

# The Gazette

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Thursday, September 15, 2022

Crafted from the finest local ingredients since 1885

1406 Main Street, East Hartford, Connecticut 06108

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## Kevin Reese, PhD has a new message: 'Peace Over Pain'

By Bill Doak

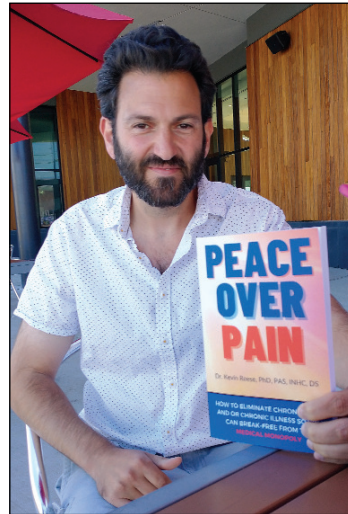
Ten years ago, East Hartford's Kevin Reese shed his hip-hop radio personality as a well-known host on Hot 93.7 and walked away from the business in search of something healthier.

Not only did he find the nutritional essence he was searching for, he earned a doctorate, just published his 6th book and now has a national presence as an authority on healing the human body by educating others about proper nutrients, posture and mental balance.

The Gazette interviews Reese in 2013. Now, Kevin, 43, a 1997 graduate of East Hartford High School has a PhD as well as a list of credentials following his name: Dr. Kevin Reese, PhD, PAS, INHC, DS. He is a nutritionist, Postural Therapist, Mindfulness Teacher, director of the Peace Over Pain Clinic, host of the Inner Peace w/ Dr. Reese Podcast and founder of the Health is Priority Foundation Inc., a 501(c)(3) non-profit.

He has also held onto that rebellious streak many remember him for when he struck out on his hip-hop radio career at the tender age of 16. Today he is known for his controversial take on America's medical field.

"They are putting everyone on pills," he says, "without treating the root causes of what



**DR. KEVIN REESE** with his sixth book has established himself as an authority on nutrition and crusader against what he calls the modern "medical monopoly."

is making us sick." He terms it "riding a carousel of frustration" in his book, Peace Over Pain which was just published. Teams of doctors specialized in various disciplines do not use a holistic approach, Dr. Reese contends. The consequence of that makes us sicker over time, which, he contends, is the real goal of modern medicine.

"I am controversial," says Reese sitting down outside the Rebel Dog coffee house on Main Street. "What the medical community is doing to us is a

See **DR. KEVIN REESE**, pg. 6

## REMEMBERING 9/11



**AT GOODWIN UNIVERSITY'S FALLEN STAR MEMORIAL SUNDAY MORNING**, State Veteran's Commissioner Thomas J. Saadi, a Lieutenant Colonel in the U. S. Army Reserve, Congressman John B. Larson and town police and fire department honor guard gave tribute to those lost on the terrorist attacks September 11, 2001. The names of 65 service members from Connecticut who perished during the ensuing war were read by the town Veterans Commission members followed by a 21-bell salute and taps by Korean War vet James Shelmerdine,

## 'Soft opening' Friday for dog park

Mayor Mike Walsh invites all dog owners and their dogs to a soft opening of the new dog park at Foran Park at 150 Forest St. The soft opening will take place Friday, September 16 at 11 AM. Animal Control Officer Jillian Cappabianca will be on site to answer your questions. Please stop by and say hello.

The dog park will be open year-round, featuring separate areas for small and large dogs. Additional amenities, including water, benches and agility equipment will be forthcoming as the dog park continues to be developed. However, individuals can begin using the park immediately following the soft opening.

It is the town's hope that the dog park will become a favorite place for dog owners and their four-legged friends to have fun and enjoy the outdoors.

All dogs must be licensed to be able to attend the dog park.

For information on dog licensing call the Town Clerk's Office at 860-291-7230.

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# AROUND TOWN

## Triple A Diner changes hands

The Triple A Diner on Main Street has been sold by the second generation of the original two families who founded it.

