



OUR TOWN

SERVING THE VILLAGES OF BALTIC, HANOVER, AND VERSAILLES
IN THE BEAUTIFUL SHETUCKET RIVER VALLEY

February, 2011

INFORMATION & NEWS

OURTOWNCT@YAHOO.COM

ourtownct@yahoo.com

Our Town's New Email Address



Our Town will be migrating from the gmail address to this new ourtownct@yahoo.com address as of this month.

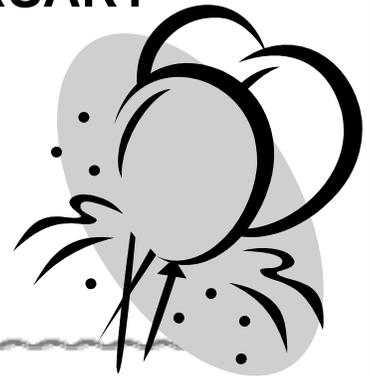
Please send all correspondence, ads, and submissions to the new address of: ourtownct@yahoo.com

SAVE THESE DATES

FOR SPRAGUE'S 150TH ANNIVERSARY

Our town's 150th Anniversary is this year. The 150th celebration will take place on the following dates:

- THURSDAY, JULY 28th
- FRIDAY, JULY 29th
- SATURDAY, JULY 30th
- CONCLUDING ON SUNDAY, JULY 31st



More specific times will be noted in future editions of Our Town as well as the Norwich Bulletin and The Resident Newspaper out of North Stonington.

Festivities will include: a karaoke night and a 50's dance on Friday, July 29th, amusement park rides, food booth sponsored by the Baltic Fire Department, Noodles the Clown and also Fireworks on Saturday, July 30th. The rain date for Fireworks will be Sunday, July 31st.

There will be activities for children throughout the event weekend. Entertainment will be provided all day Saturday and Sunday, July 30th and July 31st under the Tent.

Read next page for more exciting plans...

SAVE THESE DATES ... FUNDRAISERS

FOR SPRAGUE'S 150TH ANNIVERSARY



***Irish Pub Night Fundraiser
and
Chicken Barbecue Fundraiser***

Saturday, April 16th We will be having an Irish Pub Night Fundraiser at the Sprague Rod and Gun Club. A corned beef and cabbage dinner will be served. Seating capacity is limited, so be sure to get your tickets early.

Andy Cooney, an Irish Singer from Long Island, New York, will entertain us. If you have not heard about Andy, he has played at Carnegie Hall and with the Irish Symphony Orchestra in Ireland. Andy has also appeared on Fox and Friends. Tickets for the event will be going on sale shortly. Contact Buddy Meadows @ 822-6429 for information on tickets. Tickets are \$35.00 per person which includes dinner and entertainment.

There will also be a Chicken Barbecue Fundraiser at the Sprague Rod and Gun Club on Saturday, June 25th. Come and bring the whole family for a fun filled day! There will be activities for the children as well.

These are just a few things being planned. Let's all come together to make this celebration a success!

Buddy Meadows and Mick Collins

Co-Chairmen of Sprague's 150th Anniversary Committee



A message from Chief Shull and the Members of the Baltic Fire Department



Hello and allow me to introduce myself. My name is Les Shull and I will be serving our community as the new fire chief of Baltic Fire Engine Company #1. As I settle into my new position as your Fire Chief, I want to thank all of our volunteer members for their hard work. Thank you also to the town residents, for your incredible support.

The Baltic Fire Department takes our responsibility seriously. Our community is protected by dedicated and committed emergency service responders who do their job when called upon, regardless of the time of day, and in all kinds of weather. Saving lives and property is not an easy task, and we do it willingly, and often without recognition.

Volunteer firefighters and emergency medical providers are a special kind of people. We are recruiting new volunteer members to help answer the call of duty. Dedicated individuals are needed to be a part of our team to respond to emergency calls for help.

As our community grows, the number of emergency calls increase. Today, we respond to far more than just fires and vehicle crashes. We answer calls ranging from hazardous materials incidents to sports injuries to industrial accidents. When someone is having a heart attack, we are there. To continue these actions, we need committed volunteers.

