

Clinton



Events

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Volume 12 • Quarter 3 • 2013



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First Selectman's Corner

I hope everyone enjoyed Summer in Clinton, for what typically is a quiet time for Town government it has been extremely busy. We are rapidly progressing on the renovation of the Town Annex (old PD) and are a little ahead of schedule. The first phase of the Streetscape project downtown is complete and I am happy to announce that we have been awarded another \$500,000 for phase two and we hope to begin that before the end of the year. Town Hall restoration is 95% complete to the delight of the Clinton Art Society and Opera Theater of Connecticut, who had record turnouts for their events in August.

The Interchange Development Committee was formed to work on the future disposition of the existing Morgan site. We issued an RFQ for developers to respond to and there has been a great response. Our goal is to have a developer selected by spring so that project of choice can commence when the property is vacated in the fall of 2015. The committee is an exceptional mix of town officials and local business people who have really stepped up to the plate.

The Morgan project is also moving along well. We are right on schedule and expect to bid the job in November and break ground in January. Good news on that front as well, after much work and many meetings with the State, we were able to get nearly a 12% increase in the reimbursement. This equates

to nearly \$7 million which will significantly reduce our bonding obligation. It is a great committee that is very focused and intent on bringing this project in on time and under budget.

As we enter Fall, the Town is looking better and better. Our Marina will still be bustling and sunsets at the beach are spectacular. We are also in the active period of Hurricane season for our area. Please reflect on the events of the last two years and heed any and all advisories. We are prepared from a local standpoint to do whatever is necessary in the event of another emergency.

Take time, enjoy the Fall, enjoy Clinton. Our Morgan sports season is beginning and I encourage you to support the young men, women and coaches who participate. We have some great teams this fall, take in a game and cheer them on.

See you on the ball field,



William Fritz, Jr.
First Selectman


Willie

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Water Pollution Control Commission Update

It's been at least thirty years since the Town of Clinton first realized it has a problem. Our beautiful town grew up before we had dishwashers and fancy cosmetics. It developed when people had summer cottages on the Sound, not year round houses. And thirty years ago, residents started to see the impacts of the development:

- Shellfish growing in Long Island Sound were no longer safe to eat
- Foul smells were noticeable during the rainy season throughout town
- When Town officials tested catch basins they found fecal bacteria

The good news is that the Water Pollution Control Commission here in Clinton has been making steady progress toward a solution.

This year marked the first full year under the Town's Pump-out Ordinance. This ordinance requires property owners in Clinton to pump-out their septic tank at least once every 5 years. This ensures that we have trained eyes looking at everyone's septic tanks. This provides an opportunity to catch damage or malfunctions of the septic systems before they lead to very costly repairs or break out of raw sewage to the ground surface.

Beyond pumping out your tank, here are some septic tips from the US Environmental Protection Agency to help protect your septic tank and ground water:

1. Keep it Protected - Get it Inspected! Have your septic tank inspected and pumped out by a licensed septic tank contractor as needed (at least every 5 years in Clinton).
2. Don't Strain your Drain! Use water efficiently to avoid overtaxing your system. Fix household leaks, run the dishwasher

and clothes washer only on full loads, and consider installing high-efficiency fixtures.

3. Think at the Sink! Don't pour grease, fats, or harmful chemicals like paints and solvents down your sink. They can clog or harm your system.

4. Don't Overload the Commode! Do not flush non-degradable items such as dental floss, diapers, coffee grounds, or feminine hygiene products.

5. Shield your Field! Care for your drainfield by only planting grass, not driving or parking on it, and reducing roof and surface water drainage near the drainfield.

You can learn more about being "SepticSmart" at www.epa.gov/septicmart.

The Pump-out Ordinance will not solve the pollution problems in all parts of Clinton. For residents in many areas, including locations along the shore and other densely developed neighborhoods, there is a need for a more sustainable solution. After a five-year review of all undeveloped property in Clinton, the WPCC (with help from an engineering firm, CDM Smith) is finishing up a detailed report that will lay out all of the Town's options. While the report is still being shaped, it will likely include both onsite and offsite solutions. This determination will be made on a neighborhood-by-neighborhood basis.

Rest assured that the WPCC is learning from our neighbors in Old Saybrook. They are operating with a plan that differs greatly from the options being evaluated for the Town of Clinton. For more information, you may read the minutes for the WPCC's biweekly meetings on the Town's website. (www.clintonct.org/landuse.php#water) The WPCC is planning to have public information sessions during this process and once all options have been explored.

Rep. Tom Vicino Promotes Storm Protections for Homes, Businesses

State Representative Tom Vicino (D-35th), a member of the Legislature's Shoreline Preservation Task Force says more needs to be done on the state and local level to better protect homes and businesses from storm damage.

Rep. Vicino has worked closely with State Rep. James Albis (D-99th) task force Chair, State Rep. Philip Miller (D-36th), State Senator Ed Meyer (D-12th) and other members, exploring ways to better protect the Connecticut coastline from severe storms and rising sea levels.

Tropical Storm Sandy and before that Tropical Storm Irene wreaked havoc on Connecticut's coastline, causing flooding that damaged properties and further eroded beaches.



Tom Vicino represents the 35th Assembly District of Clinton, Killingworth and Westbrook, and serves on the Commerce, Environment and Planning & Development Committees.

"We have learned a lot from these storms and the terrible damage they brought forth to our shoreline communities. It is not just the beach-front homes and businesses that need protections from large storms and power outages," said Rep. Vicino who represents Clinton, Killingworth and Westbrook. "That is why this task force is so important - so that we can plan and prepare to protect homes and businesses against future storms."

Vicino says that the issues are many and more needs to be examined. Shoreline communities and businesses need access to data and research to help businesses and homeowners prepare for future storms and preserve the existing shoreline and local economy.

