRRA's tub grinder will be grinding
the brush in July ready your equipment to
pick up fresh mulch.

Tax Collector's Office

The first installment of Real Estate and Personal Property taxes will become due and payable on July 1, 2013. Motor Vehicle tax bills will also become due and payable on July 1, 2013. You will have the entire month of July to pay your taxes. Taxes unpaid as of August 1, 2013 will become delinquent and will be subject to 3% interest, from then on additional interest of 1 ½% per month (18% annually) will be charged. Minimum interest is \$2.00. Please make checks payable to Town of Sprague. You may pay all bills – Real Estate, Personal Property, and Motor Vehicles with one check. If you pay by mail and would like a receipt, please mail entire tax bill and a self-addressed, stamped envelope with your payment. Taxpayers needing an immediate clearance for the registration of a delinquent motor vehicle must pay by cash, money order, or certified check.

If you have any questions regarding your tax bill, you may call the tax collector at 822-3000, ext. 224. Any questions regarding address changes, assessments, exemptions, or your correct tax town should be directed to the Assessor at 822-3000, ext. 222.

Mary B. Chartier, CCMC ~ Tax Collector

Tax Collector's Hours

Mondays 8:00 am – 12:00 noon
Wednesdays 2:00 pm – 5:30 pm
Thursdays: 8:00 am – 12:00 noon



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 COMMUNITY CAFE JULY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Salisbury Steak w/ gravy Macaroni & Cheese Stewed Tomatoes Peach Cup</p>	<p>2 Chicken Marsala Rice Pilaf Green Beans & diced red peppers Pineapple Cup</p>	<p>3 Maple Mustard Glazed Ham Mashed Sweet Potatoes Mixed Vegetables Fruit Cocktail</p>	<p>4  Independence Day Program Closed</p>	<p>5 Program Closed</p>
<p>8 Chicken Cacciatore w/ peppers & onions Rice Pilaf Italian Vegetable Medley Pineapple Cup</p>	<p>9 Beef Stroganoff Buttered Noodles Mixed Vegetables or Egg Salad Plate Fresh Orange</p>	<p>10 Eggplant Rolette Penne w/ Marinara Capri Vegetable Medley Pears w/ Mandarin Oranges</p>	<p>11 Cod Florentine Seasoned Rice Peas & Carrots Applesauce Cup</p>	<p>12 Braised Pork Loyn w/ gravy Mashed Sweet Potatoes Bean Medley or Greek Salad Plate Cupcake & Grape Juice Birthday Celebration</p>
<p>15 Swedish Meatballs Buttered Noodles Peas & Carrots Fresh Orange</p>	<p>16 Cod Newburg Mashed Potatoes Italian Vegetable Medley or Tuna Salad Plate Pears w/ Mandarin Oranges</p>	<p>17 Spanish Beef Stew Seasoned Rice Green Beans Sugar Cookie & Orange Juice Ethnic Celebration</p>	<p>18 Chicken Piccata Scalloped Potatoes Mixed Vegetables Pineapple Cup</p>	<p>19 Cheese Ravioli w/ Marinara Broccoli & Carrots or Chicken Caesar Salad Fruit Cocktail</p>
<p>22 Chicken Florentine Mashed Potatoes Mixed Vegetables Pears w/ Mandarin Oranges</p>	<p>23 Baked Ziti w/ Sweet Chicken Sausage Peas & Carrots or Greek Salad Plate Grape Juice Oatmeal Cookie</p>	<p>24 Baked Cod w/ Tomato Garlic Compote Mashed Potatoes Bean Medley Pineapple Cup</p>	<p>25 Maple Mustard Pork Loyn Sweet Potatoes Capri Vegetable Medley Peach Cup</p>	<p>26 Meat Loaf w/ Gravy Scalloped Potatoes Green Beans & Diced Peppers or Egg Salad Plate Fresh Fruit</p>
<p>29 Western Omelet Roasted Potatoes Chuck Wagon Vegetables Apple Juice Danish</p>	<p>30 Sloppy Joes w/ Bun Buttered Noodles Bean Medley or Chicken Caesar Salad Applesauce Cup</p>	<p>31 Stuffed Chicken w/ Broccoli & Cheese Rice Pilaf Stewed Tomatoes Fresh Fruit</p>	<p> 1% milk and whole grain bread are served with each meal. Menu is subject to change with out notice.</p>	<p>SALAD CHOICE MEAL Every Tuesday & Friday  Suggested Donation for Salad Meals \$ 4.00</p>