Our department is currently running a trial program to introduce our seniors and others in our community with medical concerns to "life safety" information. One of these programs is called, The File of Life. These small magnetic cards help rescue workers quickly find important medical information in case of an emergency and when every second counts! The plastic holder has a built-in magnet so it can be placed on the refrigerator and seen easily. The 3-fold file has space to fill in medical conditions, medication, insurance information, emergency contacts, and more.

Anyone who is interested in becoming a volunteer member of the Baltic Fire Department or learning about the File of Life program, or even CPR classes, please contact Donna Sanford at 860-822-6580 or myself.

Chief Les Shull, Baltic Fire Engine Company #1

Sprague Public Library Cookbook Being Created to Commemorate Sprague 150th Anniversary



The Town of Sprague will be celebrating its 150th anniversary this year! What better way to celebrate than with food? The staff at the SPL will be creating a cookbook to commemorate this event.

We hope that our patrons will assist us by donating their favorite recipes, as well as historic photographs of the town. Please help us make this an extra special cook book by sharing favorite or family recipes.

We would like to have 150 recipes - one for each of Sprague's 150 years of existence. Stop by the library with your recipes or email them by January 29th, to librarian@ctsprague.org.

Message from the First Selectman

As most of you know, this is going to be an extremely difficult budget year, both on the state level and here in local municipalities. The governor's office is trying to cut the deficit and towns are trying to retain as many allocated funds as possible to maintain necessary services. In order to provide you with some of the budget planning documents I am providing you this month with 2 documents which I developed over the last 4 years.

They are 2 of 5 documents that provide plans for capital improvements. The first is about road improvements. It is a 5 year plan to update all of our roads. For those of you on the roads that have not been revamped over the last 6 years, this shows you the timeframe planned for upgrading your road.

The road improvement plan was developed using information from the road foreman on safety, condition and date of last major repair work.

The second plan is about town equipment (excluding the fire department). This plan documents age, the cost of 18 months of repair work, and projected replacement date.

I will be providing the other 3 documents over the next few months, they concern town buildings, water and wastewater improvements and parks—recreation fields—open space—cemeteries.

All plans have been vetted in front of the following commissions Planning & Zoning, Inland Wetlands, Conservation, Sprague Housing Authority, Agriculture, Finance, Library, Zoning Board of Appeals, Water & Sewer, our local American Legion Post 85 and are slated to go before the Board of Selectmen, Recreation, Board of Education and the Historical Society.

I would also like to thank everyone for their patience as our road crew worked so hard to keep the roads clear last month. Remember to drive slow—do not plow or shovel snow into the roads (it is against the law) – and keep your sidewalk clean. In addition to road clearing, the town crew has been busy cleaning site lines and removing excess snow all over town.

I appreciate their diligence in doing such a good job and I appreciate your patience while we work our way through a difficult winter.

Thanks,
Cathy

Roads

- a. Roads planned for fiscal year 2011/2012
 - i. School Hill Road last done in the late 1980's is the #1 road to be done based on conditions & usage.
 - ii. Whitehall Drive last done in the early 90's is the #2 road to be done again based on conditions.

