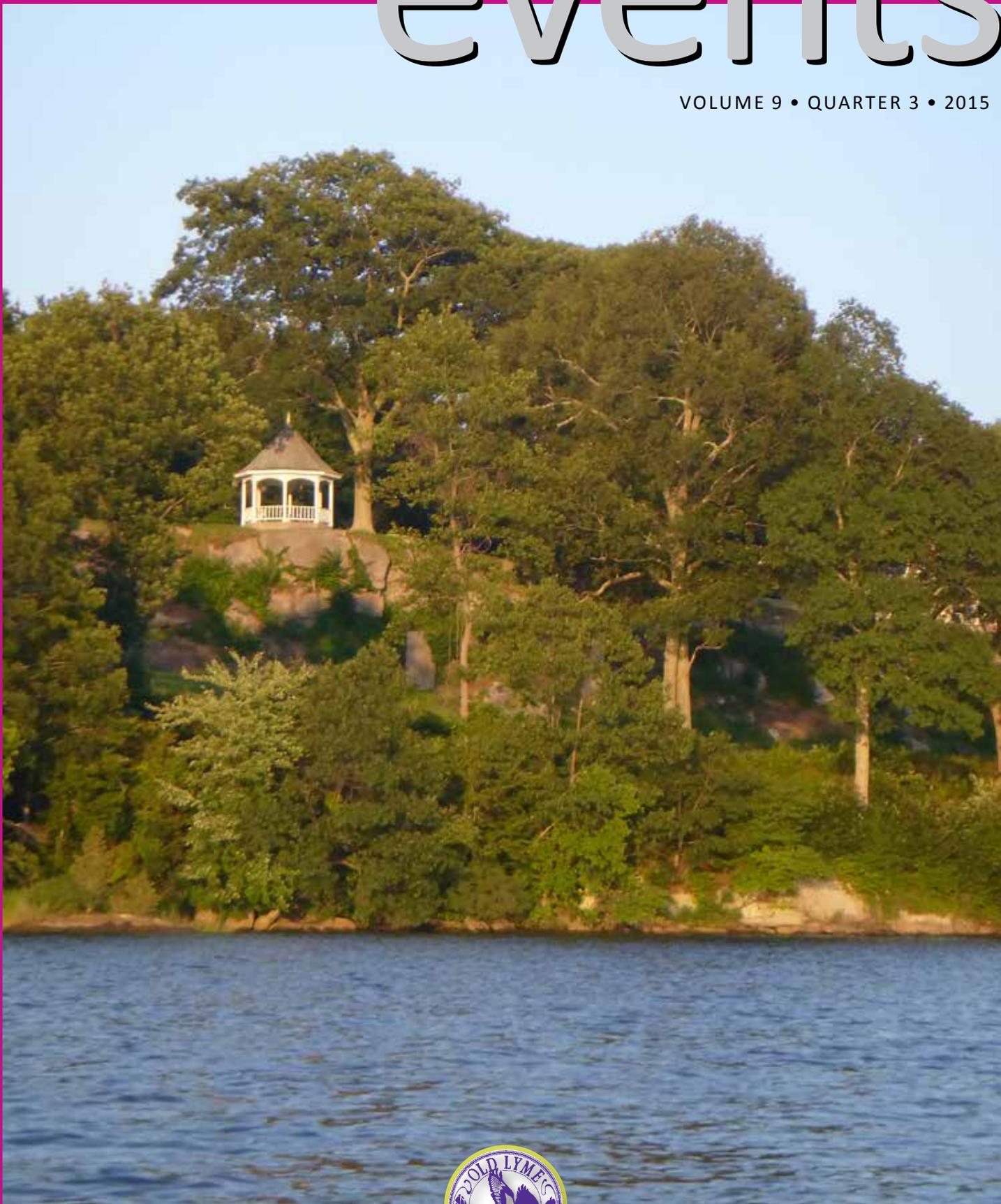


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First Selectwoman's Corner

As Summer ends and we prepare for cooler weather to come, we can look back on the wonderful summer of 2015. We hope that you had some quality family time to enjoy, and that it was a healthy one for everyone. Here's an update on some of the current events in town:

Rogers Lake Weeds Study Update: While we were hoping to apply a treatment of Flumioxazin to the variable-leaf milfoil and fanwort this summer, the results of a Natural Diversity Database submittal indicated the need for further information. There is the possibility of the presence of the banded sunfish and the bridle shiner, both fish species of Special Concern, as well as the eastern pond mussel, also a species of Special Concern. With this possibility, the DEEP is requiring a survey of the treatment areas before a permit for application can be submitted. This survey should be completed by the end of the summer, and the information gathered will be used for the Permit application to be submitted to DEEP in the early spring of 2016. Although this is a setback, it is important to follow the protocol when considering herbicide applications. Flumioxazin was chosen for its very short half-life, effectiveness on the two weeds that we are battling, and reasonable cost. Of all the herbicides considered, it has the least toxicity while still being effective. Our consultants, New England Environmental, Inc., will be submitting a three year management plan for Rogers Lake as well.

Rte 156 Bike Path and Sound View Improvements: On June 30, 2015, a public information meeting was held at the Middle School Auditorium to share the recommended plan for this project. Originally, the project, funded with the help of a Transportation Grant, was to include a Bike Way, street improvements to Hartford Ave, a Sound View Green and restrooms. The committee has worked diligently for nearly two years with BSC Group, Inc.



First Selectwoman
Bonnie Reemsnyder

to develop the preliminary plans and the cost estimates for the project. As the estimates came in much higher than hoped, the committee decided to proceed with only one phase of the project – the Bike Way and improvements to Hartford Ave. Although the committee and many residents are disappointed that the restrooms are not in this phase of the project, many agreed that this was the right decision. The project will include signage for the Bike Way on Rte. 156 & Hartford Ave., new sidewalks on Hartford Ave. from Bocce Lane to Pond Ave., reconfigured parallel parking, improved street lights and signage, and other safety considerations. The feedback from the Public Information was predominantly positive,

Continued on page 5

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Municipal Election

November 3rd

Cross Lane Firehouse, 8 am to 6 pm. The Town Clerk's Office has on file the certified lists of Republican and Democratic party-endorsed candidates for the Town of Old Lyme for the following offices: First Selectman, Selectman, Town Treasurer, Tax Collector, Board of Finance (full term), Board of Finance (to fill vacancy for two years), Board of Finance Alternates, Assessment Appeals, Planning five-year term begins 2015, Planning five-year term begins 2016, Zoning five-year term begins 2015, Zoning five-year term begins 2016, Zoning Board of Appeals five-year term begins 2015, Zoning Board of Appeals five-year term begins 2016, Zoning Board of Appeals Alternates, Board of Education.

Absentee Ballots will be available in the Town Clerk's Office on October 2.

Sales Representative Wanted

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SELECTWOMAN'S CORNER...continued from page 3

and on July 27, 2015, the Board of Selectmen voted to proceed to Final Design and Implementation of the project. If everything goes as planned, construction should begin in early 2016!

Boathouse/Hains Park Improvements: The BHPI Committee continues to work diligently on the planning for the boathouse expansion, taking into account many suggestions and recommendations from members of the committee and the public. The goal is to have a final plan by early Fall (or sooner) that will provide the needed storage space for the boats, as well as provide amenities to the general public, which includes much needed upgrades to the bathroom facility and park. The new plan for the bathrooms will provide a more secure facility, and possibly a pavilion for use by all patrons of Hains Park. The boathouse may have some flex space for the crew programs, without triggering more costly requirements if it were an "educational" facility.

The committee is to be commended for their open minded approach to the challenges of this project, and the commitment of time that they have given to producing a plan that most, if not all, residents will be pleased with. As soon as the plan is finalized, an open meeting will be scheduled to inform the public about the final design.

Coastal Wastewater Management Plan: The WPCA and Board of Finance continue to look at the impact of the vote rejecting the appropriation of funds to complete the Coastal Wastewater Management Plan that was submitted to DEEP in December, 2014. DEEP reviewed the Plan and submitted comments (requested changes, questions, etc.) that required a response from the engineers within a specified time frame. Without approval of the funds, the responses could not be submitted, which resulted in an Administrative Order from the DEEP, requiring the Town to complete the plan within a specific timeline. The Town continues to be in communication with DEEP officials as we work through the challenges of the order. The Coastal Wastewater Management Plan addresses the needs of wastewater management in some densely populated beach areas under town jurisdiction, such as Sound View and Hawks Nest Beach.

Other private beach areas – Old Lyme Shores Beach Association, Old Colony Beach Association, and Miami Beach Association have already completed studies and are moving forward with plans for installation of sewers that will convey wastewater to the New London treatment facility.

Each Association has taken advantage of Clean Water Funds through the state to help fund their studies, reduce the installation cost to users and utilize low interest, long term loans for the individual funding. It is important that the Town continue to work on this to take advantage of any opportunities that reduce the cost to the Town and individual users.

Midsummer Festival: Having great weather for the Midsummer Festival is always a treat, but to have perfect weather two years in a row is amazing. For anyone who came out to enjoy the concert on the Florence Griswold lawn and joined in the Caroline's Miracle Foundation 5K Run or spent the day visiting all the wonderful displays, you know what I mean. Low humidity, not too hot, clear air – could we have asked for anything better? And the weather held for the Saturday evening entertainment by the Old Lyme Town Band, and fireworks display by Pyrotecnico. What a weekend! Many thanks to those who work hard each year, beginning in OCTOBER(!) to assure the success of the festival.

Also, thank you once again to M & J Bus Company for donating a bus, and to the driver, Amy Wininger, who donated her time to shuttle people back and forth to the fireworks. It was a wonderful weekend to be in Old Lyme.

Remember to take the time to subscribe to the Town of Old Lyme website and get the information you need by signing up for News and Announcements. Also, be sure that you signed up for our Old Lyme Alerts while you are there, and get calls, texts or emails when there is an emergency notification. Here's hoping that we have an uneventful opening of school and a pleasant Fall season.

Bonnie A. Reemsnyder, First Selectwoman

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Something For Everyone At Christ The King's Harvest Fun Day

Just in time to welcome the arrival of Autumn in Old Lyme, the Annual Harvest Fun Day at Christ the King Church offers something for everyone in the family!