The CARNIVAL is again coming to Sprague

July 3rd, 4th, 5th, and 6th

To be held at the BLANCHETTE FIELDS

SPONSORED BY THE NORWICH VFW

**OUTSIDE MOVIES
will be held at the
RIVER PARK**

Start Time 8:00PM

July 26, 2013

August 23, 2013

October 4, 2013

**Come join us this summer on se-
lect Friday Nights**

**PROVIDED BY THE RECREATION
COMMITTEE**

RIVER PARK MUSIC NIGHTS



SPONSORED BY THE MOHEGAN SUN

Come Join Us For A Relaxing Night By The
Beautiful Shetucket River for Family Fun

**Saturday Nights 6:00pm -
8:30pm**

June 22 nd	Silver Hammer
June 29 th	Ask Your Father
July 6 th	The Two of Us
July 13 th	Elm Street Project
July 20 th	Silver Hammer
July 27 th	Family Fest – New Crea- tion Baptist Church
August 3 rd	Elm Street Project
August 10 th	Piekarski Sing A Long
August 17 th	Outreach & 2 nd Step
Players	
August 24 th	Outreach & 2 nd Step
Players	
August 31 st	Glenn Hansen Band
September 7 th	New Creation Baptist

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The Business of Being You

With the Mary Kay opportunity, you can tailor your business to your needs, lifestyle and your natural talents. And you can simply incorporate your new business into your everyday routine. For example, talking about your favorite Mary Kay® products with other moms after school could kick-start sales!

The Business of Being You

With the Mary Kay opportunity, you have the freedom to tailor your business to your needs, your lifestyle and your natural talents. And you can simply incorporate your new business into your everyday life. For example, plan a makeover party with the girls and kick-start sales!



Be your own success story.

You want to do it all. Because you're a supermom, you want to have the freedom to be there for your family *and* provide the little extras that bring them joy. **The Mary Kay opportunity is for you!**

Be Your Own Boss.

With a Mary Kay business, you **advance at your own pace.**

It's a business on your terms, using your skills to help you **reach the goals** that are important to you!

A Company With Heart



From the earth-kind efforts of Pink Doing Green® to the worldwide support of women and children through the *Beauty That Counts*® program, Mary Kay is dedicated to enriching women's lives.

Start Something Beautiful – Your Own Business For Just \$100!*

The stylish Mary Kay® Starter Kit Bag is packed with everything you need to hit the ground running: retail-sized products to demonstrate with friends at parties, samplers to share with potential customers and sales tools to help you start earning money right away!

*Plus shipping, handling and tax

Contact me to find out more!

Elizabeth Calderon
860-204-6286

<http://www.marykay.com/ecalderon1>

S.P.A.R.C.

SPRAGUE PARK & RECREATION COMMITTEE

SUMMER RECREATION PROGRAM

WHEN: Monday, JULY 8th- Thursday, AUG 1st

9AM-2PM

WHERE: St. Micheals Center

COST: \$80 PER CHILD (TOWN RESIDENTS-FAMILY CAP \$160)

\$100 PER CHILD (NON-RESIDENTS- FAMILY CAP \$200)

