



# The Lisbon Quarterly

A Newsletter for Lisbon Residents



## Another Farewell

By Nancy Smigiel, Member, Recreation Committee

The Lisbon Recreation Committee is regretful to announce that April 30, 2015 saw the completion of the final term of one of its finest and longest serving volunteer members. During his remarkable 20 Year tenure, Fran Houle, Jr. has made his mark as the primary liaison between Boy Scout Troop 73 of Lisbon and the Recreation Committee; helping to coordinate various Eagle Scout projects that include the Lisbon Community Signage and Message Center by Greg Turcotte and the construction of the dugouts at the Softball Field completed by Albert Tulli. Trail Markings and Kiosk construction at the Lisbon Meadows Park was completed by Fran's own Eagle Scout son Nicholas in 2014 and currently Ryan Tirocchi is on task to install a fire pit and complete revitalization of the pavilion at the Lisbon Meadows Park. As a public servant on the Recreation Committee, Fran has also served as Director of the Men's Basketball Program, and for countless years has been a steadfast volunteer at the Lisbon Fall Festival. Fran's dedication to the Town of Lisbon Recreation Committee and his commitment to volunteerism will leave a lasting and respected legacy here in our community.

**Farmers Market Opening  
June 25th**

The Lisbon Farmers market is busy getting ready for the new season! We are excited about this new year and are looking forward to seeing all of our regular vendors and customers as well as new ones. We are presently looking for new vendors for this year. If you or someone you know is interested in having a booth in the market this year, please go to [lisbonfarmersmarket.com](http://lisbonfarmersmarket.com) for information and applications. You can also call Donna Harris, Market Master, at 860-608-2050 for questions and information. The market starts on June 25<sup>th</sup> this year and goes through the end of September. The hours are 3:30 to 6:30 p.m. The market is held in Lisbon Meadows Park, on Route 169, in the parking lot next to the community center "barn". We will be there every Thursday, weather permitting. We look forward to seeing all of you this season at the Farmers Market. Donna Harris, Chair., Farmers Market Committee. Flyer pg. 4

**Don't Forget 2015 Connecticut  
Trails Weekend Saturday &  
Sunday, June 6 & 7.** See insert

### Team Joe Kelly Update

The Third Annual Team Joe Kelly Run was held on April 25, 2015. This year, there were 524 registrations with participants ranging in age from young children in strollers to adults 70 and over. It was a great community event; all were welcome to run, walk, or socialize their way to the finish.

Proceeds from the event go to families battling cancer at the Connecticut Children's Medical Center. A special thank you to Lisbon Recreation Committee for sponsoring the timing of the event as well as our local Lisbon Fire Department and Trooper Browning for working the event to keep everyone safe. If you would like more information, visit [www.joe-kelly.org](http://www.joe-kelly.org).

### Calling all Republicans...

The Lisbon Republican Town committee will hold its caucus on July 23rd in the Town Hall at 7 pm to choose candidates for the November election. Anyone interested in being considered for a town position on the Republican ticket should contact Susan Hull, Chairman, at 860-376-0774 or by email [SusanHMS@comcast.net](mailto:SusanHMS@comcast.net) to express interest. All registered Republicans are encouraged to attend the caucus.

### Calling all Democrats....

The Democratic Town committee will hold its caucus in the Town Hall at 7:00 p.m. on July 22<sup>nd</sup> to choose candidates for the November election. Anyone interested in being considered for a town position on the Democratic ticket should contact Gil Milone, Chair., at [gmilone@comcast.net](mailto:gmilone@comcast.net) to express their interest. All registered Democrats are encouraged to attend.

## Lisbon Historical Society Quarterly Notes

By Kim Sperry

Last month the Lisbon Historical Society held its first spring Open Hearth Cooking class with a new and ambitious menu featuring a common native weed, the stinging nettle. The nettle produces a stinging sensation when touched or brushed against by injecting histamine and other chemicals through hollow hairs on the leaves and stems that act like hypodermic needles.