- iii. Birchwood Road last done in the early 90's is the #3 road to be done again based on conditions.
 - iv. Upper High Street is going out to bid in late January 2011 it will be paid for with Small Cities grant money approved last year.
 - v. LaCroix Road Bridge is going out to bid by March or April 2011 & it will be paid for by State Local Bridge, USDA and STEAP funds that were approved over the last two years.
 - vi. Dow's Lane will be done with funds from the Mohegan Sun Country Club.
 - vii. A grant has been applied for to do ½ mile of Pautipaug Hill Rd if we get the grant funds this will also be done during fiscal year 2011/2012.
 - b. Drainage planned for fiscal year 2011/2012
 - i. Potash Hill Road (2) more areas on either side of the bridge.
 - ii. Fullertown Road cul-de-sac.
 - iii. Hanover Versailles Rd (3 or 4) more areas 2-on both sides of the completed area, 1- near the MacDonald house, 1 near Noah's Way.
 - iv. Riverside Drive (2) areas 1- near ice house corner 1- between the Rondeau fields and Kempesta's house.
 - v. The catch basins at the base of Rose and Marion Streets.
 - c. Tree Overhang work planned for Westminster Rd.
 - d. Ribbon Rail
 - i. The cul de sac on Bay Street.
 - ii. A section of Hanover Versailles near the apartments.
 - iii. Sections on Fullertown Rd.
 - iv. The corner of Wendy Drive.
- 2) **Town Equipment**
- a. Necessary equipment
 - i. 1988 Dump Truck (replacement)
 - ii. Chipper (replacement)
 - iii. Brush Hog (new)
- 3) **Water and Wastewater**
- a. This years projects
 - i. Pump station 1 and 2 –both outdated—are slated for renovation, some funds already received finals plans in process
 - ii. The east dam and filtration plant are moving forward but it does not appear all funds will be in place for this year nor will permitting be completed
 - b. These projects are necessary as the Town is responsible for its own infrastructure.
- 4) **Town Buildings**
- a. Town Hall
 - i. Bathrooms need to be ADA compliant
 - ii. The brick on the building must be repointed
 - iii. The boilers need to be replaced (last done in the 80's)
 - b. Town Garage
 - i. a CO2 ventilation system is needed
 - ii. a wash bay and oil interceptor
 - iii. a fire alarm system is necessary
 - iv. an electrical upgrade is necessary
 - c. **The Fire Department**
 - i. The roof needs repair
 - ii. The floor tiles need repair
 - iii. Air conditioning is necessary
 - iv. Bathrooms need renovating
 - d. **The Grist Mill**
 - i. The roof needs some repair
 - ii. The second and first floor windows need repair/replacement
 - e. **The Senior Center**
 - i. Some equipment necessary to complete this area which has been painted, carpeted, air conditioned, a privacy room has been built, the kitchen has been upgraded



Baltic Fire Engine Company #1 P.O. Box 314, Baltic, CT



File of Life Community Initiative

Imagine that you are injured or suffer from a medical condition that temporarily renders you unconscious or unable to communicate effectively with Emergency Medical paramedics. Without important information about your medical history, how will medics be able to quickly diagnose your condition and provide emergency care?

The Baltic Fire Department cares and is pleased to introduce a community initiative entitled the "File of Life" program. The File of Life packet enables Baltic Fire Department personnel to obtain a quick and accurate medical history when a patient or family member is unable to offer one.

The File of Life is a red, magnetic packet that contains vitally important medical information about you. The File of Life also provides an area to list contact information for your doctor, family members, insurance information and any other special circumstances that rescue personnel should know when caring for you.

FREE File of Life packets are available upon request to all residents of Sprague, CT. Call 860- 822-6580 for information or to have one mailed to you. Help us, help you!

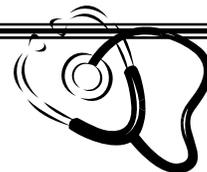
Thank you for your support,
Baltic Fire Engine Company #1



**PRESENTATION ON NATIONAL HEART MONTH
BY THE BALDIC FIRE DEPARTMENT**

**FEBRUARY 9, 2011 AT 11:00 A.M.
AT THE SPRAGUE SENIOR CENTER**

**CONTACT BUDDY MEADOWS FOR MORE INFORMATION AND SIGN UP
AT 860-822-3000, EXTENSION 203**





SPRAGUE COMMUNITY CENTER NEWS

Greetings from SCC! Due to the January snowstorms, we had to cancel our monthly Community Prayer Service and our Soup & Chili and Bread Night. Hopefully, the month of February will be better for us.

We have had some inquiries about the Yoga class taught by Christine Jablonski at the Sprague Community Center. The free Yoga classes will continue to meet on Mondays, except for President's Day, February, 21. All levels are welcome and no prior yoga experience is necessary. If you would like more information and a list of suggested items to bring, please call Christine at 860-373-8111.

Beginning on Wednesday, March 2nd and running for 8 weeks, the Sprague Community Center will be co-hosting with the United States Power Squadron, a "Safe Boating Course." This course will be an 8 week course from 6 p.m. to 8 p.m. It will be held at the Community Center and will be taught by a certified boat instructor and several members from the Norwich Power Squadron.

