Where is He Going? Tracking a Fishers Island Osprey
by Pierce Rafferty

The Henry L. Ferguson Museum is pleased to announce that the Spofford Foundation has generously pledged funds to facilitate the "tagging" of one adult male osprey on Fishers Island with a transmitter that will enable interested parties to track the selected bird’s travel patterns via daily Google Earth downloads. The approximately one-ounce transmitter, carried like a tiny “backpack” by the osprey, will provide data that reveal both where our bird is foraging around Fishers Island, and its long-range migratory route to and from its wintering ground. Ospreys from the northeast often winter in South America, so it will be exciting to discover if our bird’s destination is Brazil, or Venezuela, or Suriname, or French Guiana, or… N.J.?

The osprey “tagging” project was initiated more than a decade ago—the brainchild of Mark Martell at Minnesota Audubon and Rob Bierregaard of the University of North Carolina, Charlotte. Since 2000, more than 150 “tagged” ospreys have been tracked, providing data that are useful for ornithologists and researchers who specialize in protecting and studying this raptor. Mr. Bierregaard, who has been studying osprey populations since 1969, will make a trip to Fishers Island in late April or early May to briefly trap the osprey in order to strap the small transmitter on its back. (The trapping is done with a fish line net that entangles the osprey’s feet.) Our first choice will be the adult male at the Middle Farms nest that is covered by the HLFM’s Osprey Cam, but a backup nest will be chosen if necessary.

The notion of “tagging” a Fishers Island osprey has been under discussion for several years. Osprey-expert Alan Poole broached the subject at a Museum lecture in 2009. Nick Spofford, a member of the Fishers Island Conservancy, was an early proponent of the project, as was John Ski, who helped initiate contact with Mr. Bierregaard. The Fishers Island Utility Co. has provided strong and essential support for both the Osprey Cam and this new project. The Henry L. Ferguson Museum is especially grateful to John Spofford for pledging the grant from the Spofford Foundation that makes this exciting project possible. Many thanks to all involved!

NAME THE TAGGED OSPREY. Please submit possible names for the soon-to-be-tagged male osprey to the HLFM. E-mail the proposed names to fimuseum@fishersisland.net or mail your submission to: H.L. Ferguson Museum PO Box 554 Fishers island NY 06390. A committee will be formed to choose the name. Please include your name along with the proposed bird name. (Prize/s will be announced on the fishersisland.net and HLFM website. The deadline for submissions is April 15, 2013, a deadline day that is all-too-easy to remember.

Photo courtesy of Timothy J Hallett
FISHERS ISLAND FERRY DISTRICT
BOARD OF COMMISSIONERS
MEETING SCHEDULE

March 4, 2013  4:30 pm
March 18, 2013  4:30 pm
April 1, 2013  4:30 pm
April 15, 2013  4:30 pm

Meetings are held at the
Fishers Island Community Center, unless noted.

FI Community Board
Schedule of Regular Meetings

2013 Meeting dates will be posted when announced

All meetings are open to the public and are held at the
Fishers Island Community Center unless noted.

FI School Board
Schedule of Regular Meetings
2012-2013

February 20, 5:00 pm
March 20, 5:00 pm
April 17, 5:00 pm
May 14, 6:00 pm
June 19, 6:00 pm

Public Participation Guidelines

Members of the community are invited to speak on topics of interest and / or topics to be addressed in the agenda. The Board of Education may choose to interact with participants, but will not act upon topics that require further study before action is taken. The participation time will be limited to three (3) minutes per person and fifteen (15) minutes overall to guarantee efficient operation of the entire meeting.

FI Library Book Group Meeting Dates:
2012-2013

March 14 The Boy in the Suitcase by Lene Kaaberbol, Agnete Friis (novel) (there is also another book titled Boy in the Suitcase: Holocaust Family Stories of Survival by Sheryl Needle, (nonfiction). It sounds very interesting and perhaps some of us may also read that.

April 11 Classic of readers choice (e.g. Tale of Two Cities by Charles Dickens. This could be another evening to bring food items to share and bring guests.’

