



The Lisbon Quarterly

A Newsletter for Lisbon Residents



Annual Budget Schedule:

FY2013/2014

BUDGET SCHEDULE

*All meetings are scheduled to take place at 7:00 p.m.

12/31/12 – General Government budgets are due to the Selectmen.

03/06/13 – General Government and Board of Education budgets are due to the Board of Finance

03/13/13 – (Town Hall) – General Government Budget Presentation and Discussion

03/14/13 – (Town Hall) – Board of Education Budget Presentation and Discussion

03/20/13 – (Town Hall) – Regular Board of Finance meeting – Discussion on budget if needed

03/27/13 – (Town Hall) – Additional discussion on the General Government and Board of Education budgets. Vote to send budgets to public hearing

04/03/13 – (LCS Cafeteria/ Gymnasium) – **Public Hearing on Proposed Budgets**

04/10/13 – (Town Hall) – Final vote on the budgets (by the BoF) to send to the Selectmen for the call of the Annual Town Meeting

05/06/13 – (LCS Cafeteria/ Gymnasium) – **Annual Town Meeting**

1. Per Ordinance, the Annual Town Meeting is scheduled for the first Monday in May.

2. The Town Aid Road and Capital & Non-recurring budgets will be voted on at this meeting.

3. The Board of Education and General Governments budgets will not be voted on at this meeting other than to send the budgets to referendum.

4. The referendum will take place approximately two weeks after the Annual Town Meeting.

Lisbon Central School Environmental Symposium Team

What do you do with unwanted medications in your household? The environmental symposium team at Lisbon Central School has dedicated their time this school year in hopes of creating safe alternatives to Lisbon residents for the disposal of unwanted medicines. Why? Proper disposal methods will help preserve our wildlife and will slow down the pollution of local water supplies. The environmental team hopes to positively affect the environment by ridding the water supply of toxins that can potentially harm humans and animals alike.

Although most water treatment plants claim that their water has been tested and treated, pharmaceutical drugs are not included in these tests. Chlorine is a common chemical used in water treatment facilities, but in some cases the use of chlorine can make the chemicals in the water even more toxic. Also, people that get their water from a well and

consumers that buy bottled water or use home filtration systems aren't completely protected either. A variety of pharmaceuticals have been found in the drinking water supplies of at least forty-one million Americans. Recent studies have proven that low levels of a random combination of pharmaceuticals can have an alarming effect on human cells and wildlife. Every day people unknowingly consume low doses of various amounts of medicine. Some of these medicines that can be found lurking in your everyday water supply are heart medications, antibiotics, estrogen, anti-convulsants, mood stabilizers, and tranquilizers. These drugs were found in upstate New York in the city's water system. There is always a possibility for exposure, no matter what type of water filtration unit you have.

Not only has the human population been affected, but there have been freaky fish mutations detected in our nation's water reserves. Male fish are being feminized, creating egg yolk proteins, a process usually associated with female fish. Research shows that not only are these mutations occurring in our nation, but these situations have been detected all around the world. Not all medicines are completely absorbed when they pass through the body. A water sample from downstream of a Nebraska feedlot had steroid levels four times as high as the water taken upstream. Also, the male fathead minnows that were living in that downstream area had low testosterone

levels and small heads. Even species at the bottom of the food pyramid have been affected by these exposures to pharmaceuticals. Earth worms in the wild and zooplankton in the laboratory have especially been changed due to this exposure. If too many changes are made to these species at the foundation of the pyramid of life, it could start a chain reaction for all organisms.

Today, there is research being conducted that is further investigating the impact that small amounts of medication is putting on the human body. Changes in the embryonic kidney cells, human blood cells, and human breast cancer cells have all been associated with small amounts of medication. New research is constantly being found that will eventually prove how much of an effect small dose of pharmaceutical drugs is having on the human body. How dangerous exposure is to medicines, is still unknown, but this is a unique danger because these medicines are meant for the human body. Proper disposal of all unused pharmaceuticals is the best way to stop the pollution of the water and harmful effects on humans and other life.