Browse the **King's Rummage Sale** for some extra-special finds. From bikes to books, toys to teacups, Easter baskets to Christmas ornaments, you'll find it here! While you're shopping, let the kids entertain themselves at the **Games & Crafts**: Soccer Kick, Hockey Shot, Bowling, Paint-a-Pumpkin, Face-painting, & more.

The **Basket Raffle** and **Silent Auction** will feature creative baskets of goods and services with themes like "Gardener's Delight" (gardening items and services), "Night at the Movies" (DVDs, popcorn, candy, etc), "Sports & Games," and "Everything Chocolate" (no explanation needed!). Some will be auctioned and some will be raffled.

Need to spruce up your home for Fall? We've got it covered at the **Plant & Produce Sale**. Choose among premium mums, flowering cabbage and kale, and newly divided perennials from local gardens. Pumpkins, gourds, and apples available too! When hunger hits, you can sample the **Tasty Bites** served up by the Christ the King Men's Club. Coffee, cider, and doughnuts in the morning; hamburgers, hot dogs, and grinders at lunchtime; snacks, ice cream, and drinks all day! And don't forget to stop by the **Bake Sale** to choose some of our home-baked goodies to take home with you.

Harvest Fun Day takes place at **Christ the King Church**, 1 McCurdy Road, Old Lyme, on Saturday, September 19, 2015, from 9am to 3pm. The Rummage Sale, Bake Sale, and Plant Sale will continue (while supplies last) on Sunday morning (September 20) from 9 am to 12



Cupcake decorating is popular with face-painted tigers and princesses!

noon. Visit christthekingchurch.net for directions and more information; or call 860-434-1669.



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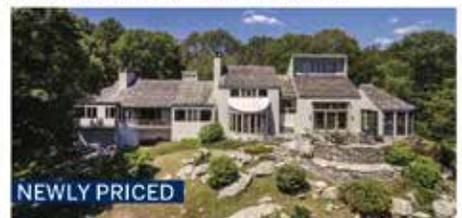


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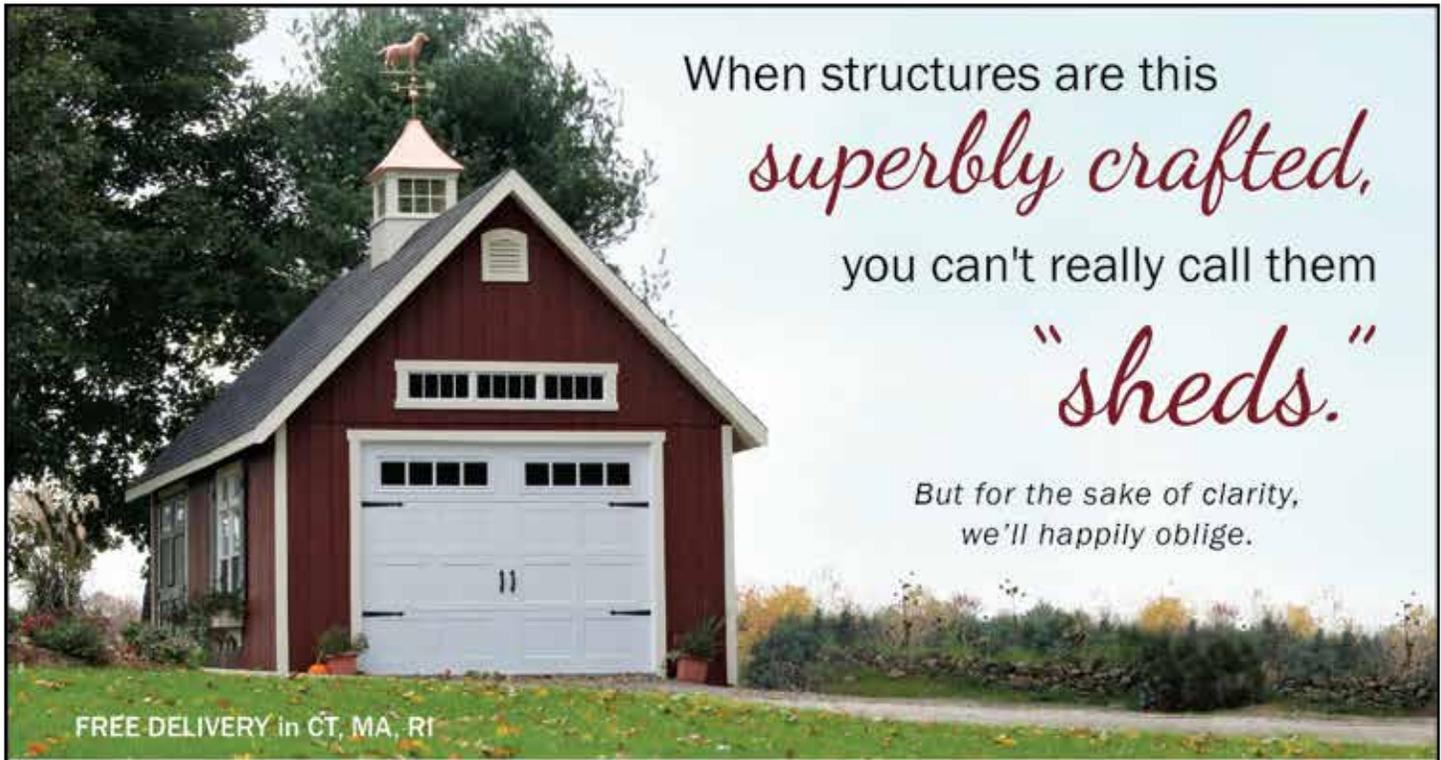
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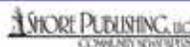
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Essex Printing Wins 2015 Award of Excellence

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Lisa Reneson from Two Sisters Design, and Bill McMinn from Essex Printing, are shown in photo with Lisa's book "Simple Pleasures." It was recognized by PINE for its outstanding print quality and awarded the 2015 Award of Excellence.



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Florence Griswold Museum

Probably the most famous artist's garden in the world is Monet's garden at Giverny. But a much lesser-known artist's garden, that of Florence Griswold, in Old Lyme, Connecticut, demonstrates the same kind of free-form palette of color, shape and texture that gives meaning to what we call "the artist's garden."

Florence Ann Griswold was born into a grand old family of governors and jurists, although her side of the Griswolds was less financially successful. In 1878 her mother opened a girl's school in their house in Old Lyme, but it was not financially viable and soon the only money they earned came from taking in boarders. Florence's mother and siblings were all fatally afflicted with various diseases, and by 1898 Florence, the only survivor, was left to try to make a living as best she could. What evolved was Florence's great inspiration – a boarding house for artists.

It began with painter Henry Ward Ranger, who visited in 1899 and fell in love with the house, the garden, the trees and the view to the river. The following spring he started a Barbizon-style art colony in Florence's house in Old Lyme that soon expanded into one of the most well-known centers in the country, with Childe Hassam, the American impressionist, perhaps its most famous member. Florence had travelled to Europe with her family and had been exposed to the best art in the world; she understood artists, and eagerly welcomed those who flocked to her charming house, often charging below minimum rent, and building new studios she could not afford for them to work in.

While her personal magnetism was considerable, Florence Griswold also offered a visual feast to her artist-boarders. Florence loved to garden - she learned about horticulture, studied seeds and propagation, and had a good eye for flowers. Like her English contemporary, Gertrude Jekyll, she liked to mass various species together, creating blowy



One of many paintings at the Florence Griswold Museum.

informal perennial beds that exploded with color: hollyhock, iris, foxglove, heliotrope, and phlox were some of her favorites. Her guests responded with enthusiasm and torrents of creativity. The paintings they produced during the heyday of the colony are redolent of the inspiration they found in these delightful little landscapes.

During the Depression of the 1930s, Florence's health began to fail, and she lost much of her income as fewer and fewer artists came up to Old Lyme. In 1936 the Florence Griswold Association was formed to try and stop this decline, intending to maintain the house and garden and hopefully turn it into an art museum. But owing to lack of funds, the estate was sold to Judge Robert McCurdy Marsh, who allowed Florence to stay in the house until her death in December, 1937. Her belongings were quickly sold at auction, and the future looked bleak for the once-thriving property. However, the Florence Griswold Association rallied and in 1941 bought the house back from the judge with less than one acre of land. The Florence Griswold Museum opened to the public (for summers only) in 1947.

From then on, the crisis eased. The Florence Griswold Association and Lyme Historical Society merged, successful fund-raising helped put the Museum on a sound footing, and in 1993 it was named a National Historic Landmark. As for the garden, supporters over the years managed to reclaim some of the land

Continued on page 11

FLORENCE GRISWOLD MUSEUM...continued from page 10

that had been lost, and focused on restoring it to its original beauty. As with Beatrix Farrand's Garland Farm, bringing it back was a major task. Archeological digs revealed the early outlines of the beds and paths; photographs and paintings helped the restorers replant the flowers Florence had so loved. During the first years of the 21st century, new trees, shrubs, heirloom perennials and native flowers have been planted, ensuring that Florence Griswold's brilliant contribution to both gardening and American art will never be forgotten.



Wee Faerie Village: Whimsical Kingdoms arrives at the Florence Griswold Museum in October.

Musical Masterworks Celebrates its 25th Season

Musical Masterworks is celebrating a quarter century of magnificent chamber music at Old Lyme's First Congregational Church, beginning with the first concerts of their season on Saturday, October 24th at 5 pm and Sunday, October 25th at 3 pm. This concert will feature two of chamber music's most exciting rising stars: violinist Bella Hristova and, in her Musical Masterworks debut, pianist Anna Polonsky. They will join with

one of Musical Masterworks' favorite horn players, Eric Ruske, and Musical Masterworks' Artistic Director and cellist Edward Arron, for a program including trios by Schubert and Brahms, Schumann's Three Fantasy Pieces for horn and piano, and a work by contemporary composer David Ludwig.

