



# The Lisbon Quarterly

A Newsletter for Lisbon Residents



## Save the date....September 19th

By Denise Howard, Member

Lisbon Fall Festival time is upon us once again! This year the festival's main events will be held on Saturday, September 19<sup>th</sup>. The Lisbon Fall Festival has been growing in size and this year promises to be one of the best yet.

For all of the 6<sup>th</sup> - 8<sup>th</sup> grade kids at Lisbon Central School, there will be a dance at the Lisbon Community Center the night before the Fall Festival, Friday, September 18<sup>th</sup>, from 6:00 - 9:00 PM, kicking off a weekend of fun.

Join us for the annual Lisbon Fall Festival on September 19<sup>th</sup>, 12PM-6PM. This event is being held at the Lisbon Community Center, near the Lisbon Meadows Park.

The day's events start at 10:00 AM with a 3.5 mile road race, starting at the Lisbon Town Hall and finishing in front of the Lisbon Community Center. Road Race applications are available at [www.lisbonfallfestival.org](http://www.lisbonfallfestival.org).

Chowder & Fritters, hamburgers, hot dogs and fries, popcorn, and refreshments will be available for purchase. The members of the Newent Congregational Church will have a great bake sale table of delectable treats at the Festival. We will have many fun events for young and older kids, including "Touch a Truck".

We will also be expanding this year with over 35 local vendors, crafters, and artists. Meet the artists, crafters and vendors and do some early Christmas shopping.

We are very happy to partner with the Lisbon Recreation Committee this year, who will host many kid and family friendly activities, including Bumper Ball!. What is Bumper Ball? Glad you asked! It's a bunch of people running around wearing a big plastic inflatable ball and playing soccer. They often run into each other, bouncing off the other ball. Thus, "Bumper Ball"! It's hilarious! Check out this video for a brief look at BUMPER BALL!

<https://goo.gl/V4CYQv> Teams are now forming for Bumper Ball. Play or watch; it is sure to be a great time!

We need YOUR help! As you know, we are a volunteer organization and are always looking for new volunteers on the committee, or for people who can spare just a small amount of time to help us with major events. We are asking for volunteers for set-up and tear down for the Fall Festival, as well as volunteers who can help cook or help with concessions. Contact Cyndy Goodwin Cockett at 860-710-1640 or [lastcarnival@comcast.net](mailto:lastcarnival@comcast.net) if you can assist with the Lisbon Fall Festival.

Our final event at the Lisbon Community Center (before we get heat!) will be our Fall Bingo, held on Friday, October 2<sup>nd</sup>, 2015. Come on down with your family; it is always a great time!

Stay in touch with the Lisbon Fall Festival and all of our future events by following us on Facebook! Visit <https://www.facebook.com/groups/lisboncommunitycenter/> and click on the Events tab!

The Lisbon Fall Festival Committee is raising the funds required to install a heating system in the Lisbon Community Center with events like the Fall Festival and Bingo. A heating system in the Community Center will make this spacious and affordable location available year-round for your events. To learn more about using the Lisbon Community Center, visit [www.lisbonfallfestival.org](http://www.lisbonfallfestival.org) and click on "Community Center". You may also make reservations by contacting Lorraine Dawley at 860-866-7595.

## Senior Center Celebrates

By Lee Szruba, Chair., COA



On June 25<sup>th</sup> a group of enthusiastic Lisbon residents of a certain age was joined by special guests to celebrate the 25<sup>th</sup> anniversary of the opening of the Lisbon Senior Center, our local resource and activity center.

The event began with the introduction of the dignitaries seated at the head table by Lee Szruba, serving as Mistress of Ceremonies. They were: Elizabeth Ritter, Connecticut Department on

Aging Commissioner; Cathy Osten, State Senator for the 19<sup>th</sup> District; Paul Brycki, State Representative for the 45<sup>th</sup> District; Doug Dubitsky, State Representative for the 47<sup>th</sup> District; Tom Sparkman, Lisbon's First Selectman; Bob Browne, Lisbon's Second Selectman; and Dan Ostrowski, Lisbon's Third Selectman. Members of Lisbon's Commission on Aging who were in attendance were also introduced, as was the current Senior Center Director Karen Washington.