Events

MAGAZINES



Clinton Events

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Clinton Land Conservation Trust Scholarship



*Mike Houde, President of CLCT
awarding \$1000 Scholarship Check
to Zachary Gedney.*

*Photo by Chuck Annicelli, also a
Board member*

The Clinton Land Conservation Trust is pleased to announce that Zachary Gedney is the 2013 recipient of the Alice and David Crosby Environmental Scholarship.

Zachary is the son of Curtis and Jeanne Gedney of Clinton. He will be pursuing a degree from Keene State College, Keene, New Hampshire in Safety and Occupational Health and Applied Science. His goal, as stated in his essay, is to "broaden my understanding of the impact of industry on the environment and find ways to reduce it".

Sally Heffernan, Clinton Land Trust Board Member

MILE - Middlesex Institute of Lifelong Education

MILE was established in 1993 to provide stimulating educational experiences for adults 50 and over. Sponsored by Middlesex Community College, it is an all-volunteer non-profit organization with programs on a wide range of topics. For \$60.00 members can attend 7 weeks of programs in the fall and 8 weeks in the spring. These may include field trips and MILE also offers an annual week-long trip. MILE Open House/Orientation will be held on September 12 in Chapman Hall starting at 1:00 p.m. to introduce the programs planned for September 3 through November 15. Bring a friend. Our website is www.mileonline.org. E-mail: mileatchapman@gmail.com

- Joanne S. Rocznik, Mile Publicity Chairman



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Many times just a look at the bottom of your shoes tells a story. If you have wear on the outside of your shoe, this might be an indication that orthoses would be an appropriate recommendation for you. Orthoses control movement, like a cradle and reduce strain on the joints eliminating many types of foot pain.

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Clinton Parks & Recreation

TOWN BEACH: Officially closes on Labor Day, Sept. 2. The restrooms will no longer be open on a daily basis. If you choose to swim, it will be at your own risk.

LEGO MY LEGO: Wednesdays 4:00 - 5:15 p.m., \$90.00 Sept 25, Oct 2, 9, 16, 23, Grades K-5. Build some wacky, working contraptions, including various machines that stir drinks, roll dice, eat coins, and more! This class includes step-by-step instructions and/or inspiration for 17 creations and even a wind-up motor for even more wacky building. This class is co-ed and is a teamwork setting. Children will have time to create their own inventions. No bricks will be taken home. Maximum 12.

LEGO MINI ROBOTS: Wednesdays 4:00 - 5:15 p.m., \$90.00, November 6, 13, 20, December 4, 11, Grades K-5. Come join the fun building Mini Robots. Children can use their imagination for the sky is the limit. This class includes step-by-step instructions and/or inspiration for 18 creations. This class is co-ed and is a teamwork setting. Children will have time to create their own inventions. No bricks will be taken home. Maximum 12.

KID'S KITCHEN: (Clinton Residents only) Grades: 2 & 3, Location: Joel Café, 3:15 - 4:45 p.m., Sept. 24, Oct. 22, Nov. 12, and Dec. 10, Fee: \$25.00. Young Chefs of Clinton is a unique culinary experience which will offer cooking classes to children in a safe environment that will encourage discovery and creativity. Each visit to Kid's Kitchen Young Chefs is a new experience with fresh monthly themes and exciting new programs. Students sharpen their skills employing the mantra, "Mise en Place" which, in the cooking world, translates into "Everything in its place." Young Chefs of Clinton will learn the basics in kitchen safety, proper food handling, food preparation, cooking techniques, presentation and so much more! Sept. 24: Learn how to make breakfast on Saturday mornings. Pancakes and waffles with fresh whipped cream. Oct. 22: Let's learn how to make family dinner. Chefs will learn how to make homemade meatballs and create a delicious meatball pizza. Nov. 12: Let's gear up for Thanksgiving and make a pie crust, apple filling and a yummy apple crisp topping. Dec. 10: Happy Holidays! This time of year is very busy. We will be offering six more classes after the first of the year. Mark your calendar. We will be sending home fliers with a complete description and cost of each class. Fees will be listed on fliers.

FALL TENNIS LESSONS: TBD

ZUMBA: Instructor: Aleen Stanton, 203-245-1106, 6 Classes - \$48.00, 12 Classes - \$84.00, Walk-Ins - \$10.00. Class Schedule: Monday 5:00 - 6:00 p.m. Zumba Gold & Toning; Monday 6:15 - 7:15 p.m. Zumba & Zumba Toning; Thursday 10:00 - 11:00 a.m. Zumba Gold & Toning; Thursday 6:00 - 7:00 p.m. Zumba & Zumba Toning; Saturdays 9:30 - 10:30 a.m. Zumba & Zumba Toning; Saturdays 10:45 - 11:45 p.m.; Jeanniefit, Hip Hop Dance; All ages!

HALLOWEEN WINDOW PAINTING: Keep a lookout for more info! This will be an opportunity for your children in

Grades 4 thru 8 to display their artistic ability on Clinton's Main Street windows. Put together your best Halloween themed design and it will be judged by Grade level. Tentative date is October 29.

MARTIAL ARTS: Tony Pinto's Martial Arts Academy located at 130 Ft. Path Rd. in Madison. Telephone 203-530-4730. Taekwondo (age 3-Adult) and Cardio-Kickboxing (age 10 - Adult). Session 1: September 16 - October 25, Session 2: October 28 - December 6, Session 3: December 9 - January 17, 2014. Sessions consist of 2 classes/week for 6 weeks for \$65.00 (non-residents \$75.00).

