Fishers Island Fire Departments Annual Christmas Party

As always, this holiday season was one full of festivities and celebration. Santa’s annual return to the Island is always an event that children, teens, and adults anxiously await. With horns honking and sirens blaring, many run to the streets to receive warm wishes (and an occasional warning for behavior) from Santa riding on the fire engine. This is our Island sign that we are ready to kick off another exciting Christmas season.

With the support of many community members, the Fire Department hosted another fantastic Christmas party. This year, the Christmas Committee made some changes that only improved the celebration. A breakfast with Santa was the theme of the party as families filled the common room at the Community Center. Before the annual gift giving, children played instruments and danced to the holiday tunes of Les Julian. Upon Santa’s arrival, everyone gathered together, each taking a turn to receive their presents and stockings. A very special thanks goes to the members of the Fishers Island Fire Department whose dedication to the children and families of our community is unrivaled.

Attention Fog Horn Readers:

The February and March edition of the Fog Horn will be published together on March 1st. The April Fog Horn will be published on the 15th of April.
**FISHERS ISLAND FERRY DISTRICT BOARD OF COMMISSIONERS**

**Meeting Schedule**

- January 22, 2013 4:30 pm
- February 5, 2013 4:30 pm
- February 20, 2013 4:30 pm
- March 4, 2013 4:30 pm
- March 18, 2013 4:30 pm

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

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**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.

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**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

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**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.

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**ADVERTISING Fees for the Fog Horn**

<table>
<thead>
<tr>
<th>Size</th>
<th>Monthly</th>
<th>6 Months</th>
<th>12 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 page</td>
<td>$100</td>
<td>$500</td>
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<tr>
<td>Bus Card</td>
<td>$15</td>
<td>$75</td>
<td>$135</td>
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</table>

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).

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**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.
### YOGA CLASSES

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
</tr>
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<tbody>
<tr>
<td>Monday</td>
<td>5-6:30 pm</td>
<td>Yoga (Kapri)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>5-6:30 pm</td>
<td>Yoga (Kapri)</td>
</tr>
<tr>
<td>Thursday</td>
<td>5-6:30 pm</td>
<td>Yoga (Kapri)</td>
</tr>
<tr>
<td>Friday</td>
<td>5-6 pm</td>
<td>Gentle Stretch (Kapri/Kelly)</td>
</tr>
<tr>
<td>Saturday</td>
<td>9-10 am</td>
<td>Hour of Power (Kelly)</td>
</tr>
</tbody>
</table>

All classes are held in the Island Community Center yoga room. Bring a mat if you have one, water, and for Power Yoga a towel (you’ll sweat!). Check the yoga room window or the fishersisland.net website for more information on each class. We hope to see you there!

Classes are $12/class for ICC members and $15/class for non-members.

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**Ebb & Flow**

**Engagement:**
Annabel Vartanian and Andrew Jefferies

**Deaths:**
Robert West Feagles December 25, 2012
Rev. Paul J Gaumond December 29, 2012
Nancy Yerkes January 14, 2013

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**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.

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**Professional Accounting Solutions, LLC**

*Helping Businesses Improve Profitability*

Dawn W. Brolin, CPA MSA
(860)234-2059
dawnbrolin@gmail.com

**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!
An Exciting New Focus for Fishers Island Union Free School

There was so much about the Fishers Island Union Free School that drew me to apply for the principal position last summer. But it was the Board of Education and Superintendent Meyer’s vision for providing a personalized education for our students that cemented my desire to be a part of this special school community. To work with a team of committed professionals and school leaders to build a program that recognizes and draws upon individual students’ strengths, interests and talents was an opportunity I could not resist.