The diner had been managed by a new operator since 2020, and signage updates completed.

The sellers — Krisfir Inc., Peppas LLC and Kritman LLC — sold the property at 1209 Main St. to Rian Realty Trust for \$842,500, land records show.

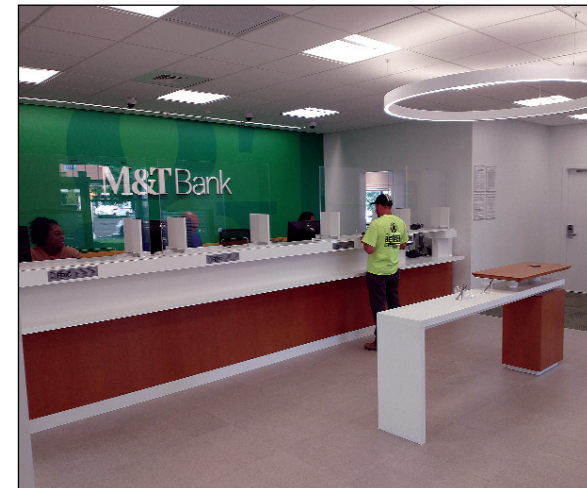
Dale Reese, managing director of Reese Commercial, represented the sellers.

The trust purchased the

property as a single-tenant net leased property in which all expenses of running the real estate, including property taxes, are the responsibility of the tenant. Rian Realty Trust is controlled by Saurabh Patel of Bristol, Massachusetts.

The iconic diner first was placed on Main Street in 1956, a sleek new aluminum structure which then expanded to include a banquet area in 1967. Open 24 hours, it is one of the few all-night diners remaining in the greater Hartford area.

## M&T Bank opens at Main and Governor streets



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38

## VFW cookout for vets, families

East Hartford VFW Post 2083 and Support Our Soldiers-Connecticut invites ALL VETERANS of the US Military to our free end of summer cookout on Friday, Sept. 16 at 6 p.m. Hot dogs and hamburgers, salads, desserts and refreshments. The cookout will be held rain or shine at the Hillstown Grange, 617 Hills St. This will be a chance for veterans to meet and socialize and enjoy a dinner

with their comrades who have all answered the call to serve their nation. Spouses, caregivers and significant others welcome. The Grange is a smoke-free venue and is handicap accessible. This is a good time to ask questions on veterans benefits and problems and we will try to get answers if we don't have them. At 7:30 a program on veteran addiction and suicide prevention. The public is invited. If questions call Frank Forrest, 860-690-2845 or e-mail sosconnecticut@aol.com.

**EMPTY NO MORE** - Conversion of People's Bank to the new M&T Bank took place September 6, causing some confusion for customers as free checking minimums increased to \$2,500. The inside of the old bank was gutted and replaced with a bright new design. Welcoming all customers, a grand opening is planned soon.

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### LEGAL NOTICE

#### LEGAL NOTICE

PUBLIC NOTICE is hereby given that the Town Council of the Town of East Hartford, Connecticut, will hold a public hearing on **Tuesday, September 20, 2022 at 7:15 p.m.** in the Town Council Chambers, 740 Main Street, East Hartford, Connecticut, to hear public comment on the possible sale of 1437-1439 Main Street.

Any person(s) wishing to express an opinion on this matter may do so at this meeting.

Jason Marshall  
Town Council Clerk

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Kristopher J. Keena

Kevin G. Keena

# The Gazette

Thursday, September 15, 2022

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## OPINIONS - LETTERS - SPEAKING OUT!

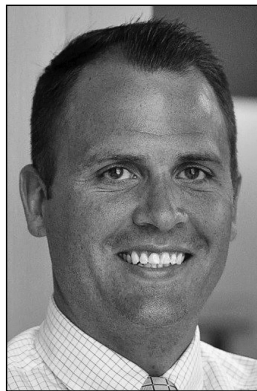
### Soon, every East Hartford student and teacher will breathe easier

Dear Friends,

Thank you all for your support and partnership as we kicked off the 2022-2023 school year!