INSTRUCTIONAL YOUTH BASKETBALL: For boys and girls in Grades 2 & 3. Children will learn offense and defense skills, practice shooting and play mini scrimmages. The children will meet on Saturdays beginning November 30, at the Joel School gym. The fee is \$35, which includes a T-shirt. A \$10 late fee will be added if registration & payment is received after November 1, 2013.

FIRST GRADE YOUTH BASKETBALL: For boys and girls in 1st grade. Children will learn the fundamentals of basketball. They will meet on Saturday afternoon beginning January 8, 2014 at Joel School gym. The fee is \$25, which includes a T-shirt. Payments due by December 6, 2013.

YOUTH BASKETBALL: For boys and girls grades 4 through 8. Games will be held on Saturdays at the Morgan School gyms. Practices are one night per week. The fee is \$45 (\$90 per family), which includes a T-shirt. Registrations fliers will be sent home via the schools. Start Date: Saturday, December 7, 2013.

ADULT CO-ED VOLLEYBALL: (Adults Only) Open gym! Have some fun and join us for a friendly game of volleyball! The games will be played on Monday evenings from 7:30 - 9:30 p.m. at the following locations. September: Eliot Gym (Beginning Sept. 16), October: Eliot Gym, November: Eliot Gym, December: Eliot Gym, January: Eliot Gym, February: Eliot Gym, March: Morgan Gym A, April: Morgan Gym A, May: Eliot Gym

MEN'S BASKETBALL: (Adults only) It's open gym! Stop in for a quick pick-up game of basketball. The games will be played from 7:30 - 9:30 p.m. The following schedule shows all the details: November: Thursday evenings at the Eliot Gym (Beginning Nov. 7), December: Thursday evenings at the Eliot Gym, January: Thursday evenings at the Eliot Gym, February: Thursday evenings at the Eliot Gym, March: Tuesday and Thursday evenings at Morgan Gym A, April: Tuesday and Thursday evenings at Morgan Gym A, May: Tuesday and Thursday evenings at Morgan Gym A.

ONE DAY - CT SAFE BOATING & PERSONAL WATERCRAFT COURSE: This single session, 8-hour course, taught by Professional Marine Education, provides a certificate of completion as partial fulfillment of the requirements to obtain the Certification of Personal Watercraft Operation, which allows the operation of motorized recreational vessels up to 65' and sailboats 19½' in length and longer. Upon successful completion of this course the student can mail or

continued on page 10

Hammonasset Festival

Celebrating Nature and Native America

October 5 & 6

Celebrating Nature and Native America

Friends of Hammonasset (FOH) is proud to present the FIFTH celebration of Native American traditions and respect for our Environment to be held on October 5th and 6th from 10 a.m. - 5 p.m. at Hammonasset Beach State Park. This year's festival coincides with the 100th Anniversary of all the State Parks in Connecticut.

To start the festival off with good spirits, Allan Saunders (Mohegan) will lead a Native American Opening Blessing and Smudging ceremony both days at 10:15 a.m. in the concert area.

Featured performers are Erin Meeches Native Nations Dance Troup providing an informative variety of Native American dancing and drumming in the concert area beginning at 12 noon, then again at 3:15, both days. Do not miss this especially joyful event. On Sunday only will be a wandering Magician/Environmental Sorcerer, Cyril May. Also featured nearby will be the World Atlatl Championships, open to the public. In the Discovery Tent, A Place Called Hope will present Live Raptor Shows both days and provide day long live bird exhibits.

Additional participants in the Discovery Tent area will be the Meigs Point Nature Center, Denison Pequotsepos, Ansonia Nature Center with live creature exhibits and presentations. Other exhibits nearby will be the Yale Peabody Museum, Museum of Natural History at UCONN, the National Museum of the American Indian, the Institute of American Indian



Studies, the Kellogg Environmental Center, the Shoreline Outdoor Education Center, the Mashantucket Pequot Museum and Research Center. Also the U.S.Coast Guard Auxillary, Trout Unlimited, Friends of the Office of State Archaeology, Watershed on Wheels, Habitat for Humanity, Shoreline Greenway Trail, Primitive Technologist, Jim Dina, as well as a variety of environmental exhibitors.

The festival features authentic Native crafts. Many vendors showcasing art, jewelry, beadwork, pottery, woodcarvings, flutes, clothing and more will be available for sale. Sly Fox's Den owned by Sherry Pocknett will be here from Mashpee, Massachusetts to provide the best in authentic Native American food.

No pets are permitted on the premises. This is a rain or shine event.

The festival is presented by Friends of Hammonasset, a 501c3 organization whose purpose is to provide environmental education, preserve natural resources and be an advocate of Hammonasset Beach State Park. The event is generously sponsored by Liberty Bank and the Madison Foundation.

David and Peter Richards from the Clinton Nursery will be honored guests for their contributions to Friends of Hammonasset annual Plant Sale.

Event Admission is \$5., children under 10 are free. Free entrance to the Park,. For more information and updates, go to our website www.hammonasset.org or call 203 245-9192.

Clinton Parks & Recreation ... continued from page 9

deliver the diploma to any State DEP office, and combined with an application for certificate (provided) and appropriate fee, qualifies the student to obtain the certificate of Personal Watercraft Operation. The certificate is a one-time, lifetime certification. Students should bring a pen or pencil to class. You are also given 3/4 of an hour for lunch (please bring a light lunch with you). Dates: TBD. Location: P & R Building, 201 Killingworth Tpke, Clinton, CT. Fee: \$60 (\$70 Non-residents).

All registrations are handled through the P & R Office. If you have any questions, please give us a call at 860-669-6901 or check out our website at www.clintonparkrec.com.

All Non-residents pay an extra \$10.00 registration fee for our programs, if we have room.

A downloadable registration form is now available for your convenience.