Last month the Fishers Island Board of Education took a significant step toward reaching their vision of providing personalized education by adopting a resolution (see insert) to implement the School wide Enrichment Model (SEM). This internationally-acclaimed model was developed by Dr. Joseph Renzulli and Dr. Sally M. Reis of the University of Connecticut’s NEAG School of Education and the National Center for Gifted & Talented Education, and has a strong research base to document its effectiveness in improving student learning for all children. Dr. Renzulli himself visited our school in October to meet with teachers, staff and Board members to present an overview of the model. On the ferry ride back to New London, Dr. Renzulli shared with me that he is very excited about our partnership. He believes that the enthusiastic response of our staff, coupled with the strong support we will receive from UCONN, Fishers Island School is perfectly poised to implement this school improvement model.

School wide Enrichment is a school improvement model based on a commitment to applying the pedagogy of gifted education to enrichment learning opportunities for all students. At the heart of the model is the premise that all students have the potential to learn and develop talent and that all students truly possess the desire to be inspired. UCONN will be involved in training our instructional staff and students in the strategies we need to ensure that all of our students excel in our rigorous Regents curriculum as well as in areas of deep personal interest. Our first training session in February will introduce students and staff to the Renzulli Profiler, a detailed online questionnaire that our students will take to generate a personal profile of their top interests and preferred learning styles. On that same day, the Renzulli Learning consultant will work with our teachers in the use of a powerful new software tool to design engaging, challenging, and individualized self-directed learning experiences matched to each student’s profile.

It is our intention to become a world-class school that prepares all students to achieve personal excellence and success through an innovative and engaging school environment. With the support of the community, the commitment of our dedicated staff, and our students’ love of learning we will no doubt achieve the vision and high expectations embraced by our Board of Education.

Submitted by Karen Goodwin, Principal

*** After selecting the Renzulli Learning Program we just learned that it was named by the national District Administration journal as one of the top 100 Educational Products of 2012. ***

Board of Education Resolution: Adoption & Implementation of the School wide Enrichment Model
Fishers Island Union Free School District December 2012

WHERE AS, the Fishers Island Union Free School District is committed to providing a personalized education, and: WHERE AS: the Fishers Island School is committed to providing a challenging and engaging PreK-12 educational experience that prepares all students to lead a successful life by developing their interests, abilities, learning styles, and preferred modes of expression and: WHERE AS, the faculty, staff, and administration at the Fishers Island School are committed to ongoing professional development and effective teaching/learning strategies, and: WHERE AS, the Fishers Island community has expressed the desire to partner with us to design and implement a highly effective, world-class educational program that offers students and families an alternative approach to the act of learning, and: WHERE AS, the Fishers Island Board of Education wishes to work collaboratively with other Island boards and organizations to implement an “action plan” focused on building a vibrant year round and seasonal community and enhancing the quality of life for all Island residents.

NOW THEREFORE: The Fishers Island Board of Education approves and supports the adoption and implementation of the School wide Enrichment Model as a key strategy in delivering an innovative and exciting educational experience to all students.
Upcoming Events from FI School

Upcoming Basketball Games:
January 19th - at Fishers Island, **Boys** 12:30 **Girls** 2:00
January 25th - at Rocky Hill, **Boys** 3:30
January 26th - at Fishers Island, **Girls** 12:30 **Boys** 2:00
January 28th - at Williams, **JV Boys** 3:00 **JV Girls** 4:00
January 30th - at Fishers Island, **Girls** 1:00 **Boys** 3:00
February 2nd - at Fishers Island **Girls** 12:30 **Boys** 2:00
February 8th - at Fishers Island **Boys** 1:30 **JV Boys** 3:00
February 9th - at Cornerstone Christian **JV Girls** 4:00 **Girls** 5:30
February 10th - at Fishers Island **Girls** 12:30 **Boys** 2:00

March 9, 2013 FIS Alumni Game 1:00 pm

FIS Quips and Quotes

Celebrations:
Senior Katie McCarthy was named as a Commended Student in the 2013 National Merit Scholarship Program. Commended Students place among the top five percent of the more than 1.5 million students who entered the 2013 competition by taking the SAT/National Merit Scholarship Qualifying Test. In addition, Katie earned a perfect score of 800 on her Critical Reading SAT subtest!