Successful completion of this course is needed for a Boating License in the state of Connecticut. The cost of the 8-week course and textbook/materials is \$85.00. The dates for the course are:

- March 2nd
- March 9th
- March 16th
- March 23rd
- March 30th
- April 6th
- April 13th

Final examination for the Boating license will be on April 13th. Registration for this 8-week course can be processed by RuthAnne Collins at 860-444-9027.

Many private parties, such as bridal showers, baby showers, and holiday gatherings are being held at the Sprague Community Center. When private parties rent the SCC for their one-time event, the cost is \$75.00. If you have any questions, please feel free to call the SCC at 860-822-6595.

Don't forget our monthly Community Prayer Service at 7:00 p.m. on the 3rd Wednesday of each month. This month's service will be on February 16th. Come and share in a short service of music, special thoughts, and prayers for our community.

Many activities and programs are being offered at the Community Center. I encourage the citizens of Sprague to take advantage of these opportunities and have some wintertime fun!

Stay safe and warm,

Brenda J. Keefe, Outreach Coordinator
860-822-6595

1/14/2011 Minutes from American Legion Post 85

Commander Dave Salemma opened the meeting at 7:15 p.m. Financial Officer Tom Coletti took the roll call and noted that there were 11 of the 45 members in attendance. He noted to the Commander that an official quorum was present to carry on Post business. The Commander led the Pledge of Allegiance and the salute to the Colors. The Chaplain led the Post members in prayer. The Commander then asked that the minutes of the December meeting be read by the Financial Officer. The minutes were accepted as read by the membership in attendance.

The Commander then opened up the floor to official business. The Financial Officer noted that there was one member application that was processed since the last Post meeting on December 7th. Legionnaire Richard Wolfe (USMC-Vietnam) was added to the Post roster. Post 85 now has 46 active members. Legionnaire Wolfe was present at the January meeting and was welcomed aboard.

The Financial Officer noted that Legionnaire Edgar Daigneault was still on extended recovery and continues his recuperation at the Norwich Convalescence Home. The Post was also informed that Legionnaire Will Chabotte is on the road to recovery after his temporary setback and that Mary Stefon had been ill. The members hoped all ill members a speedy recovery.

The Commander asked if there was any unfinished business. Tom Coletti reported that Legionnaire Cathy Osten had requested time at the Post meeting to discuss the Memorial Day Monument. The floor was turned over to her to update the Post on what the Town Administration had completed to date on the gathering of names for the newest plaque to be added to the War Memorial prior to the Memorial Day festivities and the kick off of the Town of Sprague's 150th Anniversary Celebration. To date \$50.00 has been donated for the plaque. The donors will be recognized in future minutes of the Post. The Post members present immediately suggested that Post 85 will contribute to the fund raiser. More discussion on the amount will be held at February's meeting. Cathy also reported that a mason has been approached by the Town to begin to estimate the cost to add a stone base for the new plaque. The plaque is planned to sit opposite from the Civil War plaque on the War Memorial. Approximately 8 names have been submitted to be added to the new plaque that had been omitted from previous plaques of past wars.

The new plaque will also contain the names of those veterans of Sprague that joined the Armed Forces during the Lebanon / Grenada, Panama, Gulf War / War on Terrorism conflicts, were listed as residence of Sprague during those conflicts or had retired from active duty to live in Sprague during those conflicts. Cathy also stated that more solicitation of applicants would be announced in Our Town, the Norwich Bulletin, the New London Day and the Willimantic Chronicle in the near future. Tom Coletti was asked to investigate the company that cast the Vietnam Memorial plaque for cost estimates. Chris Mueller was noted as the Post representative on the new plaque committee. He will be working with the Town Administration to keep the Post updated on the plaque development. More will be reported at next month's meeting.

Cathy Osten also asked the Post if she could maintain the floor to present some Town information to the Post. She explained that she had requested this time at other organizational meetings to inform those members of future plans for the Town. The Commander granted the floor and she presented a 30 minute informal presentation on her plans and expectations.

