

# OUR TOWN

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

## Information & News for February 2012

### Town of Sprague Website

A team which includes Claude Pellgrino, Claire Glaude, Peter Silvestri, and Denise Dembinski is working to revamp the existing Town of Sprague Website. The team is currently focusing on correction of existing information, lay-out, and formatting for the new site. The first pages to be addressed include Town Departments, Boards and Commissions, and Elected Officials. If you notice any information on [ctsprague.org](http://ctsprague.org) that is in need of correction please email Denise at [dembinskidenise@sbcglocal.net](mailto:dembinskidenise@sbcglocal.net). Thank you.  
*-Denise Dembinski*

### 42<sup>nd</sup> ANNUAL AUCTION

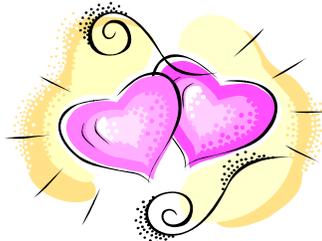


**SATURDAY, FEB. 18<sup>th</sup>  
6:00 P.M.**

**Hanover Parish House  
Main St., Hanover**

**Refreshments available!**

**FOR INFO CALL:  
860-822-6771/ 860-822-8351**



### Library Board Vacancy:

The Sprague Library Board is looking for a Sprague resident volunteer to fill one vacancy for an alternate position. We meet on the 2<sup>nd</sup> Tuesday of every month at 6:30 pm in the library. Anyone interested needs to write a letter stating why they would like to become a member of the library board and bring it with them to the next meeting on Feb. 14, 2012. Any questions please call Co-Chairs Kelli Shrewsbury at 860-822-1882 or Sally Exley at 860-822-9005.

### FREE CPR & AED Training open to all Sprague residents

The Baltic Fire Engine Company #1 is offering at no cost for Sprague Residents CPR (cardio pulmonary resuscitation) and AED (automatic external defibrillator) training classes on February 18<sup>th</sup> and February 25<sup>th</sup>, 2012. This training meets the needs of the general public, workplace responders, schools, professional responders and health care responders. We offer both Certified & Non- Certified training options. The training classes are open to anyone 12 years of age and older. The classes, which usually run for 2.5 hours, will be as follows:

- February 18, 2012 morning class will start at 9:00 A.M.**
- February 18, 2012 evening class will start at 6:00 P.M.**
- February 25, 2012 morning class will start at 9:00 A.M.**
- February 25, 2012 evening class will start at 6:00 P.M.**

For more information please contact Donna Sanford at 860-334-5385.

## Winter Tracking Hike

*Sprague Preserve*

SUNDAY, FEB. 12, 2012

Meet at the Grist Mill at  
10:30am

Master Wildlife  
Conservationist to lead us  
to investigate winter wildlife  
on the Preserve.

## Versailles United Methodist Church

Join us for breakfast!

Feb. 4<sup>th</sup> from 6:30-10am  
\$6 per person

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

1<sup>st</sup> Sat. of every month!

## Coupons Needed!

We are looking to expand  
our Food Pantry to  
include paper products  
and personal hygiene  
items. We are asking  
you to drop off coupons  
for such items so we may  
stretch our dollars and  
provide necessities for  
those in need. Food  
pantry items may be  
given to Colette Hoffman  
in the Land Use Office.

## Our Town Volunteers

Are you looking for a  
way to get more  
involved in the  
community? The  
Sprague Our Town is  
looking for volunteers to  
help assemble the  
newsletter every month!  
If you are interested  
please e-mail Jane at  
[ourtown@ctsprague.org](mailto:ourtown@ctsprague.org).



## Sprague Historical Society

Grist Mill  
76 Main Street, 3<sup>rd</sup> floor  
P.O. Box 162  
Baltic, CT 06330  
860-822-6867

## The Museum is Open!

Museum Schedule:  
*Tues. & Thurs. 4:30-7pm  
Wed. & Sat. 10am-1pm*

Also open by appointment.  
Please call to arrange a date  
and time.

## Looking for Walking Partners?

Is anyone interested in  
starting a walking team using  
the Village of Baltic sidewalks  
as our track? Please contact  
me as I would like to start by  
the first of March, walking up  
to 2 miles a day up to 4 days a  
week in between the hours of  
4pm-6pm. Days to be  
determined. THANKS!

-Cathy at

[c.osten@ctsprague.org](mailto:c.osten@ctsprague.org)

or at the Town Hall at  
860-822-3000 x202

## Employment:

Please be aware that the  
Town of Sprague is the  
fortunate beneficiary of two  
grant-funded employment  
programs:

**1. EASTCONN**, which is a  
youth employment training  
program, is income based  
and generally available  
during the summer months.  
Applications are available at  
the Town Hall in the First  
Selectman's office. These  
applications will be  
forwarded to EASTCONN  
when funding becomes  
available.

**2. TVCCA**, which is an  
employment program that  
is both income and age  
based and is available all  
year round.

Recommendations for  
application may be made  
through the Senior  
Director's office.

## **From the Desk of the First Selectman:**

I hope you all enjoyed the first snow of the year. Yes, it's true that it's pretty and yes, I am hoping that we have gotten all the snow we will get! I am especially hoping for an early spring!

Spring brings not only warm days, but is also that time of year when budget discussions begin! Each budget year begins with an assessment of anticipated expenses, weighed against an assessment of anticipated revenue, and this year is no exception. As promised, I am providing you with an outline of some of the grants that we receive statutorily, as well as those we fight for competitively.

In the operating budget the Town of Sprague is slated to receive \$3,389,371 in State grants for fiscal year 2011/2012 (this is the anticipated grant revenue). It is noted on our tax bills that without these grants the mill rate would be 43.25 mills, instead of our current mill rate of 25.75 mills. The largest two grants are ECS (Education Cost Sharing) and MME (Machinery and Manufacturing Equipment), which are apportioned out to municipalities for different reasons. The ECS grant is apportioned out to municipalities using a formula that in part is based upon the income of residents. The MME grant was based upon the equipment of manufacturers located in the Town, but is now a set amount established by the general assembly in their budget process.

The Town receives other funds from the State for education. Some of the funds received are targeted to offset public and non-public school transportation. The school also receives funds applied for, and netted against, additional programming costs such as: Title I, Title II, IDEA, Adult Education Reimbursement, Health Grant, and Special Education Excess Cost, to name a few. In the last fiscal year the Town received \$454,758 in education funding.

There are several smaller grants on the general government side of the ledger that the Town receives. Some of them are used to replace tax exemptions the State has enacted such as those for veterans, elderly homeowners, and those with disabilities. In addition, the Town receives a portion of the slot revenue that the State collects; funds to assist in off-setting Town road clean-up or repair; and, a portion of what would be the tax on in Sprague State owned property.

The Governor has stated that he is committed to protecting municipal aid by working as a partner with local government. As a former mayor, the governor is aware that a cut in municipal aid directly impacts residents. I am committed to staying vigilant in maintaining our current levels of funding relative to operating budget grants and fight for the competitive grants which allow us to increase services or work on our aging infrastructure.