Senior Annabelle Orlando was inducted into the National Honor Society for meeting the rigorous standards of academic excellence, outstanding character, and service to her school and community.

Community Help Wanted:
The After-School Five-Six Club is looking for **small furniture donations**! The students are looking for small all-wood furniture (nothing bigger than a child could lift) to turn into art! Small tables, chairs, or stools would be much appreciated. Any donations may be dropped off at the school! Club advisor Jill Paciorek thanks you for your support!

Freshman student Connor Beverly is working with community mentor, Pierce Rafferty, to research the history of our school and create an historical display in one of our showcases. Connor would greatly appreciate the donation of any Fisher Island School memorabilia that might be included in the display. Old photos, yearbooks, text books, postcards, report cards, student work, or anything else of interest would be greatly appreciated. Potential donors can reach Connor through his principal at k.goodwin@fischool.com or 788-7444.
Free Creative Writing
& Letterpress Printing Class

Co-Hosted by the Fishers Island Library and The Lighthouse Works’ Mayonnaise Press Print Shop

On Saturday and Sunday, January 19 and 20, a group of island adults and children will be taking a free course, learning to write “short forms”—the haiku, the six word memoir, and flash fiction—and then learning to hand set and print their original writing to be bound into a class chapbook.

Chapbooks will be available for sale this spring in the Fishers Island Library, and all proceeds benefit the Library and The Lighthouse Works.

Teachers are E.B. Bartels, MFA candidate at Columbia University, and Kelly Ramsey, who holds an MFA from the University of Pittsburgh.

We hope to offer this class, or a variant thereof, again this summer. If you’re interested in writing or printing classes and would like to learn more, please contact Kelly at 7864 or Kelly@thelighthouseworks.com.
Come join the fun at the Community Center...

- Yoga
- Personal Training
- Nutrition & Wellness Classes
- Cooking Classes
- Music Together
- Bowling
- And more

**Administration Hours**

M-F 9am-4pm  
788-7683

Wed & Sat 5:00-9:00  
788-7601

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**Fishers Island School Class of 2015 Fundraiser**

**Fishers Island Sterling Silver Necklace**

Beautifully finished Fishers Island Sterling Silver Necklace by Grader Jewelers, Inc.

**Prices:**

- $135.00 plus tax ($143.57) will be delivered to Fishers Island School.
- $153.57 and will be delivered to your home.

For more information or an order form, please contact Mrs. Bean at 631-788-7444 or by email linda.bean@fischool.com.

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**Homes For Sale**

- **Harbor View - Beach Rights**: $3,195,000
- **Duck Pond House**: $825,000
- **Mansion Cottage #8**: $995,000
- **East End Lot**: $225,000
- **Hedge House**: $775,000
- **Mishack**: $435,000
- **Round House**: $399,000
- **Village House - Alpine Ave**: $495,000

Visit [www.shuttersandsails.com](http://www.shuttersandsails.com) for more information.

**Contact:**

631-788-7921

Shutters & Sails, LLC, Licensed Real Estate Broker
Happy Holidays

Classic Property
7 BR, 11.4 A, Great views, Dock, Beach, Observatory, $3,499,000

Chocomount Beach House
4 Acres, Classic Great Views $3,500,000

West End
Great views, beach, dock 6 yr old, 3,500 sq. ft, 4 BR Sold

Barleyfield
East End, 4.9 Acres, 2 lots 4 BR, Great water views Sold

East End
2.9 Acres, 6 BR, private, pool, Distant views $1,800,000

East End Lots
Two lots (2.22A & 2.77A) Beach, water views $1,500,000
Mystic Isle Realty would like to thank our clients, as 2012 has been one of our most active Years with over 10 sales and a very busy rental season.

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
Health Tips
By Annie McPhail, Certified Health Coach

Most of us choose to lose weight as a New Year’s Resolution. We get a membership to the gym, we join Jenny Craig, we are motivated and determined that this time we will not fail. The thing is, if we need to make the same resolution year after year it means it’s not working for us. But why is that?