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Eastern Connecticut Ballet

ECB, the shoreline's preeminent school for dance education with a 22 year history of exceptional quality programming, will begin classes in September, for ages 2 to adult. Look for Ballet, Bounding Boys! Pointe, Repertory, Jazz, Modern, Tap and Mommy & Me. A complete program of adult classes including Ballet, Tap, Modern and Jazz is also available at the newly expanded state-of-the-art facility at 435 Boston Post Road, East Lyme.

We will also be launching Ballet and Jazz classes in Old Saybrook this fall at the Estuary Senior Center, 220 Main Street, lower level. Experience the same excitement, energy and beauty characteristic of classes held in ECB's home school in East Lyme. Three levels of Jazz will be held on Mondays: ages 3-5, ages 5-7 and ages 8-10. Three levels of Ballet are offered on Thursdays: Ballet A/B ages 3-4, Ballet C age 5 and Ballet D age 6. Ballet D students are eligible to audition for participation in the region's Nutcracker of choice to be



Photos: V. Murgio & T. Giroir

performed Dec. 13,14, and 15 at the Garde Arts Center.

A mandatory Nutcracker parent information meeting will be held on September 6 at 6:00 pm. Nutcracker auditions for this age group will be held on September 7 from 4-4:45 pm. All students will have the opportunity to perform in ECB's spring showcase.

Ballet classes will be taught by Marylu Clark, Director of ECB's Young Children's Ballet Program, with the same age and developmentally appropriate focus and curriculum emphasized at ECB's main campus. ECB faculty member and Saybrook resident, Amy Brady, will lead the Jazz program.

Call Today to Register at 860 739-7899 or to receive additional information on East Lyme & Old Saybrook classes. Visit the website at easternctballet.com for a full listing of audition and class times. Eastern CT Ballet is a 501 (c)(3) nonprofit organization. Fun, Friendly and First-class!

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Rockin' Rocks at the HCH Library

On Monday, July 8th, Robert Reas from the Denison Pequotsepos Nature Center visited the Henry Carter Hull Library to teach some very enthusiastic children about rocks and minerals. This program was sponsored by the Clinton Land and Conservation Trust whose goal is to promote the preservation and study of local natural resources as well as to encourage people of all ages to learn more about those resources. The event was sponsored in honor of Lynnabeth Mays, a former children's librarian at the HCH Library whose dedication to the children of Clinton and philosophy of service to all is still an influential presence.

The Rockin' Rocks program aimed to teach children about the rock cycle, the difference between various types of rocks, and the unique rocks of Connecticut. Children gained a vast

amount of knowledge about how rocks are formed and how the environment affects rock formation. They were also able to get up close and explore different rocks and minerals including geodes, pyrite or fool's gold, and granite. Children who attended thought Rockin' Rocks was "pretty cool," learned a lot, and were able to ask many fantastic questions about rocks, fossils, and minerals. The library extends many thanks to the Clinton Land Trust for making this program possible and for honoring the memory of Lynnabeth Mays.

If learning more about the local environment, wildlife, and habitats sounds interesting, the HCH Library has passes for free admission for 4 people to the Denison Pequotsepos Nature Center available. You can call or drop by in order to reserve the pass.

Families Helping Families

It's hard to believe that summer is almost over but the good thing is that my favorite season Fall is just getting started. Here in Clinton we are blessed because it's still warm enough to enjoy swimming in the warm waters that surround our community or enjoy the views from the town docks or Clinton Landing or you can travel only a mile or two and enjoy the fall foliage that will rival what you might see in Northern New England. Fall is also when Families Helping Families starts its fall schedule of events.

On Saturday September 21 we will have our annual Fall Food Drive at Stop & Shop from 10-2. We will be collecting non-perishable food items to re-stock the Clinton Food Pantry. The number of families using the Clinton Food Pantry has increased dramatically over the past few years. Because of this demand the Clinton Pantry needs more donations. We will also be collecting dollars to help fund our "Energy Assistance Program."

October means it's time for our annual "Apple Pie Festival." This year we will be back at the remodeled "Green Room" in the Clinton Town Hall. This is a free event we hope people will come and enjoy some of the best apple pie along the Shoreline. So Saturday evening October 5 the Clinton Town Hall is the place to be. We do ask people attending to bring non-perishable food items for the Clinton Food Pantry or donate dollars for our "Energy Assistance Program" which helps Clinton families keep warm homes during the cold months. As part of the "Apple Pie Festival" there is a contest to see who bakes the best apple pie. A cash prize along with a crystal apple will be awarded to the

winner. There will also be a youth division and the winner will receive a prize. Liberty Bank, our corporate sponsor, has once again partnered with us to underwrite all the costs associated with this event.

The Clinton Chamber of Commerce once again will be hosting the Coast Guard Academy Band Concert on Friday evening October 18 at The Morgan School. Tickets for this event can be obtained from the Chamber. We will be collecting food for The Clinton Food Pantry and collecting dollars for energy assistance.

December brings one of the more popular events of the year. Christmas in Clinton this year will be held on Sunday December 8. Families Helping Families will again be having their "Best Soup in Clinton" contest. People will start at Malone's Coffee House where they will buy a wrist band which will allow them to test and rate the soup at various stops along Main Street. Also during "Christmas in Clinton" the very popular Gingerbread House Decorating Contest will be held again this year. Proceeds from this event go to Families Helping Families "Energy Assistance Program."

So the Fall season has many activities that people can enjoy. We hope to see you at them. If you have any questions about one of our events or our mission in the Clinton community please contact us at 860-669-5592.

*Miner T. Vincent, President
Families Helping Families*

"I look forward to seeing Events Magazines. Covers are vivid with great color and town Covers are vivid with great color and town appropriate - you do a great job!"