We fight to receive some grants on a competitive basis; generally these are for infrastructure improvements. Some towns receive these grants as a result of being "entitlement communities". One such grant, called CDBG (Community Development Block Grants) is funding the State of Connecticut receives from the Federal Government. Twenty-two communities in our State, including New London and Norwich, are direct non-competitive recipients. We, in the Town of Sprague, must apply for these funds on a competitive basis. As a point of interest, the State received a total of \$38 million in CDBG funds in 2011. Of this amount, only one-third was made available to the non-entitlement communities (147) in the State, all of whom had the ability to apply. The Town of Sprague received one for \$700,000 for work to be done on the Shetucket Village.

We have also received grants from USDA, STEAP, Historic Preservation, Connecticut Commission on Culture and Tourism, all of which were applied for on a competitive basis against other municipalities and other states.

Some of the projects completed with these competitive grants have been the Baltic Heights and Potash Hill Road Bridge restoration projects (during Denison Allen's tenure). Also, the Upper High Street renovation; the Main Street, West Main St, Park Drive sidewalks; and, the Grist Mill renovations (all during my tenure). During past administrations the Town purchased the senior bus, and did work on the High Street sidewalks using competitive grants.

It is clear that previous administrations in Sprague have fought for grants which augmented our financial resources. These grants have allowed us to become the community we are, and the community we are proud of!

In next month's Our Town article I will be speaking about our bonds, what they have paid for, when they will be paid off, and why we are committed to having "responsible" debt.

Thanks for all your support,  
*Cathy*



## Capital Projects Introduction

As usual we are again providing initial planning documents which will be used in determining the capital projects for fiscal year 2012/2013. There is a thumbnail version of all the capital projects and I am providing you this month with an additional 2 documents which have been developed over the last few years. These are 2 of 5 documents that provide more detailed plans for capital improvements.

The first plan 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 regarding 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, Board of Selectmen, Recreation, and are slated to be presented to the Board of Education, the Fire Department and the Historical Society.

Your comments are welcome and appreciated on each of these documents.

Thanks,  
Cathy

## Capital Projects Overview Fiscal Year 2012/2013

### **-Roads**

#### *-Roads planned for fiscal year 2012/2013*

- Pautipaug Hill Rd from Rt 207 to Franklin Rd (a 1mi. section) is the #1 priority for which a grant has been applied for. Hopefully we are successful however if not this road should still be worked on this upcoming fiscal year.
- Grandview Drive is in need of a complete overhaul including drainage work. It is the #2 priority for which a grant has also been applied for.
- In addition Cydylo, Franklin, and Kendall are being considered for this year's projects- these roads were last done in the early 1990s.
- LaCroix Road Bridge should be completed this year; it will be paid for by State Local Bridge, USDA and STEAP funds.

#### *-Drainage planned for fiscal year 2012/2013*

- Fullertown Road cul de sac
- 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
- Riverside Drive: 2 areas, 1 near ice house corner, 1 between the Rondeau fields and Kempesta's house.

#### *-Tree Overhang work on High Street*

#### *-Ribbon Rail*

- The cul de sac on Bay Street
- A section of Hanover Versailles near the apartments

- Sections on Fullertown Rd.
- The corner of Wendy Drive

### **-Town Equipment**

- Necessary equipment*
  - 1996 Dump Truck (replacement)
  - Chipper (replacement)
  - Brush Hog (new)
  - Trailer

### **-Water and Wastewater**

- Fiscal Year 2012/2013 projects*
  - Pump Station 1 and 2 planned work should be completed this year. A recently received STEAP grant will help out with the completion of the work on Pump Station 2, this augments the funds already received for Pump Station 1.
  - The East Dam and Filtration Plant are moving forward, but it does not appear all funds will be in place for this upcoming year nor will permitting be completed.

### **-Town Buildings**

- Town Hall*
  - The brick on the building must be repainted
  - The boilers (currently 3) need to be replaced (last done in the 80s)
- Town Garage* (some work will be completed with approved 11/12 funds however more funds are necessary to complete this project)
  - A CO2 ventilation system is needed
  - A wash bay and oil interceptor
  - A fire alarm system is necessary
  - An electrical upgrade is necessary
- The Fire Department*
  - The floor tiles in the foyer need repair
  - The bathrooms need renovating
  - Air conditioning is necessary
- The Grist Mill*
  - The second floor windows need replacement along with some work on the gutters and painting the outside. A grant has been received which should complete this building.
- The Senior Center*
  - Some equipment is necessary to complete this area. We are hoping to raise the necessary funds through grants and donations.