Simply because losing weight is not only about eating less and exercising more. Getting back to a healthier weight has more to do with getting back to balance (body, mind, and spirit) than with eating right and working out. “Calorie in, calorie out” is only a fraction of the problem. If we address only a fraction of the problem we will get a fraction of the results. Being overweight is a complex issue which is different for everybody and it is much harder to figure it out on your own without the help of an expert.

The real problem is not really how much excess weight we need to get rid of but rather why we overeat in the first place. Here’s why: excess weight is not a problem, it is actually a solution. Have you ever thought about it this way? What if your weight problem was actually serving a purpose which your subconscious mind is very happy with? Do you think you could drop a few pounds every week if your subconscious mind was purposely sabotaging your effort and maintaining your weight as it is?

Signing up for NutriSystem or calling Jenny seems easy enough. We are told what to eat and we are given the food already prepared. It’s a no-brainer. There’s no thinking involved and no effort required other than to microwave the food. The thing is weight loss companies don’t help you with the core emotional issues that make you overeat in the first place. Is Jenny Craig even a real person? Is NutriSystem really nutritious?

Food delivered to your door doesn’t teach you how to make better choices for yourself and why, so if you stop you go right back to where you started. The other thing that food delivered to your door does not do for you is help you with healthy lifestyle changes to get you back to balance. You need to know how to make better decisions for yourself because everybody has different nutritional needs and a different history. Cookie cutter diets rarely fit an individual’s needs long term because the answer to your personal weight problem is within you and you need someone to empower you to figure it out, so the issue can go away.

What you really need is appropriate lifestyle changes and a better understanding of nutrition so you can easily make wiser choices for yourself. However, sweating bullets in a Zumba class is entirely optional. This New Year I challenge you to start looking at your weight problem from a different angle, meaning not as a problem but as a solution to an emotional issue you may have. Once you identify this issue you can find a different solution to it so overeating is no longer required and you drop the weight without making a special effort for it.

A Note of Thanks
I would like to thank the Fishers Island Fire Department for hosting such a wonderful children’s Christmas party. Breakfast with Santa was a great success. Even my seven month old baby enjoyed the music and the colorful decorations. The leadership and the ability to get it all done are an inspiration to us all, and really help make this island a warm and loving place for children. I am also grateful for Tawnya Eastman, Gail Cypherd, Jamie Doucette and all the wonderful ladies in our community who spent countless hours planning, organizing, and wrapping presents for the children. Santa’s arrival was a perfect ending to a wonderful morning filled with laughter and music. Thank you all for the time and effort you put into making it all happen.

Well done FIFD! The Gello Family
Looking for a few good contributors' to the Fog Horn

We are always looking for a good story about Island residents whether near or afar. If you have a good story to share or if you are interested in doing an interview of an interesting islander or have a few good photos to share please email the Fog Horn at ficommunityboard@gmail.com

THE LIGHTHOUSE WORKS A YEAR IN REVIEW

Dear Friends,

Thank you for the interest, enthusiasm and support you've shared with The Lighthouse Works in our inaugural year on Fishers Island. We've put together a page documenting our fellowships, school workshops, studio tours, exhibitions and concerts in 2012: a Year in Review. We hope you'll take a moment or two to check it out:

www.thelighthouseworks.com/2012/

As we look back, we couldn't be more pleased with how our organization has developed in this first year, from a mere idea to a blossoming program receiving hundreds of applications for 2013. This growth is due in large part to the immense support we've received from the Fishers Island community. Thank you; we couldn't do it without you.

Yours sincerely,

Nate Malinowski and Kelly Ramsey
Co-Executive Directors, The Lighthouse Works

The Community Center Needs Your Help

Please help the Community Center so we can reuse KERI KEYCARDS

There are MANY UNUSED Fitness Center white key cards out there that we can recycle.

Send or drop off your old, extra, unused, unidentified cards to help us save plastic waste and $$$$.