Jerry Pope Sr., Niantic, CT

Vista Vocational & Life Skills Center



With operations in the Connecticut Shoreline communities from Guilford to Old Saybrook, Vista Vocational & Life Skills Center (Vista) is a fully accredited, nationally recognized, post-secondary program for adults with neurological disabilities.

Founded in 1989 as an alternative to a traditional college education, Vista has grown into a dynamic and innovative educational program serving nearly 200 adults. Vista students and members have an array of neurological disabilities such as autism spectrum disorders, acquired brain injury and learning disabilities.

Vista offers a community-based training program designed for individuals who would like to succeed at work and

independent living, and who are seeking a non-traditional, non-academic approach to address their needs.

Upcoming Vista community events include the Vista Tour de Shore on October 20 beginning and ending at the Westbrook Elks Lodge in Westbrook and the WALK for Vista on October 27 taking place at Hammonasset State Park in Madison.

The Vista Tour de Shore is a fundraising cycling event along the Connecticut Shoreline featuring rides of 5, 25, 40 and 60 miles, while the WALK for Vista is an event highlighted by beautiful 3 and 5 mile walk routes along the Connecticut Shoreline!

To learn a more about the Vista and all of our upcoming events, visit www.vistavocational.org.

Estuary Council Regional Senior Center

The Estuary Council of Seniors, Inc. has been Serving Seniors in the nine-town Estuary region for 38 years! Call us to receive our Gazette Newsletter or go to www.ecsenior.org for our online newsletter, events calendar, menu, and more!

NINTH ANNUAL AUTUMN ON THE DOCK AUCTION AND WINE TASTING - September 21, 2013 from 5:00 - 8:00 p.m. The event is usually held at the Dock & Dine Restaurant, "on the dock", but because of the extensive damage to their building from Hurricane Sandy, the event will be at the ECSI facility at 220 Main Street in Old Saybrook. There will not be a dock this year but there is a breathtaking view of the marsh and Connecticut River. The event will be featuring a wine tasting from the Wine Cask, great food, live music, live auction, and raffles.

ECSI is the sole provider of Meals on Wheels for the towns of Lyme, Old Lyme, Old Saybrook, Westbrook, Clinton, Killingworth, Chester, Deep River, Essex, and Madison. All proceeds from the event go toward the Meals on Wheels program.

MEALS ON WHEELS - hot meals for homebound seniors, delivered to your home. Call Peg at 860-388-1611. A donation of \$3.00 is requested for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

CAFÉ MEAL SITES - Clinton, Old Lyme, Old Saybrook, Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11 a.m., 24 hours in advance.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION - For medical appointments to any medical location beyond the nine-town estuary region.

Suggested donation of \$35 for a roundtrip Doctor appointment up to 5 hours. Suggested donation of \$70 for appointments over 5 hours. Local service is now available every Wednesday from 9 a.m. to 1 p.m. for a charge of \$10 per roundtrip. Call Judy at 860-388-1611.

CLASSES AND ACTIVITIES: Board Games, Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Tai Chi, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot, and more! Check the Gazette for all of our programs.

ESTUARY THRIFT SHOP: Open 10 a.m. - 3:45 p.m., Monday - Friday; and from 9 a.m. - 12:45 p.m. on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available! Donations are accepted and volunteers always needed!

THE MARSHVIEW GALLERY AT THE ESTUARY: Open daily 8 a.m. - 4 p.m., and from 9 a.m. - 1 p.m. Saturdays. The art on exhibit changes monthly and highlights the talents of local artists from along the shoreline. The artists donate a portion of their art sales to the Estuary Council of Seniors. An artist's reception is held the second Friday of each month from 5 - 7 p.m. Refreshments are served, and a door prize is drawn each month. All ages are welcome. Call 860-388-1611 for information.

DONATE YOUR CAR OR BOAT TO THE ESTUARY COUNCIL! Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

VOLUNTEER OPPORTUNITIES:

Call Judy at 860-388-1611.

The next deadline for
Clinton Events is November 15

Run For Chris

The Chris Belfoure Memorial Fund at the Community Foundation of Middlesex County was established a year ago, after a tragic and fatal accident in July of 2011.

Christopher Belfoure was a 2005 Valley Regional High School Graduate. In his junior year he went on the foreign language department's trip to Italy. This experience opened his eyes to a new and vastly different view of the world. It inspired him to further discover what lay beyond the horizon and explore the possibilities. This was the beginning of his journey to learn about other people and their cultures. He went on to study Chinese at West Virginia University, and this afforded him the opportunity to study abroad in China. This is where



Robin Chapin, Chris' Mother presenting grant from Chris Belfoure Memorial Fund at Community Foundation of Middlesex County

he developed a passion for the Chinese people and their language. It ultimately led to employment at EMC Shanghai, China (a computer technology company) where he trained the Chinese employees in learning English, other cultures and customer service.

The fund will serve as a catalyst toward integrating multicultural experiences and a broader understanding of people around the world.

The 2nd Annual Run for Chris was held on Sat. June 22. It was a great success thanks to all the sponsors, volunteers, runners and prizes donated to the raffle. The proceeds from this

years run with continue to give others the same opportunities to expand their horizons as Chris' did. See you next year, June 21, 2014 for the 3rd Annual Run for Chris.

The New Morgan School Update

The summer has been a busy time for the Morgan Building Committee. Town approvals for the project have been received from the Inland Wetlands Commission, Zoning Board of Appeals and the Planning and Zoning Commission. Work is ongoing to obtain state permits from DEEP for Waste Water Management, S.T.C. for traffic control and the Army Corp of Engineers to receive permission to replace the culvert. All permits for the project need to be granted before our Construction Manager (F.I.P.) puts the job out to bid.

Continuing their work on the design of the building, Newman Architects has been meeting bi-weekly with the committee to finalize details as they move forward. During this process details of the design are delivered to the Construction Manager for a cost estimate. This work is done three times during the design phase to assure the project remains on budget.