## Town of Sprague Equipment

Equipment Management	Fema number	Age	scheduled replacement	new replacement cost	replacement cost	new mileage	mileage	difference	new hours	hours	difference	VIN #SERIAL #	maintenance total 7/1/2013 - Present	attachments	repair
<b>Public Works</b>															
1 Dump Truck w/body (Mike drives)	8y- 8770	1996 (ford) L8000	2012-2013	\$132,000.00	\$127,527.00	55182	53,600	1,582	5,800	5,822	78	1FDYR8E1SVA44431	\$5,985.15	plow/body	moderate
2 Dump Truck w/body (Tom drives)	8y- 8770	2000 (sterling)	2020-2021	\$200,000.00	\$200,000.00	38056	35,000	3,056	3,560	3,342	218	2FZHAJBB44AF58895	\$6,613.73	plow/body	moderate
3 Dump Truck w/body (spare)	8y- 8770	2003 (international)	2019-2020	\$125,000.00	\$125,000.00	38000	34,500	3,500	4,088	3,641	447	1HTYDAAAR3L069004	\$781.55	plow/body	normal work
4 Dump Truck w/body (George drives)	8y- 8770	2011	2025-2026	\$170,000.00	\$168,774.60	65008	61,200	3,808	7,468	7,470	-2			plow/body	normal work
5 550 Ford Mason (Mark drives)	3cy- 8805	2009 (ford - 550)	2023-2024	\$85,000.00	\$85,000.00	23876	11,538	11,840				0 1FDAF7Y9BEA74046	\$16.82	plow/body	normal work
6 Chipper	1987	(brush benefit)	2012-2013	\$39,349.00	\$39,349.00	0	0	0	560	560	0	0 444186			extensive
7 John Deere Backhoe (310 SE)	1999	(john deere)	2016-2017	\$110,000.00	\$120,000.00	0	0	0	1,625	1,525	100	T03105EE40227			normal work
8 John Deere Roadside Mower 6110	2000	(john deere)	2017-2016	\$115,000.00	\$115,000.00	0	0	0	1,834	1,814	20	L081105Z79799	\$17.20		normal work
8a Alamo Grubhead	2003	as needed		\$6,000.00	\$6,000.00	0	0	0	0	0	0	0 1415			normal work
8b Alamo Grubhead	2004	as needed		\$6,000.00	\$6,000.00	0	0	0	0	0	0	0 1302			normal work
9 Payloader (L70C)	3cy- 8383	1996 (volvo)	2018-2019	\$140,000.00	\$140,000.00	0	0	0	9,660	9,100	560	LC0CV2689			normal work
10 Sweeper	1996	(elgin)	2014-2015	\$165,000.00	\$165,000.00	0	0	0	8,700	2,355	6,345	P1940D			normal work
11 Lawn Mower (John deere) J455	1997	as needed		\$12,000.00	\$12,000.00	0	0	0	773	730	43	MD455C072578			normal work
12 Lawn Mower (John deere) J450	2008	as needed		\$14,000.00	\$14,000.00	0	0	0	216	225	-9	TC997SC081519			normal work
13 Lawn Mower (John deere) J4 x 4	2010	as needed		\$10,000.00	\$10,196.20	0	0	0	2,600	72	2,528	MOX748A050861		plow/mower	normal work
14 Van Chevy 4 x 4	2007		2017-2018	\$30,000.00	\$30,000.00	12720	7613	5,107				0 1GCFH15T47135840			normal work
15 Ball Dozer 450 (John deere)	1978	as needed		\$85,000.00	\$85,000.00	0	0	0	4,075	4,059	16	T040390328521			normal work
16 Almo Mower	new		2012-2013	\$112,000.00	\$112,000.00	0	0	0	0	0	0				grant funded regional
17 Bobcat Brush Hog	new		2012-2013	\$75,000.00	\$75,000.00	0	0	0	0	0	0				grant funded regional
19 Bucket - Payloader	2011	as needed		\$11,000.00	\$11,000.00	0	0	0	0	0	0				none needed
20a Snowplow - Wausau-V shaped	1947	as needed		\$8,000.00	\$8,000.00	0	0	0	0	0	0	0 no number			none needed
20b Snowplow - Everest on 1996 Ford L8000	2003	as needed		\$7,300.00	\$7,300.00	0	0	0	0	0	0	0 JH0526			none needed
20c Snowplow - Wausau on 2000 Sterling	1999	as needed		\$8,300.00	\$7,300.00	0	0	0	0	0	0	0 76712			none needed
20d Snowplow - Wausau on 1988 International	1998	as needed		\$8,300.00	\$7,300.00	0	0	0	0	0	0	0 67329			none needed
20e Snowplow - Wausau on 2003 International	1987	as needed		\$8,300.00	\$7,300.00	0	0	0	0	0	0	0 35901			none needed
20f Snowplow - Everest on 1988 International	2011	as needed		\$7,300.00	\$7,300.00	0	0	0	0	0	0	0 Y2347			none needed
21 trailer - eagle beaver	1985	as needed		\$15,000.00	\$15,000.00	0	0	0	0	0	0	0 1120HA208FT100027			none needed
22 trailer - carnate	1998	2012-2013		\$3,000.00	\$2,000.00	0	0	0	0	0	0	0 4PKU612SSWLD04680			none needed
23 pressure washer - power america	2002	as needed		\$3,500.00	\$3,500.00	0	0	0	0	0	0	0 PA-132N			none needed
25 Snowblower - Troy Bilt	1995	as needed		\$1,800.00	\$1,800.00	0	0	0	0	0	0	0 420120104689			normal work
26 compressor - atlas copco	1999	as needed		\$10,000.00	\$10,000.00	0	0	0	1128	1116	12	4500A0616XH10032			none needed
				\$1,722,649.80									\$15,414.55		



## Transfer Station Price Updates

We are pleased to inform you that the Transfer Station prices have been updated. We strongly encourage you all to recycle as this helps us keep our costs down! Questions regarding the new prices can be directed to our Transfer Superintendent, Walter Bell at 860-822-3014.

**\*\*Permit (town resident, 2 year permit) – Free (additional/replacement \$5.00)**

### Transfer Station Prices:

Blue Bags (sleeve of 5 bags, large 32 gallon)	\$ 6.25	
Blue Bags (sleeve of 5 bags, small 13 gallon)	\$ 3.00	
Box Spring(s) & Mattress(s)	\$ 5.00	each
Chair (stuffed and/or reclining)	\$ 5.00	
Sofa (love seat and/or three seat)	\$ 10.00	
Sofa (four + seat)	\$ 15.00	
Sofa (convertible) mattress & metal must be removed	\$ 15.00	
Sofa (sectional)	\$ 5.00	each section
Toilet	\$ 5.00	
Sink (non-metallic)	\$ 5.00	
Bulky Waste (resident)	\$ 10.00	per cubic yard
Commercial & Construction Material - See Bulky Waste		

### Transfer Station Items Free of Charge:

- |                    |  |                          |
|--------------------|--|--------------------------|
| -Air Conditioners  | -Freezers                                  |                          |
| -Anti-freeze       | -Heat Pumps                                | -Propane Gas Tanks (BBQ) |
| -Automotive Oil    | -Kitty Litter                              | -Refrigerators           |
| -Batteries         | -Leaves                                    | -Smoke Detectors         |
| -Brush             | -Mercury Vapor Lights                      | -Tires (all)             |
| -Cooking Oil       | -Mercury Thermostats (must be unbroken)    | -Water Coolers           |
| -Dehumidifiers     | -Mercury Thermometers (must be unbroken)   | -Wine Coolers            |
| -Electronics (all) | -Paint- Latex (covers off and paint dried) |                          |

### Transfer Station Items Not Allowed:

- Oil Base Products (Paints, Paint Thinner, Varnish, Shellac and Stains) (haz waste)
- Drain Cleaners (haz waste)
- Oil Storage Drums (if clean put with scrap metal- if not, haz waste)
- Battery Acid (haz waste)
- Camping Stove Fuel (if small propane tank drop off at the transfer station- liquid fuel will be haz waste)
- Gasoline and Kerosene (haz waste)
- Dead Animals (can be either composted or buried)
- Asbestos Products (haz waste must be identified as to amount and where it came from)
- Ammunition/Gun Powder (give to Resident Trooper)
- Auto or Marine Flares (haz waste)
- Rocks or Concrete Slabs (check with local sand and gravel operations)
- Fungicides, Herbicides and Insecticides (haz waste)
- Mice/Rat Poisons (haz waste)

\*\*Questions or concerns on Haz Waste can be answered by contacting SCRRA Recycling at 860-464-2509.

**All recyclables are still free and for your convenience. The Town utilizes the single stream method (meaning no need to separate recyclables). Please help to keep our costs down by recycling.**

*-Catherine Osten, First Selectman*

# SAYLES SCHOOL

## *PRESCHOOL PROGRAM*

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November 15, 2011

To the Residents of Sprague:

The School Readiness Preschool Program at Sayles School is happy to forward to the residents of Sprague the results of the survey that were completed regarding the preschool program for the 2010-11 school year.

Forty three surveys were distributed to families and 36 surveys were returned. The surveys were sent home from school with the students and returned to the classroom teachers.