May 9 Cutting for Stone by Abraham Verghese (novel)

June 13 A Casual Vacancy by J.K. Rowling (novel)

Happy reading! Remember all are welcome whether they have read the book or not and no pressure to talk. If you know of anyone interested in receiving emails about the Library book group please have them contact me and I will add them to the email list. Louisa Evans

ADVERTISING Fees for the Fog Horn

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<th>Size</th>
<th>Monthly</th>
<th>6 Months</th>
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All ads need to be camera ready – either a word document or a jpeg. Please, no pdf’s – the images don’t translate well in publisher. Ads are offered on a first come, first serve basis and we have the right to limit ad space each month. We also reserve the right to approve any ad copy or content. All ads must be paid for in advance – either by check or credit card (please call the Community Center 788-7683).

Fog Horn Entries:

Send your photos, announcements, articles and other submissions to ficommunityboard@gmail.com

or you can mail them to:

FI Community Center
P.O. Box 464,
Fishers Island, NY 06390

You can also drop them off at the Island Community Center or call 788-7990 and leave a message and someone will get back to you.

Submissions are due by the 7th of the month.
Obituary

PRESTON, Louisa "Lou" Darragh, died peacefully in her home, Saturday night February 23, at the age of 94. She was born in Little Rock, Ark., the daughter of Mr. and Mrs. Frederick Kramer Darragh. She attended Finch College in New York City. In 1943, she married Robert "Bobby" Sheffey Preston Jr., who preceded her in death. She was also preceded in death by her brothers, Frederick Kramer Darragh Jr. and Thomas Eugene Darragh of Little Rock, Ark. She has been a member of the Junior League, both in her hometown and in Richmond, where she became a Sustainer member. Mrs. Preston was on the board of the Children's Hospital, delivered Meals on Wheels, and was a Council member of the Virginia Museum of Fine Arts. After moving from Richmond to a farm in Manakin, she developed an interest in gardening, joining The Tuckahoe Garden Club and the Goochland Garden Club. She was a member of the National Society of The Colonial Dames of America. She loved playing bridge, golf, needlepoint, gardening and chocolate, but most of all she loved being in the company of her family. She is survived by her five children, Mary Louisa Preston, Alice Valeria Preston, Carolyn Preston Kendig, Robert Sheffey Preston III and Frederick Darragh Preston; nine grandchildren, Gwen Preston Murray, Sian-louisa Chewning Eure, John Preston Kendig, Louisa Darragh Kendig, Hallie Evans Preston, Elizabeth Claire Preston, Robert Sheffey Preston IV, Elizabeth Carol Preston and Frederick Darragh Preston Jr. The family thanks Virginia Robinson, Hospice, and the caregivers for their amazing help. In lieu of flowers, contributions may be made to St. Mary's Episcopal Church, 12291 River Rd., Manakin, Va., or Hospice Community Care, 10128 West Broad St., Glen Allen, Va. 23060.

Ebb & Flow

Deaths:
Richard “Ricky” Ahman February 15, 2013
Louisa “Lou” Preston February 23, 2013

If you have a life event to add to the Ebb & Flow please feel free to email us and we will include it in the next edition.

Yale Information:

The Yale Urban Design Workshop is currently working with the Fishers Island Community Board and Fishers Island residents and stakeholders to develop a plan to address the challenges facing the Island. We have held a number of public meetings on the Island, and will hold more in the near future, but in the meantime we welcome your written input and comments - write to yudw@yale.edu.

Making QuickBooks and Accounting Fun!

Thank you to the island community for allowing me to help businesses and organizations on Fishers Island improve their accounting records and workflow.

My relationship with you all means the world!

Dawn W. Brolin, CPA MSA
(860)234-2059
dawnbrolin@gmail.com
Fishers Island School participates in the region’s biggest annual youth art exhibition, Young at Art at Mystic Arts Center.

Article written by the Streimer Family, photo credit to Sophia Streimer

Young at Art is an exhibit, which runs until March 16th, showcases the creative work from hundreds of regional students ages 18 and younger in Mystic Arts Center’s galleries. This year’s exhibit included works from Fishers Island School students.

The exhibit showcased a variety of media from oil, photography, and sculpture to mixed media pieces. Pictured are a few of the projects, which came from Fishers Island School.

The Young at Art exhibit is part of a commitment to fostering creativity and encouraging the use of art to advance learning at Fishers Island School and the other schools in the region.