Musical Masterworks' holiday concerts on Saturday, December 5th at 5 pm and

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LYME
 Sophisticated waterfront with dock, mooring and spellbinding views of Hamburg Cove. Outstanding amenities throughout.
 \$1,725,000
 Maddy Mattson 860.575.4344
 Amanda Asman 646.261.9454



OLD SAYBROOK
 Spellbinding water views are found from this Nantucket Shingle-Style home. Steps to Association beaches, tennis & clubhouse.
 \$1,699,000
 Susan Malton 860.227.0117



OLD LYME
 Sublime waterfront sanctuary on the Lieutenant River to relax and entertain. Lush grounds, pool complex and navigable dock.
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From The Registrars Of Voters

Sylvia Peterson (D) and Donald Tapper (R), Registrars of Voters

Primary Day Tuesday, September 15, Cross Lane Firehouse,
6 am – 8 pm.

The deadline for registering in-person with the Registrars
of Voters or with the Town Clerk, including enrollment
applications from unaffiliated voters, to vote in the Primary is
Monday, September 14 at 12:00 noon.

Election Day Tuesday, November 3, Cross Lane Firehouse,
6 am – 8 pm. The Registrars will conduct special registration
sessions in their office on the following dates:

Tuesday, September 29, 1:00 pm to 4:00 pm to complete the
preliminary Registry List; Saturday, October 17, 10:00 am to
2:00 pm, voter registration; Tuesday, October 27, 9:00 am to
8:00 pm, the last in-person voter registration session; Monday,
November 2, 9:00 am to 5:00 pm, limited registration session
to admit those seeking to vote whose qualification as to age,
citizenship or residence was attained since October 27.

The deadline for mail-in and on-line voter registration is
October 20. The deadline for in-person voter registration is
October 27.

You may contact us at Town Hall extension 226, if you have
questions about voter registration.

Notary Services Available by Appointment Only

A staff member is usually available to notarize Town
documents if needed. Notary services may be provided for
other personal documents, depending upon the type of
document and by appointment only.

Please phone Michele Hayes (860-434-1605, ext. 212) if
you have a personal document that requires notarization.

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Broken System

**Paul M. Formica, State Senator,
20th District**

The residents of Connecticut are beginning to see and feel firsthand the effects of trying to tax away problems. The way any organization works to its highest and best potential is by utilizing ALL of its assets. Governing with only one side in the room is not producing the results that are necessary to move this great state forward. Instead we are seeing continued deficit spending and tax hikes on more and more of the items we use each and every day.

When serving as First Selectman in East Lyme and facing the start of what was to become the Great Recession, I asked to speak to the East Lyme Democratic Town Committee as I knew them to be a dedicated and passionate group of 40 people committed to the best interest of our Town.

Although the Republicans held majorities on every Board and Commission in Town, I knew we did not have all the answers. It was by working together; sharing ideas and expertise and forging solutions that all of East Lyme reaped the benefits. The Day of New London proclaimed, "East Lyme is a Town that works."

As I worked through my first legislative session as your State Senator from the 20th District, I watched firsthand

what happens when exclusivity trumps inclusivity. I believe that the public sniping back and forth in the press and elsewhere is not moving us toward any real solution, rather it's a symptom of a process in need of repair.

Our Republican Senators and Representatives reached out individually and through our leaders to present ideas. We offered no tax increase alternatives to discuss. We debated in committees and offered amendments to bills heard on the floor of both legislative chambers. We knew that our ideas alone would not cure Connecticut, or solely be the answer to reducing the burdens on our citizens. As elected representatives of our districts we know that we can help; that we can offer ideas that can and should work their way into bi-partisan solutions.

Those legislators who do not share our ideas as presented have a right and an obligation to disagree just as we do. But are we so representative of a broken system that we can't even try to talk to one another?

I stand ready; we stand ready and with your help let's convince the majority party that they should be ready to work together and put down the poison pens. Connecticut deserves our very best collective efforts.



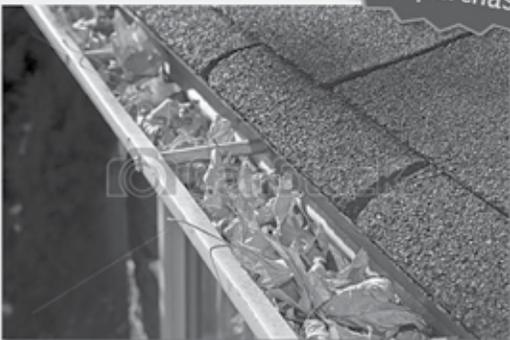
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Probate Court Changes in the Budget

By State Representative Devin Carney
Lyme, Old Lyme, Old Saybrook, Westbrook

On June 3rd and June 28th, respectively, the Connecticut legislature passed both the budget and implementer for the biennium starting July 1, 2015 and ending June 30, 2017. I voted 'no' on both bills for many reasons – tax hikes, increased overall spending, and the implementation of Keno, just to name a few. One other reason is the zeroing-out of funding to the state's probate court division from the general fund. This change will increase costs to close a decedent's estate and could prove to be detrimental to the core and, oftentimes, cost-saving services the courts provide.

Effective July 1st, the budget and its implementer cut all \$32 million dedicated to subsidize the probate court system. Prior to this change, the courts relied on both user fees and state-funded subsidies to pay for salaries, benefits, and operating costs. In order to make up the loss, there is no longer a limit on probate court fees (previously it had been set at \$12,500) and most filing costs have been raised from \$150 to \$225.

In addition, the court fee on estates worth more than \$2 million was raised to .5% of the value - now the highest in the nation (and is retroactive to January 1, 2015).

The exclusive reliance on user fees, especially from larger estates, could prove problematic as these high fees could drive people away from probate courts or from Connecticut altogether. The potential for reduced revenue could affect necessary probate services such as appointing guardians to children (avoiding foster care), assisting in getting treatment for those with mental illnesses, and appointing/supervising conservators to those who may otherwise require state-funded institutional care.

As always, I welcome your thoughts and opinions on this or any other state-related issue. Please feel free to contact me at repdevincarney@gmail.com or (860) 240-8700.



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Estuary Council Regional Senior Center



The Estuary Council of Seniors, Inc. (ECSI) is a community resource for the nine-town Estuary region's residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been serving Seniors and promoting healthy and active lifestyles for adults 50 and better through quality programs and services in the nine-town Estuary region for over 40 years. Please visit our website at <http://www.ecsenior.org> for additional information or call us at (860) 388-1611.

A number of fundraising events are held throughout the year to support the programs of the Estuary Council and consequently supporting Seniors along the Shoreline. In addition to special events, we hold BINGO every Thursday evening at 6:30 pm. Join with friends and family for a fun evening out and try your luck on the progressive jackpot. All ages are welcome and cash prizes are awarded. Doors open at 5:30 pm.

Our next special event is the annual HOLIDAY CRAFT FAIR on Saturday, November 21st. Each year, the Estuary Council brings together local crafters who display an incredible array of hand crafted items for sale. In addition, the wonderful "Bake Shop" is filled with homemade desserts and candy. The Fair will be open from 8 am until 1 pm. Contact Judy or Mike for more information, (860) 388-1611 extension 203.

Lyme Art Association

On view: September 25 to November 20. **New England Landscape Invitational.** Opening Reception: Friday, October 2, 5-7pm. Lyme Art Association member artists and select invited artists will be featured in this annual exhibition of landscape paintings from around New England. Gallery hours are Wednesday through Sunday, 12 pm-5 pm, and by appointment. Admission is free but a \$5 donation is suggested. Lyme Art Association, 90 Lyme Street, Old Lyme (860)434-7802; lymeartassociation.org.

On view: November 27 to January 8, 2016. **Deck the Walls and Celebrating Lyme's Beauty.** Opening Reception: Friday, December 4, 5-7 pm. The Lyme Art Association's annual holiday show and sale features over 200 works of art in all sizes and mediums by member artists. This exhibition is a great place to find gifts for family and friends. Take advantage of tax-free shopping from 5-7 pm on December 4, and from 10 am - 5 pm on December 5. Gallery hours are Wednesday through Sunday, 12 pm-5 pm, and by appointment. Admission is free but a \$5 donation is suggested. Lyme Art Association, 90 Lyme Street, Old Lyme (860)434-7802; lymeartassociation.org.

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OLD LYME
Great location with golf course views. 4 BR Colonial, very spacious. \$375,000



OLD LYME VILLAGE
Terrific location, 4 BR, 3-1/2 bath Colonial. First Floor Master Suite. Co-list with Martha. \$499,000



WATERFRONT
Two cottages directly on the sandy beach and L.I. Sound. \$795,000



OLD LYME
Exceptional, beautifully updated kitchen and Master Bath. \$499,000



OLD LYME
Charming 3 BR Cape, Large backyard, screened porch & deck. \$374,000



OLD LYME
Spacious 4 BR, 4 1/2 Bath Residence on cul-de-sac. \$549,000

Lynn Bocian
860.227.9675 cell

Old Lyme Marketplace
Old Lyme

Laurie Walker
860-227-5571 cell

Town Clerk's Office

Eileen K. Coffee, Town Clerk

Vicki Urbowicz, Assistant Town Clerk

Congratulations

We congratulate the following on their recent marriages:

April

Henry Estuardo Sandoval & Nancy Montiel
 Steven Edward Hilger & Jennifer Petty Mann
 David Monaco & Sumalee Young
 Robert Julian Gay & Sherri Marlene Storms
 James Joseph Caudle & Katherine Elizabeth Halsey
 Harley Aric Sullivan & Iris Paulina Garrison
 Gareth James Larkin & Chanda Marie Silva
 Troy David Gaston & Kristina Marie Rowe
 Brett Stanley Warner & Lauren Frances Ramondetta
 Richard Louis DeBernardo, Jr. & Tanya Lynn Brown
 Dennis M. Colclough & Jennifer Rebecca Madonia

May

Andrew Clayton Deupré & Rosa Maria Contreras
 Thomas Aaron Larson & Ashlynn Elizabeth Haywood
 Donald Peter Mullen & Christine Anne Donahue