The questions from the surveys and the responses of parents/guardians follow. We are extremely pleased with the responses received in this survey that indicate parents/guardians are very satisfied with the program. In a review of some of the areas where it appears attention is needed, discussions have included the following:

Question 10 – “When I disagree with how a teacher works with my child, I feel comfortable letting the teacher know and working together to find a solution that works for both of us.” There were 27 “yes” responses, 1 “no” response, and 7 “don’t know” responses. The “don’t know” responses indicate that perhaps the situation has never arisen. School Readiness personnel stress the importance of good communication between staff and families.

Question 22 – “I have been or will be included in program improvement efforts including a yearly program evaluation.” There were 24 “yes” responses, 1 “no” response, and 11 “don’t know” responses. Parents are invited to participate in the School Readiness Committee and information from the parent survey is used to evaluate the program for improvements. A letter is included in the Preschool Handbook asking for parents to indicate how they would like to participate in the program. Any questions should be directed to the preschool teachers.

We hope that if anyone has questions or comments regarding these survey results that they will contact the school at 822-8264 ext.193.



Dr. Judy Benson-Clarke  
Assistant Superintendent of Schools for  
Student Services and Achievement  
and The Sayles School Readiness Team



NAEYC Self-Assessment Family Survey  
Page 1 of 2

SANLES LA ESCUELA  
Name of Program

is conducting this family survey as part of its Self-Assessment to become accredited by the National Association for the Education of Young Children (NAEYC). Family perspectives are essential to the NAEYC Accreditation process. To achieve accreditation, programs must provide opportunities for families to participate in the Self-Assessment and program improvement process. Programs must provide all enrolled families the opportunity to respond confidentially and anonymously to this survey; for example, no names, identifying information, or coding may be used. At least half of all enrolled families must return the survey for the results to be considered valid. The program compiles the results and reports them to NAEYC. For more information about NAEYC Accreditation, please visit [www.righttochoiceforkids.org](http://www.righttochoiceforkids.org).

Please return this survey by this date: SURVEY RESULTS

Directions

For each statement, circle "Yes," "No" or "DK" for "don't know." If the statement does not apply to your child's program, circle "NA" for "not applicable" if "NA" is provided as an option for that statement. Please do not write in responses that are not offered as an option and please circle only one response per statement.

	Yes	No	DK	NA
1. I have a good relationship with my child's teacher and other staff.	36			
2. The teacher takes good care of my child, helps my child learn to get along with others, and is a good teacher.	36			
3. The teacher often shares information about things happening in the program and wants to know about things my child is doing at home.	34		2	
4. I talk with a teacher about my child at least once a week (or every day if my child is a baby).	32	3		1
5. I have received information at enrollment and/or throughout the year about the program and my child's classroom, including information about:				
a. Program mission and philosophy	30	1	4	1
b. Rules and expectations	36			
c. Procedures for drop-off and pickup and handling emergencies	36			
d. When my child may be exposed to contagious diseases and what I should do to protect my child	36			
6. I receive this information in a language that I understand.	33			3
7. The teacher asks about things that are important to our family and uses this information to help my child grow and learn.	34		1	1
8. For families who speak a language other than English at home: The teacher and I discuss the language used to teach my child.	3	1		32
9. I am invited to take part in classroom activities and events.	36			

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NAEYC Self-Assessment Family Survey  
Page 2 of 2

10. When I disagree with how a teacher works with my child, I feel comfortable letting the teacher know and working together to find a solution that works for both of us.	27	1	7	1
11. I am comfortable with what my child is learning and how my child's progress is measured. I have the opportunity to discuss what is learned and how it is measured.	36			
12. I know how the program makes sure that information about my child and his or her progress is kept confidential.	30	1	5	
13. I receive written reports about my child at least twice a year.	34		2	
14. I am told about my child's progress in language I understand and in ways that are respectful to me and my family.	36			
15. The teacher and program work with me to meet my child's individual or special needs and help me get other resources within the community when needed.	28		1	7
16. The program helps me get to know other families in the program and encourages us to support each other.	27	2	7	
17. I am always welcome at the program and am invited to participate by helping to plan events, being involved in decisions about the program, and taking on leadership roles.	33	1	2	
18. I am provided a translator when needed.	2		1	33
19. The program staff helps me learn about community events and resources that can help my child and family.	31	2	2	1
20. The program gives me information to help my child make a smooth transition to kindergarten or first grade.	25			11
21. I believe the program administrator is an effective leader.	32			4
22. I have been or will be included in program improvement efforts including a yearly program evaluation.	24	1	11	
23. When program evaluations are completed, I receive information about the findings.	27			8
24. I generally feel respected by the program staff and that my contributions are valued.	35			1
25. For families with babies only: The program supports breastfeeding by providing space, storing milk, and quieting staff on handling procedures, etc.				
26. For families with babies or children with special nutritional needs: Staff work with me to meet my child's nutritional needs and document for me what my child eats each day.				

Thank you for completing this survey!

If you are interested in more information about NAEYC Accreditation, please visit the Web site: [www.righttochoiceforkids.org](http://www.righttochoiceforkids.org)

© 2008, National Association for the Education of Young Children. This form may be reproduced for use by programs seeking or maintaining NAEYC Accreditation. All other rights reserved.

## **Notice to all Sewer Users of the Sprague Water & Sewer Authority**

The Sprague Water & Sewer Authority would like to let our customers know that pursuant to a Town Meeting held in June 2011, the Town of Sprague has appropriated funds for the design and construction costs related to the rehabilitation of portions of the sanitary sewer collection system infrastructure to eliminate infiltration and inflow sources contemplated to include the replacement of pipe segments, rehabilitation of defective pipe segments and connections, replacement of manholes and rehabilitation of defective manhole components and connections and related work and improvements.

Also pursuant to that same Town Meeting held in June 2011, the Town of Sprague has appropriated funds for the design and construction costs related to the rehabilitation of wastewater Pump Station No. 1, located off of Main Street on the south shore of the Shetucket River, contemplated to include the replacement of the entire pump station with a new submersible pump station, including new wet well and a control/generator building. The new station will be designed to be protected from the 100 year flood elevation and to meet state and local regulation requirements for being located in the floodway.

Beginning with your September 2012 bill all *sewer only users* will notice a new quarterly charge on your bill which will be listed as a Wastewater Recovery Assessment Charge. This new charge will be \$40.33 per E.D.U. (equivalent dwelling unit). If you have both water and sewer your debt service charge will now be listed as the Wastewater Recovery Assessment Charge and no additional charge to your bill will take place just a change in the name from Debt Service charge to Wastewater Recovery Assessment Charge.

If you have any questions regarding this information please feel free to contact the Authority Office at 860-822-3000, ext. 225.

*-The Sprague Water & Sewer Authority*

## RESIDENT STATE TROOPERS OFFICE

Phone (860) 822-6156

• P.O. Box 626, Baltic, CT 06330

To the Residents of Sprague,

Recently the Town of Sprague and other area towns have had several residential burglaries where copper was removed from occupied homes. These incidents have occurred during the day time hours. I am happy to report this individual has been caught and will be charged for every burglary.