The delicious luncheon, served by East Coast Catering of New London, was preceded by a toast given by Tom Sparkman. Attendees had a choice of grilled marinated chicken breast with fresh mango salsa or roasted butternut squash lasagna with hazelnut pesto cream sauce, served with fresh salad, garlic rosemary roasted potato and seasonal vegetables. Dessert was a cake decorated with a rendering of the Senior Center building.

A brief speaking program was kicked off by gracious remarks by Commissioner Ritter who emphasized the benefits of having a place where maturing adults could come for information, fellowship, education, or just getting out of the house. With the proximity to the school, it could also serve as a place for inter-generational activities.

Senator Osten and Representatives Brycki and Dubitsky made a joint presentation of a legislative citation recognizing twenty-five years of service to the older citizens of the Town of Lisbon. They expressed their individual congratulations for reaching such a meaningful milestone. It was noted that for most of those years, Judy Jencks served as the Director and Municipal Agent.

The building was built in 1956 and was originally part of Lisbon Central School, at one time housing grades 5 through 8 and then grades 1 through 4. One of the teachers who taught in the building, Carolyn Benker, was in attendance and shared some of her memories. The current Director's office was the office of the school nurse, and the Board Room was the school secretary's office.

## Lisbon Historical Society Quarterly Notes

By Kim Sperry, Member

I In late May, LHS tackled a cleanup at the Burnham Tavern to ready the house for the conditions assessment survey and made an exciting discovery behind a wall next to the fireplace. We have been suspecting since we acquired the house that the wall was covering something special, so we very carefully pulled off the wood, and much to our surprise a complete stone and brick bake oven, wood storage space and hand forged iron bake oven door revealed itself! It also turns out the wood covering the bake oven is actually an antique door. Now we are wondering where that came from, as nothing was ever wasted, just repurposed. A follow up investigation on June 7 saw the removal of the bricks covering the original kitchen fireplace revealing the original crane and pintels. Once the kitchen, fireplace and bake oven are fully restored, so will be the heart of the house.

North Burnham Highway travelers may have noticed the limb and tree damage at the Tavern after the June storm. Fortunately, the house did not sustain any injury but the tree wasn't so lucky and had to be fully removed. Our plan is to replace it with a period appropriate specimen when exterior work is completed.

Congratulation to Lauren Zelasky, this year's recipient of the **Lisbon Historical Society Excellence in History** award. A certificate and cash award is given annually to the Lisbon Central School 8<sup>th</sup> grader with the highest grade point average. We are pleased to recognize Lauren's hard work and interest in history.

LHS member Bethany Arabic is in the homestretch of a major Girl Scout project, working towards the Gold Award, which represents the highest achievement in Girl Scouting. Bethany has undertaken compiling, organizing and scanning over 2,400 photographs of Lisbon's people and places that were scattered among, files, folders, albums and boxes. She plans to exhibit her work as a power point presentation during Fall Festival, on Saturday, September 19. Please come out and support this dedicated young woman and important archival project. Thanks go to Ken Mahler for his role as project advisor, and Town Historian Marcia Shafer for her assistance.

**Once again, the Lisbon Historical Society is hosting a Last Green Valley Walktober walk. The walk this year is titled, Walking the Fields of the Old Burnham Tavern, which will be on Saturday, October 24, 10 a.m. 223 North Burnham Hwy. (Rte. 169).**

Walkers will park and gather in the yard of the circa 1760 building. Hosted by LHS member, Ken Mahler, participants will learn about the Burnham Tavern and the present and former farm outbuildings. The group will then proceed to the fields of the 120 acre Town owned property and discuss the challenges and opportunities of farming and maintaining a small farm. The walk will take about 2.5 hours, and covers 2.5 miles. Light refreshments and a restroom facility will be available.

