



OUR TOWN

SERVING THE VILLAGES OF BALTIC, HANOVER, AND VERSAILLES

IN THE BEAUTIFUL SHETUCKET RIVER VALLEY

Information & News for February 2014



The Town of Sprague Housing Authority currently is seeking a volunteer to serve as a Commissioner on the Board of Commissioners for the Housing Authority. Interested parties are requested to submit their interest in serving on the Board by submitting a letter of interest to Andre Trudelle, Chairman - Town of Sprague Housing Authority, PO Box 162, 1 Main Street, Baltic, CT 06330.

Come out of your cocoon

BUTTERFLIES & BUGS



- * Learn fun facts about your local butterflies.
- * See them up close examine with a magnifying glass.
- * Led by a Master Wildlife Conservationist.

Versailles United Methodist Church Breakfast
Join us for breakfast!

February 1st from 6:30-10am
\$6 per person



*Pancakes ~ Eggs ~ Sausage
Home Fries ~ Coffee, Tea & Juice*
1st Saturday of every month!



All Welcome

When: **Saturday, February 8, 2014**

Where: **Gristmill** (above the Library)

Time: **10:30am-11:30am**

Sponsored by Sprague Conservation Commission



Saturday, February 15 4:30pm-8:30pm

Cabin Fever Concert hosted by Grace Fellowship Church. At the Grist Mill. 76 Main St (Route 97) Baltic. Come on down for great music, refreshments, fun, and a break from winter. Free to all, hope to see you there!

Newsletter Deadline:

There will be no late submissions accepted for the Our Town. **As a reminder, the Our Town deadline is the 15th of every month.** The newsletter will be collated during the last weekend of every month at the Town Hall. Contact Elizabeth for details. **If interested in volunteering email Elizabeth @**

Spragueourtownnewsletter@gmail.com

From the Desk of the First Selectman

Goodness gracious what a whirlwind of weird weather from very cold to balmy it is certainly no secret that cold weather is not my favorite. I look and yearn each day for that peak of spring from the delicate push up of the crocuses to the return of brightly colored birds.

Please stop by for a capital project review for Sunday February 16th 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 between March and May. 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 the boy scouts, the Sprague Rod & Gun Club, 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 ~ First Selectman

SPRAGUE WATER & SEWER AUTHORITY

Please be advised that there will be a **temporary change in the hours of the Sprague Water & Sewer Authority Office. Until further notice the new hours will be:**

Monday 7:30 A.M. TO 1:00 P.M.
Tuesday 7:30 A.M. TO 12:00 P.M.
Wednesday 7:30 A.M. TO 1:00 P.M.
Thursday 7:30 A.M. TO 12:00 P.M.



NOTICE:

The Sprague Water & Sewer Authority has a vacancy on its board. This is a commission that has the responsibility to determine the direction of developing, financing, and construction of, and oversee the operation and maintenance of the water distribution system, water filtration plant and sewer disposal facilities. Any resident wishing to serve on this board should address their interest to the Board of Selectmen, PO Box 677, Baltic, Ct 06330 by March 01, 2014.

Sprague Democratic Town Committee Update

We held our January meeting and Caucus in the Town Hall on January 9th. We elected an exciting slate of dedicated citizens to the Town Committee. There are only a few open positions please let us know if you are interested in being a part of this dynamic team.

Next month we will hold a regular policy meeting with elections for Town Chair, Town Secretary and delegates to the upcoming conventions happening in the March meeting.

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



~SPRAGUE COMMUNITY CENTER NEWS~

Sprague Community Center (SCC) has continued their very successful weekly "Food Friday" food distribution program. We currently have 335 families registered, which reflects 1100 family members. Almost 200 of these families are from Baltic, Versailles, and Hanover. Not all of our registered families come every week. However, we average 65 -80 families a week that come to this program. People wanting to register for this weekly food distribution program on Friday from 2:00-3:00 p.m. can call 860-822-6595 to register.

Our partnership with Backus Hospital has been a wonderful relationship. The Backus Community Health nurses are present every week and have provided flu shots, blood pressure and cholesterol screenings and general information regarding health services. The first and third Friday of every month the Backus Health Van is here with medical staff to provide primary health services. This is open to the public and is free.