I just want to remind you that these incidents took place during the day time hours and I am asking all residents not to forget to secure their homes. Unfortunately criminals often find a way to break in, but securing your home will help deter them. I also ask for you to be aware of what is going on in your neighborhoods and report any activity you feel is suspicious by contacting Troop E in Montville. I know sometimes people are hesitant to report what they feel is suspicious activity. If you feel something is out of the ordinary and you are hesitant to report it to Troop E, please leave me a message at the office and we can discuss it.

Your support and interaction can help reduce crime within the community.

Respectfully,

Tfc. Randy Silvestri



***Brianna was born with a congenital heart defect requiring multiple surgeries, her first at only two weeks old! Most recently, spent her 11<sup>th</sup> birthday in a hospital bed in Boston, recovering from her third open-heart surgical procedure.***

***Please consider a contribution to this child with the beautiful, broken heart. Brianna's family and everyone who loves her thank you in advance for your support!***

Due to their intense fear of their daughter being denied urgent care for unpaid medical debt, Brianna's parents have repeatedly refinanced their home to pay off deductibles and co-pays that insurance does not cover. Therefore, after decades of paying a mortgage, they still owe the bank more than the assessed value of their home. Unfortunately, since home values recently declined further, they cannot count on the equity in their home to carry them through this last surgery.

In another few years, Brianna will have grown enough to have a fourth open-heart surgery and receive a mechanical heart valve to help her heart function properly. It is for this reason that family and friends have decided that it is time to hold a fundraiser for the Dziekan family. They need to be able to pay off their current medical debt in order to prepare for the next surgery.

We would very much appreciate donations of any kind! Monetary contributions will go directly towards Brianna's medical debt, whereas donations of gift items will be used to generate funds through an auction or raffle.

The following is a website that her mom uses to keep family and friends updated on her health:

<http://www.carepages.com/carepages/BriannaDziekan2000>.



## Caring for Your Dog This Winter

by Denise Dembinski

**OUTSIDE DOGS** - All domestic animals need shelter during the winter months, but especially those that remain outside throughout the winter. A sturdy, insulated, and elevated shelter will keep your dog warm and dry and will stand up against the strong winter winds. Elevating the shelter not only keeps your dog off the cold ground, but helps to ensure that moisture doesn't build up inside. Insulation, in the form of hay, shavings, or even leaves and pine needles will ensure your dog stays warm and toasty.

Food and water play a big part in your dog's health especially during the winter. Dogs will burn more calories trying to keep warm which means additional food is required. Fresh water is essential and to avoid freezing consider a heated bowl or add a small floating ball. The ball will help keep water in its liquid form, providing your dog isn't overly fond of playing fetch. All dogs should be brought inside when the thermometer drops below zero.

**INSIDE DOGS** - Dogs that spend the day by the radiator or a fireplace can find time outside jolting. Although the length and thickness of a dog's coat determines how much cold is felt, all inside dogs feel the cold more smartly than those that live outside. A dog coat will provide the additional warmth and make your dog's time outside more comfortable. Dog coats are fairly inexpensive and come in a variety of sizes to accommodate almost all breeds, but the time the dog spends outside should be limited.

When your dog begins to shiver and whine it's definitely time to bring him back inside. Some dogs may choose to stay in the house as much as they can and will no longer ask to go outside. Make sure your dog goes out first thing every morning, after every meal, and at regular intervals throughout the day. This will ensure he has the time he needs outside, provide him with fresh air, and he will be reminded why he has to go outside.

If your dog becomes overly cold, warm him gently with a lightly heated towel or blanket. Avoid over-heating as this can result in other problems. Protect your dog from frost bite, but if you suspect this has happened look for pale grey skin and skin that is completely cold and hard to the touch. A trip to the veterinarian may be warranted.

Senior dogs, puppies, and dogs that are ill will be overcome with cold more quickly, so be sure their time outside is limited. And lastly, regularly check your dog's paws as salt can result in drying and cracking of the pads which can cause bleeding as well as pain and discomfort. Remove snow and ice balls between the pads. By keeping a close eye on your dog throughout the long winter months you can ensure he remains happy and healthy and avoid costly trips to the vet.





## Sprague Democratic Town Committee Update

At the January meeting, the DTC held the caucus and a regular meeting on the same night. We accepted the nominating committee's recommendations which included both returning and new members. Thanks to all of you for participating in the process!

We have established a young Democrats' council for those not yet old enough to vote but interested in participating in local, state or federal politics.

We are now preparing to vet candidates vying for positions for state or federal offices. We plan on coordinating with area towns to conduct forums and/or debates.

Many of us went to the Norwich Bulletin conversation with our Governor Dannel Malloy, which provided an overview on the last year's work and upcoming initiatives. This format provided a relaxed atmosphere that was also informative.

The Sprague Democratic Town Committee continues to urge new residents to register to vote. The committee will be glad to help anyone who would like to register. Registration can be done by mail or at the Town Hall. Registered voters interested in serving on a Town board or joining the DTC should contact me or DTC secretary Claire Glaude at 860-822-9111.

*-Catherine Osten*

*Chair, Sprague DTC*

## Animal Regional Control

**MORE DONATIONS** – The Animal Regional Control of Sprague, Bozrah, Lisbon, Lebanon, and Franklin would like to thank the following businesses for their generous donations to the pound.

**-Norwich Veterinary Hospital** – Located in Bozrah and owned by Dr. Joanne Geil donated dog food.

**-K-9 Cleaners** - Located in Haddam and owned by Phyllis Watson donated more collars.

Your generosity helps to lower costs while maintaining a high level of care for needy and homeless dogs. Thank you from the Animal Regional Control and the dogs at the pound.



## Sprague Conservation Commission

We will be sponsoring a *Recyclables Art Show* on Saturday, April 28, 2012 at the Sprague River Park to benefit Sprague Open Space.

Get your creative spirits moving! Start saving recycled cardboard, plastic, and cans and use them to create a mural, sculpture or Earth day theme. You can work as an individual or a team.

Prizes will be awarded for individual, team, cardboard only, and freestyle recyclables. More information to come!

*-Don*

*(860) 822-9808*

## Sprague Agricultural Commission

Happy February!

By now, many of our New Year's resolutions have fallen by the wayside. If one of them was to become more involved with our community, to create a more healthful environment for yourself and your family, or to make a difference in the world around us, you don't need to surrender to the daily grind. If you are civically inclined, there are still openings on the Sprague Agricultural Commission.

If you do not think being a commissioner is right for you, there are several projects in the works, including our Community Garden which will be introduced this spring, and the

potential for a Farmer's Market being developed. If you have experience or interest in either of these subjects, please contact us. We always support new ideas and interests!

Do you have an agricultural program that you would like to have incorporated in our town, or a quandary that we can help to resolve? Feel free to reach the commission by email anytime at [spragueag@sbcglobal.net](mailto:spragueag@sbcglobal.net).

look forward to hearing from you!

