



The Lisbon Quarterly

A Newsletter for Lisbon Residents

Board of Finance

Fiscal Year 2022— 2023 Budget Adoption

by Wayne Donaldson, Chairman, Board of Finance

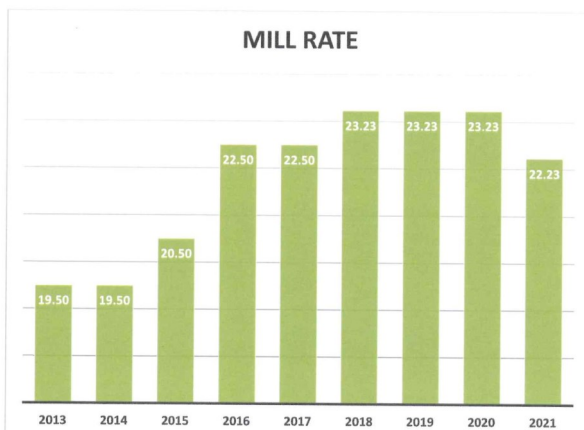
The Board of Finance completed the budget process for the 2022-23 fiscal year. The Board voted to reduce the mill rate from 23.23 to 22.23 which was a direct result of the re-evaluation.

With the increase in inflation the Board of Finance is closely monitoring the new firehouse project due to the expected increases in building materials.

The Board encourages residents to participate in our meetings or offer input via the Board of Finance email address at:

Lisbon.BOF.Lisbon@hotmail.com.

There are still two openings for alternate members for Town residents who are interested in serving our community. Contact me at the email address listed above if you would like to become a Board of Finance member.



Assessor's Office

By Gail Gwiazdowski, Tax Assessor

RENTER'S REBATES

Senior or disabled low-income renters may be eligible for a partial rebate of rent and utility bills, excluding telephone and cable. The filing period is April 1 through October 1.

PROPERTY TAX EXEMPTIONS FOR BLIND OR TOTALLY DISABLED PERSONS

Connecticut law provides for a \$3,000 assessment exemption for taxpayers who are legally blind. Proof of the blindness (certification by a qualified medical practitioner) must be presented to the Assessor prior to October 1 in order for the exemption to be applied to that assessment year's tax bill.

Connecticut law also provides for a \$1,000 exemption for totally disabled persons who are receiving benefits under a federal, state or local retirement plan, which contains requirements comparable to those of the Social Security Administration. Proof of disability must be presented to the Assessor prior to October 1 in order for the exemption to be applied to that assessment year's taxes.

Applications for the Renter's Rebate, Blind or Totally Disabled Persons are available at the Assessor's Office. Please call 860-376-5115 or email assessor@lisbonct.com for more information.

Gail Gwiazdowski, CCMA I

Town Clerk's Corner

June is Dog License Renewal Month!!!

By Laurie Tirocchi, Town Clerk

As a resident of Connecticut, it is the law to license your dog yearly through the Town Clerk's office of the Town in which you reside beginning as soon as the dog has reached the age of 6 months. Newly obtained dogs must be licensed within 30 days of new ownership. In order to license a dog, proof of a current rabies vaccination with expiration date is required and if applicable proof of the dog being spayed or neutered. The fee to register a dog is \$8.00 for a neutered/spayed dog and \$19.00 for an unaltered dog. Payment can be made by either cash or check. Please include a copy of any updated rabies certificate, if required. If you have a new dog, please send the dog license form with the necessary supporting documents and payment (The form can be found <https://www.lisbonct.com/town-clerk/pages/dog-licenses>).

Dog licenses expire on June 30th of each year. Therefore, license renewals occur yearly in the month of June. If a dog is not registered in a timely fashion, there is a statutory fee of \$1.00 per month assessed beginning July 1st.



If you have any questions about registering your dog, please contact the Town Clerk's Office at 860-376-2708.