SPORTS, GAMES , ARTS & CRAFTS

AGES 5-14

BRING WATER BOTTLES & LUNCH

ALL CHILDREN MUST WEAR SNEAKERS

PUT SUNSCREEN ON YOUR CHILD BEFORE THEY COME AS WE WILL BE OUT-
DOORS

ALL MEDICAL FORMS AND REGISTRATIONS AND PAYMENT MUST BE TURNED
IN BY JUNE 27th, 2013

IF YOUR CHILD NEEDS AN INHALER OR TAKES MEDICINE THEY MUST BRING IT
WITH THEM AND BE ABLE TO TAKE IT ON THEIR OWN

REGISTRATION & MEDICAL FORMS AVAILABLE AT TOWN HALL AND ONLINE

*(GRANTS AVAILABLE FOR THOSE IN NEED)

CONTACT ELIZABETH CALDERON @860-204-6286 or the

SELECTMAN'S OFFICE @ 860-822-3000 FOR DETAILS

S.P.A.R.C.

SPRAGUE PARK & RECREATION COMMITTEE

SUMMER RECREATION PROGRAM

WHEN: MONDAY, JULY 8th - THURSDAY, AUG 1st
9AM-2PM

WHERE: To Be Determined

Child's Name _____ AGE _____
Address _____
Parent's Name(s) _____
Phone Number (Home): _____ (Cell): _____
Email Address _____

Name of Emergency Contact 1: _____
Phone _____ Cell _____

Name of Emergency Contact 2: _____
Phone _____ Cell _____

Medical Information:

Please list any allergies, medical conditions, concerns, and/or medication taken on a regular basis:

Child's Physician: _____ Phone: _____
Medical Insurance Co. _____ Policy Number _____

Camp Info:

My child will be (circle one):

Picked up by: (name) _____ -OR- Will walk home

****Children must be picked up promptly at 2pm.**

*****Any child that is disruptive to the program will be asked to leave.**

Reminders:

AGES 5-14

BRING WATER BOTTLES & LUNCH

ALL CHILDREN MUST WEAR SNEAKERS

PUT SUNSCREEN ON YOUR CHILD BEFORE THEY COME AS WE WILL BE OUTDOORS

ALL WAIVER AND REGISTRATION FORMS AND CAMP PAYMENT MUST BE TURNED IN BY JUNE 27th, 2013

CARE OF TREASURER SPRAGUE TOWN HALL, 1 MAIN STREET, BALTIC, CT 06330

IF YOUR CHILD NEEDS AN INHALER OR TAKES MEDICINE THEY MUST BRING IT WITH THEM AND BE ABLE TO TAKE IT ON THEIR OWN

July



2013

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 Inland Wetlands 7pm, Town Hall Zoning Board of Appeals, 7pm Town Hall	2	3 Knights of Columbus 7pm, Fire Hse. P&Z Comm. 7pm, Town Hall	4  Independence Day	5	6 Breakfast 6:30am-10am Versailles Methodist Church River Park Music The Two of Us 6:00 pm - 8:30 pm
7	8 Conservation Comm. Mtg., 7pm, Town Hall	9 Comm. on Aging 2:00 pm, Town Hall Library Bd Mtg 6:30pm Grist Mill	10 Selectmen Mtg 5pm, Town Hall Brd of Ed 7pm, Sayles	11	12	13 River Park Music Elm Street Project 6:00 pm - 8:30 pm
14	15 Deadline for all OUR TOWN submissions	16	17 Water & Sewer Auth., 4pm, Town Hall	18 Board of Finance, 7pm Town Hall	19	20 River Park Music Silver Hammer 6:00 pm - 8:30 pm
21	22	23	24	25 Reg. Animal Control Mtg 10:30 am Franklin Town Hall Rec. Comm. 7pm, Town Hall	26	27 Ride the Shetucket, 10am River Park River Park Music Family Fest - New Creation Baptist 6:00 pm - 8:30 pm
28	29	30	31			



Our Town

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

PRSR STD
ECRWSS
U.S. POSTAGE
PAID

*****ECRWSS ****
Local
Postal Customer

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 spragueourtownnewsletter@gmail.com 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.