Fishers Island students who have work in the Mystic Arts Center's Young at Art show are:

Gabe Sparen, David Shillo, Wyeth Bonser, AJ Eastman, Connor Beverly, Kaden Matuszewski, Keaton Hanson, Shelby Lusker and Sophia Streimer

FIS Judo Club Update:

On February 3rd, the Fishers Island Judo Club was very proud to host the 2012 Olympic Gold Medalist, Kayla Harrison at our school. The London Olympic games were special to the United States for a couple of reasons. Firstly, this was the first time since the Barcelona games that the U.S. was able to even qualify for competition in the Olympics. And in past Olympics, the U.S. had never been able to dominate with a Gold Medal. That is until Kayla Harrison entered the picture as the first U.S. judo gold medal winner.

Ready to rumble, the students lined up and introduced themselves to Kayla as if she was just another adult to visit. Kayla even remarked that our children were the most mature group she has ever worked with! It wasn’t until picture time when Kayla pulled out her gold medal that the children were awe struck. And Kayla was a real champ letting the children hold the medal and take their own pictures with it.

Throughout the three and a half hour clinic, Kayla and her team worked one-on-one with the children. They learned her famous throw that won her the Gold and spent a considerable amount of time teaching the children how to break a hold. Her focus on predicting their opponents’ next move was a hit! The kids were able to immediately improve their skills and step up their level of judo competitiveness.

With the support of the Sanger fund, the judo team has purchased two professional crash mats that will be used to enrich and increase their abilities even further. We hope to be able to host our own competition with New London County Judo in the near future!

This day was a once in a lifetime moment for the students at Fishers Island School and could not have been made possible with the dedication and hard work of our parents who raised nearly $2000 with lunch fundraisers; the residents and employees on Fishers who called and stopped in for our lunch; the businesses who purchased lunch for their employees; and the Fishers Island Library who agreed to sponsor this experience!

Thank you to EVERYONE!!!!
COMMUNITY PARTNERSHIPS Vital To FIS

In recognition of the many ways that organizations in our island community and beyond can enhance and enrich teaching and learning, we have spent a great deal of time reaching out to groups who have the resources and expertise to help us meet our mutual learning, safety, and wellness goals. Three key partners include the Ferry District, the University of Connecticut, and our island’s own Community Center.

To address safety issues, the management team of the Ferry District has been outstanding in responding to concerns and proactively communicating with us to safely transport our students and staff, particularly in what has been a fairly stormy winter, to say the least! To the delight of our many Vikings fans, the Ferry District has also worked with us to enable our athletic director, Dan Gillan, to schedule a much greater number of home basketball games this year. As many of you know, a home game brings a team of 10-15 players, coaches, referees, and fans of both schools to the island. We were successful in recruiting several schools to come to Fishers Island for the first time, including Waterford High School. By the way, the FIS Vikings girls’ and boys’ teams each won their games that day!

To provide rigorous learning opportunities for both our students and staff, we have greatly expanded our partnership with the University of Connecticut. At the request of guidance counselor, Gil Amaral, the Director of UCONN’s Early College Experience recently visited our school to speak with our secondary teachers about expanding the program here to eventually include a college-level course offering in all subject areas. Currently, juniors can elect to receive UCONN credit for a challenging humanities class taught by social studies teacher, Michael George, and English teacher, Ibby Sawyer. The University representatives were impressed with the island’s natural resources and will explore the possibility of connecting us to the marine biology program offered at their Avery Point campus. In addition, professors from UCONN’s NEAG School of Education are visiting our school on a regular basis to conduct training with students and staff to support our adoption of the School-wide Enrichment Model. Just this week, Dr. Becky Eckert worked with our elementary teachers to enrich our reading program, and modeled instruction with students in all three of our classrooms.

Another exciting partnership is with our own Fishers Island Community Center who is graciously allowing us to use the wonderful early childhood room to host regular meetings of the new Moms and Kids playgroup. When preschool teacher Meg Atkins and I realized that we had four very young children between the ages of 7-18 months living on the island, we decided that we needed to bring them together, as some of them had not yet had the opportunity to meet one another. The first meeting was a huge success, as within the first 10 minutes, it felt as though the young women had known each other for years! Based on their request, we have scheduled these gatherings on a monthly basis. As the children play, the moms have a chance to get to know each other and to interact informally with a guest who shares information on a topic they want to know more about, such as their child’s language development. This week two experienced island moms will be meeting with the group to talk about ‘survival tips’ and their positive experience of being a parent who is raising children on Fishers Island.