FI Library News:

Library books on order:
Adult Fiction:
"Shiver" by Karen Robards
"Collateral Damage" by Stuart Woods
"The Marseille Caper" by Peter Mayle
"Home" by Toni Morrison
"Threat Vector" by Tom Clancy

Adult Non-Fiction:
"The Bronte Sisters" by Catherine Reef
"A Higher Call" by Adam Makos
HL Ferguson Museum

Items Needed for Museum’s 2013 Exhibition “Race Rock Light”

The Museum’s 2013 Annual Exhibition will focus on neighboring Race Rock Light. This extraordinary structure and its equally extraordinary base were constructed against all odds during the years 1872 to 1878 atop a jagged underwater ledge with a protruding underwater boulder that imperiled all vessels passing over the swift waters of the Race. Structural engineer, architect and artist F. Hopkinson Smith of New York was officially awarded the government contract for building and designing the new light, but he shared duties with master diver Captain Thomas A. Scott of New London, his foreman of construction. “Race Rock Light” will focus on the initial engineering feat accomplished by these two men and their intrepid crew, while also providing a textual and pictorial history of the lighthouse from its first day of operation on January 1, 1879 to date. The Customs House Maritime Museum, New London, Conn. has been actively collaborating with the HLFM on this show and is graciously lending some artifacts for display.

For this exhibition the Museum would like to hear from all Fishers islanders who have stories, souvenirs, newspaper clippings, home movies, etc. that relate to Race Rock Light. Of particular interest are photographs of Race Rock from all vantage points in all types of weather. In addition, several cases will be filled with souvenirs, trinkets and other objects that relate to Race Rock. Please contact Pierce Rafferty (631-788-7239, or fimuseum@fishersisland.net ) if you have any of the aforementioned items to loan for the exhibition. Many thanks!

The Community Center Café
and Ten Pin Bowling

Winter hours:

Wednesday  5:30-8:30
Saturday  5:30-8:30

Come enjoy a meal with friends and maybe bowl a game or two!!

To call ahead or order “to go” call 788-7601
January Gardening Tips from Melie

Happy New Year to all Fishers Island Gardeners from the Fog Horn! Here is hoping that 2013 will be a fertile one and free from destructive storms. January is time to enjoy some winter flowering house-plants. Here are a few of my favorites.

**Begonia (rhizomatous hybrids)**

There are many types of begonias, but rhizomatous begonias like ‘Palomar Prince’, ‘Tangoluma’ or ‘Marmaduke’ are easy to grow and propagate. Their colorful leaves look great all year and the plants produce pretty little white or pink blooms in the winter. Begonias should be watered once a week or they will rot and are happy inside or out as long as it is 60 degrees or above.

**Bougainvillea (Bougainvillea hybrid)**

I have had a number of Bougainvillea for many years, their vibrant colors cheer up a grey winter inside. They will tolerate temperatures down to 50 degrees outside and will drop their leaves once brought in the house in the fall, but they will quickly put out new ones and bloom again once they are adjusted inside. During the spring and summer I feed them fish emulsion and, if their leaves look a bit yellow, I will give them an acid fertilizer once or twice a year.

**Camellia (Camellia lutchuensis hybrid)**

My Camellia plants happily summer outside in filtered sun and winter in a cool living room, where they bloom December through January. I feed them fish emulsion in the summer months and an acid fertilizer in the winter.

**Clivia**

The Clivia is a relative of an Amaryllis, it is easy to grow, and will bloom in February and March after a dry "resting" period in the fall. Start to water in January to encourage bloom. Cliva like to summer in filtered sunlight in the garden, and will tolerate temperatures down to 35 degrees.

**Hibiscus (Hibiscus rosa-sensis hybrid)**

Hibiscus plants are happy to winter inside, once temperatures outside fall below 60 degrees. They will usually drop their leaves, but will quickly put out new ones once acclimated inside, in a sunny window, so continue to water them without leaves. Once daylight is ten hours or more, start to feed the plant again and it should bloom inside during the winter.