Although the plant presents challenges in handling, it has a long history of use as a medicine, food source and source of fiber. Historically, nettles have been used to make clothing for 2,000 years; German Army uniforms were made from nettle during World War I due to a shortage of cotton, and unlike cotton, nettles grow easily without pesticides. Stinging nettle is one of the nine plants invoked in the pagan Anglo-Saxon Nine Herbs Charm, recorded in the 10th century. Nettle is used in shampoo to control dandruff and is said to make hair more glossy, which is why some farmers include a handful of nettles with cattle feed.<sup>1</sup>

Our recipe for stinging nettle soup, reprinted here is rich in vitamins A, C, iron, potassium, manganese, and calcium. Begin by stripping the leaves and soaking or blanching them in water to remove the stinging chemicals from the plant. For the timid cook, substitute spinach for nettles.

### Stinging Nettle Soup

2 sticks butter  
6 onions chopped

5 stalks celery, 1" chunks  
¼ cup flour  
2 quarts water or broth  
½ cup finely crushed ships biscuit or  
fine breadcrumbs  
½ tsp black pepper  
½ tsp salt  
½ tsp mace  
4 cups finely chopped nettles or spinach  
1/3 cup finely chopped parsley  
1 tbs vinegar

Heat butter in a pot and stir it until sizzling stops. Add six coarsely chopped onions and 5 stalks of chopped celery. Sauté for 10 to 15 minutes until onions are translucent and begin to caramelize. Sprinkle over this ¼ cup flour and stir for a few minutes until the flour is well mixed. Add 2 quarts water or broth and ½ cup ships biscuit or breadcrumbs. Cover and bring the pot to a boil, reduce the heat and simmer for about 40 minutes. Season with salt, pepper and mace. Add 4 cups of coarsely chopped young stinging nettles (or spinach) and parsley. Add vinegar.

Restoration work at the Burnham Tavern has resumed with the return of good weather. The application for listing on the National Register of Historic Places is in process as it the Conditions and Assessment RFP.

A few weeks ago during a clean-up day at the Burnham Tavern, we discovered, hidden behind an old kerosene kitchen range, the original bake oven complete with the original cast iron door. This is an exciting find that raises our hopes that we will find the original fireplace and hearth intact and complete with original hardware. We are confident that the tavern had an official bar, and although we have a sense of the location of the tavern bar further research is

needed to confirm our hunch. The "cage" or "frame" bar was a standard element of 18th-century colonial taverns. Travelers who stayed in the Burnham Tavern were often strangers to the innkeeper, so to protect inventory and other valuables a closet-sized space walled off with panels of wooden bars kept the stores of whiskey, rum and wine safe. The modern term "bar" -- referring to a public place where liquor is served -- evolved from this early structure in colonial taverns. Modern grocery stores keep their beer inventory safe by covering the open coolers and many mom and pop shops still lock up the beer in a "cage" after permitted selling hours.

Other activities include two field trips to the John Bishop House by Lisbon Central School's fifth graders, clean up and replanting of the herb garden and the three sister's garden. The John Bishop House will be open during the summer, please drop in when the "open" flags are posted. Tours of the house, the 200<sup>th</sup> anniversary pamphlet and Anshei Israel synagogue booklet are available at no charge.

You can tune into [www.99main.com/~chill/Historic.html](http://www.99main.com/~chill/Historic.html), or Facebook page by typing Lisbon Historical Society in the "find friends" bar for information, schedule and registration forms. You can also watch a couple of cooking class clips on YouTube.

The can and bottle pilferage has been abated and 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.

<sup>1</sup> Wikipedia

## A Recap of Recreation's Volley Ball Programs

From Co-ed Adult Rec Volleyball Program Director Lisa Lewis. Co-ed adult recreation volleyball is played on women's height nets in the school gymnasium on Thursday nights 7:00-9:00 pm from mid September through the end of April. This past season 23 residents played, along with a few of their guests and some women from the women's league. It is fun and a good workout with a medium level of play and competition. Volleyball is free for Lisbon residents. There is a \$5 per night fee for non-residents. Contact Lisa Lewis [dupes999@gmail.com](mailto:dupes999@gmail.com) for more information.