Mark March 15, 2014 on your calendar! SCC will be holding their 3rd Annual St. Patrick's Corned Beef & Cabbage Dinner at 6:00 p.m. Adult tickets are \$ 10.00 and children under 5 will be \$ 5.00. In addition to the delicious meal we will have an Irish Band with original Irish music! Call 860-822-6595 for tickets.

Blessings for a Happy and Healthy New Year!

Sincerely,

Brenda J. Keefe ~ Outreach Coordinator

DID YOU KNOW?

It is your responsibility to clean off your sidewalks and steps. Do not throw snow into the road or plow snow into the road. Please try to park off the road during bad weather.

SABIA USTED?

Es su responsabilidad limpiar las aseras, los escalones y al rededor de su casa, cuando nieva. Cuando limpie no tire la nieve a la carretera o enfrente de los troces que limpian la nieve. Favor de tartar de no poner su auto en la calle durante mal tiempo.



Sprague Sugar Shack
Wood-fired Locally Produced Maple Syrup



Don & Jeanne Howard
93 Bushnell Hollow Rd
Sprague, CT 06330



**OUR TOWN
BUSINESS PAGE:**

Ads 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. All payments for ads are made in the Town Clerk's Office at Town Hall. All payments must be made prior to the submission deadline. All ads must be emailed to the editor by the 15th of the month @

Spragueourtownnewsletter@gmail.com

SAINTS LAWN
CARE



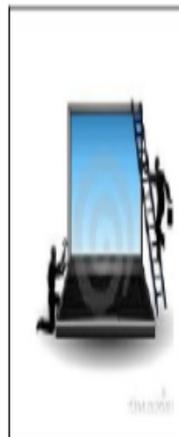
*Mowing, Yard Work,
Brush Cutting,
Spring and Fall Clean Ups*
Mike St. Germain
280 High Street, P.O. Box
532, Baltic, CT 06330
Phone: 860-213-1629

Email:
michaelgermain@sbcglobal.net

J.N.S Computer Services
Repairs, Upgrades and Spyware
& Virus Removal

Joseph N. Sardo ~Owner
Phone: 860-202-4337

Email: jsardo1@att.net



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and your peace of mind

860.822.0818

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Goin' Postal

January 2014



Hello Sprague! Happy New Year and safe driving to all of you. I know it's been a while but a few issues have come up in the past few months and this is the best way to get the information to most of you at the same time.

As the winter weather socks in, I need to enlist your help so we can best service your mail boxes. On the street, when you shovel or plow out, please remember to clear at least 10 feet incoming AND outgoing from the mailbox. It seems like a lot when you're standing there, but driving up to and away from boxes in our trucks, you see it's not very much clearance at all. The drivers have had trouble with piles of snow near the street-side boxes. After stopping to put mail in, there is no momentum to push through the pile and they get stuck. Clearing your boxes is the best way to ensure safe, timely delivery of mail.

As far as PO Boxes go, I need to ask your help with notifying your senders with your correct PO Box numbers. Street numbers are where you live, but your PO Boxes are how you get your mail. There are many different names in town divided between box numbers 1 – 895, and some names are the same family, but a different delivery. Please use your correct PO Box addresses to ensure accurate and prompt delivery of your mail. Every little bit helps.

Also, the mail truck generally comes between 8:30 and 9:30 am. The time you can expect your mail is posted in the lobby as 10:45. Coming in before that and asking us to get your mail for you over the window will slow the sortation process down for everyone. We will gladly remind you of your combination so you can access your box on your own, and you will be able to get all the day's mail if you wait until 10:30 or so to come in.

Another issue has arisen recently about some people in town using mail boxes to distribute papers, flyers, postcards and other potentially mailable items by putting them in boxes, on the signal flags or behind the box tucked into the support post. This is a violation of federal law. In accordance with the terms and conditions of USC Title 18 Part I Chapter 83 § 1725 - Postage Unpaid on Deposited Mail Matter: "Whoever knowingly and willfully deposits any mailable matter such as statements of accounts, circulars, sale bills, or other like matter, on which no postage has been paid, in any letter box established, approved, or accepted by the Postal Service for the receipt or delivery of mail matter on any mail route with intent to avoid payment of lawful postage thereon, shall for each such offense be fined under this title."