We have had an incredible first three weeks back to school, which makes us all the more excited about what's to come in the months ahead. Stepping away from our focus on our work around teaching and learning, we wanted to share a brief update about a project we've had a lot of questions about as we worked through a late August heat wave. While cooler days are ahead, we're thrilled to share our plans to fully air-condition over 250 classrooms across the district as part of a massive classroom Indoor Air Quality Project.

This project, funded entirely through monies received through the American Rescue Plan includes individual wall mounted head units installed in each classroom across the district. These units will provide cooling from heat pumps that are mounted outside the school. Each classroom will have a separate wired thermostat to allow teachers to set the desired comfort level (within set points). Importantly, the units are whisper quiet and will also provide dehumidification. As a major part of this project, there



Nathan D. Quesnel  
Superintendent of Schools



Tyron Harris  
Chair, EH Board of Education

### WHAT'S WELL FROM WELLS HALL

will be significant work to address the electrical components associated with cooling. At each of the schools, this phase of the project has been specifically designed based on calculated loads and power requirements. While we have a lot of work ahead, we are excited about the impact this project will have on hot Spring and Summer days for our kids and teachers.

Abruptly shifting gears from this facility related focus (pardon the pun), we wanted to remind all our families of the importance of using the month of September to establish strong school to home relationships with your child's teachers. As such, please take the time to connect and reach out to your classroom teachers by email or ParentSquare.

As always, feel free to reach out to us as well. Let us know if we can be of service to you in any way - Mr. Harris - 860-622-5017 harris.tv@easthartford.org, Dr. Quesnel - 860-622-5107 or quesnel.nd@easthartford.org.

With great East Hartford Pride,

**Tyron V. Harris, Chairman**  
**Nathan Quesnel, Superintendent**  
East Hartford Public Schools

### Husky Football valiant in defeat, but fans lacking at the stadium; Giants win!

What a weekend. College football, week three, the NFL kicked off, baseball hit the stretch, a new era in tennis.

Nothing positive came out of UCONN's 34 point loss to Syracuse Saturday at Rentschler Field. Though he completed 14 of 17 passes Zion Turner amassed only 92 yards and one touchdown through the air. The running game managed just 97 yards. The dismal stats weren't the only place where positives were lacking. Syracuse should have been one of the biggest attractions on UCONN's schedule, a former Big East rival at a time when college football is leaping into the future. Only 25,000 turned out. A background of 15,000 empty seats. If you throw a party and no-

#### SCOTT GRAY on SPORTS

by Scott Gray



body comes, who cares? Not the "Power 5".

Giants fans take heart. For the first time since 2016 they won their opener. It had a familiar look after coach Brian Daboll lived up to his promise to be aggressive, calling for a two point conversion attempt (a successful shovel pass to Saquon Barkley) that gave the Giants a 21-20 lead with just over a minute left, but this one went the Giants way. With two holding calls the Giants D gifted the Titans a 47 yard field goal attempt with four seconds left, in previous years an auto-

matic three points. This one sailed wide left. Before chalking it up to luck watch the replay and Adoree' Jackson (#22 on your scorecard) on the far right side of your screen. His head-on dash into the Titans backfield forced everyone involved to speed up the process, leading to a slight mis-hit on the ball and the miss. The Giants new approach was also evident on Daniel Jones' one misplay, an interception in the

end zone resulting from being too aggressive, trying to beat the coverage to the receiver. Jones threw for 188 yards and two scores. Barkley had 164 yards on 18 carries, including a 68 yard run to open the second half with the Giants down 13-0. Feels a bit different, doesn't it Giant fans?

I predicted weeks ago the Yankees would hit a skid and any team ready to respond would have a chance snatch the A.L. East. The Yanks hit that skid. The Rays responded, but it may not have been enough. With Josh Donaldson and Giancarlo Stanton already back from the IL and Aroldis Chapman, Zach Britton and Miquel Castro just days away, the Yanks opened this week 5-1/2

games up with three weeks to play after spending the weekend pounding the Rays at the Stadium.