Cathy also asked that members review the hand outs she distributed and comment to her in letters, emails or verbally. She welcomed all views, information, suggestions and criticisms on the subject matter she presented. The Commander and the Post members thanked her for the update and looked forward to quarterly or yearly updates in the future. All agreed that it was a good way to spark more interest in the development of the Town to have its organizations more informed.

Under unfinished business, the Christmas Get Together was revisited and a Valentines Party will take place at the Sprague Community Center. The event will be held on Saturday, February 12th. A time will be discussed at the February meeting. Jr. Vice Commander Tim Brodeur will be chairman of the committee. He will be soliciting members to bring a Pot Luck dish to the event. All members will be contacted to attend and all spouses are invited. It is hoped all members will attend so that everyone can get to know everyone a little better and share some good conversation and food.

Legionnaire Don Bastien updated the Post on the research he completed on the company that the Post will be doing business with to purchase stuffed animals for gifts from the proceeds from the 50/50 Club. The National Entertainment Network was the company he investigated and found out that the company would donate the stuffed animals to the Post if a non-profit tax ID was presented to them. The Commander supplied the tax ID to Don. More information is to follow as the stuffed animals become available. The plan is for those stuffed animals to be handed out to the local Fire and Police Departments to those children traumatized from fires or accidents in the local area.

Based on the free donation information reported, it was suggested by the Financial Officer that the Post use the 50/50 Club proceeds to supply a needy family in Sprague with Christmas gifts. The needy family will be determined by the social network within the Town Administration. Cathy Osten agreed to assist in the future to supply the name of the neediest family at that time around Veteran's Day so planning can begin for next Christmas. The Post will discuss more on this idea at future meetings. Don Bastien will maintain all records for the 50/50 Club.

The Commander asked if there was any further business. Sr. Vice Commander Will Zinavage suggested that a newsletter be sent out to all members giving them a copy of all the member phone numbers who are on the rolls as of January 2011. He reiterated that many members still do not have access to computers and phone numbers given out would aid them in contacting other members to ask questions of members that they are familiar or more comfortable with. The Financial Officer was assigned to make distribution of the call list before the next meeting in February.

With no other business to be brought up, the Commander informed the members of the next meeting date and closed the meeting at 8:55 p.m. The next meeting will be held Tuesday, February 1, 2011 at 7:00 p.m. at the Senior Center. All veterans are encouraged to attend. The Commander led the Post membership in the Pledge of Allegiance and a salute to the Colors. Respectfully submitted,

Thomas Coletti, Financial Officer

WINTER HIKE AND IDENTIFYING TRACKS



AT THE SPRAGUE PRESERVE



Come enjoy the winter with us on a Winter Hike up at the Sprague Preserve. We will trudge through the winter wonderland of the Sprague Preserve along with Master Wildlife Conservationist, Kathleen Boushee. We will be indentifying tracks in the snow and enjoying the beautiful outdoors in its entire splendor. Meet us at the Grist Mill on Saturday, February 19th @ 12:30.

Don Boushee

Chairman Sprague Conservation Commission



The Salvation Army Upper New London County Service Unit

I want to thank all who have donated to the Salvation Army Kettles. Those who rang the bell on Sprague days have received help. Of the money raised by the Upper New London County Service Unit kettle drives, 90% will be kept here.

I also want to thank those who have donated checks to the Upper New London County Service Unit. To donate by check, please mail to: PO Box 304 Versailles, CT 06383.

All the money that has been donated so far has been used to help your neighbors here in Sprague. If you are in need of food, please call the Town Hall and speak with Colette. Thanks again to Scouting and the Scouts for collecting canned food items.

May the Lord bless you during these hard times,
Dennison Allen

It's a New Year! Begin a New You and Recreate Yourself!

**Co-sponsored by Make Me Over Designs and
The Sprague Park and Recreation Teen Committee**

**All are welcome! (Men too...)
If under the age of 18, you must be accompanied by an adult.**

**When: February 12, 2011 11 am- 3 pm
Where: Sprague Rod and Gun Club
90 Bushnell Hollow Rd.**

**FREE of charge
Refreshments will be served between 11-12 pm
Event/drawings start promptly at 12 pm
Door prize drawing, Raffles, Vendors**

Grand prize drawing for a complete makeover. Come shop for last minute Valentine's Day gifts. Treat yourself, relax, and enjoy.