Items placed in mailboxes or on posts or flags will be collected and the person placing them there will be required to pay postage. They can also incur fines. It may seem like an easy way to distribute flyers and advertisements, but it is prohibited by law and is a security risk. No person should be concerned about someone else going into or tampering with their mailbox. It also became an unsightly mess when recently many of these flyers blew off the boxes and were scattered over streets and yards in town. If you would like information about sending out mail pieces, we have a service called Every Door Direct Mail for only 16 cents per mail piece. They go to every house, every box – roughly 1475 homes - all for less than \$240. Compared to first-class letter rates, that's a savings of \$442.20. You could do three mailings for the price of 1 – and save the gas money and time driving around town door to door!

I've done mail preparation seminars at the firehouse a couple times with good results as well as instructing people one-on-one on their own computers. It is fast and easy to create your own account on USPS.com without a permit or annual fees. If time is an issue, a local printer also offers printing and EDDM preparation services for very reasonable rates. Call me for more information on doing your own EDDM mailing for civic events, political races, business advertisements, lost pets...any time you need a lot of people to know what's happening in a specific area. It's the most cost-effective way to get the word out. Call me anytime Monday – Friday 8 – 1, 2:30 – 5 at 860-822-6901 at the Baltic Post Office. Let us show you what's possible for you. Thanks! ~Tracy A. Medling, Postmaster Town of Sprague



Earth market



Craft, Yard Sale, Local Products Recyclable TOTEM POLE CONTEST

Saturday, APRIL 26, 2014

9:00am - 2:00pm

SPRAGUE RIVER PARK (North Main Street)
Route 97, Baltic, CT

(in case of rain @ Grist Mill across from Sprague Town Hall, Main St. Baltic)

Get your Creative Spirit moving.

Create a **TOTEM POLE**, using your recyclables, **bring** to the River Park for 9:00 am Judging will be at 1:00pm

Work as a team or as an individual, ALL ages welcome!

Prizes will be awarded in the following categories:

Individual Adult, Young adult, Team (group)

Adults = \$10.00 entry, donation benefits the Sprague Open Space Fund

Young adult (16 and under) donate a canned good for Sprague Food Pantry

Sponsored by Sprague Conservation Commission

Registration form :

Young Adult(canned good)

\$10.00Donation; **Adult** **Team** **Yard Sale** **Craft Space** **Local Product**

NAME _____

ADDRESS _____

TELEPHONE _____

Please make checks payable to "Town of Sprague"

Mail to: Sprague Town Hall, attn: Earth Market, 1 Main Street, PO Box 677, Baltic, CT 06330

Any questions email donaldboushee@sbcglobal.net or 860 822-9808



PUBLIC NOTICE:

Sprague Board of Education Nondiscrimination Statement:

The State of Connecticut Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie Equal Employment Opportunity Director/American with Disabilities Act Coordinator State of Connecticut Department of Education 25 Industrial Park Road Middletown, CT 06457 860-807-



SFC Winter Baseball Free Clinic

WHERE: Franklin Elementary School Gym
WHEN: Saturday Evenings starting 1/11/2014
Ages 5-8 5:30-7:30P
Ages 9-15 7:30-9:30P
WHO: Boys and Girls

**Each Saturday your child will learn and practice the fundamentals of Baseball.
This is an Active clinic—
Please have your child bring their baseball glove and wear sneakers
(No cleats please!!!)**

**This is an Optional clinic.
Children can still register for Little League without attending this clinic.
This is an opportunity to prepare your child for the upcoming baseball season
No Registration Required- Show up when you can.**

**Any Questions, please call/text 860-961-4779
Or email: Jeffrathbun@comcast.net**



2014 SFC Registration

Get Your Registration Complete before March 8
Late Charges will apply
Late Registrations \$20 Late Fee

Register at the Winter Baseball Clinics
Franklin Elementary School
Saturday Evenings 5:30-9:00
and
Pitcher Catcher Clinic
Sayles School
Tuesday evenings Jan 28 - Mar 11
You can still Registration On Line

**Open SFC Little League Positions
Become an SFC Board Member
Today**

IT Manager
Canterbury Concessions Manager
Fund Raiser Manager
VP of Softball

**Come Like us on Facebook
SFC Little League**





C-PACE – A Clean Energy Opportunity for Commercial Buildings in Sprague, Ct.