Thomas Richard Coty & Maura Isabel Zelaya Lanza
 Thinh Truong Nguyen & Nguyen Khoi Nguyen
 Erick Brian Cushman & Sarah Elizabeth Dean
 Patrick Thomas Julianelle & Jennifer Lynn Flagg
 Daniel Michael Fanelli & Kristin Dee Maule
 Michael Stephen Sullivan & Rebecca Lynn Rydzik
 Ryan Kyle Spanich & Amanda Rose Daniels
 Darren A. Smallhorn & Amanda E. Brown
 John Joseph Pitarra, Jr. & Kristin Ann Bohan
 Zachary Calvin Thomas & Danielle Irene Rivera

June

Arie Fisher & Anne Graham Cummiskey
 Bryan Daniel Gant & Helen Danielson Johnston
 Paul Nicholas Merola, Jr. & Laura Catherine Jackson
 Vaughn Joseph Haupt & Allyce Ann Irwin
 Robert Mathew Grissom & Allison Elizabeth Gaffey
 Jacob Zaretsky & Sara Beth Zurit
 John Michael James & Tara Fletcher
 Daniel Evan Schilke & Stephanie Michelle Passero
 Jason Robert Cole & Kelsey Rochette O'Dell
 Jonathan Robert Ritz & Ludmila Katie Marceau
 Paul Quigley Andrews & Elizabeth Gray Wehrly
 Matthew Bradford Graves & Dawn Walker Marshall
 Michael Daniel McCarthy, Jr. & Elizabeth Dawn Brown
 Philip Andrew Thompson & Hilary Helene Miller

Continued on page 19

FALL ACTIVITIES AT LYME SHORES

After-School Tennis Programs for Kids

Eight-week sessions throughout the school year starting Aug. 31

<p>Big Shots (ages 4-6) Tue. or Thu., 4-5pm</p> <p>Future Stars (ages 7-9) Tue. & Thu., 4-5pm</p> <p>Team Connecticut Mon. & Wed., 5:15-6:30pm For competitive junior players</p>	<p>Local Excellence (ages 10-12) Tue. & Thu., 4-5pm</p> <p>Tournament Tough (ages 13-15) Mon. & Wed., 4-5:15pm</p> <p>High School Boys- Fri., 3:30-5pm Girls- Sat., 9-10:30am</p>
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Adult Programs

Drop in to our fitness, pickleball and tennis programs!

<p>Strength & Balance M/W/F, 10am</p> <p>Stability Ball Mon., 8am</p> <p>Yoga M/W, 11am</p> <p>Circuit Training T/Th/Sa/Su, 8am</p> <p>Cardio & Strength Fri, 8am</p>	<p>Drop-in Pickleball Mon., 1-3pm, Beginners welcome</p> <p>Adv. Beginner Tennis Drills Tue., 9-11am</p> <p>Intermediate Tennis Drills Mon., 10:30am-12pm</p> <p>NTRP Tennis Drills Sat., 10:30am-12pm, All levels</p> <p>Cardio Tennis Wed., 6-7pm, All levels</p>
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With Sympathy

We would like to express our condolences to the families of recently deceased Old Lyme residents:

April

Virginia Catherine Young
Philip Aaron Schonberger
Harold Joseph Ware
Eleanor Louise Mangels
Samuel Joseph Pavano
Alfred Patrick Fragione
Paul Eugene Vargo
Geraldine Ann Moriarty

May

Barbara A. Gardiner
William Ogle
Concetta Tralongo
Jacquelyn B. Sicuranza
Ona K. Orentas
Ludwig Mathias Frank, M.D.
Francisco Oliveira
David Roger Christian

June

Christian Winfield Mathiason
Carol Lillian Brining
Augusta Robinson Alsop
Theresa Ann Moran
Paul Ignasius Planinsek

Substance Abuse is a Taker!

Margret Hughes, LPC, LADC, East Lyme Psychological Associates

Substance abuse can include the abuse of prescription medication, illegal drugs and/or alcohol. It can destroy so many things in an individual's life such as relationships with loved ones, jobs, career aspirations, reputation, hopes, dreams, visions for tomorrow and the list can go on and on because substance abuse is a taker. It takes everything that is important to one's life. Substance abuse reaches across all socioeconomic levels, it does not discriminate.

It often starts slowly and insidiously and eventually leads to a loss of control over the substance. Substance abuse can lead to distorted judgement, skewed perceptions, impaired physical control and difficulty focusing. Typically it involves continued use despite negative consequences or impact on one's life. People with substance abuse issues will often experience an increase in tolerance where they will have to use more of the substance to get the desired effect. It can lead to broken promises, changes in friends often seeking out people that use like they do, a personality change and a distorted view of the impact of their substance use on their life.

Treatment can include inpatient/outpatient therapy, pharmacological interventions and 12 step meeting attendance. There is a solution.



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Assessor Deadlines

Walter E. Kent, Jr. CCMA II, Assessor

Assessment Date of Taxable Property in the Town of Old Lyme is **October 1st**. The Town of Old Lyme has complied with the provisions of Section 12-41 of Connecticut General Statutes. It is no longer necessary for persons liable for taxes of Real Estate and Automobiles registered with Connecticut Motor Vehicles Department to file Tax Lists with the Assessor annually as covered under Section 12-42 of the General Statutes.

Owners of tangible Personal Property, **other than registered automobiles**, such as commercial furniture, machinery and equipment, leased equipment, **unregistered automobiles**, camp trailers, etc., must file personal property list with the Assessor annually during the month of October. Failure to file prior to **November 1, 2015** forces the Assessor, by law, to file the list and add a 25% Penalty (Sec. 12-42, PA 87-245).

Totally Disabled Persons, if they meet the requirements of Section 12-81(55) of the General Statutes, are eligible for the \$1,000. Exemption upon submission of proof of such a disability by **October 1, 2015**.

Any individual who is **Blind** is entitled to an exemption under Section 12-81(17) shall provide proof to the Assessor and must file by **October 1, 2015**.

Ex-Servicemen claiming statutory exemption, because of physical disability, in addition to regular exemption must submit exemption certificate from the Veterans Administration annually to prove claim.

Veterans must have filed this discharge (DD214) in the Town Clerk's office by on or before **October 1, 2015** in order to receive exemption. Section 12-81(g) provides for an increase in the property tax exemption amount granted to a qualified veteran if certain income requirements could be met.

Persons on active duty must present to the Assessor (Sec. 514) of the Soldiers and Sailors Act or a letter from their Commanding Officer stating date of entry and they are on active duty. Any service person on active claiming Connecticut as their legal residence is entitled to one car exemption if the car is garaged out of State.

An application for property owners claiming land as farm, forest or open space should file an application **before October 31, 2015**. The only exception is during a revaluation year, when the deadline is extended to **December 30, 2015**. No other extension of the filing period is available, and failure to file within the prescribed time period is a waiver of the right to the classification for the assessment year commencing October 1st.

Lists must be filed at the Assessors Office, 52 Lyme Street, Old Lyme, and Connecticut 06371. **OFFICE HOURS ARE MONDAY THROUGH FRIDAY, 9:00AM TO 4PM.**



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Coastal Wastewater Management Plan

The WPCA and Board of Finance continue to look at the impact of the vote rejecting the appropriation of funds to complete the proposed Coastal Wastewater Management Plan that was submitted to DEEP in December 2014. DEEP reviewed the plan and asked for more information resulting in additional costs to the town. Without approval of the funds to pay these additional costs, the response to the DEEP request for more information could not be submitted. This resulted in an Administrative Order from the DEEP, requiring Old Lyme to complete the plan and resubmit it to them within a specified time frame. The Town continues to be in communication with DEEP officials as the WPCA and other stakeholders work through the challenges of complying with the Administrative Order.

The Coastal Wastewater Management Plan addresses the needs of wastewater management in the Sound View and Hawks Nest beach areas, which are under town jurisdiction. The private beach communities: Old Lyme Shores Beach Association, Old Colony Beach Association, and Miami Beach Association have also completed wastewater

management studies that were reviewed by DEEP. Those beaches completed the submission process and are moving forward with plans to install sewers that will convey wastewater to the New London sewage treatment facility.

Old Lyme as well as the private beach associations were able to take advantage of CT Clean Water Funds to help pay for their wastewater management studies. Accepting clean water funds obligates the town to comply with all DEEP requests for information necessary to complete The Coastal Wastewater Management Plan.

The WPCA, Board of Selectman and Board of Finance will continue to work on DEEP compliance issues regarding The Coastal Wastewater Management Plan. We will continue to work together with all stakeholders to take advantage of any opportunities that reduce costs to the Town and individual end user.

Note To Residents: The Town is aware of phone calls and mailings to residents regarding septic systems pumping. The Town does not sanction these solicitations. If you are unsure if your septic tank is due for pumping in accordance with Old Lyme Town Ordinance, please call Town Hall at 860-434-1605 x 214.

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Lymes' Youth Service Bureau
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Babies First. Tuesdays 10:00-11:00 am. Fee: \$40/5 weeks sessions. For new and expecting moms, or parents of children up to 12 months. Join us for social time and parenting discussions. Weekly topics of interest and guest speakers include issues and concerns commonly found during the first year of parenthood. Meeting in the casual and child friendly atmosphere of Mimi's Place at LYSB, nursing moms and diaper changing always welcome. Register at www.lysb.org or call 860-434-7208 x0.

Playgroups At LYSB. Mixed Ages: Wednesdays 9:30-10:40 am. Sensory Playgroup: Thursdays: 10:00-11:00 am. Children (with their parent/caregivers) will enjoy circle and social time, free play, snacks, stories, crafts and outdoor time at Mimi's Place adjacent playground. Siblings always welcome. Each week the groups will explore a new theme. Our Sensory Playgroup on Thursdays will explore the senses. Squish, rattle, explode & roll...and leave the mess with us. Fee: \$40 per five week session. Register at www.lysb.org or call 860-434-7208 x0.

Music With Margie. Wednesdays, 10:45-11:15 am. This fall our music classes are free due to a generous donation. Music with Margie is a "joy-based" music and movement preschool program for young children based on the simple truth that children learn and retain knowledge through PLAY! By teaching in a multi-sensory fashion, using music, rhythm, and rhyme, children gain the skills they need for kindergarten in a setting of relaxation and fun. Enthusiastically performed, written, and taught by Connecticut-born Margie Warner. Weekly topics include everything from families to weather to dinosaurs – all in a fun, safe environment. Margie is a member of both ASCAP and the

Connecticut Storytelling Center. Register at www.lysb.org or call 860-434-7208 x0.

