

THE LARK

January 2021

Meadowhill.net



Meet Ellie Augur



I have lived here at MH the past 27 years and have experienced the CT river while paddling over half of its 68 miles that runs through CT. The river is 410 miles long and flows from the US border with Canada to Long Island Sound in Old Saybrook. It produces a tide that goes as far inland from the Sound as Hartford. Next time at the river, check the tide. Watch it over several days and you'll see both high and low tides.

I grew up on a dairy farm in North Branford, CT along with five siblings. My pets were the cows my Dad milked twice a day. Starting as a three-year old, my job every afternoon was to give

each cow four or five potatoes to eat. The "Big E" was a must for farmers. Each September my parents pointed out the CT River as we were crossing it in Middletown/Portland. These were the days before Route 91. Little did I know, as we continued on Route 17 and passed through Glastonbury, that this town would someday be my home.

While kayaking it feels one is living in the 1600's. If you leave from the boat house here in town, and continue south, don't expect to see other humans or even buildings. Yes, you do notice the South Glastonbury Marina and the Ferry Landing. And if you look carefully you might see Meadow Hill, bits of red through the branches of tree leaves. Outside of this, all is quiet and just untouched.

Loons, bobcats, turtles, deer, mallard ducks, geese all call our river their home. The Ct River offers spectacular views of swans and often within a few feet are whole swan families out for a swim.

The fish best known from this river are CT River Shad. As a kid my mom would take my grandfather and me to a fish market in Old Saybrook for our annual treat of shad. Memories!

Lucky us, living on this terrific resource/CT River! Consider experiencing it from a kayak. Use Google to find information on group paddling opportunities or ask Ellie for suggestions.

Following are two excellent resources:

- estuary (yes, small e) magazine began publication this year. Estuary is a quarterly magazine bound to grab your interest in the CT River. estuarymagazine.com 1 Pilgrim Landing Point, Old Lyme, CT 06371.
- "Two Coots in a Canoe" David Morine Two men upon retirement canoed from the Canadian Border to Old Saybrook. One terrific story of their journey, the people they met along the way and our great river.

KEY DATES

January 01 - New Year's
January 06 - Epiphany
January 07 - Orthodox Christmas
January 14 - Orthodox New Year

January 18 - Martin Luther King Day
January 20 - Inauguration Day
January 31 - Grammy Awards

A Little Elf Magic



Holiday Season 2020: Stay away from stores; don't go to parties; no live caroling; on-line church services; and keep your family at Zoom-length. Ugh! Recognizing that the 2020 holiday season might be a little bit gloomy for many MH residents due to the pandemic restrictions, a small group of resident elves took it upon themselves to inject a glimmer of yuletide brightness into our surroundings. With permission from the Board, and at



their own expense, the group installed holiday decorations on the horse barn and nearby common spaces. As elf Todd explained, they chose this area because it is relatively high traffic and high visibility. Todd and fellow elves Susan, Elaine, Kathy and Mike constructed a 10-foot light-up "tree" near unit 203, installed solar lights on a real tree in the center circle, and coordinated with MH Maintenance to hang wreaths and garland on the barn and adjoining stockade fence. Other resident elves joined in with financial donations to help defray the out-of-pocket costs.



The group is grateful to the Board for enthusiastically supporting their efforts and have been pleased at the positive feedback from other residents. "I can't believe how many people have thanked us for brightening up the area for the holidays," said one of the elves. "The response has been just lovely!" Indeed, it has. And, the group promises, just wait 'til next year!



GLASTONBURY GIVES - COVID 19 UPDATE

During these challenging times, many members of the Glastonbury community are in need of daily essentials such as food, fuel and other necessities.

The Glastonbury Gives program is making a concerted effort to meet the increased demand and to support our neighbors in need.

Glastonbury Social Services is currently seeking monetary donations to the Glastonbury Gives program, which will be allocated to the Food Bank, Fuel Bank and Special Services for one-time emergency grants. All donations will receive an acknowledgment of their donation and are Tax deductible.

Donations can be made out to "Glastonbury Gives" and can be mailed or dropped off in the Tax Drop Box at the Town Hall at the entrance to the Community center and Drop Box at the entrance to the Academy building or Mailed to: P.O. Box 6523, Attn: Food Bank, Glastonbury, Ct 06033.

Please wash your hands before writing and assembling the check and envelope and be sure to write Glastonbury Gives on the envelope and the check memo line!

COMMUNITY CENTER EVENTS



CELEBRATING THE NEW YEAR 2021 w/ the Elderly Brothers - 12:30 pm to 1:30 pm on Tuesday January 5th. They are planning a sure-fire Celebration - to Better Days ahead! Virtual Melodies and Songs through Zoom from the Comfort of Home.