Commercial Property Assessed Clean Energy

In 2013, Connecticut launched Commercial & Industrial Property Assessed Clean Energy or “C-PACE”, an innovative financing model that will allow building owners across the state to access cleaner, cheaper, and more reliable energy. Hundreds of millions of dollars in energy upgrades are possible in Connecticut and C-PACE will enable our state to access the private capital to finance it. C-PACE is a state-wide program administered by the Clean Energy Finance and Investment Authority (CEFIA) and any interested municipalities can opt-in through an agreement with CEFIA. **Sprague** joined the program on **12/30/2013** and building owners within the municipality are now eligible for C-PACE financing.

How does C-PACE financing work?

C-PACE allows interested property owners to access financing to undertake qualifying energy efficiency and clean energy improvements on their buildings and repay the investment through an additional charge (“assessment”) on their property tax bill. Similar to a sewer tax assessment, capital provided under a C-PACE program is secured by a lien on the owner’s property tax bill and paid back over time. Like other benefit assessments, C-PACE is a non-accelerating, senior lien secured by the property. The repayment obligation transfers automatically to the next owner if the property is sold. Because the payment is tied to the property tax, low interest capital can be raised from the private sector with no government financing required. This arrangement spreads the cost of clean energy improvements – such as energy efficient boilers, upgraded insulation, new windows, or solar installations – over the expected life of the measure.

How do building owners benefit from C-PACE?

C-PACE helps building owners minimize the investment, installation, and performance risk of energy upgrades, while owners enjoy lower operating costs, improved asset value, market competitiveness, and compliance with energy mandates.

- **Lack capital to undergo energy improvements?** C-PACE provides 100% upfront, long-term (up to 20 year) financing to property owners for qualified energy upgrades. That means no money down. Audits, construction costs and measurement and verification can be wrapped into C-PACE financing.
- **Plan to sell building?** The C-PACE tax obligation (which is attached to the property) transfers upon sale to the new owner. Payments do not accelerate in case of default.
- **Insufficient payback?** The C-PACE program requires projects to be cash flow-positive. Financing is structured so that energy savings more than offset the additional property tax assessment. Deeper energy upgrades and energy-related capital improvements are possible because the assessment is up to 20 years and stays with the property rather than the owner.
- **Uncertain of savings / need technical expertise?** The C-PACE third party administrator reviews all projects to ensure that energy savings pay for the investment over the term of the assessment and track real vs. projected savings on an open-source data management platform available to the owner.
- **Split Incentive?** As a benefit assessment repaid through the property tax bill, under typical leases C-PACE payments – as well as energy savings – can be passed along to tenants.
- **Cannot assume more debt?** As a benefit assessment repaid through the property tax bill, C-PACE is intended as an operating expense. This means owners can finance improvements while preserving capital and credit lines for core business investments.

What types of buildings are eligible?

LOCATION: The property is located within a municipality that has adopted a resolution joining the C-PACE program.

OWNERSHIP: The applicant is the legal owner of the property and all the legal owners of such property agree to participate.

PROPERTY TYPE: The property must be non-residential, or 5 or more dwelling units.

BUILDING FINANCIALS: The property must be current on property tax and assessment payments. The property owner must not have any involuntary liens, defaults, or judgments applicable to the subject property.

LENDER CONSENT: The property owner must provide evidence that the mortgage holder(s) on the property consents to the C-PACE assessment, if applicable.

What types of upgrades are eligible?

- High efficiency lighting
- Heating ventilation air conditioning (HVAC) upgrades and controls
- High efficiency chillers, boilers, furnaces and water heating systems
- Building enclosure/envelope improvements
- Building automation (energy management) systems
- Renewable energy systems

Read more about our eligibility criteria for qualifying buildings and energy upgrades at www.energizect.com/c-pace

Benefits of C-PACE Financing

C-PACE financing offers a broad range of benefits to municipalities, building owners, mortgage holders, investors and energy efficiency / renewable energy contractors.

A complete discussion of these benefits can be found online at www.energizect.com/c-pace

How can I access C-PACE financing?

Choose your upgrades. Work with an energy contractor to identify projects that reduce energy use or install clean energy systems.

Submit an application online at www.energizect.com/c-pace CEFIA will work with you to approve your project and secure low-cost financing.

Install project and get funding. When approved, CEFIA will request a lien to be placed on your property and funding will be dispersed.