Youth Advisory Council (YAC). Every Wednesday 7:00-8:00 pm. YAC is a high school community service club that participates in a variety of fun projects and activities throughout the year. All high school students in L/OL are welcome to join us any Wednesday night. For questions call 860-434-7208 x0. Just show up, fun is guaranteed.

Middle School After School Program. Meets Tuesdays and Thursdays from 2:15 to 4:00 pm. Come hang out at LYSB and participate in a variety of crafts, games, and fun activities. Students can walk to LYSB after school and passes for the Late Bus will be provided. This is a drop in program open to any LOLMS student. Registration fee of \$30 and permission form required, available on our website www.lysb.org.

Elementary After School Club. Every Wednesday 3:30 to 5:30 pm. For grades 2-5. Come to LYSB's Activity Center with your friends to play games, enjoy crafts, snacks, and more. Fun is guaranteed! Students from Center School will be escorted to LYSB. Students from Mile Creek & Lyme Schools will take the bus directly to LYSB. Fee is \$125 for the year. Register at www.lysb.org or call 860-434-7208 x0.

Engineering After School With Engineering Imaginations LLC. Engineering Essentials For Grades K-3. Six Thursdays September 17 through October 22. 4:00-6:00 pm. In this engineering fundamentals class, kids learn essential engineering terms and concepts while having FUN! The primary medium used for these classes is LEGO® TECHNIC. We find that with kids of

Continued on page 23

YOUTH SERVICE BUREAU...continued from page 22

all ages, especially the younger ones, LEGO® is an attractive, efficient learning medium. From the creativity and enjoyment encouraged by LEGO®, kids always enjoy themselves while learning fundamental engineering terms and concepts. Students can take the BUS from Mile Creek and Lyme Schools directly to LYSB. Register online at www.lysb.org or call 860-434-7208 x0. Fee: \$120 for the six week session.

Applied Engineering For Grades 3-6. Six Thursdays, November 5 through December 17, 4:00-6:00 pm. Step up to the next level with this more advanced LEGO® TECHNIC class. Continuing to use the versatility and ingenuity LEGO® brings, young engineers will use LEGO® as well as other teaching mediums to expand their understanding of more complex engineering concepts and terminology. Students can take the BUS from Mile Creek and Lyme Schools directly to LYSB. Register online at www.lysb.org or call 860-434-7208 x0. Fee: \$120 for the six week session.

Engineering For Homeschoolers. Full course descriptions at www.lysb.org and click on Homeschool.

I: Applied Engineering with LEGO®. Four Thursdays: Sept. 17, 24, Oct. 1, 8, 2015, 10:00 am to 12:00 pm, ages 8-14.

II: Roller Coaster Engineering. Four Thursdays: Oct. 15, 22, 29, Nov. 5, 2015, 10:00 am to 12:00 pm, ages 8-14

III: Balsa-Wood Bridge Challenge. Four Thursdays: Nov. 12, 19, Dec. 3, 10, 2015, 10:00 am to 12:00 pm, ages 9-15.

FEE: \$85 - Sessions I & II, \$95 - Session III, \$235 - All three sessions (10% discount).

To register: Call 860-434-7208 x0 or Email: LBUCKLEY@LYSB.ORG.

Drug Take Back Day. Saturday, September 26, 10-2 at Lyme Street Fire House. National Prescription Drug Take-Back Day is a great opportunity for you to safely dispose of unwanted and unused prescription drugs. Abuse of prescription drugs is on the rise both nationally and locally. Let's keep these drugs out of the wrong hands. Drop off your medications at the fire house and we will safely dispose of them. Co-sponsored by LYSB, CASFY and Old Lyme Police.

Change Happens: A Program for Children of Divorce. Wednesdays, 4:30-5:30 pm, starting in October. Change Happens is LYSB's program for children and adolescents whose families are going through divorce, separation, remarriage, and custody issues. This program was designed to assist children through the continuum of family reorganization, change or upset. We will address self-esteem, issues of loss, communication and transition. Hands on activities will help young people express themselves. All young people who are managing the emotions and hurdles of family transitions will benefit from this program which will

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be held at LYSB and led by a licensed clinical social worker. Fee: \$90 for six week sessions. Pre-register by calling LYSB at 860-434-7208 x0. All calls are confidential.

LYSB Halloween Party & Costume Parade. October 31st, Party: 5:00-6:00 pm, Costume Parade: 6:15 pm. A free fun family event including games, crafts, storytelling, face painting, and more! For children ages 12 months through 2nd grade. All "little goblins" must be accompanied by an adult. The costume parade will leave the Old Lyme Firehouse at 6:15 pm. March down Lyme Street behind a fire truck! Did you know that LYSB distributes donated candy to our neighbors in the Village in advance of Halloween? If you would like to donate unopened bags of candy for trick-or-treating, please drop off at LYSB or Town Hall by October 27th.

Sitter Safety Class. Four Mondays: November 9, 16, 23 & 30, 2:15-4:00 pm. An intense sitter safety and training course appropriate for babysitters, big brothers and sisters, and children staying home alone for the first time. This course touches on a variety of safety skills such as basic first aid, fire safety, and 911 skills. Fee is \$50 and includes supplies, snacks, and guest speakers. Call LYSB to pre-register at 860-434-7208 x0.

CPR For Babysitters. Monday, December 7. Session One: 2:15-3:45 pm or Session Two: 4:00-5:30 pm. Add this valuable class to your LYSB babysitter's course and learn how to save a life! Learn CPR and how to clear a blocked airway in children and infants. Parents want to hire babysitters who know CPR and can help kids who are choking. Instructors will teach you everything you need to know to provide lifesaving care during a cardiac or choking emergency in this 2-hour class. Class cost is \$45 and awards a Certificate of Completion. Contact LYSB to pre-register at 860-434-7208 x0.

Fall Into Sewing Workshop. Fall Into Sewing: 5 Tuesdays Beginning Nov. 17, 4:00 to 6:00 pm. Ages 8 and older. Let's get sewing! With Autumn as our theme you'll design and sew a tote bag, patchwork pillow and clothing accessories. Learn machine and hand sewing as well as fabric printing and embroidery. Machines and fabric provided. Students can take the bus from Lyme or Mile Creek Schools directly to LYSB. Fee \$95. Register at www.lysb.org or call 860-434-7208 x0.

Mother/Daughter Workshop. Fall date TBA. Open the lines of communication with your daughter. Designed to give girls a better understanding of the changes that her body will go through during puberty. Topics will include the importance of a positive body image and how to deal with difficult situations. A fun and educational night out for girls in 4th and 5th grade and their mothers. Cost is \$45 per pair and includes resource

materials, goodie bags and a pizza dinner. 860-434-7208 x0.

Gingerbread House Family Workshop. Sunday, December 6th, 12:30-2:30 pm. An LYSB tradition. Your family will make your own Gingerbread House to take home. Leave the mess with us. We supply all the ingredients. Bring your camera! \$10/house. Pre-register by calling 860-434-7208 x0.

American Girl Holiday Tea. Saturday, December 12th, 10:00 am to 12:00 pm, Fee: \$20, for Ages 5 and up. It's time for LYSB's annual American Girl Tea. You'll create festive holiday crafts and have a traditional tea party with china cups and tea cakes. Time for party games and stories too. Register at www.lysb.org or call 860-434-7208 x0.

Holiday Helping Hands. Monday, December 14th, 2:15-4:00 pm. For middle schoolers. Lend a hand helping others in our community during the holidays. We will complete a holiday based community service project. Register at www.lysb.org or call 860-434-7208 x0.

Pictures With Santa. Saturday, December 5th, 10:00 am to 12:00 pm. At Old Lyme Marketplace. Visit with Santa and write a letter to the North Pole. The pictures are free and donations are welcome to the YAC Youth Advisory Scholarship Fund.

Babysitting Day. Saturday, December 19th, 9:00 am to 1:00 pm. Let the elves at the LYSB watch your kids while you finish your holiday errands. For children of all ages. Will be entertained by members of the LYSB Youth Advisory Council. Cost is \$20 and includes lunch, crafts, games, snacks, movies and fun. Must register in advance by calling LYSB at 434-7208 x0. All proceeds benefit the Youth Advisory Council Scholarship.

Youth Job Bank. Do you need a babysitter? Yard work needing to be done? Dog walking? Odd Jobs? Call LYSB to hire local youth who are interested in working for you! L/OL youth in grades 6-12 who are interested in adding your name to our Job Bank, fill out an application on our website www.lysb.org 860-434-7208 x0.

Lyme-Old Lyme Prevention Council. CASFY: Community Action for Substance Free Youth. Meets on the 1st Tuesday of the month at 7:00 pm at LYSB. Our mission is to prevent and reduce alcohol and other drug use among youth by collaborating with the community to raise awareness, modify social norms, educate youth and adults, initiate policy change and promote healthy activities. Our group includes parents, youth, school administrators, police, and community members. Join us at our next meeting.

Survivors of Suicide Loss Support Group of Southeastern CT. Joining hands as we walk on this journey together towards healing one breath at a time. We are a group of survivors, together to offer support, comfort, and understanding. Our group provides

Continued on page 25

an atmosphere of acceptance for exploring feelings that are often not understood by others. It offers a chance to share helpful resources, and to give and get support through the long grief process. Meeting times: 1st & 3rd Thursday of each month at 6:30 pm at LYSB, 59 Lyme Street.

Mental Wellness Discussion Group. We meet on the 2nd Tuesday of the month at 7:00 pm at LYSB to discuss issues regarding mental health in Lyme and Old Lyme. We welcome newcomers at each group and look forward to your participation and ideas.

Journey Beyond Divorce. A support group for parents about divorce. Meets on the 3rd Wednesday of the month, 6:00-8:00 pm at LYSB. Are you in the middle to the divorce process or has your divorce been finalized but you would still like support? Are you having difficulties communicating with your co-parent? Are you feeling isolated, lonely or confused? New support group beginning at the LYSB: Join others who are experiencing similar changes and difficulties for an opportunity to discuss feelings and ask questions. Group will be led by an experienced licensed clinical social worker who understands the process of recovering from divorce. Contact LYSB for fee and date info 860-434-7208 x0.