One of the most crucial aspects of the project is our schedule. We hope to complete construction of the building in time for school to open in September, 2015. This job has been a challenging one, but at this point in time we are on schedule. Our next step once we receive all state permits is State of Connecticut Bureau of School Facility approval of our final architectural drawings. Once approved we hope to bid the project in November of this year. Provided all goes as planned, construction is scheduled to begin in January 2015.

We would like to thank all those who have assisted us with this project. We are committed to building the best school we can while keeping on budget and on schedule.

Submitted by The Morgan Building Committee

Recreation Fall Zumba & Hip-Hop Schedule - Starts 9/9

Brand new added Zumba classes for everyone of all ages at Clinton Recreation, Indian River Complex, Clinton, CT. The Fall schedule is as follows: Zumba Mondays 5:00 p.m. and 6:15 p.m., Zumba Thursdays at 6:00 p.m. and 10:00 a.m., and now Saturday Zumba at 9:30 a.m. and a Jeanniefit National Hip-Hop class at 11:00 a.m. For everyone of all ages! Website:

aleens.zumba.com. Prices walk-ins \$10.00, buy punch cards 6 classes \$48.00 or 12 classes \$84.00, punch cards can be used at any class, non-residents add \$10.00. Call 203.245.1106 or 860.669.6901 or come to class. Fall classes start 9/9 and will be ongoing. This is a great workout and lots of fun.

Chamber of Commerce Presents The United States Coast Guard Band



The United States Coast Guard Band

Fri. October 18, 2013

Presented by Clinton Chamber of Commerce

The Morgan School's William Gagnon Auditorium, RT 81,
Clinton.

Evening sponsored by Shore TV and Appliance. Concert begins at 7:30 p.m. Doors for ticket holders open at 6:45 p.m.

Doors for non-ticket holders open at 7:20 p.m.

Tickets are free, but required.

Send self-addressed stamped envelope to:

Clinton Chamber of Commerce

50 East Main Street

P.O. Box 334

Clinton, CT 06413

Only requests including self-addressed stamped envelopes will be honored.

A maximum of 4 tickets per request.

Families Helping Families will be conducting a food drive.

Attendees are welcome to bring healthy nonperishable food items for the collection bin that will be located in the lobby that evening.

Chamber of Commerce Events

Business After Hours at Peregrine's Landing at the Shoreline

Wed. September 18

Hosted by Clinton Chamber of Commerce

91 East Main Street, Clinton

5:30 p.m. to 7:30 p.m. \$10 prepaid/\$12 at the door.

Sponsored by Peregrine's Landing at the Shoreline.

To register:

Clinton Chamber of Commerce

P.O. Box 334

Clinton, CT 06413

(860) 669-3889

www.clintonct.com

Annual Awards Dinner

Tues. October 22

Hosted by Clinton Chamber of Commerce

Clinton Country Club

128 Old Post Road, Clinton.

5:30 p.m. to 9:00 p.m. \$40 p/p.

Reservations Required. No walk-ins accommodated.

Sponsored by Sullivan Heiser, LLC, Guilford Savings Bank, and Comcast.

To reserve a seat:

Clinton Chamber of Commerce

P.O. Box 334

Clinton, CT 06413

(860) 669-3889

www.clintonct.com

18th Annual Christmas In Clinton

Sun. December 8

Town-wide celebration. Family activities, music, food, craft show, Santa, special activities TBA.

All along Main Street Clinton

Business After Hours at Grand Apizza

Wed. December 11

Hosted by The Clinton Chamber of Commerce

9 East Main Street, Clinton

5:30 p.m. to 7:30 p.m. \$10 prepaid/\$12 at the door.

To register:

Clinton Chamber of Commerce

P.O. Box 334

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Town Clerk Office

Municipal Election

Tuesday, November 5, 2013

Hours: 6:00 a.m. to 8:00 p.m.

Green Room - Lower Level - Town Hall

Applications for absentee ballots are available beginning August 19, 2013. If you are leaving for college or elsewhere and will not be in Clinton for the election, you may apply for an absentee ballot which will be mailed to you on Friday, October 4, 2013. The application for absentee ballot may be downloaded from the Secretary of the State website, www.sots.ct.gov and then mailed to the Town Clerk at 54 E. Main Street, Clinton, CT 06413.

Absentee ballots become available Friday, October 4, 2013.

Last day to register to vote is Tuesday, October 29. Must register in person between 9:00 a.m. to 8:00 p.m. Session of Registrars of Voters to admit those seeking to vote in election whose qualification as to age, citizenship or residence was attained since October 29th. Hours: 9:00 a.m. to 5:00 p.m.

If you should have any questions, please contact the Town Clerk's Office @ 860.669.9101 or email: townclerk@clintonct.org

*Karen Lee Marsden, CCMC, CMC
Clinton Town Clerk*

Thank you so much for your strong support of the Old Saybrook Chamber of Commerce and the community! Your generosity and quality of publications is unmatched. Events magazines are read cover to cover and are full of interesting community-related articles. Working with the professionals at Essex Printing is a pleasure and everyone goes above and beyond to produce exceptional products. We are so grateful to have Essex Printing as part of our business community. Thanks for everything!

*Judy Sullivan
Executive Director
Old Saybrook Chamber of Commerce*



St. Mary's Church Annual Christmas Fair

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8 Tips for A Speedy Recovery from Childbirth

It's not unusual to feel really tired and a bit anxious or blue in the weeks after giving birth. With the sleepless nights, extra responsibilities, and physical changes - who wouldn't be on a bit of a roller coaster? Remember: This won't last forever. Plus, you can ease your recovery by taking steps like these:

1. Sleep when baby sleeps. Sneak a quick nap when you can. Shut the blinds and silence your phone, television, and all other electronic devices.