Contact Elizabeth Calderon for more info. @ elizabethmkgirl@aol.com or (860)204-6286

Pre-registration means goodies, so, pre-register today!

Greetings from the Hanover Post Office

For some cold weather reading, I wanted to let you in on some of our colorful, new stamp releases.

January 22, we were issued the next in a series of Lunar New Year stamps – this time for the Year of the Rabbit. This stamp has a rich, dark green background with two orange-related fruits called kumquats on the front. This fruit is commonly “given as gifts and eaten for luck at this time of renewed hope for the future” by the countries which share this heritage.

Also released on January 27th, is the stamp celebrating the anniversary of the statehood of Kansas. This stamp shows how far the state has come by depicting the date it all stated in 1861 with an old-style windmill in the foreground and several modern style wind turbines in the background.

The newest Ronald Reagan stamp will be issued February 10th and shows a painting of America's much celebrated 40th president.

All three of these featured stamps will be printed in the popular “forever stamp” format – which means when you buy them at today's first-class postage price, they are good as first class postage forever regardless of future rates.

Additional stamp releases, upcoming rate changes, and other postal news can always be found on USPS.com. You can order stamps, track or arrange for package pick-up, obtain personally imprinted envelopes and have them shipped to your address anywhere in the world, just with a few clicks of a button.

Remember, we deliver service, convenience, and quality just for you. See you soon!
Tracy Medling, Postmaster, Hanover CT



The Sprague Garden Club

February is already here. Spring will be here in less than 8 weeks! Bring a little sunshine to your home by forcing pussy willows or forsythia to bloom early. These directions were found at www.eHow.com



Cut the branches on a day when the temperature is above freezing. Prune off the branches with a sharp knife or pruning shears as if you were doing a regular pruning. Cut branches that have a lot of flower buds, which are larger than the leaf buds and easy to tell apart.

Bring the branches inside the house and split the bottom of the stem open about 1 inch using a pair of sharp scissors. This allows the newly cut branch to absorb water.

- Trim off any buds or twigs that will be under the water in the vase so they will not rot... Re-cut the branch bottoms a small amount to make sure that the cut ends will absorb water.
- Place the branches into a vase of warm water, where it is cool and away from direct sunlight.
- Mist the branches occasionally to prevent them from getting dry and change the water in the vase two or three times a week.

Move the vase with the branches to a location that is sunnier once the blossoms have opened.

The Garden Club will hold an Evening of Remembrance on Wednesday, Feb. 2 at the Senior Center, 6 p.m. We will be organizing the Clubs photos and memorabilia. Past members are invited and if you have any old club photos, please bring them so we can all share in the memories and see how the club has grown over the years.

On March 2, we will be hosting guest speaker Dick Waterman who will provide information and a presentation on 'Attracting Bluebirds'. Our meetings are open to all. Refreshments will be served.

I hope to see you all in February,
Jan Settje, Secretary

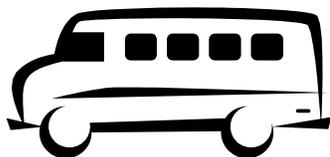
Sacred Heart Educational Center

Monday – Friday
8:00 a.m. to 8:00 p.m.

All Subjects are available.
All ages are welcome!

For more information, call Sister Mercedes at 860-822-8241 or
email information@SacredHeartLearning.org

SENIOR VAN SCHEDULE



Lisbon Super Wal-Mart and Kohl's
Bi-weekly, Monday, 1 to 3 p.m.

Norwich Big Y/Wal-Mart by request.

Norwich Stop 'n Shop Plaza

Thursday, 1 to 3 p.m.

Norwich Shop Rite

Tuesday, 1 to 2:30 p.m.

**Willimantic Super Wal-Mart and
Food Co-op** by request.

Medical appointments require a 48-hour notice. Please contact the Senior Center for availability before making your next appointment. (860) 822 3000, ext 203.