Please let me know if you know of other partners who will work with us by emailing me at k.goodwin@fischool.com.

Submitted by Karen Goodwin, Principal, Fishers Island School
Friends of Fishers Island Theater - Winter 2013

The Friends of the Fishers Island Theater (FFIT) are very happy to report that we are the recipient of a generous grant from The Sanger Foundation. This grant will enable us to purchase a new digital projection system for the theater! This is wonderful news and we couldn’t be more grateful and excited.

Our current projector is quite old and requires all kinds of tweaking by Mike, our devoted projectionist of 27 years. Even if you learn how to run the old projector, you also need to know how to fix all its little quirks when they act up and splice film when it breaks.

Having a digital projector will allow almost anyone to run the movie, the picture quality will be better, and we will have to ability to have two or more showings of a movie. A digital projector will also allow us to show classic movies and have, for example, an “Alfred Hitchcock Week.” Additionally, we are hoping to purchase a digital system that would enable us to show Power Point presentations on the movie theater screen. Stay tuned!

Our committees are working hard to come up with great movies and programming for summer 2013. Gordon Murphy is overseeing the general maintenance and work on the theater so we will have new concession doors, new lighting, new auditorium trim and fresh paint.

We would like to extend our heartfelt thanks to the Sanger Foundation and to everyone who supports the movie theater. We can’t wait for the summer!
MADDEMAR – A long, winding drive through beautifully landscaped woodlands leads to this classically elegant central hall colonial on 5.73 shorefront acres. The Matthiessen house built circa 1927 has 5 bedrooms, 4.5 baths, a guest house and beach.

A large living room opens into a generous sun room, both with fireplaces. A formal dining room with a fireplace, a butler’s pantry, state-of-the-art kitchen, laundry and utility rooms (opening into the two car garage) complete the first floor. The large and comfortable master suite has a sitting room and large sundeck with seating for more private relaxation. There are water views, and views of the Connecticut shoreline, from all the principal rooms including the spacious central hall. The remarkable architectural details throughout the house have been preserved and restored.

Recent meticulous renovations have preserved the original beauty and style of the house and grounds. All mechanical systems, including fire protection, are new and meet the highest standards. Now offered at $3,990,000

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Homes For Sale

**MADDEMAR WATERFRONT**

$3,990,000

**DUCK POND HOUSE**

$825,000

**HAY HARBOR COTTAGE**

$995,000

**VILLAGE COTTAGE**

SALE PENDING

**EAST END LOT**

$225,000

**MISHACK**

SOLD

**ROUND HOUSE**

SOLD

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Shutters & Sails, LLC,
Licensed Real Estate Broker
<table>
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<tr>
<th>Property</th>
<th>Details</th>
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<td>7 BR, 11.4 A, Great views, Dock, Beach, Observatory,</td>
<td>$3,499,000</td>
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<tr>
<td>Chocomount Beach House</td>
<td>4 Acres, Classic, Great Views</td>
<td>$3,500,000</td>
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<tr>
<td>East End</td>
<td>2.9 Acres, 6 BR, private, pool, distant views</td>
<td>$1,800,000</td>
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<tr>
<td>East End Lots</td>
<td>Two lots (2.22A &amp; 2.77A), Beach, water views</td>
<td>$1,500,000</td>
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<tr>
<td>Winthrop Drive</td>
<td>5 BR, Near the Ferry on .50 of an acre, winterized</td>
<td>$650,000</td>
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<tr>
<td>Mansion Hill Property</td>
<td>Near Hay Harbor, Great Location</td>
<td>$995,000</td>
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Mystic Isle Realty is optimistic about 2013 and please call or e-mail with any sales or rental questions.

Please call with any questions about Fishers real estate or to take a look at any of these properties. We also have several other exciting properties for sale of varying specifics. These are not on the public market, but are available to be seen and purchased by qualified buyers.

Please contact us for more information.