Make Payments. Repay your C-PACE financing through a line item on your property tax bill over the course of up to 20 years. If you sell the property, the assessment stays with the building

For more information

Contact Jessica Bailey,
Director, Commercial and Industrial C-PACE
Clean Energy Finance and Investment Authority

jessica.bailey@ctcleanenergy.com

(860) 257-2888

www.C-PACE.com

Sprague Public Library

"To acquire the habit of reading is to construct for yourself a refuge from almost all the miseries of life."



W. Somerset Maugham

Programs:

Story hour is every Thursday at 10:30 AM and 1:00PM

Fiction Addiction Book Club will meet in February to discuss **The Physick Book of Deliverance Dane** by Katherine Howe

Afternoon Delight Book Club will meet on Wednesday February 5, 2014 to discuss **No Time for Goodbye** by Linwood Barclay.



If you knit or crochet or you would like to learn please join us on the following dates. You choose the dates that you would like to join us, there is no commitment to come every time.

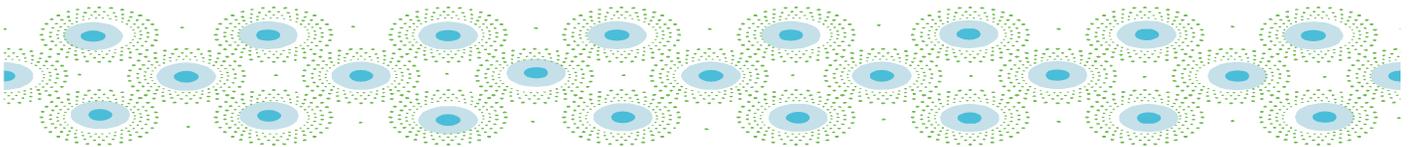
The Knitting/Crocheting Club will be meeting on February 1st, and 15th, and in March on the 1st, 15th, and 29th.

The Friends of Sprague Public Library: will be meeting in March to discuss future programs. The date and time will be announced. Please consider joining the friends. You will make new friends and also do good things for our library.

January 2014 Sprague Conservation Commission update

Happy New Year fellow Sprague citizens. Well here we are in a new year. We have accomplished a lot and there is so much more to do. We have enlarged our beautiful preserve to acres. We have hosted many hikes, planted trees, work days and even had a full moon kayak ride down the Shetucket. We have completed marking the boundaries of the Watson section of the preserve and are now moving on to layout and mark trails. We could always use helping hands. We would like to start a list of Preserve stewards. If you would like to be on the email list to help please let us know. Just email me at don-aldoushee@sbcglobal.net. We always enjoy ourselves and have a fun time just workin in the woods. It really is a labor of love. Whether you can help for an hour or a few, it's all for a great cause. We are also moving on to acquire a new piece just north of the Preserve. We will be writing for a land acquisition grant and holding some fund raisers along with the Friends of the Shetucket River Valley. **Our next hike will be Sunday February 9th at 11am.** We will track and hike and just enjoy each others company and even get a little exercise. Meet at the Grist Mill across from the town hall at 10:45. We are also sponsoring a **"Come out of your winter cocoon" butterfly and bug workshop at the Grist Mill on Feb. 8th at 10:30-11:30.**

Don Boushee ~ Sprague Conservation Commission Chairman



BALTIC FIRE DEPARTMENT LADIES AUXILIARY

Since our December meeting was after the deadline for the Our Town, here is a recap of our meeting.

Officers for the 2014 year were elected as follows:

- President – Tina Deschamps
- Vice President – Annette Lussier
- Secretary – Jeannette Deschamps
- Treasurer – Susan Deschamps
- Sunshine Committee – Lorraine Allen

We also welcomed another new member – Maureen Trudelle.

Our next regular meeting is scheduled for Tuesday, April 8, 2014, at the firehouse at 7 p.m.

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 as a regular member. We have recently added Junior Members – young women between the ages of 16 and 18 who have a parent or guardian in the fire department or auxiliary.

Sincerely,

Jeannette Deschamps

Looking for NEW faces to add to my

Make Me Over

Before and After Portfolio...

Call to make an appointment

(860)204-6286

Make up

Skin care

Eye brows

Try new products and try a new look at no cost.

Call for details.