This was the U.S. Open that would open the door on tennis' new generation and Sunday's men's final, Carlos Alcaraz and Casper Ruud, gave the Ashe Stadium through a look at how good that generation can be, a four set win for 19 year old Alcaraz. Unfortunately, the only person who can officially pass the torch was missing. Novak Djokovic, a win away from an all-time major record, was denied entry to the country for refusing vaccination.

For better, Giants fans, or worse, Husky fans, it was a weekend worth noting.

**LETTERS POLICY:** The Gazette welcomes signed letters on subjects of interest to our readers. Mail to: The Gazette, 1406 Main St., EH, CT 06108 or e-mail to editor@ehgazette.com

# ARTS & ENTERTAINMENT

## Hartford artist exhibit at library

The East Hartford Public Library is hosting an exhibit by Hartford artist Thomas McCabe, on view from now until September 30, 2022 in the atrium area of the library.

McCabe has had a lifelong interest in the visual arts, especially comic book art. He counts influences as diverse as Norman Rockwell, Archie Comics, Henri Matisse, Mad Magazine, Toulouse-Lautrec, the bands Talking Heads and Canned Heat, Seinfeld, National Lampoon Magazine, and 1960s Walt Disney comedies. His paintings reflect these di-



verse influences in fun and whimsical ways.

"I hope that, by taking a couple of minutes to goof on my paintings," McCabe said, "people are able to smile at the subtle humor and take a break from stresses of the world."

McCabe also blogs at [jellydonutsinhartfordconnecticut.blogspot.com](http://jellydonutsinhartfordconnecticut.blogspot.com).

The exhibit may be viewed during the library's open hours: Monday and Friday, 9 am to 5 pm; Tuesday, Wednesday, and Thursday, 9 am to 8 pm; Saturday, 10 am to 2 pm, and Sunday, 1 pm to 5 pm (beginning September 11). There is no charge.

## Manchester House Tour benefits sculpture garden

Tickets to the Sculpture Project 2022 House Tour are now on sale. The Tour will raise funds for a life-size bronze sculpture of Elisabeth M. Bennet, visionary educator, innovator and hero. The statue will be placed on the front lawn of Bennet Academy in Downtown Manchester.

Six unique Manchester houses will be showcased during the Tour on Saturday, Oct. 15 from 10am to 4pm. The houses range from grand Cheney Mansions (3) to the home of a Cheney employee, a Federal colonial and Victorian house that was moved, intact, from Spring St. to Porter St. in 1966.

The tour also includes a silent auction, artist and Artisan Boutique at the Charles Cheney Mansion, opportunity to meet sculptor, Michael Keropian and music by Town Troubadour Bill Ludwig including an origi-



nal song composed in honor of Elisabeth M. Bennet.

Tickets are \$35 per person and may be purchased at the following locations: Woodland Gardens, 168 Woodland St., Highland Park Market, 317 Highland St., at the Customer Service Counter and at Manchester Town Hall, 41 Center St.

Payment is by cash or check. Tickets may be purchased on the day of the tour for \$40 at the Charles Cheney Mansion, 131 Hartford Rd., after 10 a.m.

FMI visit [www.manchester-history.org](http://www.manchester-history.org) or call 860 913-0523.

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# Society

## AT THE LIBRARY

### Raymond now open on Sunday

**CORRECTION:** The Raymond Library is located at 840 Main St. and is now opened on Sundays. It had opened on Sundays in January, 2022 then closed Sundays in May for the summer before being reopened Sundays as of Sept. 11. New Sunday programs coming up include an **Oct. 16, 3 p.m.** outdoor performance on the Raymond Library lawn by the *Eastern Medicine Singers*. For those who might have missed their dramatic and colorful earlier performance here, this is an Algonquin Drum Group from Woonsocket/Providence RI. The Eastern Medicine Singers are dedicated to keeping the Eastern Woodlands American Indian culture alive. The drum is made up of RI, NY, NJ, and Southeastern Massachusetts tribes, who are proud to sing and drum in the language of Massachuset and Wampanoag dialect. The Singers thank elder speakers of the language both past and present for their help, honoring especially Clinton Lightning Foot Wixon, Donald Three Bears Fisher, and Julieann Jennings, and strive to be a traditional, all-inclusive drum and sing for our Eastern people. They also honor past Eastern drums Nipmuc Turtle Drum and Full Circle drum, many of whose past drum members have sat welcome with them. Free and open to all. Bring the family, bring a lawn chair. In the event of inclement weather, program moves indoors.