From Nancy L. Smigiel, Program Director, Lisbon Recreation Women's Volleyball League. The 12<sup>th</sup> season of the Lisbon Recreation Women's Volleyball League culminated with the season end awards dinner banquet held at the Jacques Cartier Club. Over 130 members of the league's 18 teams attended this annual event to celebrate the completion of the 25-week season. This year's regular season winners were Team "Court Jesters". Team "Sugar & Spike" took 2<sup>nd</sup> in the league playoff matches which named Team "Griswold Gals" 2014-15 League Champions.

Linda Holzschlag was this season's recipient of the Karen E. Houle Memorial award. Other awards were given to: Heather Allen; Rookie Of The Year, Tina Knight; Most Improved Player; Janice Perez; Most Outstanding Player. Additionally, two teams were honored for sportsmanship; Team "Skoold" and

Team "Prokop Signs".

For more information about the league please visit our page on Facebook; Lisbon Recreation Women's Volleyball

## Colonial Clothing

By Marcia Shafer, Town Historian

In the 1600's the Puritans came to American to escape the practices of other religions and return to the simplicity and belief that everything should be plain. They had strong beliefs of propriety, modesty, and decorum. This extended to the clothing they wore and the colors of their clothing which expressed their beliefs. In 1651 the Puritans declared "utter detestation and dislike of clothing with any gold or silver lace, buttons, tiffany hoods, or scarves".

Puritan clothing for men were heavy and made of wool, linen, or leather. They wore long length linen shirts and breeches which were short length pants that fastened at the knees. A jerkin or sleeveless jacket, long woolen socks, plain leather shoes without buckles, wide brimmed hats and they wore coats or capes to protect them from the cold or rainy weather.

Puritan women wore heavy fabric clothing made from wool or linen. A long loose shift was worn as an undergarment and then covered by petticoats. Gowns or skirts were worn with a jacket as outer clothing. Socks were long woolen stockings and plain leather shoes. All the clothing was held in place by tying them with laces. An apron was worn over the outer clothing. The hair was worn long but it was not the custom for the hair to be seen so it was hidden under a coif or hat/cap.

The clothing of very young children,

both boys and girls, were simple shifts. Children over the age of seven wore miniature versions of adult clothing. Servants wore similar clothing but in the color blue which was associated with servitude.

Colors of clothing were somber and accessories limited to cuffs, aprons and handkerchiefs which were usually white. White was the symbol of purity and virtue. Other clothing colors were black, for humility and plainness; blue was a symbol of servitude and meant grace. The color brown was symbolic of humility and poverty. Gray clothing was symbolic of repentance and associated with Lent, fasting, and prayer. The color yellow symbolized renewal and hope.

The textiles of fabrics were made chiefly from wool and flax. Cotton was not used as much. The fabric serge, a durable twilled woolen fabric, was used for bed curtains, upholstery, and clothing. Lindsey-Woolsey, or wincey, was a strong course fabric that was a combination of linen and wool. Less than 50% of households had spinning wheels to spin yarn from wool to make sweaters and stockings.

The styles during this time period dictated that elbows and knees must be covered, and a woman's head must be covered as well. The clothing did not have attached pockets. Shoes did not have a left or right foot, and heavy wool or linen stockings were held up by garters made of ribbon, knitted or leather straps.

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Anyone having any Lisbon history or genealogy to share can contact me at [lisboncthistorian@yahoo.com](mailto:lisboncthistorian@yahoo.com).





FARMERS' MARKET

**Thursdays**  
**Late June - Late September**  
**3:30 P.M. - 6:30 P.M.**

At Lisbon Meadows Park, Route 169, Lisbon, CT

Join us each Thursday at the Lisbon Farmers' Market for some of the finest locally grown vegetables, fruits, meats, dairy products, baked goods, organic and heritage produce, and more!

See our website or Facebook page to learn about our Special Markets throughout the season.