Youngsters over 12 years and dogs on a leash are welcome. Pre-registration is required, call 860-376-2015 and leave a message for Ken. Walks throughout the National Heritage Corridor are taking place from late September through mid-November please go to [www.tlgv.org](http://www.tlgv.org) for information. For more information you can visit the HS website at .... [www.99main.com/~chill/Historic.html](http://www.99main.com/~chill/Historic.html), or our Facebook page by typing Lisbon Historical Society in the "find friends" bar. You can also watch a couple of YouTube clips of our popular open hearth cooking classes.

Thanks once again to everyone who donates their cans and bottles, all the hands that sort seven days a week, and the men who truck to the redemption centers in Norwich, Willimantic, and our helpful local friends at the Lisbon Package store. This is truly a community effort. Please try to bring your glass in original 6, 12, 18, 20, packs, or in the 24 bottle cases even if the brands don't always match the glass, we always need beer boxes!

### Farmers Market 2015

By Donna Harris, FMC Chair.

The Lisbon Farmers Market runs until the last Thursday in September. We have beautiful, local fruits and vegetables including organically grown produce. We also offer herbal remedies and locally made jams and jellies. The market features various guest vendors including maple products, as well as local authors, and local artists. On September 10<sup>th</sup> we will have a special Artisan Night featuring local artists and music.

The Lisbon Farmers Market Committee encourages you to come and support our local businesses. We

look forward to seeing you. We are presently looking for a new Market Master who will be in charge of running the weekly market. For more contact information, please go to the FMC web site at [lisbonfarmersmarket.com](http://lisbonfarmersmarket.com)

### Mourning Rituals

By Marcia Shafer, Town Historian

Mourning the loss of a loved one is never easy whether it was in the 1600's or up to the present time. There are many facts and myths and traditions derived from the past history of mourning a death.

The traditions are very different in our modern world. Many people die at home, hospitals, and nursing homes. Many people are killed in traumatic or senseless acts of crimes or in motor vehicles accidents. Funeral homes assist with care of the body, planning the funeral, church services, flowers, cremation, memorial services at the funeral home, and various other needs.

Some people have prearranged services taken care of prior to their death and can express their choices for their type of service, church and music, caskets, headstones, foot stones, plot location in the cemetery and whatever they want on their headstone. Their obituary informs family and friends of their passing, family members and their life history and hobbies.

Some people have cremations and have their ashes sprinkled in some of their favorite places that were dear to their heart and family members. Some families that have a loved one cremated purchase jewelry that allows some of the ashes to be placed in a locket or decorated miniature vial, cross, or other item that is worn to have them close to their heart.

Before cremation there were mourning rings, brooches, and lockets. The loved one's hair would have been placed in these items because the hair did not decay. Hair was used to represent love and loss.

In an article taken from Old Sturbridge Village-Death and Aging,-it is noted that in the early 19<sup>th</sup> century families and neighbors dealt with the deceased and it had to be taken care of quickly. The deceased was laid out on a table or bed and washed. Some were buried in shrouds or their own clothing. A wooden coffin was quickly constructed. The coffin lay open in the parlor for friends and family to come and pay their respects. Paintings and mirrors were covered. If there was a clock in the home it was stopped at the hour of death or there would be bad luck for the family. Rosemary and Tansey would be set in the room to counteract any odors. Services were held in the home and the coffin was carried by pallbearers or carried by wagon or hearse. The body had to be carried out feet first. If it went head first it could look back and beckon others to follow it into death. The faces of women mourners were covered with veils to shield a tear stained face. It was also a protection from the spirits of the departed who might attach itself to the mourners face. At the freshly dug grave site there would be prayers and hymns, the attending would watch the coffin lowered and covered. After the burial the mourners would return to the deceased's home for food drink and reminiscing the life of the deceased.