**Sunday, Oct. 23, 2 p.m.** *Living history* performance by accomplished

performing artist/storyteller/historian Tammy Denease who will bring to life the "hidden history" of an important but little-known figure: Elizabeth Hobbs Keckly. Keckly, formerly enslaved, became a successful author, civil activist, and seamstress in Washington, D.C. Denease is a talented East Hartford resident who brings history to life with genuine and heartfelt drama.

**Writing Workshops** with Dr. Melissa-Sue John. Sunday, Oct. 2 - *Crafting your own story.* 3 to 4 p.m. For children and adults. Learn the elements of storytelling structure of a story, literary devices, different types of stories, then have the opportunity to craft your stories. Register at <https://easthartfordct.libcal.com/event/9440434>

An East Hartford resident, Dr. John is a wife, mother of two daughters, a published author, children's book publisher, professor, researcher, and DEI expert. She is proud of her Jamaican heritage. After high school, she moved to the U.S. where she earned her Bachelor of Arts degree from Hunter College, CUNY, and her master's and a doctoral degree from the University of Connecticut, Storrs. Currently she is an Assistant Professor at the University of St. Joseph. She enjoys lecturing, conducting research, and mentoring students. She now serves as the Chief Executive Operator of Lauren Simone Publishing House. To register go to <https://easthartfordct.libcal.com/>

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# Dr. Kevin Reese, updated

From Page One

tragedy of epic proportions. It is all based on making a profit by keeping us unwell."

Reese, through his books and podcasts, lectures and virtual learning sessions employs a group of five nutritionists to help people restore their health using a combination of proper vitamin supplements, postural analysis and mindfulness. He sums it up in each chapter of his books using common-sense, understandable language and logic to support his theses. It is refreshing talk, especially welcomed by those suffering or battling pain that Reese says is all too common in our society.

His outlook formed from personal experience. He had weight problems and stress leading to experiencing cardiac distress. He was only 28 - too young to have a heart attack. But he knew instinctively that he needed to make a drastic change in his life.

Now, as back in 2013, Reese still reaches for some juice, but it is in a bottle of micronutrients he says are missing from most of the fruits and vegetables we buy in the store. "The soil is depleted. The vegetables we buy might look good, but

they lack the micronutrients we all need," he says.

The carrots, beets and celery stalks that comprised his detoxified lifestyle in 2013 have been amended by more sophisticated balances of supplements. He is still an evangelist for his nutritional movement, adding the podcasts to the television appearances. He now speaks to large groups about his approaches to diet and posture, and using his personal experience of weight loss and dealing with pain and a cigarette habit to teach others that there is a better way.

Dr. Reese is using the broadcasting training he earned at Eastern Connecticut State University and years behind the microphone that included working as an instructor at the Connecticut School of Broadcasting to get his message out online. Replacing the radio waves is a private facebook group with his weekly livestream talk.

In his latest book, Dr. Reese reviews all the personal lifestyle disasters that landed him in an emergency room and into the hands of doctors "who treated the symptoms and not the disease."

Dr. Reese said one of his new goals of his non-profit arm is to

bring nutritional advice to people who may not have access to the best food sources, such as those in the inner cities.

"I want to do more in that area. Too many are eating foods that are not giving them the nutrients we all need to live healthier in mind and body." Educating people is his goal, giving them the tools to build healthier lives for themselves.