A Message From the Selectman's Office

The FDA has recently extended the expiration dates on certain at-home test kits, including the iHealth Covid-19 Antigen Rapid Test Kits available to our residents. More information about this extension may be found on the Town website (Home page) at www.lisbonct.com. If you are a homebound resident of the Town, you may call the Senior Center (860-376-2329) or Emergency Management (860-625-0226) to arrange for delivery. Otherwise, test kits and face masks are available for Lisbon residents in the Lisbon Town Hall. Feel free to stop in during regular business hours and take two boxes.

Water Pollution Control Authority

By Joseph Lewerk, WPCA Secretary

The Water Pollution Control Authority said farewell to Ms. Phyllis Brown after more than a decade of service as clerk. During her tenure, Phyllis did more than clerk, offering her insights into the sewer billing process gained from her time working for the Jewett City Department of Public Utilities. Phyllis was also instrumental in digitizing both the original WPCA regulations and the recently revised version of those documents. Phyllis contributions as clerk are very much appreciated and the WPCA wishes her all the best in her future pursuits.

The ***Lisbon Quarterly Newsletter*** is a digital newsletter published quarterly and archived on the Town's website:

www.lisbonct.com

Senior Center

Summer Events & Activities

By Karen Washington, Senior Center Coordinator

- ♦ June 15th - Trip to Goodspeed Opera House - "Cabaret"
- ♦ June 17th - Trip to Groton Senior Center - Strawberry Festival
- ♦ June 22nd - Summer Brunch
- ♦ June 24th - AARP driving class
- ♦ June 28th - Trip to Lavender Pond Farm
- ♦ June 30th - Blowout Bingo
- ♦ July 8th - Luau
- ♦ July 16th - Trip to Theatre by the Sea - "Footloose"
- ♦ July 19th - Lunch Special - Seafood Salad on a Croissant
- ♦ August 11th - Trip to New London Senior Center
- ♦ August 12th - Lighthouse Tour
- ♦ August 17th - Picnic
- ♦ August 30th - Lunch Special - Wings & Fries

Subscribe to the **Lisbon Link**, the Senior Center Newsletter, on-line! Go to the Town's website www.lisbonct.com; click on the "Subscribe" button on the home page; then choose the "Lisbon Link Senior Center Newsletter" option from the list. Each time the newsletter is published on-line, you will receive an email with a direct link to the most recent newsletter.

Veterans Representative

Easter Seals Veterans Rally Point

By Joe Lewerk, Veterans Representative

The Easter Seals Veterans Rally Point located at 24 Stott Avenue in the Norwich Industrial Park offers comprehensive services to veterans to include an informal coffee house. The coffee house is held the first and third Tuesday of each month from 9-11 a.m. Contact 860-859-4148 ext. 1 for more information or visit the website at <https://veteransrallypoint.com/> to learn about the services available. Veterans facing an immediate crisis can call the Veterans Crisis Line at 800-273-8255 and press 1 for support. Any veterans or their caregivers running into problems accessing services can contact me at veteransrep@lisbonct.com and I will attempt to provide assistance.



**Thursday Afternoons,
Late June through
Mid-September
Lisbon Meadows Park
3:30 PM—6:30 PM**

www.lisbonct.com/farmers-market-committee

The Lisbon Farmers Market opens Thursday, June 16th! We have a fabulous line-up for you all this year, with many of our full time vendors returning, and a few new ones, too! Check out our Facebook page for the growing list. If you are interested in being a vendor, contact us through our website: lisbonct.com/farmers-market-committee. (We will not reach out to you directly or solicit payment through any means other than check or cash through the Lisbon Town Hall.) Can't wait to see you all there!

Opening Day: June 16th

Contact us at: farmers_market@lisbonct.com

From The History Books

Food in Colonial America

By Marcia Shafer, Lisbon Town Historian

A Colonial herb garden was planted for seasonings, spices, or medicinal purposes, and presently used for perfumes. When you walk into a colonial historical home you will see herbs, flowers, and possibly some “weeds” tied with a string, and hung upside down near the fireplace for drying out.

The colonial herb garden was also called a “kitchen garden” as it was planted near the house. Depending on the volume needed, there may have been various vegetables in there as well as some flowers. There may have been an orchard with fruit trees and when you see a string of apple slices drying, they are for eating, cooking, or baking. Wealthier colonial families had separate garden spaces for all the above. It is interesting to read articles in old newspapers from the 1700’s and 1800’s - a lot of the country farms advertised their orchards and berry patches.