ST. JOSEPH SCHOOL 21ST ANNUAL 3 MILE RACE



WHEN: SAT. MARCH 29, 2014 (7:00-9:00) REGISTRATION (9:00) KIDS ½ MILE FUN RUN (9:30) 3 MILE RACE

WHERE: ST JOSEPH SCHOOL—BAL TIC, CT. CORNER OF SCHOOL HILL RD. AND RT. 207 (DIRECTIONS & RACE COURSE ON BACK)

WHY: ALL PROCEEDS WILL GO TO THE SCHOOLS PHYSICAL EDUCATION PROGRAM.

TIMING OF RACE: SNERRO

ENTRY INFO: *3 MILE RACE (\$20 –PRE-REGISTRATION/ \$25 RACE DAY) * KIDS FUN RUN (\$7- PRE-REGISTRATION/ \$10 RACE DAY)

AWARDS + PRIZES: *UNIQUE TROPHY AWARD CEREMONY TO TOP 3 PLACES IN 9 AGE CATEGORIES...YOU CHOOSE THE TROPHY YOU WANT!

* FREE T-SHIRTS TO 1ST 125 PRE-REGISTERED FOR 3 MILE RACE BY MARCH 18...LIMITED AMOUNT FOR RACE DAY REGISTRATION.

* \$50 FOR COURSE RECORD * INDIVIDUAL PRIZES FOR AGE CATEGORY COURSE RECORDS.

* RAFFLE PRIZE DRAWING AFTER AWARDS CEREMONY-FOR ONLY 3 MILE REGISTRATIONS.



OVERALL MALE/FEMALE WINNER WILL RECEIVE PROMO CODE FOR FREE SHIRT FROM MYLOCKER.COM-YOU CUSTOMIZE IT YOURSELF.

Saint Joseph
100% CUSTOM
1 or 100 - No Order Minimums!

Customize Logo, Activity & Year
Choose color

DESIGN NOW ▶
MY LOCKER

REGISTRATION BY MAIL: MAKE CHECKS PAYABLE TO (ST. JOSEPH SCHOOL 3 MILE RACE) AND MAIL TO: ▶▶▶▶▶

GLENN COSTELLO-SJS 3 MILE RACE
75 LAFAYETTE ST.
NORWICH, CT. 06360

RACE AMENITY: JMACHT PHOTOGRAPHY WILL BE PRESENT TAKING RACE DAY PHOTOS FOR ANYONE TO PURCHASE AFTERWARDS ON HIS WEBSITE...
JMACHTPHOTOGRAPHY.COMSO SMILE 😊

FURTHER INFO: GLENN COSTELLO PHONE: (860) 886-2828 E-MAIL: (rungdc@aol.com)

WEBPAGE: runningintheusa.com/stjosephschoolrace

AMPLE REFRESHMENTS-MANY CONSIDER THE BEST POST-RACE BUFFET IN CONNECTICUT!!

tear off here and return lower portion

LAST NAME	FIRST NAME	SEX	AGE	PHONE #
MAILING ADDRESS			CITY	
ZIP CODE	STATE	EMAIL ADDRESS		
RACE ENTERED: (MARK RACE BOX WITH "X")	3 MILE RACE <input type="checkbox"/>	KIDS ½ MILE FUN RUN <input type="checkbox"/>	(T-SHIRT SIZE) ADULT SIZE (3 MILE RACE ONLY)	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>

MARK BOX WITH "X"

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I WAIVE ANY AND ALL CLAIM OF MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS, AGAINST OFFICIALS, SPONSORS, VOLUNTEERS, SNERRO, ST. JOSEPH SCHOOL, TOWN OF SPRAGUE AND THE CITY OF NORWICH FOR INJURY OR ILLNESS WHICH MAY DIRECTLY/INDIRECTLY RESULT FROM MY PARTICIPATION AND/OR TRAVEL TO THE EVENT. I CERTIFY THAT I HAVE TRAINED AND AM PHYSICALLY FIT FOR THIS EVENT. I ALSO CERTIFY AND GIVE PERMISSION FOR ANY MEDIA OUTLET TO FILM/RECORD ANY IMAGE OF MYSELF OR MY CHILD.