2. Nix household chores. Right now, your main job is to take good care of yourself and your baby. No one really cares about those lurking dust bunnies. If it really bothers you and your budget allows, then hire some temporary help. Also, remember to share parenting tasks such as diaper changes and feedings when possible.

3. Limit visitors. But ask any guests to help out. If not now, when? Swallow your pride and ask for a hand with the dishes, laundry, or shopping. Or take advantage of a visitor to watch your baby while you nap.

4. Eat healthy. Healthy food choices can give you more energy. But planning and cooking meals may be a challenge right now. Ask friends and family to help with this. Don't forget to drink at least 8 to 10 glasses of water a day. But avoid caffeine and sugary drinks.

5. Be active - within limits. Exercise can also increase your energy and reduce constipation. Get clearance from your doctor before you:

- Take the stairs or lift objects.
- Drive, although this is usually okay when you can wear a seat belt comfortably and are able to make sudden movements.
- Hit the gym or become really active.
- Have sex. Your doctor may ask you to wait several weeks after birth.

6. Get emotional support. You might be surprised by feeling irritable, sad, or anxious right now. But many new moms experience a wide range of feelings in the days following delivery. Part of this is related to changing hormones or fatigue and part of it is simply a response to a major life transition. These baby blues will subside soon.

If you have extreme feelings that really last, seek professional help, especially if you have a history of depression. You may be experiencing postpartum depression. Up to one in seven new moms go through this—but no one should go through it alone. Some women need therapy or medication.

7. Set aside time to relax. Chances are no one will put this on the calendar for you, so you'll need to do it for yourself. Listen to some relaxing music, read a book, or meditate. Even just a few minutes can make a difference. And try to carve out a few minutes each day to touch base with your partner or husband.

8. Seek out other new moms. There's nothing like sharing tips and support with people who are going through similar life changes. Maybe you can even start up an informal support group in your neighborhood or among your friends.

Your doctor and I are good resources for answering your questions. Some say it takes a village to raise a child - just think of us as your well-informed neighbors.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

*Keith Lyke, Registered Pharmacist
Killingworth Family Pharmacy*

Wines For Fall

Fall is on its way and the cooler temperatures call for some fuller-bodied red and white wines. Two great varietals that come to mind are Malbec and Torrontes, which are both mostly produced in Argentina.

The red varietal, Malbec, originated in France, and is used for blending in small amounts in Bordeaux, and in larger quantities in Languedoc. In France, Malbec tends to be drier than in Argentina due to the soil and the climate. The long warm season in Argentina allows for Malbec to become full and juicy, which enables it to stand on its own as a varietal in the wine-making process. The flavors are rich with dark fruit such as black cherry, cassis and blackberry. Malbec does maintain its dry finish and also can acquire a slight spicy component. Malbec is also blended with Cabernet Sauvignon, Bonnard, and Syrah in Argentina to create huge red blends that knock your socks off. These blends can be over-looked due to the huge popularity of red blends in California right

now, but they are definitely worth trying for a fuller, spicier mouth-feel.

Torrontes is a white varietal widely grown in Argentina. It is a unique and unusual varietal showing a floral nose with complex fruit flavors of apricot, and citrus fruits with a medium dry finish. Torrontes has a heavier mouth-feel, like that of a Chardonnay, but with a lighter finish. This varietal is a great pairing for lemon chicken or heavier seafood dishes.

Although the lazy days of summer are slowly dwindling away, the beautiful New England fall weather calls for more barbecues and gatherings. Being extremely versatile, both Malbec and Torrontes pair with almost any fare you choose to serve up! So take a step away from your every-day go-to wines and serve up some South American treats!

*Art Lipuma, Manager
Seaside Wine and Spirits*

Helping Seniors Transition to a New Chapter

As senior citizens age, their health and lifestyle needs change, sometimes necessitating a change in their retirement living plans. They may grow tired of caring for a large home, or they may face unexpected health concerns that require more daily assistance, or they simply may want a more care-free living environment. Whatever the catalyst, real life changes may need to take place.

While some senior citizens may welcome the move into a smaller home or into an independent or assisted living community, others may be less enthusiastic. They may be hesitant to leave the home where they raised their families, enjoyed their neighbors, or tended to their gardens. They may worry about losing their independence, or about not fitting into their new community.

It is helpful to everyone involved in this transition when there is as much support as possible during this time. This can come from a network of family, friends and caregivers, or from the "welcome teams" found at most retirement and assisted living communities who help residents manage change.

The welcome team at The Saybrook at Haddam retirement and assisted living community in Haddam includes a recently hired, full-time social worker. She offers support and care for residents and their families during the move-in transition, and is able to respond immediately and personally to any other concerns. She also works to educate families and staff so they can provide the best care (and lifestyle) in their new home.

During this transitional time, experts suggest helping loved ones by focusing on the positive sides of the move. If they are going to a smaller apartment or home, remind them of how much easier caring for their home will be. If they are moving to a senior community, they no longer need to worry about shoveling snow, cutting the lawn, painting the house, or cleaning the gutters. Depending on the community, they may not even have to shop for food or cook meals each day - and they will be able to enjoy a sense of security and peace knowing someone is always nearby if there ever is an emergency.

Celebrate the things that do go well during this time and reinforce that the right living decision was made. Have a card or small "care package" arrive the day your loved one makes the move. If you can, join them for a welcome visit to share lunch or dinner right away (remember to set up a date for the next visit before you leave). Also, if they do move into an assisted living residence, try to attend one or two social events held at the community together.

You are helping them start an adventure, another chapter with new friends, group activities, daily walks and exercise, lectures and classes, and more (perhaps even a new garden).