*Would you like to be a Vendor? Would you like to be a Market Sponsor?  
Visit our website for forms, applications and general information!*

**[www.lisbonfarmersmarket.com](http://www.lisbonfarmersmarket.com)**

Supporting *Local Farmers* and the *Good Health* of the Community!





# 2015 CONNECTICUT Trails Weekend

Saturday & Sunday, June 6 & 7

## 92.LISBON

### Trail Maintenance



Saturday, June 6, 8:00 AM to 12:00 PM. **Lisbon Meadows Park.** Join members of the Lisbon community in beautifying the trails at Lisbon Meadows Park. Bring wheelbarrows, shovels, clippers, and rakes to the parking lot and help make the trails safe. Distance: 1 - 3 miles. Meet at the Lisbon Meadows Park parking lot, on Route 169 approximately 1 mile north of the I-395 overpass. Leader: Chad Johnson. Sponsored by Lisbon Recreation Committee. Rain cancels. Pre-registration is NOT NECESSARY. Questions: contact Chad, (860) 617-1144, [runninboy@comcast.net](mailto:runninboy@comcast.net).

## 93.LISBON

### Run



Sunday, June 7, 11:00 AM to 1:30 PM. **Lisbon Meadows Park.** Join us for the 2nd Annual Connecticut Trails Weekend Lisbon Trail Fun Run. There will be a 5K cross country run for adults and a 1-mile and 1/2 loops for kids. Ribbons to all participants. Distance: 3 miles. Meet at the Lisbon Meadows Park pavilion. The park entrance is on Route 169, approximately 1 mile north of the I-395 overpass. Leader: Chad Johnson. Sponsored by Lisbon Recreation Committee. Rain or shine. Pre-registration is NOT NECESSARY. Questions: contact Chad, (860) 617-1144, [runninboy@comcast.net](mailto:runninboy@comcast.net).

200+ EVENTS STATEWIDE



Go to [www.ctwoodlands.org/ct-trails-weekend](http://www.ctwoodlands.org/ct-trails-weekend) to view the CT Trails Weekend online event directory, or pick up a copy of the printed booklet at your town hall or select public libraries.

Funding for 2015 Connecticut Trails Weekend is provided by the Connecticut Forest & Park Association and its members, and through the generous support of the following sponsors.





# Town of Lisbon Spring Clean Up 2015



## WHEN?

Collection Starts at 7 a.m. on Monday, June 8, 2015

## WHERE?

Acceptable items will be picked up at curbside.

All items must be at the curb by 7 a.m. on June 8, 2015

## WHAT?

Acceptable and Non-Acceptable items are listed below.

### Acceptable Items

(keep different items separate at curb)

Furniture: Springs removed, especially from sleeper sofas

Appliances: (2 per household) Doors must be removed from refrigerators and freezers.

Leaves: in large 30 gallon brown paper leaf bags.  
No plastic bags.

Old Wood  
& Pallets: (no longer than 3 feet in length)

Other Metal  
Items: (must be separated from wood and furniture)

Automobile  
Tires: (no truck or larger tires accepted)

### Items NOT Accepted

(These items will not be picked-up)

**NO BRUSH** - Brush will not be accepted and chipped at curbside this year for the safety of Lisbon's highway crew. Instead, during the 2 week Spring Clean-up period, residents may bring their brush to the Lisbon Public Works garage located at 486 River Road (Route 12) between the hours of 6 a.m. and 2 p.m. Monday through Friday. (Call Public Works at 204-0355 to obtain chipped brush after spring clean-up)

**NO:** Refuse, Recyclables, Rubble  
(stone, concrete, brick, construction debris)

**NO:** Household Hazardous Waste

**NO:** Car Parts, Auto Batteries, or Antifreeze: (residents may take these items to the Willimantic W. Paper's Recycling Site on Roode Road in Plainfield).

**NO:** Propane Tanks, or 55 Gallon Drums

**NO:** Contractor, Business, or Industrial debris

**NO:** Electronics - TVs. Computers, etc.

**Questions? Please call the Lisbon Town Hall at: 860-376-3400**