*-Rachel E. Fireman  
Chairman*

**Sprague Garden Club**

There is no meeting of the garden club in February.

**Gardening For Birds-**

We will meet on March 7 at 6:30pm at the Sprague Senior Center. Our guest lecturer will be from the Denison Pequotsepos Nature Center in Mystic. The public is welcome to join us.

**All About Bees - April**

4, 6:30 p.m. at the Sprague Senior Center. The public is welcome to join us in learning more about these important pollinators and honey-makers.

**A Planning Meeting for the Plant Sale-** May 2, 6:30 p.m., at the Sprague Senior Center. Our Plant Sale is scheduled for May 19. Please mark your calendars. Later in May, members will be working on a hypertufa project.

Please check with a member to be sure our meeting dates and times have not changed.

Wishing everyone a Happy Valentine's Day,

*-Jan Settje,  
Secretary*

**Word of the Month:**

Adulation-  
n. Flattery or praise;  
extreme admiration

**Recipe of the Month:**

**Double Chocolate Cake**

- 1/3 c. vegetable oil
- 1 chocolate cake mix
- 1 3oz pkg. chocolate pudding mix
- 1 1/2 c. chocolate chips
- 3 eggs
- 1 1/4 c. water

Pour vegetable oil into bottom of Bundt or tube pan, tilting gently to coat entire bottom.

Add rest of ingredients directly to pan and mix. Bake at 350° for 45-55 minutes or until done.



*As submitted by Rebecca Reyer  
for the Sprague Public Library  
Cookbook*

**The Salvation Army  
Upper New London  
County Service Unit**

I want to thank all those who have sent donation checks to the Upper New London County Service Unit at P.O. Box 304, Versailles, CT 06383. Ninety percent of the donations will be kept here.

Mother Nature has been good to us so far this winter- it hasn't been too cold! But keep your oil tank full because I think the price may go up. I hope we

will not have another bad storm. Try to keep a 72-hour kit equipped with enough food, water, warm clothes and blankets for 72 hours in a place where you can find it. Hopefully you will never need to use it, but if you are prepared you will not fear.

If you need food, call the Town Hall and speak to Colette. Thanks to Scouting For Food there is food available to help you.

May the Lord bless you this winter,

*-Dennison Allen  
Town of Sprague  
Representative*

**Friends of Sprague Public Library**

On February 4<sup>th</sup> the Sprague Public Library will be having a Bring Your Child to the Library program. Friends of SPL will also be there from 12-2pm holding our first ever membership drive! Everyone is invited to stop in for coffee and pastry and to find out more about our organization which has sponsored events such as the Wine & Cheese Social and Three Villages Christmas Caroling. Would you like to be our friend? Hope to see you all there!

*-Marion Leep  
President*





## Bring Your Child to the Library Day!



Saturday, February 4, 2012

The Sprague Public Library will be participating in the event. We will make new library cards for those who have old ones or are new to the library. We will also be hosting a literacy dog from Cold Noses, Warm Heart Animal Assisted Therapy Dogs at 10 AM.

## Food for Fines



Help replenish the local food bank and take away your fines all at once. Each non-perishable food item brought in will take \$1 off your fines. This program starts January 2 and will end Thursday March 1. All food is donated to the Sprague Food Bank and the Sprague Community Center.

## Special Pre-School & Toddler Valentine's Day

### Story Hour



Thursday, February 9 at 10:30 AM.

We will read Valentines stories and have a decorating party.

### Reminder



If Sayles School closes due to inclement weather, the library will close as well. If you are unsure because of an early closing, please call the library.

### Come check out our new *Coffee Corner!*

We are now proud to offer beverages to our library patrons for just 75¢ a cup!



We have over 5 different flavors of coffee, as well as hot chocolate and tea!

**Flavors include:** *Hazelnut French Vanilla; Nantucket Blend; Mocha Nut Fudge; Cinnamon Roll; Pumpkin Spice; Donut House Coffee; Vermont Country Blend; Chocolate Glazed Donut; Chai Latte; Breakfast Blend*



### The Afternoon Delight Book Club

meets the first Wednesday of each month at 3:30 PM. The book for the month of February is FREE CHOICE! Please join us on February 1! Come in and talk about one of your favorite books, it may be the next month's choice! The March book is The Space Between Us by Thirty Umrigar. Books are available at the library.



### Join us for Yarn Club

on Saturday, February 4 or on Saturday, February 18 !

Everyone is welcome to come, whether you are experienced

**Sprague Public Library**

76 Main St.

Baltic, CT 06330

**Staff:**

*Christine Kolar- Director*

*Kristin Elliott*



**American Legion Post 85**  
**1/3/2012 Minutes**

Commander Dave Salemma opened the meeting at 7:12 p.m. at the Sprague Rod and Gun Club. He led the Pledge of Allegiance and the salute to the Colors. The Chaplain said a prayer for all veterans. Commander Salemma took the roll call of officers and noted that Adjutant-Vice Commander Coletti, Senior Vice Commander Zinavage, Junior Vice Commander Brodeur and Sergeant at Arms Mueller were absent. A membership head count was taken and noted to the Commander that there were 7 of the 45 members in attendance and an official quorum was present to carry on Post business. The Financial Officer read the meeting minutes for 12/3/11. They were accepted as read. The Commander also noted that there were no member applications that were in process since the last Post meeting held in December.

The floor was opened up to old business. A brief discussion was held concerning the increasing membership. Legionnaire Lynn Lessard discussed ways to encourage new membership.

Discussion for a statue to be placed at the War Memorial continued this month. Fund raising ideas were discussed as it appears the Post will need about \$10,000. to purchase the statue the Legionnaires would like to see placed at the War Memorial.

The Christmas fund (which was pooled with other donations) provided Christmas for 25 children in Town in addition 23 additional families were given food baskets. The efforts of Legionnaire Don Bastian who chaired the fund are to be commended. Discussion was held concerning next years Christmas fund.

The Financial Officer reported that the treasury remained at \$725.57 as of 1/1/2012. Checks were issued to pay Johnson's Florist for the War Memorial wreath, American Legion Department of Connecticut dues, Legion Cap Orders and a Legion Bumper Sticker fund raiser. She also reported that 3 members continue to remain 2 years in the arrears for dues and that 6 members have not paid their 2012 dues.

The Commander asked if there were any hardship cases reported to anyone of the Post members present for any Veterans in need of financial assistance. None were reported. The Commander asked if there were any sick members. While several members had the normal winter cold/flu none were reported with major illnesses. With no further business to attend to, the Commander informed the members that the next meeting date will be held Tuesday, February 7<sup>th</sup>, 2012 at 7:00 p.m. at the Sprague Rod and Gun Club. All veterans are encouraged to attend. He closed the meeting at 8:00 p.m. The Commander led the Post membership in the Pledge of Allegiance and a salute to the Colors. The Chaplain said a closing prayer.