Bagley or Jim Reid and Meg Atkin

631.788.7882 - Office
860.885.9880 – Jim’s Cell

www.mysticislerealty.com

Spectacular, West End Contemporary
Strong views over Long Island Sound
Infinity pool, great yard and gardens, garage and well maintained
$3,495,000

Three houses with great views over Chocomount Beach
Very private, Large Pool
$2,700,000
Why we should eat avocado every day

As a nutrition and health expert, I want my readers to know the truth about the health myths that go around so they can be informed about what is right for them. One of these popular food myths that I want to expose is the one about avocados. I often hear people talk about how they do not eat avocado because they want to avoid the high levels of fat and calories. The problem with this is no one seems to consider the fact that they are high in good fat, meaning the kind that promotes health, the same heart-friendly fat found in olive oil.

In fact, avocados contain fats that are so beneficial, that they can actually prevent other fats from doing harm. So in spite of the calorie count, shouldn’t we simply enjoy the health benefits that this fruit provides? The reality of it is that the health benefits of eating avocado regularly largely outweigh the issue dieters may have with the calorie count. One can eat only ¼ of an avocado every day for good health and not suffer weight gain as a side effect.

A recent study at UCLA Center for Human Nutrition proved that when avocado is added to a hamburger the subjects who ate it show no change at all in their blood vessels and blood chemistry, but subjects who ate a classic hamburger (without avocado flesh added to it) suffered significant changes such as reduced blood flow due to vasoconstriction, elevated triglycerides, and inflammation. In other words, the good fat in the avocado neutralized the harmful effect of the hamburger’s bad fat.

With that in mind why don’t you try adding avocado to other foods you like? You can use it for its rich creamy texture instead of mayonnaise in a sandwich. You can try slicing it and serving it atop grilled chicken breast. You can cube it and add it to a salad, or serve it on the half shell with lime juice and sea salt. If you consume it with other foods that are not so good for you, you can relax knowing the avocado will do its magic and can decrease these other foods negative effects.

When I was working within a professional kitchen, I learned a useful tip about how to keep a cut avocado from turning black and I will share it with you. It is very simple, and yet few people are aware of it. If you are using only a half avocado and want to save the other half for the next day, run cold water on it before you put it in the refrigerator. You can also wrap it in plastic after that but it’s not necessary. This trick works really well.

In addition to its healthy fat content, an avocado contributes a number of other important nutrients. They are rich in folate, vitamin A, potassium, and soluble fiber. They provide useful amounts of protein, iron, magnesium, and vitamin C, D, and B6. They are also spilling over with anti-oxidants and phytochemicals that lower blood cholesterol and protect against several cancers.

As you can see for yourself the health benefits of eating avocado are considerable, and it would be a mistake to deprive yourself of them for fear of consuming too many calories. Eating half an avocado a day can promote good health and is so versatile that you can easily make it a part of your meals in different ways daily without getting bored. And if the number of calories from the high fat content still bothers you, you can always eliminate some other fats from your diet to maintain its balance. The bottom line is it would be a nutritional mistake to avoid consuming avocados just because a myth claims they are too fatty to be healthy.
Decentralized Wastewater Treatment Proposed for L.I Sound, Peconic Bay

The new system would be sited on Fishers Island, By Lisa Finn

Originally published in the North Fork Patch on February 15, 2013

Southold Town may soon be one major stride closer toward protecting its waterways.

At Tuesday's work session, Town Engineer Michael Collins said he had had a "productive meeting" with Glynnis Berry of Peconic Green Growth. Berry, he said, had secured funding to explore the idea of decentralized wastewater treatment for the Long Island Sound and the Peconic Bay.

The best location for the proposed system, Collins said, would be Fishers Island, because infrastructure and extra land in a leaching field already exists.

A "bonus," Collins said, would be the possibility of constructed wetlands.

The project would be the first to be constructed in Suffolk County and has been embraced by the Suffolk County Health Department; the SCHD has agreed to provide funding, he said. "It's huge to get the health department onboard," Southold Town Councilwoman Louisa Evans said.

A meeting will be set up to inspect the parcel, Collins said.

The initial concept design will be covered by a grant, Collins said; the possibility of applying to Suffolk County for a grant for the next phase exists. Collins said the project is "too premature," for a cost to be estimated.

Berry said Fishers Island currently has an existing sewer district with a large septic system; her company, she said, has been asked to look at additional treatment to purify the wastewater before it goes back into the groundwater.