There is not a specific solution for the proper disposal of medicines, but there are ways that better accommodate the needs of our environment. People with household medicines should do what the label says when deciding how to dispose of their unwanted medicine. It is important that you follow the guided instructions, to be more environmentally friendly. A basic precaution is mixing the medicines with an undesirable substance such as kitty litter or used coffee grounds, but be sure to not crush any tablets or capsules. Once you have completed this process, put the mixture in a

container that seals tightly. At this point you can throw away your medicines, but make sure you remember to scratch out all information on the prescription label to make it unreadable. However, sometimes the label on the pill bottle specifically instructs you to flush the medicine down the toilet. Do not do this if the medicine does not give instructions to do so. Hopefully Lisbon residents will have access to a community medicine drive or other environmentally friendly methods in the near future.

If you have any questions or comments on this issue, please contact us at environmental@lisbonschool.org.

Historical Society Notes

By Kim Sperry

The Lisbon Historical Society and John Bishop House Museum have supporters who donate in many ways and that includes participating in our annual cooking class fundraiser. We would like to take this opportunity to say Happy Anniversary and thank you, to Ruth Politer of Plainfield, for completing her 10th Open Hearth Cooking class. Ruth has become so proficient at preparing an 1810 formal dinner using period utensils and equipment, that she is now regular volunteer during our annual cooking with kids program. While the class can be demanding to the novice, the rewards are well worth the effort. Taking the class annually is not a requirement, but our goal is to hook as many as we can on the joy and camaraderie of open hearth cooking. For a preview, view the short cooking class videos on You Tube.

The post Edwardian period depicted in Downton Abbey has generated interest in not only the recipes of that time but also table settings. The setting of the John Bishop House culinary endeavors encompasses the Federal or British Regency period. However, before there were place settings, flower arrangements and candelabras, there was the saltcellar,

a lidded or open dish containing the salt for the meal. Salts came in a variety of shapes from plain to ornate, and sizes from individual with tiny spoons to large shared vessels. So important was salt that the placement of the saltcellar on the table determined seating arrangements. Sitting "above the salt" was to sit in a place of honor. Forks, introduced in the 17th century, contributed to the development of table settings by encouraging a standard arrangement of the items needed for dining. The 19th century saw the arrival of dining according rules of "service." The Historical Society uses a combination French style of serving each dish as a separate course, the English laying of the main dishes on the table at the same time and Russian service that focuses on presentation and table setting. Each guest's place is set with the dishes, glasses and utensils needed as well as the menu which is incorporated into a booklet of recipes. Candles, flowers, and other decorations adorn the linen dressed table. Nineteenth century centerpieces were usually vertical, flowers and candelabras were popular. Centerpieces on a Downton Abbey period table are often horizontal and reflect the season or an event theme, like hunting. For more information go to a History of Table Settings on eHow.com

Cans and bottles redemption ef forts continue, donations in original packaging or cardboard boxes are extremely helpful and as always, we are grateful for your donations no matter how they come.

Membership in the Historical Society is a rewarding opportunity to not only research, educate, mentor and preserve but to build long and strong relationships with your neighbors. For information on Lisbon history and L H S e v e n t s g o t o www.99main.com/~chill/Historic.html or our Facebook page by typing Lisbon Historical Society in the "find friends" bar. Meetings are on Friday of each month in the town hall, join us.

THE BOYS OF SUMMER ARE BACK!!!



**BOSTON RED SOX VS. TORONTO BLUE JAYS
BUS TRIP**

(Sponsored by the Lisbon Recreation Committee)

**SUNDAY, June 30th, Time 1:35pm
Seats are in the Right Field Grandstand, Section 3**

Get your Tickets Early, First Come, First Served!!!

**All tickets must be paid in full at time of reservation. Limited Tickets available!
Be aware this trip sells out FAST!!!!!!**

**Tickets are \$ 50.00/per person
(Tickets available to Lisbon Residents only through 5/31/13)**

**Motor Coach will leave Lisbon Meadows Park at 9:30am
and will arrive at Fenway Park at around 11:15 am.
The motor coach will leave 30 minutes after the final out.**

Make Checks Payable to LISBON RECREATION

**Please enclose the names and addresses of persons attending (required), Date of Trip and
Contact number along with your check made out to Lisbon Rec. and mail to:**

LISBON RECREATION COMMITTEE c/o LISBON TOWN HALL

RE: Red Sox Bus Trip

1 NEWENT ROAD – LISBON, CT 06351

ATTN: JAMES SYNOTT

Call: 860-822-1676 or Email JimSynott@comcast.net with questions

TOWN HISTORIAN'S REPORT

By Marcia Shafer

When you read this you will have survived the Blizzard of 2013. How did you prepare for the storm? Did you stock up on groceries, put gas in the vehicles, locate your candles, flashlights, batteries for the radio, listen to the television for the weather predications about the impending storm. After it came did you hire someone or go out yourself to dig out the 2 feet (give or take) of snow?