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Old Lyme Phoebe Griffin Noyes Library

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Children's Events

Check out our exciting fall programs for kids here at the Old Lyme-Phoebe Griffin Noyes Library. Registration is required for all events unless otherwise noted. Questions? Call Children's Librarian Michelle DeSarbo at (860) 434-1684 for more information.

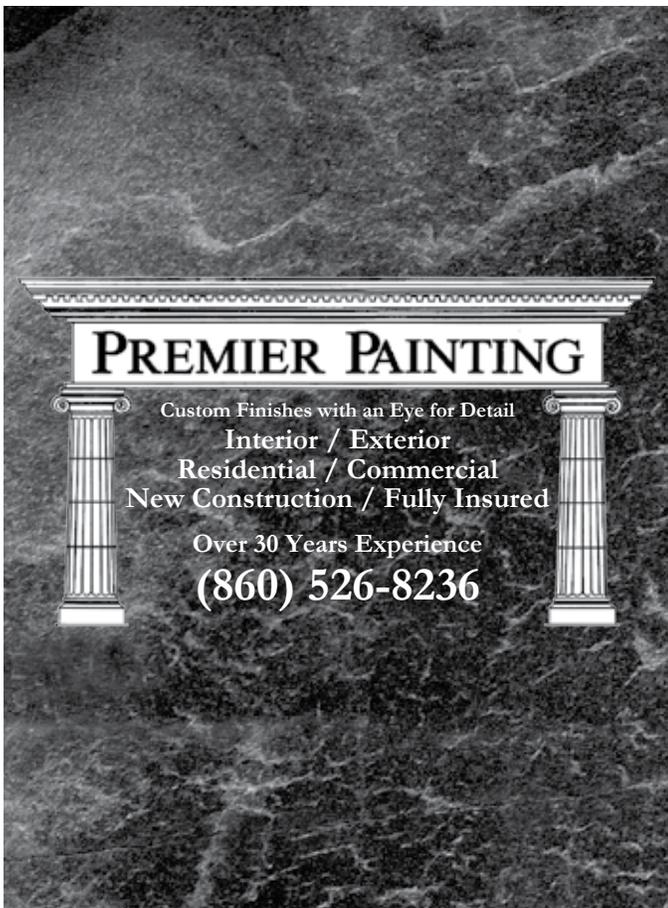
October 14, November 11, and December 9, 5:30-6:15 pm – **Sweet Beats Family Music with Eleanor Robinson.** Join us for an evening of music and movement with Eleanor Robinson, owner of and musician behind Sweet Beats Family Music! We will sing, dance, and sway our way through Eleanor's wide musical repertoire. This free activity is perfect for families with children 0-5 years of age; registration is strongly encouraged.

Tuesday, October 6, 4:30-6:30 pm – **Fairytale Flick: Cinderella (2015):** Pull up a chair and pick some movie snacks as we catch the live action 2015 version of this fairytale classic. This film is rated PG for mild thematic elements. Total runtime is one hour and 52 minutes. Registration is recommended.

Thursday, October 15, 4:00-5:00 pm – **Fancy Nancy Swanky Soiree:** Join us for a fabulous fete (that's a fancy word for party) in the Community Room in honor of the one and only Fancy Nancy! We'll enjoy tasty treats, create whimsical wands, fashion some spectacular spectacles and put together kindness crowns and more – including a special surprise at the end! This program is best suited for kids in grades K-2.

Thursday, October 29, 4:00-5:00 pm – **Halloween Treat Bag Mania:** Need a trick-or-treating bag to match your Halloween costume? Kids in grades K-5 can join Ms. Michelle in the Community Room and choose from our collection of puffy paints, glitter pens, and fabric paints to create some one-of-a-kind canvas candy bags! Stick around to make some edible candy crafts. Light refreshments will be served.

Saturday, October 31, 6:00 pm – **Trick-or-Treating on the Library Lawn:** BOO! Halloween is here and the OL-PGN Library
Continued on page 27



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POEBE GRIFFIN NOYES LIBRARY...continued from page 26

is scaring up a storm! Stop by the lawn for some sweet treats – if you dare.

Monday, November 9, 5:30-7:00 pm – “Turkey Trouble” Drama Workshop with Ingrid Schaeffer: “Turkey Trouble” tells the tale of a turkey who tries to disguise himself as a horse, cow, pig, lamb, rooster and finally a pizza delivery person – all to avoid becoming the main course for Thanksgiving dinner. Kids ages 5-9 will each get a role to play and a costume to wear as we act out this very funny story together, then do a themed craft activity.

November (date and time TBA; check our website for updates!) – Nutcracker Ballet Story Time with the Eastern Connecticut Ballet: Children ages 3-8 are welcome to watch the spellbinding tale of Tchaikovsky’s Nutcracker come to life as dancers from the Eastern Connecticut Ballet re-enact its most famous scenes through dance. Then, join the fun by taking part in a dance activity yourself! Take photos with the Sugar Plum Fairy and the rest of the Nutcracker cast as a keepsake, and enjoy a special gift.

Mondays, November 2,9,16 & 30 at 10:30 am (no program on Nov. 23) –ABC Amigos: Join Miss Aimee’s story time circle and learn Spanish the fun way! Preschoolers and caregivers will play games, sing songs, and listen to stories in both English and Spanish. This free series is open to children regardless of Spanish-speaking ability.

Teen Events

Back to school means back to back fun at the Old Lyme PGN Library. Join us for a fall loaded with crafts, movies, gaming, and more. Kids in grades 6-12 can preregister for any of these activities on our website or call the Young Adult Librarian, Jessica Franco at (860) 434-1684 for more information.

Monthly starting September 1, 3:00-4:00 pm – Teen Art Labs: Join us each month to learn about a new style of art and create your own masterpiece. This young adult program meets monthly on the following additional dates: October 5, November 3, and December 1.

Monthly starting September 8, 3:00-4:00 pm – Teen Advisory Board: Teen Advisory Board members will help plan programs and events, vote on new books to add to the collection, and more. It is a great way to earn community service hours! This young adult program meets monthly on the following additional dates: October 13, November 10, and December 8.

Monthly starting September 14, 3:00-4:00 pm – Teen Tech Workshops: Each month we will learn to use technology in new and exciting ways, as well as make our own tech based projects. This young adult program meets monthly on the following additional dates: October 26, November 17, and December 15.

Monthly starting September 25, 3:00 - 4:00 pm – Anime Club: Join us on the last Friday of every month for anime screenings,

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POEBE GRIFFIN NOYES LIBRARY...continued from page 27

snacks, games, and much more. This young adult program meets monthly on the following additional dates: October 27 and November 20.

Monday, September 28, 3:00-4:00 pm

– **Banned Books Week Craft:** Banned Books Week celebrates and recognizes books that have been challenged or banned through history. To celebrate, we are upcycling old books into cool new projects.

Monthly starting October 2, 3:00-

4:00 pm – Gaming Club: This club will introduce teens to new video games, host gaming competitions, and more. This young adult program meets monthly on the following additional dates: November 6 and December 4.

Monday, October 19, 3:00-4:00 pm –

Teen Read Week View & Discuss: *The Duff*: Let's celebrate Teen Read Week by watching a book...reading a movie? Read *The Duff* by Kody Keplinger before October 19th, then watch the movie with us. We will discuss the book and movie, while enjoying snacks.

Friday, October 23, 3:00-4:00 pm – Teen

Read Week: DIY Book Earrings: Read from your ears with this awesome Teen Read Week craft! Using our creativity and a few old books we will be making our own book earrings.

Friday, October 30, 2:30-4:30 pm

– **Theater of Horrors:** Listen to and perform scary stories with Ingrid Shaeffer, a drama specialist.

Monday, November 16, 3:00-4:00 pm

– **Teen Iron Chef:** Blending elements of numerous cooking game shows, Teen Iron Chef will challenge your knowledge of spices, use of cooking utensils, and ability to create an original dish!

Friday, December 18, 3:00-4:00 pm –

DIY Cookie Kits: We will be making cookie mixes that can be given as gifts or taken home and baked for ourselves.

Tuesday, December 29, 2:30-5:30 pm

– **Drop In Teen movie:** Join us for a fun movie and snacks.

Adult Events

Contemporary Classics with Marsha Bansavage, Book Discussion Leader.

Mondays at 7:00 pm except where noted.

October 5, *Ragtime* by E.L. Doctorow

November 2, *Sense & Sensibility* by Jane Austen

December 7, *A Storied Life of A.J. Fikry* by Gabrielle Zevin

Phoebe's Book Chat 2nd Thursday of the Month at 11:00 am.

October 8, *A Man Called Ove* by Fredrik Backman

November 12, *Some Luck* by Jane Smiley

December 10, *The Happiness Project* by Gretchen Rubin

September 17, 1:00- 3:00 pm, Basic Photography Course with Steve Nadler Photography.

Through hands-on individual instruction, students learn how their camera operates, how to define a good image, consistently capture that image, and understand composition and lighting. These elements are explored through both field and classroom sessions. Fee \$50 payable to Steve Nadler Photography, 23 High Street, Essex, CT 06426. Registration required in advance.

September 15 & 29, 6:00 -8:00 pm, Intermediate Photography Course with Steve Nadler Photography.

The first class will review your camera's automatic and manual operation, the photographic techniques of lighting, exposure, aperture, shutter speed, ISO and white balance. The second class will consist of utilizing the photographic techniques in the field and critique of images captured outside. Fee \$75 payable to Steve Nadler Photography, 23 High Street, Essex, CT 06426.

Registration required in advance. Contact the Library for details.

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October 17 & 24, 10:00 am-12:00 pm, Advanced Photography Course with Steve Nadler Photography. If you want to explore different types of photography, as well as, image processing, color management and printing techniques then this course is for you. Fieldwork will consist of capturing a local landscape image that will be printed. Fee \$75 payable to Steve Nadler Photography, 23 High Street, Essex, CT 06426. Registration required in advance. Contact the Library for details.