At the same time, Berry said, she has received a grant for a survey, planning study and mapping conditions; wastewater and groundwater have been identified as an issue.

Berry she is aiming to find three sites on the Long Island Sound watershed and three in the Peconic Bay Estuary. Once located, Berry said her goals is to help the community with the next step of garnering approvals.

Decentralized wastewater treatment has benefits, Berry said. "One big issue is excess nutrient loading." The new system, she said, would be required to have nitrogen levels of 10 milligrams per liter, compared to the current onsite system that has nitrogen levels of 40 to 60 milligrams per liter exiting the system.

"We could see a 75 to 90 percent improvement," Berry said. "That's a huge improvement."

In addition, she said, the water quality is clearer and better processed. And, Berry added, decentralized wastewater treatment is not as intrusive. "A new sewer system is expensive and invasive," she said.

Whatever is installed, Berry said, can be easily expanded.

Treatment locations can even include sites such as greenhouses, she said. "The systems are not as incompatible with existing land use."

THE LIGHTHOUSE WORKS:

New Fellows arrive March 1!

The Lighthouse Works’ new fellows—the first three of twelve artists slated for 2013—arrive Friday, March 1 and will be living and working on the island until mid April. Keep an eye out for news of their exhibition in early April, and if you see them around the island, please say hello!

Our March-April Fellows are visual artists Harold Mendez and Boru O’Brien O’Connell and writer LuLing Ososky. They will all be working in studios in the Ferry Annex building (former home of ferry reservations) and will teach workshops in art, photography and writing in the Fishers Island School. For the artists’ bios and more information, please see

Fishers Island Ferry District

www.facebook.com/FishersIslandFerryDistrict

Now it’s easier to find information:
• Website link to make ferry reservations
• Boat cancellations due to weather notifications
• Pictures and History Archives
• News feed with happenings from Fishers Island spots:
  The Conservancy, Community Theater, Community Center,
  businesses and any other Fishers Island Pages we can find.

If you haven’t already...

Please go to www.facebook.com/FishersIslandFerryDistrict
and click ▼ Like

Thanks! Let us know what you think and send us your favorite Fl Ferry Pictures!
March Gardening Tips from Melie

At long last, winter is almost behind us with the arrival of March. Even though a snowstorm is still possible and windy days will still be with us, we can look forward to the ospreys return around the first day of spring on March 20th. Other birds will soon follow, announcing the beginning of the gardening year.

**The Spring To Do List**

**Start feeding indoor houseplants again**, now that the days are longer and check for bugs. A good drench in the shower or insecticidal soap will help if you find a problem.  

**Finish pruning trees** while they are still dormant to avoid disease.  

**Prune boxwood** and other evergreen shrubs.  

**Review Gardening notes** taken in the fall of changes you want to make.  

- Plants to be moved and plants added.  
- Beds to be changed or edged.  
- Views to be created or opened up – all clearing should be finished by the end of April.

**Weed** - Pull out anything green in the flowerbeds, if it isn’t a bulb, it is a weed.  

**Order seeds and start ones indoors** that need a bit more growing time.

Seed catalogs, on line, have good seed starting schedules.  

Gardener Margaret Roach says plant tomato seeds on tax day, April 15th.  

Memorial Day is the earliest planting time for seedlings on Fishers Island, unless you have a very protected garden from the wind.  

Cool weather crop seeds, like sweet peas, lettuce, spinach and chard can be planted once the ground is ready to be worked.

Plan **your vegetable garden** remembering to rotate your crops.  

**Check your soil**, especially in the vegetable garden and add compost if needed.  

Google UConn Soil Nutrient Analysis Lab and follow the instructions to send soil samples to be tested for $8.00.  

**Add organic fertilizer** to your flowerbeds.  

**Put down Hollytone** around acid loving plants and evergreens.  

**Clean bird feeders and birdhouses** with 1 part bleach to 9 parts water.  

**Oil and organize your gardening tools** and buy new ones if needed.

---

**Wanted: Lifeguard for Dock Beach!**

**Hours:** Monday through Friday, 11am-4pm, for July & August.  

**Required Certifications:** Water Front Certification, Lifeguard Training & First Aid and CPR/AED for Lifeguards.  

Please contact Wendy O’Neil at wendy@kragsilversmith.com or call (413) 446-4788.