**Orange Jasmine (Murraya paniculata)**

Jasmine is easy to grow. This variety has lovely orange scented blossoms through out the year, and likes to summer in the garden. The plant will tolerate a 45-degree temperature, but should be moved inside for the winter. It does well with a citrus fertilizer to encourage bloom.

All of these plants can be obtained at Logee’s in Danielson, CT. [www.logees.com](http://www.logees.com) they will ship small plants, as long as the temperature is above freezing, but the nursery is a delightful place to visit all times during the year.
<table>
<thead>
<tr>
<th>Business</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Beach Plum</td>
<td>Wed-Sat 10-1 &amp; 3-5</td>
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<tr>
<td>Bike Shop</td>
<td>8:00-4:30 7 days a week</td>
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<tr>
<td>Compost Facility</td>
<td>M-F 7:30-12:00, 12:30-4:30</td>
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<tr>
<td>Community Center</td>
<td>M-F 9:00 - 4:00</td>
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<tr>
<td>Doctor’s Office</td>
<td>Mon 3:00 - 6:00, Tu, Th, Fri, 9:00 - 12:00</td>
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<tr>
<td>Drink N’ Vessel</td>
<td>M - F 3:30-5:30, Sat 10-12 &amp; 3-5</td>
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<td>Ferry Reservations</td>
<td>M-Sat 9:00 to 1:00</td>
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<tr>
<td>Ferry Freight Office</td>
<td>M-F 7:45 to 4:45, Sat at boat time</td>
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<td>F.I. Museum</td>
<td>Call for appt. 788-7239</td>
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<td>F.I. Library</td>
<td>M &amp; F 1-5; W 1-6; Sa 9-12</td>
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<tr>
<td>F.I. Utility Co</td>
<td>M-F 8:00-4:00</td>
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<tr>
<td>Island Hardware</td>
<td>M-F 8:00-3:45, Sat 8:00-12:00</td>
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<tr>
<td>Island Service</td>
<td>M-F 8:00-4:30, Sat/Sun 8:00-12:00</td>
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<td>News Café</td>
<td>Closed for the season</td>
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<tr>
<td>Our Lady of Grace</td>
<td>Sat 5:30 pm</td>
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<tr>
<td>Pequot Inn</td>
<td>Closed for the season</td>
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<tr>
<td>Pickett Fence</td>
<td>Closed for the season</td>
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<tr>
<td>Post Office</td>
<td>M-F 8:00-5:00, Sat 8:00-12:00</td>
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<tr>
<td>window hours</td>
<td>M-F 8:00-1:00, 2:15-5:00</td>
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<tr>
<td>Shuttles &amp; Sails</td>
<td>M-F 9:00-1:00 or call 788-7921</td>
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<td>Real Estate</td>
<td>Closed for the season</td>
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<td>Toppers</td>
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<tr>
<td>Transfer Station</td>
<td>M,W,F, 7:30-12:30 &amp; 1:30-4:30</td>
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<tr>
<td>Union Chapel</td>
<td>Sun 10am Worship and Sunday School</td>
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<tr>
<td>Village Market</td>
<td>M-Sat 7:30-1 &amp; 3-5:30</td>
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<tr>
<td>Z &amp; S Fuel &amp; Service</td>
<td>M-F 8:00 - 4:15</td>
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**Gold N Silver Shop**

**Trunk Show Vendors**
P/F# NJ 1-201-288-1157
Email joannegold06390@verizon.net
P# FI 1-631-788-7267
Bike rentals, Antiques, Brass, FI Souvenirs.

**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

Veterinarian on Island

Dr. Christopher Otka will be on the island for veterinary check ups Spring 2013, for more information please contact

Jennifer Sanger
788-7632 or 860-209-0130

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

Wendy Krag O’Neil www.KragSilversmith.com (413) 446-4788
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 CREDENTIALLLED 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 FL landline: 1-942-9647 OR From a cell phone: 631-942-9647