Some of the flowers and herbs I will write about in this discussion were used for multiple purposes. Lavender was used to scent clothing and still is today, in sachets, soaps, and potpourri. Some people use it in bath salts, lavender massage oil, lavender infused honey, tea, and lemonade. It can be used for a multitude of products, salves and creams. People commonly use lavender for anxiety, stress, insomnia, depression, dementia, pain, and many other conditions, such as eczema, dermatitis, psoriasis, itching, and rashes.

Bee Balm served as a substitute when black tea from Britain was impossible to get due to the tea tax. Bee balm can be used as an active ingredient for antibacterial and antimicrobial products. It is added to modern commercial mouthwashes. Some of its benefits are skin antiseptic for infections, rashes, and wounds. It can be used as a tea for upper respiratory ailments like colds and the flu, dental infections, and viral infections.

Tansy is a flowering herbaceous plant with finely divided compound leaves and yellow, button-like flowers. It has a stout, somewhat reddish, erect stem with leaves. The roundish, flat-topped, button-like, yellow flower heads are produced in terminal clusters from mid-to-late summer. The scent is similar to that of camphor with hints of rosemary. Tansy was used to treat intestinal worms, rheumatism,

digestive problems, fevers, sores, and to bring out measles. It was also used in coffins to preserve the dead bodies from decomposition. It is most commonly known as golden buttons, garden tansy, parsley fern, scented fern or stinking willie. The leaves and flowers are toxic if consumed in large quantities.

Sage is used to enhance the flavor of game meats and stews. It was also used in the past as a medicinal herb. It is also used as a natural cleaning agent, pesticide, and ritually in spiritual sage burning or cleansing. In food it can be used as a garnish, mixed in stuffing for food, sage butter, and a rub for meats. The herb is sold both fresh and dried and is available year-round. In addition to culinary use, it is used medicinally and as an ornamental plant. The species used for culinary purposes is known as common sage, garden sage, kitchen sage, or *Salvia officinalis*. Sage was utilized by the Romans to assist in digestion and was also used to treat ulcers, wounds, and sore throats. The French turned sage into a tea. The Chinese sought out the herb and traded large amounts of Chinese tea for it.

Rosemary is an accent to lamb, game meats, stew dishes, soups, casseroles, salads, vegetables, and fish. It is a bush with fragrant, evergreen, needle-like leaves and white, pink, purple, or blue flowers. Rosemary is also known as the remembrance herb. In the past it was added to wedding cakes or puddings. Recipes usually call for whole leaves, which are easily removed from the woody stems. As a medicinal herb, it has long been recommended for strengthening the brain and memory. The herb contains substances that are useful for improving digestion and increasing circulation.

Thyme and lemon thyme is used to season all kinds of dishes by itself or in conjunction as part of a blend of herbs. It is commonly used on braised or roasted meat, vegetables, fish, marinades, and soup or stock. Thyme helps to lower blood pressure, alleviates cough, boosts immunity, is a disinfectant, is used in aromatherapy and for boosting mood, helps to prevent bacterial infections, and treats yeast and fungal infections. There is evidence of ancient Egyptians utilizing thyme’s powerful antiseptic properties in embalming rituals. The Romans considered the herb a symbol of bravery and strength—particularly with regards to military prowess—and would exchange it among themselves, pin sprigs to their garments before battle, and burn bunches of it to purify the air in

From the History Books (Continued from page 4)

in homes and places of worship. Thyme was also used as incense and placed on coffins during funerals, as it was supposed to assure passage into the next life. Thyme is an active ingredient in various commercially produced mouthwashes such as Listerine. Before the advent of modern antibiotics, oil of thyme was used to medicate bandages.