DATE _____ SIGNATURE (PARENTS SIGNATURE IF UNDER 18) _____

**PLEASE MAKE CHECK PAYABLE TO:
"ST. JOSEPH SCHOOL 3 MILE RACE"**



**THIS RACE IS #1 OF THE MOHEGAN STRIDERS "GRAND PRIX" POINT SERIES.....
SO LACE UP THOSE RACING SHOES!!!!**

\$50 OFF

*Any Seal
Coating Job*

- Licensed and Insured
- Free Estimates
- Locally Owned
- Owner Operators

\$100 OFF

*Any
Driveway
Installation*

**HASTEDT
BROS. LLC**

ASPHALT PAVING

860.848.0545

Baltic CT

ANDY'S CELL: 860.234.3541 JOE'S CELL: 860.234.3543

Email: estimates@hastedtbrothers.com

Web: www.hastedtbrothers.com

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DRIVEWAYS * ALL TYPES OF DRAINAGE WORK * APRONS * CURBING *
LINE STRIPING * SEAL COATING * CRACK FILLING**



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

**The Salvation Army
Upper New London County Service Unit
Dennison Allen Town of Sprague Representative**



I want to thank all who have donated to the Salvation Army by sending checks to the Upper New London Country Service Unit, PO Box 304, Versailles, CT 06383.

You should know that all the money that has been donated so far has been used to help your neighbors here in Sprague and Lisbon. Thanks to you I could help them. I also want to thank those who sent gift cards (Angel cards).

Keep your fuel tanks full, keep food/water and other supplies on hand in case of more bad weather. Do you have a 72 hour kit? Do you use a budget to know where money comes in and goes?

If you need food, call Town Hall and speak to Colette. Thanks to "Scouting for Food" there is food to help you.

May the Lord bless you this year.

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 CAFÉ MENU FEBRUARY 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Updated 1-9-14



3
Penne & Meatballs
Marinara Sauce
Green Beans & Red Peppers
Pineapple Cup

4
Baked Ham
w/Pineapple Glaze
Mashed Sweet Potatoes
Italian Vegetable Medley
Cranberry Juice
Sugar Cookie

5
Chicken Alfredo
Seasoned Rice
Capri Vegetable Medley
Pears w/ Mandarin Oranges

6
Lazy Man's Lasagna
Broccoli
Carrots
Fruit Cocktail

Menu is subject to change with out notice.

7
Cheese Ravioli
w/ Marinara Sauce
Peas & Carrots
Fresh Orange



10
Cod Patty
Macaroni & Cheese
Stewed Tomatoes
Fruit Cocktail

11
Western Omelet
Roasted Potatoes
Chuck Wagon Vegetables
Fresh Fruit

12
Beef Hot Dog w/Bun
Mashed Potatoes
Bean Medley
Applesauce Cup

13
Stuffed Chicken
w/ Broccoli & Cheese
Rice Pilaf
Green Beans
Peach Cup

14
Tuscan Beef & Bean Stew
Seasoned Rice
Italian Vegetable Medley
Grape Juice & Danish
HAPPY VALENTINES DAY

17
President's Day

Program Closed



24
Chicken Paprika
Rice Pilaf
Green Beans
Orange Juice
Cup Cake
Happy Birthday

18
Beef & Bean Chili
Seasoned Rice
Bean Medley
Applesauce Cup
Ethnic Meal



19
Braised Pork Loin
Sweet Potatoes
Italian Vegetable Medley
Fresh Fruit

20
Eggplant Rollette
Penne & Marinara
Broccoli
Fresh Orange

21
Chicken Marsala
Roasted Potatoes
Capri Vegetable Medley
Peach Cup



25
Cheese Manicotti
w/ Marinara Sauce
Peas & Carrots
Pears w/mandarin oranges

26
Cod Florentine
Macaroni & Cheese
Mixed Vegetables
Pears w/mandarin oranges

27
Meatloaf w/gravy
Mashed Potatoes
Mixed Vegetables
Applesauce Cup

28
Western Omelet
Scalloped Potatoes
Chuck Wagon Vegetables
Pineapple Cup

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



February

2014

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



Our Town

Your Sprague Newsletter

P.O. Box 677

Baltic, Connecticut 06330

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Note from the Editor: Elizabeth Calderon

The deadline for Our Town submissions (and corresponding payments for ads) is the 15th of each month. Submissions will be no more than 200 words and must 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. All payments for ads are made in the Town Clerk's Office at Town Hall.** 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.