GHS TREBLE Choir - Friday, January 22, 2021, The Treble Choir is an auditioned group open to 10th, 11th, and 12th graders at the high school. They sing music in a wide variety of styles and annually take part in the Festival of Women's Voices with the West Hartford Women's Chorale. You're in for a Treat! All programs are virtual via Zoom & require registration by calling the community Center at 860-652-7638.

KEEP YOUR BRAIN ACTIVE and GET THOSE Zzzzs

Learn something new every day according to the National Institute on Aging. Staying curious may help keep your brain active as you age and benefit your thinking, memory and other mental skills!

Where can you start? You might: read books or magazines on unfamiliar subjects, try a puzzle or Brain game you're not used to, dive deeper into an old hobby, learn a new card game, join a Book or Movie discussion club, learn how to play a musical instrument, try your hand at writing a short story or poem or put your Chef's hat on and try out some healthy new cooking!

TAKE BACK THE NIGHT with 3 simple steps for good sleep: 1. Follow a regular sleep schedule, including weekends. 2. Get enough sleep, seven to eight hours per night. 3. Get good quality sleep without disruptions and to achieve this steer clear of cell phones, smart pads and computer at least one hour before you plan to go to sleep also, stop taking caffeine past mid-afternoon and keep the bedroom dark and quiet! ZZZZZ

WELLES TURNER MEMORIAL LIBRARY VIRTUAL ADULT PROGRAMMING

January 07 - 6:30 PM CTHS CT & the Pandemic of 1918
 January 12 - 6:00 PM Ditching Fad Diets & Healthy Lunch Prep
 January 19 - 6:00 PM Organizing: A Plan of Attack for any Space
 January 27 - 6:30 PM Cookbook Club
 January 28 - 6:00 PM Books on Tap




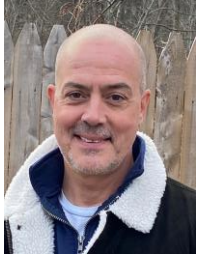




All Programs are Virtual via Zoom and require registration either through our website (www.wtmlib.info) or calling the Reference Dept at 860-652-7720. Registration with a valid email address is needed in order to receive the link to the Zoom meeting on the day of the program.



**Match
Game**

Meadow Hill Match Game

Match the Meadow Hill Resident's picture in row 1 with their pet picture in row 2 and then to the resident name in row 3 and pet's name in row 4. The correct letter-answers appear on the last page. No Cheating!

Resident Picture Row 1	 A.	 B.	 C.	 D.
Pet Picture Row 2	 E.	 F.	 G.	 H.
Resident Name Row 3	Howard I.	Kathy J.	Todd K.	Robyn L.
Pet Name Row 4	Sophie M.	Max N.	Cricket O.	Harpo P.

MEADOW HILL RESIDENT NOTES

Greenhouse - The greenhouse welcomes your tender perennials. Please label containers with name and unit number, and limit quantity to 3 large or 4 small plants. Make sure plants are insect-free and watering is your responsibility. Sandy MacGregor, Chair.

Clubhouse and Hollister House – Closed until further notice due to the coronavirus.

Clubhouse and Hollister House Rentals - Rentals discontinued until further notice due to the coronavirus.

Lark Submissions Please contact Gene Flynn at 860-212-7347 for more information on submitting articles and notices.

Bingo – Cancelled.

Book Club – Cancelled. Usually held on the first Tuesday of the month at 1:00 at the Clubhouse is cancelled until further notice due to Covid19.

We will be recommending one or two books a month for folks to read based on recommendations from book club members.

This month's book is:

- A Long Petal of the Sea by Olsabel Allende, 2020, 318 Pages.

Game Day – Cancelled. Usually held on the first Wednesday of the month from 1-3pm at Hollister House is cancelled until further notice due to coronavirus.

GIVEAWAY: Hugo Walker (with seat) to anyone needing it. Previously owned by Dale Carstens. Call Joan at 860-918-2215.

MANAGEMENT COMPANY

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860-916-0740

DIRECTOR
unfilled

To Email Management staff or Board Member click on <https://tinyurl.com/MHillContacts>

BOARD MEETINGS

Monthly Board meetings are held on the third Wednesday of each month at 1:30pm.

Meetings will be electronic.

Information on how to connect will be forthcoming from Imagineers.

THE NEXT MEETING
January 20th

1:30 PM

Meeting Will be Electronic

Current and previous meeting minutes can be found at www.meadowhill.net

Hard copy minutes are no longer available at the clubhouse due to the coronavirus.

Match Game Solution: AHJN, BELO, CFIP, DGKM