Dr. Reese is still going strong, and still applying the same intensity he had in 2013 and in 2001 to his career. He enjoys being controversial, but now uses it for good, and to wage a one-man campaign to educate. Soils are lacking micro-nutrients because farmers are fixated on nitrogen and phosphate. "There are 70 essential nutrients that we need, and we are not getting them in our food any more because of modern farming practices. Everyone needs to understand what they need because what is missing is slowly harming us, and landing us into the hands of the medical community. It is a vicious cycle."

Learning healthier habits remains a central component of his approach, and the books cross-reference his video training tools that are linked to his online website. *For more information go to [www.Peaceoverpain.com](http://www.Peaceoverpain.com).*

## Cabelas hiring event next week

Bass Pro Shops and Cabela's, North America's premier outdoor and conservation company, is looking to hire thousands of full-time and part-time Outfitters to join their award-winning team.

During a National Hiring Event on Wednesday, September 21 and Thursday, September 22, Bass Pro Shops and Cabela's retail locations across the U.S. and Canada will conduct on-site interviews for local retail, distribution and contact

center positions from 10 a.m. to 7 p.m. Full-time and part-time positions are available in all of the company's locations.

Friendly individuals who want to share their passion of the outdoors are strongly encouraged to apply in advance by visiting [basspro.com/careers](http://basspro.com/careers). Walk-ins are also welcome. Applicants for most available positions must be at least 18 years old, with some food service industry positions open to those 16 years of age or older.

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## OBITUARIES

### Geraldine Kay 'Gerri' Senechal, 76

Geraldine Kay "Gerri" (McMahon) Senechal, 76, of East Hartford passed away peacefully on September 8, 2022, with her husband and son by her side at her home in East Hartford.

Gerri was born on May 31, 1946 to Francis J. and Dorothy P. McMahon of New Brunswick, Canada. Gerri graduated from St. Stephens High School and not long after moved to Hartford. She married Raymond R. Senechal of Salem, Massachusetts and for 40 years they combined work with a love of traveling with friends and family. Gerri graduated from Manchester Community College, became an American citizen, and began her career as a paralegal in the state Department of Children & Families for 24 years until her retirement in 2016.

Once retired, Gerri and Ray enjoyed several winters vacationing in Panama City Beach, Florida, where she met many



Geraldine Senechal

new friends, spent time with her sister, enjoyed the sun and surf each day, and watched the sunset every evening from their balcony.

She had a beautiful smile, a lightning wit, was a master of Sudoku, and an avid reader. She will be missed by

the many people who had the pleasure to know her.

She is survived by her husband Raymond R. Senechal, her son Jeffery J. (Jodi) Manville (her son from a previous marriage) of Manchester CT, a grandson, great grandson, her sister Faylyn (Ted) Kumagai of Elora, Ontario, Canada, a niece, nephew, and many cousins in New Brunswick, Canada. She is also survived by several sister-in-law's and their spouses, and many nieces and nephews in the states.

There will be no public services. In lieu of flowers, the family requests that donations can be made in Gerri's name to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105. The D'Esopo East Hartford Memorial Chapel, 30 Carter Street, East Hartford has been entrusted with the funeral arrangements. For on-line expressions of sympathy to the family please visit [www.desopoeh.com](http://www.desopoeh.com).

### Janet Jordan Bernier

Janet Jordan Bernier passed away on September 2nd at the age of 66 after a short battle with cancer.

Born on July 26, 1956, Janet was the daughter of the late Albert and Helen Jordan of East Hartford.

She was predeceased by her loving sister Maureen Jordan Tabion.

Janet leaves behind the loves of her life, son Jordan Bernier and grandson Jaiden of Coventry as well as her brothers Albert "Lucky" Jordan of East Hartford, Craig and wife Christine of South Windsor, Pat and wife Marianne of Manchester, sisters Linda Cacho of Hawaii and Sheila and husband Butch Pelletier of Georgia and several nieces and nephews.

Born and raised in the Mayberry Village Section of East Hartford, Janet leaves behind many life-long, cherished friends and memories.

A special thanks to Casey O'Neill and the "Mayberry



Janet Jordan Bernier

Girls".

At Janet's request, all funeral arrangements are private.