September 16 at 7:00 pm, The Ludington Legacy: Shaping Old Lyme's Future with Carolyn Wakeman. Charles Ludington's philanthropy went far beyond his gift that built the Library. His public spirit and vision in the 1890s refashioned Old Lyme in ways we still benefit from today. Carolyn is currently writer and editor of the Florence Griswold Museum's history blog and author of *The Charm of the Place: Old Lyme in the 1920s*.

Saturday October 3, 10:00-11:30 am, A Grotesque Safari through Yale University with Matt Duman. Rain Date: Sunday October 4 at 10:00 am. Join photographer and author Mathew Duman for a "Grotesque Safari" through Yale University in New Haven. On this walking tour, Matt points out many of the grotesques and gargoyles that originally inspired him to explore the campus and to write his book: *An Education in the Grotesque*. Either way, searching out these works of art can be almost as much fun as appreciating them. Binoculars recommended for participants and telephoto lenses for photographers. Group size limited to 20. Registration required.

October 8 at 7:00 pm, A Glass of Beer History with Chris Dobbs and Rick Spencer. Beer has been a drink of choice for nearly 6,000 years. It has brought people together, built communities, and been the demise for some. Enjoy a fascinating visual and musical history of this pervasive beverage with Christopher Dobbs and Rick Spencer as they take viewers on a journey that starts in the Fertile Crescent, ferments in Europe and pours into America.

Friday October 16, 5:00-7:00 pm, En Plein Air Exhibition & Opening Reception featuring Renni Ridgeway-Korsmeyer Gallery. Talk by the artist at 5:30 pm. The public is invited to attend.

October 21, 7:00 pm, Wick Griswold. Author Talk & Book Signing: Connecticut Pirates & Privateers. The waters, inlets and islands of Connecticut once swarmed with fabled corsairs like Captain Kidd and Blackbeard who may have buried their booty in Constitution State soil. In colonial times and through the nineteenth century, over one hundred privateers used the Connecticut River and waterways as a home port, influencing the geopolitics of the time.

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November 5, 7:00 pm, To End All Wars: Music of the First World War with Rick Spencer. As we commemorate the centennial of the events of the Great War and honor all American soldiers on Veterans Day, this program engages with a timely and insightful way through music. Rick's career in the field of history, with a focus on historical music and its use as an interpretive tool spans over 25 years. His presentation shares 12 historical songs that were popular during the War, as well as significant background on the songs, the issues and the important events of the war.

VITALS

Old Lyme Volunteer Ambulance Service

We at the Old Lyme Volunteer Ambulance Service (OLVAS) would like to welcome you to "Vitals". Each quarter we are going to pass on information which we hope will make your life safer and healthier. In our inaugural article, I would like to broach the subject of America's number one cause of mortality, the myocardial infarction (MI) or as it is commonly known, "heart attack." A heart attack happens when the flow of oxygen-rich blood to a section of heart muscle suddenly becomes blocked and the heart can't get oxygen. If blood flow isn't restored quickly, the section of heart muscle begins to die.

Heart attacks are a leading killer of both men and women in the United States. The good news is that excellent treatments are available for heart attacks. These treatments can save lives and prevent disabilities. Heart attack treatment works best when it's given right after symptoms occur. If you think you or someone else is having a heart attack (even if you're not fully sure), call 9-1-1 right away.

Overview

Heart attacks most often occur as a result of coronary heart disease (CHD), also

November TBA Susan Jerome: Fashion and Social Change. Susan J. Jerome is the Collections Manager at the University of Rhode Island Historic Textile and Costume Collection, where she also teaches apparel construction. She will lead a presentation on women's fashion and the social changes from the literary eras of Jane Austen, the Brontes and Edith Wharton up to Downton Abbey! Prior to continuing her education, she worked full-time at Mystic Seaport Museum. She also works as a textile conservator and a consultant to museums and historical societies.

called coronary artery disease. CHD is a condition in which a waxy substance called plaque (plak) builds up inside the coronary arteries. These arteries supply oxygen-rich blood to your heart. When plaque builds up in the arteries, the condition is called atherosclerosis (ather-o-skler-O-sis). The buildup of plaque occurs over many years. Eventually, an area of plaque can rupture (break open) inside of an artery. This causes a blood clot to form on the plaque's surface. If the clot becomes large enough, it can mostly or completely block blood flow through a coronary artery. If the blockage isn't treated quickly, the portion of heart muscle fed by the artery begins to die. Healthy heart tissue is replaced with scar tissue. This heart damage may not be obvious, or it may cause severe or long-lasting problems.

Don't Wait – Get Help Quickly

Acting fast at the first sign of heart attack symptoms can save your life and limit damage to your heart. Treatment works best when it's given right after symptoms

Continued on page 31

occur. Many people aren't sure what's wrong when they are having symptoms of a heart attack. Some of the most common warning symptoms of a heart attack for both men and women are:

- Chest pain or discomfort. Most heart attacks involve discomfort in the center or left side of the chest. The discomfort usually lasts more than a few minutes or goes away and comes back. It can feel like pressure, squeezing, fullness, or pain. It also can feel like heartburn or indigestion.
- Upper body discomfort. You may feel pain or discomfort in one or both arms, back, shoulders, neck, jaw, or upper part of the stomach (above the belly button).
- Shortness of breath. This may be your only symptom, or it may occur before or along with chest pain or discomfort. It can occur when you are resting or doing a little bit of physical activity.

Other possible symptoms of a heart attack include:

- Breaking out in a cold sweat
- Feeling unusually tired for no reason, sometimes for days (especially if you are a woman)
- Nausea (feeling sick to the stomach) and vomiting
- Light-headedness or sudden dizziness
- Any sudden, new symptom or a change in the pattern of symptoms you already have (for example, if your symptoms become stronger or last longer than usual)

Not all heart attacks begin with the sudden, crushing chest pain that often is shown on TV or in the movies, or other common symptoms such as chest discomfort. The symptoms of a heart attack can vary from person to person. Some people can have a few symptoms and are surprised to learn they've had a heart attack. If you've already had a heart attack, your symptoms may not be the same for another one.

Quick Action Can Save Your Life: Call 9-1-1

Please remember, we at OLVAS want you to never hesitate to call. Hesitation can be fatal, especially when dealing with a heart attack.

Wishing you good health.

John J. Cody M.Ed., EMR, Old Lyme Volunteer Ambulance Service

** Excerpts for this article were provided by the National Heart, Lung and Blood Institute.*

CT AGRICULTURAL FAIRS

**Orange Country Fair
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September 4-7**

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Trash and Recycling

Curbside trash removal is performed by Old Lyme Sanitation (860-434-3800). There is **no trash pick-up on the following Holidays:** Christmas (December 25), New Year's (January 1), Memorial Day (last Monday in May), July 4th, Labor Day (first Monday in September), and Thanksgiving Day (fourth Thursday in November). Trash normally collected on Thanksgiving is picked up the next day, along with the regular Friday pickup. For other holidays, trash pickup moves to the following day, until Thursday and Friday, which remain on schedule. Please be advised that Old Lyme Sanitation DOES NOT take off the same Holidays as the Town does.

Please have trash container out at curbside by 6am on your assigned day. Containers should be three feet away from any other objects, such as mailboxes, cars, other containers, planters, etc. Please be mindful not to block breakdown/

emergency lane with receptacle. **Clearly mark your address on recycling and trash receptacles to avoid mix up, removal or displacement of cans.** Phone Michele Hayes (860-434-1605, ext. 212) with any additional trash removal questions that you may have.

Single stream curbside recycling pick-up is provided for clean bottles, cans, #1 - 7 plastics and paper products co-mingled in the green recycling carts every other week. Corrugated cardboard boxes need to be flattened for recycling. A complete list of acceptable single stream recyclables is available on the Town's website (www.oldlyme-ct.gov) - click the trash and recycling link on the Selectman's or Public Works pages or at www.shorelinesanitation.com. Information is also available in the Selectman's Office at the Memorial Town Hall, 52 Lyme Street, and at the Landfill/Transfer Station on Four Mile River Road. Please phone

Michele Hayes (860-434-1605, ext. 212) with any additional questions you may have.

Curbside recycling is performed **every other week** by Old Lyme Sanitation (860-434-3800). There is **no recycling pick-up on the following Holidays:** Christmas Day (December 25), New Year's (January 1), Memorial Day (last Monday in May), July 4th, Labor Day (first Monday in September), and Thanksgiving Day (fourth Thursday in November). Recycling normally collected on Thanksgiving is picked up the next day, along with the regular Friday pickup. For other holidays, recycling pickup moves to the following day, until Friday, which remains on schedule. Recycling information is available on the Town's website (www.oldlyme-ct.gov), as well as in the Selectman's Office at the Memorial Town Hall, 52 Lyme Street, or at the Landfill/Transfer Station on Four Mile

Continued on page 33

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River Road. **Clearly mark your address on recycling and trash receptacles to avoid mix up, removal or displacement of cans.** Phone Michele Hayes (860-434-1605, ext. 212) with additional questions you may have.

Additional automated trash and recycling containers should be ordered

Old Lyme Conservation Commission

November is a great time to seed your lawn. Moist ground and frost or snow cover nurture the newly-planted seed.

Kathy Connolly, who penned *Green and Growing: Ground Covers* in *The Lyme Times*, May 27, 2015, suggests micro clover. "I am experimenting with this diminutive three-leaf plant in my lawn for the first time this year, based on the fact that authorities such as Penn State and Cornell Cooperative Extension give it highest recommendations.

"Micro clover is bred for small size, remaining shorter than grass mowed to three inches. It takes repeated mowing well, stays green through droughts and winter, and is rather indifferent to the things that dogs can do to grass (except digging, of course). It develops deep roots after it is established, assisting with erosion control. Because it shades soil, it discourages weed seed germination.