Respectfully submitted,  
*Catherine Osten, Financial Officer*



**~SPRAGUE COMMUNITY CENTER NEWS~**

**22 West Main Street, Baltic, CT 06330**

**“Serving the People of Sprague”**

SCC is getting ready for the February Family Game Night. Due to some additional scheduling conflicts the Family Game Night has been changed to February 24<sup>th</sup> at 6:00 p.m. This night will be a night for families to play Air Hockey on our new 91-inch Air Hockey table (donated from Sears) and also play family board games. There will be a \$2.00 per person donation, which will be put toward operating expenses at SCC. Come and join the 1<sup>st</sup> “Family Game Night” at SCC! Children must be accompanied by an adult. Please call 860-822-6595 for reservations by February 22<sup>nd</sup>.

During the month of March SCC will be having a “Corn Beef & Cabbage Dinner” and a special Irish dancing treat! Mark your calendars----March 10, 2012. Tickets MUST be purchased prior to March 8<sup>th</sup>. Tickets WILL NOT be sold at the door. Tickets are \$ 10.00 for Adults and \$ 5.00 for Children 5 and under. This will help us in our meal planning and our seating arrangements. The dinner will be served at 6:00 p.m. Our chefs will be Buddy Meadows and Linwood Lamb. The menu will consist of Corn Beef and Cabbage, Red Potatoes, Carrots, Rye Bread, Coffee, Tea, and Ice Cream for dessert. We will look forward to seeing you on March 10<sup>th</sup>!

Our weekly “Food Friday” free produce distribution has been very successful and we will continue to offer this program on Fridays from 3:00-4:00 p.m. If you want to register for this program, please call 860-822-6595 by Thursday of the week. We are also making available free clothing and small toiletries, and coupons during the “Food Friday” distribution time. Stop by and see if there is any way we can help you and your family.

Our weekly Yoga Classes at SCC continue to be offered on Tuesdays at 5:30 p.m. and walk-ins are welcome. The Cub Scouts have their weekly meetings on Monday and Thursday nights, and AA Meetings are held on Sunday nights.

As always, our facilities at the Sprague Community Center are available for many different types of activities. If you are planning an organizational or family event, give us a call at 860-822-6595.

Blessings to you and your family.

Sincerely,

Brenda J. Keefe

SCC Outreach Coordinator



**VNA East, Inc.**

**Feb. 2012 Stay Well Newsletter**

During the month of February, several health observances focus on heart health....after all during February we celebrate Valentine’s Day. For the past several years, the National Heart, Lung, and Blood Institute (NHLBI) has made a special effort to remind women to pay attention to their heart health and to take action to reduce their risk for heart disease. Their campaign is called *The Heart Truth* and their symbol is the Red Dress. The goal is to give women a wakeup call about their risk of heart disease. The campaign encourages women to speak with their health care provider about their risk and work to reduce risk factors.

Both men and women need to be aware of risk factors for heart disease and take action. So what can be done to reduce the risk of heart disease? According to the American Heart Association, unfortunately there are some risk factors that we can’t change...things like age (risk for heart disease increases with age), gender (men have a greater risk for heart disease than women), heredity (children of individuals with heart disease are more likely to develop it themselves) and race (African Americans have more severe high blood pressure and a higher risk for heart disease, as do Mexican Americans, American Indians and some Asian Americans). The good news is that there are a number

of major risk factors that we can modify, treat or control with lifestyle changes and medications. Here are some things you can do.....

- Tobacco use – Risk for heart disease is 2 – 4 times that of non-smokers. Exposure to other people’s smoke increases the risk of heart disease even for non-smokers. If you smoke, make 2012 the year you kick the habit!
- High Blood Cholesterol – High cholesterol levels increase the risk for heart disease. Choose to eat fewer animal based foods and more fruits and vegetables. Make 2012 the year you begin to eat a heart smart diet.
- Physical inactivity is a risk factor for heart disease – Regular, moderate to vigorous activity helps prevent heart disease. Increasing your physical activity will also increase your level of ‘good cholesterol’. During the cold weather months find a place to walk inside like the mall or join a fitness class or use some of the fitness equipment at one of the Senior Centers.
- High Blood Pressure – High blood pressure increases the workload of the heart disease and also increases risk for stroke, kidney failure, and heart failure. Work with your healthcare provider to get your blood pressure in range and get it checked regularly. Decreasing salt or sodium in your daily food will help to lower your blood pressure. Watch for sodium in processed foods....cook from scratch whenever possible.
- Diabetes – Having diabetes increases the risk for heart disease. If you have diabetes, work with your healthcare provider to manage your blood sugar levels.
- Overweight – Individuals who are overweight, especially if a lot of the weight is in the waist area are more likely to develop heart disease and stroke. Make a decision to start a gradual weight loss program in 2012...your heart will thank you for it!
- Managing stress levels and moderating alcohol consumption will also reduce risk for heart disease.

Make February the month that you take care of your health by focusing on your heart. Have a piece of dark chocolate on Valentine’s Day....according to The Cleveland Clinic, the flavanols in dark chocolate may supply us with ‘antioxidant’ power to help to stay healthy. Remember everything in moderation!

-Mary Withey, MSN, APRN  
Coordinator of Community Outreach Services

**VNAEast**

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

*February 2012 Health Screenings*

VNA East will hold the following clinics:

**Blood Pressure Screenings:**

Wed Feb 15	Scotland Town Hall	12:30- 1:00 pm
Tues Feb 28	Franklin Senior Center	10:30- 11:30 am
Tues Feb 28	Sprague Town Hall	11:45- 12:45 pm

**Adult Health Screenings** - including blood pressure, cholesterol, blood glucose, earwax, and foot care. Blood pressure screenings are free; other services have a nominal charge. Call (860) 456-7288 for appointments, costs, and information on other services.

Tues Feb 21 Franklin Senior Center 11:30- 12:00 pm  
Tues Feb 21 Sprague Senior Center 12:00- 2:30 pm

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**Habitat for Humanity of Southeastern Connecticut**

*Looking for an affordable housing opportunity?*

Habitat for Humanity of Southeastern Connecticut will soon be accepting applications for homeownership. People are selected based on need for decent affordable housing, ability to pay a monthly no-interest mortgage payment, and willingness to invest 400 hours of labor into building your home. **Applications can only be obtained by attending one of the following information sessions in its entirety:**

**\*\*Friday, February 3<sup>rd</sup> 2012** from 7- 8:30pm at the First Hispanic Baptist Church of New London  
**\*\*Saturday, February 4<sup>th</sup> 2012** from 10:30- 12pm at the New London Public Library

During application information sessions families or households interested in becoming a Habitat for Humanity homeowner will learn about the program and the qualifying guidelines. For more information call 860-442-7890 or send an e-mail to [mission@habitatsect.org](mailto:mission@habitatsect.org).

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**Deadline for Our Town submissions** is the 15th of each month. Submissions may be e-mailed to [OurTown@ctsprague.org](mailto:OurTown@ctsprague.org). 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 may be pre-purchased at rates 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 & 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.