Memorial donations in her grandson's name Jaiden Bernier, can be mailed to Key Bank, 3534 Main Street, Coventry, CT 06238.



# WHERE THE ACTION IS!

BY CORINNE HORAN

**SEPT 16:** East Hartford VFW Post 2083 and Support Our Soldiers-Connecticut invites ALL VETERANS of the US Military to our free end of summer cookout on Friday, Sept. 16 at 6 p.m. Hot dogs and hamburgers, salads, desserts and refreshments. The cookout will be held rain or shine at the Hillstown Grange, 617 Hills St. This will be a chance for veterans to meet and socialize and enjoy a dinner with their comrades who have all answered the call to serve their nation. Spouses, caregivers and significant others welcome. The Grange is a smoke-free venue and is handicap accessible. This is a good time to ask questions on veterans benefits and problems and we will try to get answers if we don't have them. At 7:30 a program on veteran addiction and suicide prevention. The public is invited. If questions call Frank Forrest, 860-690-2845 or e-mail sosconnecticut@aol.com.

\*\*\*

**SEPT 17: VINTAGE HATS** will be on display from 1 to 4 p.m. at the Selden Brewer House, 165 Main St. All are welcome to enjoy tea and nibbles at this event hosted by the Historical Society of East Hartford. See over 100 vintage hats, each a work of art. Free. Join us for tea - and join HSEH!

\*\*\*

**SEPT. 17 - APPLE FAIR AND TAG SALE** at All Saints Church, 444 Hills St. 9 a.m. to 2 p.m. Features our famous bake sale, home canning, quilts, soups and lunch. Neighbors are welcome to set up a table. Limit of 20 tag-salers. Call or text 860-490-3270 to reserve a spot.

\*\*\*

**SEPT 17, 18: COMMEMORATION OF THE END OF WORLD WAR II** at 10:30 a.m. at Cabela's, 475 East Hartford Blvd North and **SEPT 18** at 10 a.m. at the Holiday Inn, 100 E. River Drive. Join the World War II Legacy Foundation, Inc. for the first Commemoration of the End of World War II. On Saturday a special presentation about the sinking of the USS Indianapolis features James Belcher Jr. whose father was one of the survivors. His presentation will be followed by a showing of the documentary "The USS Indianapolis: the Legacy". FREE but registration is required. On Sunday a luncheon banquet at the Holiday Inn on East River Drive in East Hartford will be emceed by Steve Parker of WTIC radio. The Iwo Jima/World War II Museum will be on display, all WWII Vets will have a professional portrait taken. WWII veterans will be interviewed to have a custom painting done of them, displays by Aaron Elson, Quilts of Valor, silent raffles and USS Indianapolis memorabilia will be on display. FREE for WWII veterans, and \$50 each for all others. To register or call 860-810-8736 or email WW2LegacyFoundation@yahoo.com.

\*\*\*

**SEPT 17: WALK FOR PEACE** Saturday, 11 a.m. to 1 p.m. beginning from the Odiyana Buddhist

Center, 450 New London Turnpike, Glastonbury. Start with a brief meditation led by teacher Gen Khedrub, then enjoy a beautiful walk to Glastonbury Riverfront Park and back (approx. two miles). Light lunch served following. Everyone welcome. FMI: meditationinconnecticut.org

\*\*\*

**SEPT 19: CT FLY FISHERMAN'S ASSOCIATION'S** first in-person meeting for 2022-2023 will be at the Pitkin Community Center, 30 Greenfield St., Wethersfield from 6:30 to 9 p.m. The CFFA formerly met at the Veteran's Memorial Clubhouse which is now closed to the public due to safety issues. The CFFA meeting program will be on fishing the Black and Walloomsac rivers in Vermont. Places to fish, stay and eat with Kevin Fuller and friend Mickey who have been fishing there for several years. All welcome. Free.