Mint has a refreshing scent, and is used for cooking purposes and in herbal tea. The fresh or dried leaves are used as an ingredient, while the essential oil is extracted as a flavoring and scent. Foods it is commonly used in are lamb, chicken and a variety of delicious baked treats, savory sauces, and drinks, from hot mint tea to cool mint juleps and mojitos. As an herb, it is gluten-free and suitable for vegan, vegetarian, and paleo diets. You can find other varieties of mint that have interesting flavors and aromas. Apple mint has an apple scent; orange mint has a citrus flavor; chocolate mint has a bit of chocolate taste. A stalk with a few tender leaves is placed in a hot or cold beverage and may be crushed (muddled) to release more flavor. It is widely used in Middle Eastern and Greek dishes, including salads, side dishes, and sauces. It has long been a popular remedy for stomach pains and indigestion, and was even used in dried form to help whiten teeth. Its menthol compounds give it that cooling feel. Menthol reduces pain and also tricks the brain into feeling the sensation of cold. In addition to relieving stomach discomfort with mint, it's a valuable ingredient in medicines to treat coughs and sore throats. The aroma of mint from fresh leaves or essential oils can improve brain function and alertness, and can also help reduce anxiety and stress. It's common to see products like gum, toothpaste, and chocolates labeled as "mint-flavored". Peppermint and spearmint are in this family of herbs, also.

Before doing any self-diagnosing and treating an ailment for yourself with these or any other plants, check with your doctor. Read more about the herb to note any potential reactions, the amount that should be used (some can be toxic if taken in wrong quantities) and for any potential side effects. In the next article I will describe other herbs used for cooking and medicinal purposes.

Emergency Management

COVID TEST KITS & MASKS

Covid Test Kits and face masks are still available at Lisbon Town Hall, while supplies last.

In the event of a Local, Regional or even a State or Federal emergency, our Director of Emergency Management is available to answer your questions:

Jonathan Arpin

Emergency Management Director
1-(860)-625-0026

Information is also available on the Town website, under Departments - Emergency Management:

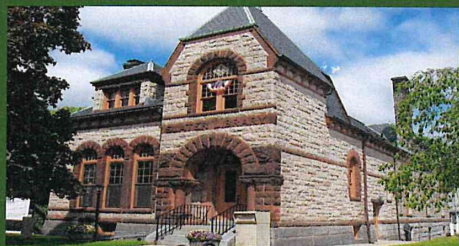
SAINT MARY'S FOOD PANTRY

Saint Mary's in Jewett City is the Town's designated Food Bank.

Food can be picked up at the Rectory every second and fourth Tuesday of the month,
10am – 11am and 3pm– 4pm.

To donate, please call:
860-376-2044

June 2022



Slater Library & Fanning Annex (860) 376 0024

Sunday (closed)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ Wee Play @ 11:00 Drop in play group before the library opens!	² Open Studio @ 5:30 pm Bring your art project to work on and share!	³ Design a Summer Reading Bookmark! Create a Fish Scale for our Bulletin Board!	⁴ Design a Summer Reading Bookmark! Create a Fish Scale for our Bulletin Board!
⁵ !	⁶ First Monday Book Club 1:00 Office hours: State Rep. B. Lanoue 4-5:30	⁷ Design a Summer Reading Bookmark! Create a Fish Scale for our Bulletin Board!	⁸ Wee Play @ 11:00 am Let's Lego 3-5 Theme: Marble Maze	⁹ Design a Summer Reading Bookmark! Create a Fish Scale for our Bulletin Board!	¹⁰ Second Friday Book Club 1:30	¹¹ Drop In Story Time with Mrs. Brown 10:30 Last day for bookmark contest and Fish Scales!
¹²	¹³	¹⁴	¹⁵ Wee Play @ 11:00 am	¹⁶	¹⁷ Yarn & Darn 3 - 4pm	¹⁸
¹⁹	²⁰ Summer Reading Begins! Office hours: State Rep. B. Lanoue 4-5:30	²¹ DIY CHALK PAINT @ 2PM OUTSIDE (WEATHER PERMITTING) Wear clothes that can get messy!	²² Wee Play @ 11:00 am Paint a Beachy Tile, ages 7+ @ 2 pm, sign up required.	²³ Stop in and make a craft in the Upcycle Craft Corner during library hours!	²⁴ Let's Lego! Drop in and free build!	²⁵ Stop in and make a craft in the Upcycle Craft Corner during library hours!
²⁶	²⁷ Stop in and make a craft in the Upcycle Craft Corner during library hours!	²⁸ DIY BUBBLE WANDS AND BUBBLES OUTSIDE! 2pm(WEATHER PERMITTING)	²⁹ Wee Play @ 11:00 am Sand Clay Mosaic @ 2 pm, ages 7+ , sign up required.	³⁰ Last Thursday Historical Fiction Book Club 5:30	Let's Lego! Drop in and free build!	