BUS SCHEDULE

Shetucket Village: 8:45, 9:45, 11:45 a.m.

Playground Brookside and High Street:

8:52 a.m., 9:52 a.m., 11:52 a.m.

TJ's Parking Lot, Route 97 and Main Street:

9 a.m., 10 a.m., and Noon

Arrival in Occum Corner of Hooper Street and

Route 97, by Red McKeon Park: 9:10 a.m.,

10:10 a.m., 12:10 p.m.

Return

Stop as needed for return trip

Express Return: 3:15 p.m. to Senior Center

Service runs Monday through Thursday except holidays. (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 information, visit www.seatbus.com.

For more information, call Buddy Meadows, Sprague Senior Center Coordinator at 860-822-3000 x210

Deadline for submissions is the **15th of each month**. Submissions may be e-mailed to ourtownct@yahoo.com or mailed to Town Hall, P.O. Box 677, Baltic, CT 06330. Information: (860) 822-3000. The writer's name, address and a contact phone number must be included with each submission. The focus of Our Town is community events, articles, commission notes and other items of town-wide interest. These items will take priority over personal opinions. Annual budget considerations may affect page appropriations. Ads may be pre-purchased at a rate of: Business Card \$21; Double Business Card \$40; Half Page, \$70; Full Page, \$100. Sprague ~ Our Town is a free monthly publication of the Town of Sprague, serving the communities of Baltic, Hanover and 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 format as necessary. Libelous or obscene materials are not permitted.

VNAEast

34 LEDGEBROOK DRIVE, MANSFIELD CENTER, CT 06250

PH: 456-7288 FAX: 456-4267

February Health Screenings

Blood Pressure Screenings:

Wed	Jan	5	Andover Old Fire House	12:30-1:30
Wed	Jan	5	Willington Senior Center	1-2
Thurs	Jan	6	Florence Lord Marlborough	11-12
Tues	Jan	11	Hebron Senior Center	10:30-11:30
Wed	Jan	12	Chaplin Senior Center	9-10
Fri	Jan	14	Columbia Beckish Senior Center	12:30-1:30
Mon	Jan	17	Marlborough Senior Center	1:30-2:30
Tues	Jan	18	Lebanon Senior Center	12:30-1:30
Wed	Jan	19	Scotland Town Hall	12:30-1
Wed	Jan	19	Ashford Senior Center	1:30-3
Thurs	Jan	20	Marlborough Town Hall	2-3
Tues	Jan	25	Franklin Senior Center	10:30-11:30
Tues	Jan	25	Sprague Town Hall	11:45-12:45

Adult Health Screenings - including blood pressure, Cholesterol, HDL 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:

Wed	Jan	19	Chaplin Senior Center	11:30-1
Thurs	Jan	20	Hebron Senior Center	8:30-1
Thurs	Jan	20	Hop River Homes	1:30-3
Mon	Jan	24	Willington Senior Center	1:30-3:30



February 2011

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 American Legion Post 85 Mtng 7 pm Senior Ctr	2 Sprague Garden Club, 6 pm Senior Center Planning & Zoning Mtng 7 pm Town Hall Sprague Brd of Ed. 7 pm Sayles School	3	4	5 
6	7 Inland Wetlands Mtng at 7 pm Town Hall Zoning Board of Appeals Mtng 7 pm Town Hall	8 Comm. On Aging Mtng 2:30 pm Town Hall Sprague Public Library Board of Dir. Mtng 6:45 pm Grist Mill	9 Sprague Board of Selectmen Mtng at 6:15 pm Town Hall	10	11 	12
13	14  Conservation Commission Mtng 7 pm Town Hall	15	16 Water & Sewer Auth. Brd Mtng 4 pm Town Hall	17 Board of Finance Mtng 7 pm Town Hall	18	19 Winter Hike and Track Identification Meet at 12:30 pm Grist Mill
20	21	22 Agricultural Commission Mtng 7pm Town Hall Sprague Historical Society Mtng 6:30 pm Town Hall	23	24 Regional Animal Control District Mtng at 10:30 am Lebanon Town Hall	25	26
27 	28					