This is a very brief account of some of some of the traditions and myths that have come to us through the ages. [lisboncthistorian@yahoo.com](mailto:lisboncthistorian@yahoo.com)



**35<sup>th</sup> Annual**  
**LISBON FALL FESTIVAL ROAD RACE**  
**SATURDAY – SEPTEMBER 19th, 2015**

**Start Time: 10:00 AM**

**RACE STARTS IN FRONT OF THE TOWN HALL; FINISHES IN FRONT OF THE COMMUNITY CENTER**

**Course:** 3.5 miles (Route 169 – Mell Road – Ames Road – Route 169)

**Entries:** \$20.00 Pre-registrar (includes T shirt) by **September 4th**  
\$10.00 Pre-registration No Shirt  
\$15.00 post/no shirt

**Awards:** 1<sup>st</sup> Place Overall Winner – Male & Female  
3 deep in each age group category

**To Enter:** **Make checks Payable to:** **Lisbon Fall Festival**  
**and Mail to:** Lisbon Fall Festival  
c/o Ellen Joly  
18 Ross Hill Road Ext.  
Lisbon, CT 06351  
Tel. # (860) 376-4381, [edjoly01@snet.net](mailto:edjoly01@snet.net), [www.LisbonFallFestival.org](http://www.LisbonFallFestival.org)

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**OFFICIAL APPLICATION – ALL INFORMATION MUST BE COMPLETE**

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**PLEASE PRINT!**

(check one): **SHIRT SIZE:** S ☐ M ☐ L ☐ XL ☐

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_

STREET \_\_\_\_\_ CITY/TOWN \_\_\_\_\_

STATE/ZIP \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE – **DAY OF RACE** \_\_\_\_\_

**CHECK ONE OF THE FOLLOWING:**

<input type="checkbox"/> JUNIOR OPEN .....	13 & UNDER	<input type="checkbox"/> MASTER ..... 40 – 49
<input type="checkbox"/> HIGH SCHOOL .....	14 – 18	<input type="checkbox"/> SENIOR ..... 50 – 59
<input type="checkbox"/> OPEN .....	19 – 29	<input type="checkbox"/> SUPER SENIOR..... 60 – 69
<input type="checkbox"/> SUBMASTER .....	30 – 39	<input type="checkbox"/> CLASSIC ..... 70 & OVER

I hereby release the Town of Lisbon, Lisbon Fall Festival Committee and any other person(s) or organization(s) connected with this race from any claim of damage or injury from my participation in or traveling to and from the Lisbon Road Race on Saturday, September ??, 2009. I also give my permission to use my likeness and publish my name in the news media. Race numbers are non-transferable and the Race Committee reserves the right to offer or reject entries. I have read and understand the above.

SIGNATURE \_\_\_\_\_

PARENT'S SIGNATURE (IF UNDER 18) \_\_\_\_\_

FOR OFFICIAL USE ONLY

ENTRY NO \_\_\_\_\_

RACE NO \_\_\_\_\_



# KNOCKERBALL

*Get in the Ball*

Knockerball makes it's way to Lisbon  
Come Join In The Fun!

## LISBON FALL FESTIVAL

September 19th, 2015 Lisbon, Connecticut  
1 - 4 PM

Location: Soccer field at Lisbon Meadows Park,  
South Burnham Hwy, Lisbon



For questions please contact:  
Chad Johnson, 860-617-1144

[www.KnockerballNE.com](http://www.KnockerballNE.com)



# FALL CROSS COUNTRY SERIES

Sponsored by the Town of Lisbon Recreation Committee

**Every Sunday in October beginning**

**October 4, 2015**



**11:00 a.m.**

**Lisbon Meadows Park**

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**Kids ½ mile and 1 mile**

**Adults 5K**

**Ribbons will be awarded to all participants.**

**Medals will be awarded to top scorers.**