\*\*\*

**SEPT 21: "DOWNSIZING DONE RIGHT"** - Do you or a family member have an accumulation of household items and are now faced with the daunting task of selling, gifting or donating the items due to moving, retiring or wishing to simplify your life? Wednesday, Sept. 21 at 7 p.m. at St. James' Episcopal Church, 2584

Main St., Glastonbury a presentation by Ralph Labozzo (appraiser and auctioneer) will address this task. Based on years of experience working with individuals and families, he will share his best tips and practices on how to sort, sell, donate or discard a lifetime collection of "stuff". There will be an opportunity for questions following the presentation. Contact the church office at (860) 633-8333 or parishadmin@stjamesgl.org to register.

\*\*\*

**SEPT 21:** Pratt & Whitney and UTRC Retirees meet at the PWA Club Inc., 200 Clement Rd (off Silver Lane) Wednesday. Join us for conversation, coffee and doughnuts at 9:30 a.m. with the program at 10. Dr. Eliza Kearsse-Westberry's Wellness and Yoga. FMI call 860-565-6236

\*\*\*

**SEPT 24: CRAFT AND HARVEST FAIR** at St. George's Episcopal, 1150 Boston Turnpike (Rte 44) Bolton. Beginning at 9 a.m. until 3 p.m. come to the church lawn for crafts of all kinds, hand-crafted jewelry, holiday decorations, pottery, knitted and crocheted items, wooden craft items, candles, children's gifts, quilts, soaps and a Book Nook. Also home-baked goods, delicious desserts and St. George's renown homemade apple pie. FMI call 860-643-9203 or go to www.facebook.com/StGeorgesBoltonCT.

\*\*\*

**SEPT 29: SILENT MOVIE DAY** presented by the town's Commission on Culture & Fine Arts at the East Hartford Community Cultural Center, 50 Chapman Place at 7 p.m. with a screening of the classic film "La Revue des Revues". Free.

\*\*\*

**OCT 1: PANCAKE BREAKFAST** at the Hillstown Grange, 617 Hills St., 8:30 until 11 a.m. Pancakes, sausage, coffee, tea and juice - \$5. This month's special pancake: Cinnamon Apple. Chocolate chip and regular pancakes also. Explore the historic Grange hall.

\*\*\*

**OCT 2: BLESSING OF ALL ANIMALS** brought to St. George's Episcopal Church on Sunday, October 2 at 11 a.m. in the church parking lot, 1150 Boston Turnpike, Bolton. In addition to the traditional types of pets (dogs, cats, gerbils, fish, turtles, birds, etc.), more exotic pets will be blessed. All animals are welcome and must be either in a cage or on a leash. Stuffed animals and photos of pet blessed, too! FMI call 860-643-9203 or e-mail stgeorges@stgeorgesboltonct.org.

\*\*\*

**BE A VOLUNTEER READER:** Riverside Health & Rehabilitation, 745 Main St., is looking for caring adults over age 18 to share a love of reading with select residents on an individual basis. Times and days flexible. Individual orientation and support provided. Adherence to CDC protocols mandatory. If interested in this rewarding opportunity, call Director of Recreation Scott Ginter at 860-289-2791, ext. 402.

\*\*\*

**BUS TRIPS** - Joan and Frank Perrone offer the following multi-day excursions under the name "Peronne's Pals" (formerly known as the St. Edmund Campion Social Club.): **Atlantic City, NJ October 25-27** - Two nights at Caesar's World-Class Hotel. Includes \$50 in food coupons, two fantastic shows - one a mystery show and the other a tribute to the band ABBA. \$280 per person, based on double occupancy. All trips include driver tips, meal taxes and gratuities, deluxe motor coach ride. Please include a copy of your vaccination card with your \$75 deposit. For more info call Joan Peronne at 860-568-6229.

\*\*\*

**CHAIR YOGA FOR EVERY BODY** at South Congregational Church, 1301 Forbes St. Mondays and Thursdays, 9 to 9:50 a.m. Poses are done seated or standing with the chair for support. Modifications are provided for physical limitations. Cost is by donation. ALL WELCOME. No registration required; just show up and wear comfortable clothes. FMI contact Janice Olson, certified yoga instructor, at 860-985-1883.

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