**COME AND JOIN US FOR FUNDRAISERS FOR  
THE SPRAGUE SENIOR CENTER!**



THE SPRAGUE SENIOR CENTER'S FIRST FUNDRAISER (A POST VALENTINE'S DAY EVENT) WILL BE HELD ON SATURDAY, FEBRUARY 18, 2012 AT NOONTIME AT THE SPRAGUE SENIOR CENTER. COST FOR THIS EVENT WILL BE **\$12.00 PER PERSON** WHICH INCLUDES A PRIME RIB DINNER AND ENTERTAINMENT.  
**(Hey "Mr. DJ" Entertainment a.k.a. Ralph Watson)**

THE SECOND FUNDRAISER (A ST. PATRICK'S DAY EVENT) WILL BE ON SATURDAY, MARCH 17, 2012 AT NOONTIME AT THE SPRAGUE SENIOR CENTER. COST FOR THIS EVENT WILL BE **\$10.00 PER PERSON** WHICH INCLUDES A CORNED BEEF AND



CABBAGE DINNER WITH ENTERTAINMENT.  
(Hey "Mr. DJ" Entertainment a.k.a. Ralph Watson)

PLEASE CONTACT BUDDY MEADOWS, SPRAGUE SENIOR CENTER  
COORDINATOR/MUNICIPAL AGENT AT 860-822-3000, EXT. 203 FOR SIGN UP.  
**PAYMENT IS DUE UPON SIGN UP.**

**FUNDS ARE BEING RAISED FOR A NEW REFRIGERATOR/FREEZER FOR THE  
SPRAGUE SENIOR CENTER**

**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.

\*Service runs Monday through Thursday  
except holidays. 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](http://www.seatbus.com).

\*\*For more information, call Buddy  
Meadows, Sprague Senior Center  
Coordinator, at (860) 822-3000, ext. 203.

\*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 a.m., 9:45 a.m.,  
11:45 a.m.

**Playground Brookside and High Street:**  
8:52 a.m., 9:52 a.m., and 11:52 a.m.

**TJ's Parking Lot, Route 97 and Main  
Street:** 9:00 a.m., 10:00 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., and 12:10 p.m.

**Return**

Stop as needed for return trip.

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



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

## TVCCA SENIOR COMMUNITY CAFE FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
HOMESTYLE MEAL		HOMESTYLE MEAL		HOMESTYLE MEAL	
		<p>1 Meatloaf w/ Gravy Mashed Potatoes Peas &amp; Carrots Pineapple Cup</p>	<p>2 Orange Soy Glazed Pork Brown Rice Pilaf Broccoli, Cauliflower &amp; Carrots Pears w/ Mandarin Oranges</p>	<p>3 Lazy Man's Lasagna Zucchini &amp; Yellow Squash Peas Garlic Bread Applesauce Cup</p>	
<p>6 Beef Stroganoff Buttered Egg Noodles Peas &amp; Carrots Fresh Orange</p>	<p>7 Mexican Baked Fish Southwestern Brown Rice Zucchini &amp; Yellow Squash Applesauce Cup</p>	<p>8 Chicken Dijonaise Seasoned Rice Mixed Vegetable Medley Pears w/ Mandarin Oranges</p>	<p>9 Baked Penne w/ Sweet Chicken Sausage Broccoli &amp; Carrots Garlic Bread Pineapple Cup</p>	<p>10 Herb Crusted Pork Loin Mashed Sweet Potatoes Capri Vegetable Medley Oatmeal Cookie Apple Juice</p>	
<p>13 Crispy Baked Chicken Sweet Potatoes Green Beans &amp; Diced Red Peppers Cupcake Cranberry Juice <b>Happy Birthday</b></p>	<p>14 Salisbury Steak Mashed Potatoes Peas &amp; Carrots Pineapple Cup  <b>Happy Valentines Day</b></p>	<p>15 **Fish Italiano Roasted Potatoes Italian Vegetable Medley Fresh Fruit</p>	<p>16 **Spanish Beef Stew Cumin &amp; Garlic Roasted Potatoes Green Beans, Wax Beans &amp; Diced Red Peppers Fruit Cocktail Cup</p>	<p>17 Chicken Paprika Scalloped Potatoes Green Beans &amp; Diced Red Peppers Pears w/ Mandarin Oranges</p>	
<p>20  <b>Presidents Day Holiday Program Closed</b></p>	<p>21 Portuguese Chicken Brown Rice Pilaf California Vegetable Medley Danish Grape Juice</p>	<p>22 Eggplant Rolette w/ Marinara Buttered Noodles Green Beans &amp; Diced Peppers Pineapple Cup <b>Ash Wednesday</b></p>	<p>23 Chicken Cacciatore Seasoned Rice Peas &amp; Carrots Applesauce Cup</p>	<p>24 Parmesan &amp; Herb Crusted Fish Mac &amp; Cheese Capri Vegetable Medley Fresh Orange</p>	
<p>27 Beef &amp; Cheese Burrito Refried Beans Zucchini &amp; Diced Tomatoes Pineapple Cup <b>Ethnic Celebration</b></p>	<p>28 BBQ Pork Loin Sweet Potatoes Bean &amp; Carrot Medley Fresh Fruit</p>	<p>29 Chicken Parmesan Penne Pasta &amp; Marinara Winter Vegetable Medley Chocolate Chip Cookie Orange Juice</p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change with out notice.</p>	<p> <b>All Meal Reservations should be made 72 hours in advance.</b></p>	



# February

# 2012

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			<b>1</b> BOE, 7 pm Sayles School  Knights of Columbus 7pm, Fire House  P&Z Comm. 7 pm Town Hall	<b>2</b>	<b>3</b>	<b>4</b> Breakfast 6:30am-10am Versailles Methodist Church  Bring Your Child to the Library Day, Library, 9am-2pm
<b>5</b>	<b>6</b> Inland Wetlands 7 pm, Town Hall  Zoning Board of Appeals, 7 pm Town Hall	<b>7</b> American Legion 7 pm, Rod & Gun	<b>8</b> Board of Selectmen 5:00 pm, Town Hall	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b> Winter Tracking Hike, Meet at Grist Mill, 10:30 am  Lincoln's Birthday	<b>13</b> Conservation Comm. Mtg., 7 pm, Town Hall	<b>14</b> Library Bd. Mtg. 6:30 pm, Grist Mill  	<b>15</b> Water & Sewer Auth., 4 pm, Town Hall	<b>16</b> Board of Finance 7 pm, Town Hall	<b>17</b>	<b>18</b> Annual Auction, Hanover Parish House, 6 pm  Valentine's Day Fundraiser, Senior Center, 12pm
<b>19</b>	<b>20</b> Town Hall Offices Closed  Presidents' Day	<b>21</b>	<b>22</b>  Washington's Birthday	<b>23</b> Regional Animal Control Mtg. 10:30 am Lebanon Town Hall  Recreation Comm. 7 pm, Town Hall	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> Agriculture Comm., 7 pm, Town Hall  Historical Society 6:30 pm, Grist Mill	<b>29</b>			