Imagine living in a time when you didn't know there was a storm coming from another section of the new United States of America. There were no warning systems in place at that time except for observing the animals behaviors and possibly human warning systems of bones that ached and pained which meant that the weather was changing.

From the birth of this country to the middle of the 19th century there weren't any means of having a good safe road to drive on except for the turnpike roads. From Norwich through Lisbon there was the Norwich to Woodstock turnpike and from Norwich to Providence that turnpike road. They were the main roads at that time. There were no snow plows to clear the roads made of dirt. There were no vehicles-there were horses, wagons, and stage coaches. Trains were starting to come into existence. People had shovels to dig out of the winter storms. This included the section of road near you or waiting until spring to get to other neighbors or town.

There were no means of finding out what was going on with those around you unless you were able to walk or ride a horse through the deep snow. There were no telephones to call anyone, no computers to email anyone, and no texting devices with apps to locate the weather report. You had to go to Norwich to get your mail if your name was posted in the newspaper that you may or may not have purchased.

You prepared for any possible storm by stocking up in the fall with enough food to last for the winter. You may have had a storm or food cellar near the house to keep fruits and vegetables supplied for the winter months until you were able to get to the grocer for your supplies. You may have stored your butchered meat that was

smoked for preservation in an area of the home that was cold and not heated by the fireplace. Remember that you had no electricity so there was no refrigerator or freezer. Meat might have been stored outdoors in the freezing cold weather as well and you didn't want the wild animals living around you to get your food for the winter. You wouldn't have had heating system: furnace, electric or fuel fireplace, space heater or whatever you use today. You would have needed wood already cut and dried and you would have needed it close to the house so that you didn't have far to go to get the wood in the wind, rain, or heavy snow. You also would have had to deal with the frigid temperatures and cold winds without the modern clothing we have in 2013. You would have to have water to cook with, clean with, and feed the animals.

In a blinding or heavy snow storm the animals would need to have been taken care of: meaning they needed to be taken care of with food, water, and cleaning their living area. In order to care for them in a storm a rope would be tied from the house to the barn as a guide to get to and from safely during a storm. Or if you lived in a house connected to a barn you just walked through the connecting area to care for your livestock.

Last but not least you needed a means of getting out of the house if it was a blizzard and your door was blocked by a drift. You needed a window to escape from.

The houses were small frames then and it wouldn't take much for a storm to block you from getting out of the house so a removable window was needed to escape out and shovel your way to freedom from the second story or loft of the house. And remember your shovel was smaller than today's shovels.

I hope as you read this you were not too traumatized by the winter of 2013 with Winter storm Nemo and Blizzard Charlotte. You could have been living in the late 1700's or the 1800's as life started very basic and simple before wisdom, experience, and technology came along to make our life what it is today-a piece of cake compared to yesteryear. Marcia Shafer 860-376-8108 or lisboncthistorian@yahoo.com.

**TENNIS COURT
RULES & REGULATIONS**

- Use tennis court at own risk.
- No food, glass or alcoholic beverages.
- No pets.
- No bicycles, roller blades or skate boards.
- Proper footwear required.
- Children under the age of 12 must be accompanied by an adult.
- Court for Lisbon residents & their guests only.
- Do not abuse net or other equipment.
- Court hours from sunrise to sunset.

TRACK RULES

The track is for running and walking ONLY.

NO Gum or tobacco products.
 Pets
 Wheeled Vehicles
 Roller Blades
 Roller Skates
 Skateboards
 Bicycles
 Food/Glass Bottles

FIELD USE

To request use of the town's recreation fields, go to the town's web site at lisbonct.com, click on Recreation Committee under Boards and Commissions where you will find field use request forms and a list of field use rules & restrictions.

The recreation fields and venues are for everyone's use. Please help to keep the park clean by using the trash receptacles. Pet owners, dogs have to be on a leash. Please clean up after your dog. There are pet waste bags at the beginning of the pathway into the park for your convenience.