---

**The Community Center Café and Ten Pin Bowling**

**Winter hours:**  
Wednesday 5:30-8:30  
Saturday 5:30-8:30  

To call ahead or order “to go” call 788-7601
Toppers News:

"Pre-packed Quarts and 1/2 Gallons of Topper's ice cream available at the Liquor Store throughout the winter."

Canio

2 locations available for Trunk Shows and Conferences
On the green and next to the Legion
Please respond by mail
PO Box 11 Fishers Island New York 06390
**Fishers Island Community Calendar**

Any Organization or Group wishing to have information included on the Community Calendar or interested in booking a room at the Community Center please email me at:

fishersislandevents@gmail.com

Please Include:
Name of Event/Meeting/Program
Location or Room desired
Date(s) and Start & End Time
Any additional relevant information about the event.

You can also write up your request & drop it off for me at the Community Center. Monthly Calendars will be posted on the Post Office Bulletin Board the 1st of each month with all information to date. The calendar is updated daily and is available on the FishersIsland.net website. An iPhone application is also available at iTunes.

Thank you, Sarah Porter, Calendar Manager

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**Veterinarian on Island**

Dr. Christopher Otka will be on the island for veterinary check-ups Spring 2013, for more information please contact Wendy Krag O'Neil www.KragSilversmith.com (413) 446-4788

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**Books recently gotten at the FI Library:**
"Until the End of Time" by Danielle Steel
"The Twelve Tribes of Hattie" by Ayana Mathis
"Touch & Go" by Lisa Gardner
"A Week in Winter" by Maeve Binchy
"The Last Runaway" by Tracy Chevalier
"Kinsey & Me" by Sue Grafton
"My Beloved World" by Sonia Sotomayor
"Thomas Jefferson" by Jon Meacham
and many juvenile books

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**HUMBLE PIE**
The Community Center Café

(631-788-7601)

**Personal Pizza**

- Cheese $5.00
- Pepperoni $6.00
- Buffalo Chicken $8.00

**Basic Medium Pizza**

- Cheese $11.00
- Pepperoni $13.00
- Buffalo Chicken $16.00
IMPORTANT WINTER 2012 -2013 IHP INFORMATION

*** NOTICE:  All visits to the Doctor’s Office are now BY APPOINTMENT ONLY. Patients requiring urgent care will be seen the same day they call. ***


Monday 3:00pm – 6:00 pm  
Tuesday 9:00am – 12:00 pm  
Wednesday CLOSED  
Thursday 9:00am – 12:00 pm  
Friday 9:00am - 12:00 pm

DR. INGRAM IS CREDENTIALLED WITH THE FOLLOWING INSURANCE COMPANIES:

BLUE CROSS / BLUE SHIELD (CT Anthem & NY Empire, plus most EPOs and PPOs)  
AETNA  
MULTIPLAN (includes some CIGNA plans)  
MEDICARE  
OXFORD (Liberty and Freedom)  
UNITED HEALTHCARE  
UHC EMPIRE (NYS employees)

**PLEASE NOTE – patients with other insurances will be required to pay in full on the day of service. You will be given a detailed receipt to submit yourself for reimbursement from your insurance company. Patients with NO insurance will also be required to pay in full at the time of service. No exceptions.

INSURANCE INFORMATION: In order to bill your insurance, we MUST have a copy of your insurance card (both front and back) on file at our office. Please do not arrive for an appointment with only the name of your insurance company and your ID number, or in the case of Medicare, your SSN. ALL co-pays are due at the time of service. Failure to comply with these requirements will result in the patient being responsible for the cost of the entire visit.

TO SAVE TIME before you come into the office this summer, especially if you or a family member are a regular patient, or know you will be seeing the doctor, we urge you to log onto our IHP website, www.islandhealthproject.com and download our PATIENT REGISTRATION FORM. PLEASE fill it out and mail (PO Box 344) it to us in advance of your arrival OR bring it to the office when you arrive on the island. This will be a HUGE help to our office!

*** PHONE NUMBERS ***

Office: (631) 788-7244

FOR URGENT NEEDS ONLY -
To reach the doctor outside of office hours call the cell:
From a FI landline: 1-942-9647  OR  From a cell phone: 631-942-9647