Slater Library & Fanning Annex Hours

Monday, Tuesday and Wednesday Noon - 5:30PM

Thursday Noon - 6:30PM

Friday 11AM - 5PM

Saturday 10AM - 2PM

Closed Sunday

Slater Library Summer Reading 2022 Bookmark Contest!

Summer is almost here and we would love to have your creative design grace our summer reading bookmarks! Let our theme, "Oceans of Possibilities" inspire your creativity! **Deadline: June 11, 2022**
Contest rules are as follows:

- Ages 4-14, one entry per child
- Use markers, crayons, pencils - anything you wish!
- Write your name, age and phone number on the form.
- All artwork must be original and done by hand. Entries become the property of Slater Library.
- Submit entries at the children's desk at Slater Library or in a manila folder to our book return.

Help us decorate for summer reading by creating a unique fish scale for our giant fish bulletin board! Stop by and pick one up to decorate at home or make one here!

"An Ocean of Possibilities" Summer Reading Program 2022 - June 20th – August 6th

Upcycle Craft Corner! Stop in and make a craft during library hours. We will post our latest craft on our Facebook page.

Ocean Arts and Crafts Wednesdays @ 2pm

Sign-up required for the following programs, ages 7+

June 22nd Beachy Tiles

June 29th Sand Clay Mosaic

July 6th Beach Jar Lights

July 13th Rustic Clothespin Starfish

July 27th Watercolor Crayon Resist Paintings

August 3rd Make Your Own Neon Room Sign

Outdoor Fun! Wear clothes that can get messy!

June 21st @ 2 pm: DIY Chalk Paint – Learn how to make sidewalk paint and decorate our sidewalks!

June 28th @ 2 pm: DIY Bubble Wand and Bubbles! We will make a pipe cleaner wand and have some bubble fun outdoors!

Walk in Their Shoes is the theme on the main level of Slater Library for this summer. Building off the "One Book, One Region" title choice of "Being Heumann: An Unrepentant Memoir of a Disability Rights Activist" by Judith Heumann with Kristen Joiner, we will be celebrating the diversity found in the 06351 area.

We are working with local agencies to provide informative programs from a variety of perspectives. Check out our website @ <https://sites.google.com/site/slaterlibrary/> and our Facebook page facebook.com/SlaterLibraryandFanningAnnex?ref=ts for an up-to-date listing of all our summer programs and activities.

Stop in to Slater Library to stock up on your summer reading with our excellent selection of new books and magazines! For those who prefer reading eBooks, our Libby app offers a large catalog of books from which to choose. We are also happy to order books from other libraries for patrons seeking titles we do not have on our shelves or try the Acorn app and order materials from CT libraries from the comfort of your own home.

For those interested in genealogy, the Heritage Quest website is accessible for free through our website using your library card!

Slater Library 26 Main St. Jewett City, CT 06351 / (860) 376-0024

Town of Lisbon Spring Clean Up



WHEN?

Collection Starts at 7 a.m. on Monday, June 27, 2022

WHERE?

**Acceptable items will be picked up at curbside.
All items must be at the curb by 7 a.m. on June 27, 2022**

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: (Limit of 4 tires per household) Tires on rims will not be accepted

Items NOT Accepted

(These items will not be picked-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.

NO Brush: Brush will NOT be accepted and chipped at curbside. During Spring Clean-up residents may bring their brush to Lisbon's Public Works Garage at 486 River Road (Route 12) from 7 am to 1 pm, Monday - Friday. To inquire about obtaining wood chips from the highway dept call (860) 204-0355.

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