Kathy Ryan

Executive Director of The Saybrook at Haddam

Raw Milk vs. Pasteurized Milk in Cheese

Customers often come in to our shop, having just returned from a trip to Europe, looking for that great cheese they had enjoyed in their travels. My usual reply is, "That's made from raw milk and it is not allowed in this country." The disappointment is obvious as they sadly accept the best possible alternative I can find.

Raw milk cheese has been blamed for many illnesses, hence the ruling against it here in the States. According to the CDC (Center for Disease Control), between the years 1993 to 2006 over 121 outbreaks occurred, causing over 1,500 illnesses and two deaths. Older people, pregnant women, children and those with weak immune systems are the most vulnerable.

First, we need to understand the difference. Raw milk is milk straight from the animal with no processing done to it. Pasteurized milk is raw milk that has been heated to a high enough temperature to kill most of the harmful bacteria present. You might be aware of the 60-day rule, which simply states that no cheese under 60 days old is allowed to be imported. The reason is that young raw milk cheeses are associated with salmonella, E.coli, and listeria, just to name a few. So why the 60-day rule? The reason is that any harmful bacteria present in the milk or cheese does not survive past this time period. So, if a cheese is over 60 days old, it is considered safe for consumption.

As a general rule, cheeses made from raw milk taste better than those made from pasteurized milk. The issue then becomes the taste quality of raw milk cheese vs. the safety of pasteurized milk cheese. I agree that raw milk cheese has more depth in flavor, more complex aromas, and a better finish than pasteurized cheese.

Europe takes a different viewpoint on raw milk cheese. Some countries allow distribution of raw milk cheese, while others do not. Scotland bans them, while England, Wales and Northern Ireland allow them. France is the biggest proponent of raw milk cheese, considering it a sacrilege to use pasteurized milk in cheese production. There does not seem to be any issue for France when it comes to eating raw milk cheese. The thought is that they have built up immunity to the raw milk bacteria and, as a result, they don't get sick from them.

In any case, you will not find raw milk cheeses such as Brie or Camembert in the United States anytime soon. The older cheeses, beyond 60 days old, are available and considered safe. The decision is yours. I enjoy them, but as stated earlier, pregnant women, children, the elderly and those with weak immune systems might want to proceed with caution.

Paul Partica, The Cheese Shop of Centerbrook
www.cheeseshopcenterbrook.com

Middlesex United Way Announces \$84,000 in Funding

Middlesex United Way Board of Directors has approved fund distributions in the amount of \$840,000 for fiscal year 2013-14. This funding includes support to 49 programs in Middlesex County, including \$15,100 for United Way 2-1-1 and \$15,000 in special one-time funding.

Funding will be distributed to programs* in the following focus areas, consistent with United Way's Five Year Goals for the Common Good:

- Education - to increase children's readiness to learn by school entry: \$135,671;
- Income - to increase the economic self-sufficiency of individuals and families: \$56,200;
- Health - to reduce the rate of risky behaviors among youth and adults and improve the health and increase the safety of individuals and families: \$498,451; and
- Housing - to increase the ability of individuals and families to attain affordable housing: \$119,578.

Middlesex United Way invests in the areas of education, income, health and housing because all four are necessary for a good quality of life. Middlesex United Way helps to meet

critical needs and invest in long-term initiatives that create real, lasting change. This funding is made possible by 7,800 generous donors in Middlesex County.

In addition, Middlesex United Way invested \$15,100 in United Way 2-1-1, a 24-hour information and referral helpline that is available free of charge to anyone in Connecticut. 2-1-1 is a partnership between Connecticut United Ways and the State of Connecticut. To reach this service, simply dial 2-1-1 from any phone or visit 211ct.org.

Middlesex United Way also approved one-time grants of \$5,000 each to the Middlesex Coalition for Children, Middlesex Chamber's Youth at Work program, and NEAT's Double Dollars Program.

Middlesex United Way is a locally based organization dedicated to strengthening lives, helping people, and improving community conditions in the fifteen towns in Middlesex County. Middlesex United Way serves the towns of Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Old Saybrook, Portland, and Westbrook.

Epilepsy Foundation of Connecticut

The Epilepsy Foundation of Connecticut is Connecticut's leading source of information for the thousands of people who have epilepsy. Founded in 1982, the Foundation works to ensure that people with epilepsy are able to participate in all life experiences through information, education, recreation, advocacy and support.

"There are approximately 60,000 people in Connecticut who have epilepsy and an estimated 50,000,000 worldwide. Epilepsy is the most common neurological disorder in the United States and is equal in prevalence to cerebral palsy, multiple sclerosis and Parkinson's disease combined", said Linda Wallace, Executive Director.

A seizure is an abnormal electrical discharge in the brain. Seizures can be caused by head injuries, lack of oxygen at birth, brain tumors and other health condition. People often think of seizures only as jerking and shaking uncontrollably;

however, not all seizures are convulsions. There are many different symptoms of seizures, which can include eye fluttering, staring and laughing. Recurring seizures can be a sign of epilepsy.

The Epilepsy Foundation of Connecticut has many programs to offer those living with epilepsy. In particular, we offer 7 support groups throughout the state. Our newest group is meeting in Guilford for adults living with epilepsy and parents of children with epilepsy. The meetings are held on the second Tuesday of each month from 7:00P.M. to 8:30P.M. at Guilford Parks & Recreation 32 Church Street Guilford, Connecticut 06437.

Those interested in attending meetings are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com. Offices are located at 386 Main St., Middletown, CT.



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the present I will never forget or regret
and the future I will look forward to
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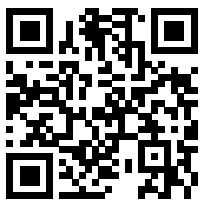


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