"But that's not all. Micro clover supplies nitrogen to the soil, which feeds the grasses around it. Grass clippings combined with micro clover may supply

through Michele Hayes (860-434-1605, ext. 212) in the Selectman's Office at the Memorial Town Hall, 52 Lyme Street. Containers cost \$80. **Please mark clearly your address on recycling and trash receptacles to avoid mix up, removal or displacement of cans. Homeowners are responsible to replace lost, stolen or broken cans at their expense.**

all the nitrogen that's needed. See <http://plantscience.psu.edu/reduce-runoff/questions-about-microclover>. When used in a seed mix, micro clover is usually no more than 5 percent. It can also be overseeded into an established lawn."

Kathy adds that soil testing will provide the information you need to put in the proper amendments. Most lawns can benefit from a fall compost application (½" layer in late September up to frost). Do November seeding after Nov. 15 in our area, to put seed in the soil but not have it germinate in the current season. The frost and snow help work it into the soil. In the spring, when soil temperatures are right, the seed emerges.

(To read the balance of the article *Green and Growing: Ground Covers*, visit <http://www.theday.com/local/20150527/green-and-growing-ground-covers>)

This excerpt is printed with permission of *The Day* and landscape designer, writer and speaker Kathy Connolly of Old Saybrook.

Meeting Clerks Needed

If you are interested in providing services to the Town as a recording clerk to prepare minutes for a board or commission, please email selectmansoffice@oldlyme-ct.gov. Minutes are not transcripts – they are written summaries of business conducted at a meeting and must be filed with the Town Clerk within 7 days of the meeting. We currently need a clerk for a board that meets at 9am once a month, as well as one for a board that meets twice monthly at 7:30 pm.



Old Lyme Visiting Nurse Association, Inc.

At time of hospital discharge or whenever in need of homecare services, please call

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or

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Homecare license via Interim Health Care of Eastern Connecticut

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The Size-Up



Do You Have A Plan?

We have all heard the expression, “prior planning prevents poor performance.” We plan for trips, vacation, social events etc. The latter are happy occasions which inspire enthusiasm. It is only natural to avoid contemplating the negatives in life. However, such ambivalence can cost us dearly, especially in the case of a structure fire. When the OLFD receives a dispatch, a protocol is automatically put into effect. Mutual fire fighting aid, medical assistance (EMS) and multiple apparatus are dispatched. No matter how extensive the fire may be, the OLFD has a plan which will immediately go into effect at the scene or “Fire Ground” as we refer to it. Adjustments in conducting a search for victims and attacking the fire are made as warranted by our officers. In short, we have a plan: taught, practiced and executed to a standard which dictates the best possible success in saving lives and defeating the fire.

You need a plan, too. With any structure fire, TIME IS OF THE ESSENCE. Here are a few rules that will assist in keeping you and your family safer:

1. Have smoke detectors on all levels/floors of your home and batteries that are fresh.
2. When the smoke detector alerts and you have ascertained that there is in fact a fire in your home, GET EVERYONE

OUT IMMEDIATELY! Know the most expeditious way to exit your home from each room. Smoke is a killer; it can reduce visibility rapidly and dramatically Smoke will confuse egress from one’s own home. Practice “getting out” with all family members.

3. Call 911 when you are outside, not inside your home. If you do not have a cell phone, then call from a neighbor’s house. Never go back in to make the call. Once in touch with emergency dispatch, please give a full description of your address, (i.e. 201-a Anywhere Place, Old Lyme).
3. Have a rallying point. This is a safe place a good distance your home that everyone is aware of. This is everyone’s destination upon leaving your home. When the OLPD and OLFD arrive, please inform them that everyone is out and safe. If we are not made aware of this we are going to assume someone is in the building and we will deploy firefighters into the burning structure.
4. Never attempt to put out a fire on your own– that is what we do. You will not be able to breathe and can succumb to smoke inhalation quickly. Our equipment allows us to function on a negative oxygen environment. Let us do the firefighting.

Having a “PLAN” will save lives and allow us to do our job better. Our number one commitment is and will always be the preservation of life and then property.

Safety Officer John J. Cody, Old Lyme Fire Department

Old Lyme Town Hall • 860-434-1605
www.oldlyme-ct.gov

Old Lyme Municipal Departments

<u>Department</u>	<u>Contact</u>	<u>Phone</u>
Animal Control	Lynn Philomen	434-1605 x244
Assessor	Walter Kent	434-1605 x218
First Selectwoman	Bonnie A. Reemsnyder	434-1605 x211
Board of Selectmen	Mary Jo Nosal	434-1605 x212
Board of Selectmen	Skip Sibley	434-1605 x212
Building	John Flower	434-1605 x230
Emergency Management & Fire Marshal	David Roberge	434-1605 x231
Finance Director	Nicole Stajduhar	434-1605 x232
Harbormaster	Harry Plaut	434-1605 x212
Information Technology	Ruth Roach	434-1605 x237
Parks and Recreation	Don Bugbee	434-1605 x235
Police	TFC Gary Inglis	434-7080
Probate Court	Hon. Jeffrey McNamara	739-6052
Public Works	Ed Adanti	434-1605 x243
Registrar of Voters	Sylvia Peterson & Don Tapper	434-1605 x226
Sanitarian	John Sievic	434-1605 x229
Senior Center	Stephanie Lyon	434-1605 x240
Social Services	Valerie Goncalves	434-1605 x228
Tax Collection	Judith Tooker	434-1605 x216
Town Clerk	Eileen Coffee	434-1605 x221
Treasurer	John Bysko	434-1605 x232
Zoning Enforcement	Keith Rosenfeld	434-1605 x225
OTHER AGENCIES		
Library/Passports	Mary Fiorelli, Director	434-1684
School District #18	Superintendent of Schools	434-7238
Youth Services Bureau	Mary Seidner, Director	434-7208

Old Lyme - Community Listings

USEFUL NUMBERS

CAMP CLAIRE (860) 434-0368
 CONSUMER PROTECTION (860) 566-2294
 LYMES' YOUTH SERVICE BUREAU (860) 434-7208
 SENIOR CENTER (860) 434-4127
 OLD LYME VISITING NURSE (860) 434-7808
 OLD LYME HISTORICAL SOCIETY (860) 434-0684
 9 TOWN TRANSIT (860) 510-0429
 LYME/OLD LYME JR WOMEN'S CLUB (860) 501-9773
 DEMOCRATIC TOWN COMMITTEE (860) 434-2271
 REPUBLICAN TOWN COMMITTEE (860) 434-0740
 LYME ART ASSOCIATION (860) 434-7802
 VETERANS OF FOREIGN WARS –
 LYMES' POST 1467 (860) 434-4207
 AMERICAN LEGION – POST 41 (860) 664-0047

SCHOOLS

SUPERINTENDENT'S OFFICE DISTRICT 18 (860) 434-7238
 MILE CREEK SCHOOL (860) 434-2209
 CENTER SCHOOL (860) 434-7838
 MIDDLE SCHOOL (860) 434-2568
 LYME/OLD LYME HIGH SCHOOL (860) 434-1651
 MULTICULTURAL MAGNET
 (NEW LONDON) (860) 437-7775

COLLEGES

LYME ACADEMY COLLEGE OF FINE ARTS (860) 434-5232

The Lower Connecticut River Valley Council of Governments: RiverCOG

GrowSMART: A Lower Connecticut River Valley Economic Growth Strategy

If you haven't heard about the Lower CT River Valley Council of Governments, also known as RiverCOG, we are an association of seventeen towns represented by their chief elected officials.

Our purpose includes facilitating solutions and planning between the seventeen towns, the State of Connecticut, Federal agencies, and nonprofits for land use, transportation, agriculture, emergency management, conservation, and economic development.

One of our foremost goals is to encourage a safe and open venue to discuss shared regional options and projects.

GrowSMART, a RiverCOG project, is looking for how the region can collaborate to attract workers and retain and grow businesses while also conserving our natural resources that are so vital to the region's infrastructure, housing values, and tourism industry.

As you drive, walk, or bike around our region in September and October, you may notice signs, posters, and banners around town. You may see an advertisement while reading a local newspaper or local on-line news. The signs or advertisements may ask a question, such as: "Why can't you find qualified help?" or "Who is going to buy your house?"

Why are we asking these questions? Our Regional Strategic Economic Growth Committee is working with Ninigret Partners to create a regional economic growth strategy. We invite you to visit the project website, www.GrowSMARTregion.org, and learn about our travelling mobile workshop and public forums. There is also an opportunity at the www.GrowSMARTregion.org website to submit your ideas.

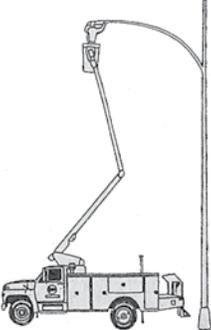
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Historic District Commission

John Pfeiffer, HDC Chairman

For those residents who have been in Old Lyme's Historic District since its inception, most understand their role as owners and stewards of Old Lyme's historic and cultural heritage. For those who have acquired ownership more recently, the HDC wants to help you understand the process of how the Historic District came to be and your responsibility as caretakers of part of Old Lyme's heritage.

The Historic District runs from #1 McCurdy Road at the South Green for approximately 1.5 miles to #2 Sill Lane and #1 Rose Lane at the North Green. Of the nearly 75 properties included, approximately 50 have buildings dating before 1900 and eight have structures begun before 1800. These buildings are both residential and non-residential, the latter being commercial, municipal, and non-profit. When the district was approved over 20 properties were non-residential. Several of these had multiple commercial operations. Since the inception of the Historic District that number has stayed relatively stable. Business was, is, and will always be part of Old Lyme's historic fiber.

The process to protect the historic and cultural character of the Village started in 1970 with an exhaustive "nomination document" that identified the proposed district, enumerated, and then detailed known information relating to the properties within. Only after the town citizens voted in 1971 to create the Historic District could the district be formalized by the State Historic Preservation Office which in turn applied to the National Register of Historic Places. In 1972, the District was placed on the National Register. Clearly, the concept of the Old Lyme Historic District came from the town and its residents. It was not something that was initiated by the Federal or State government.

Once the Historic District was formalized and approved, its protection fell under state statutes, overseen and administered by the Town of Old Lyme. The charge of the Old Lyme Historic District Commission is to work to preserve the unique character and historic integrity of the village. As owners within the District, you are required to submit plans to the HDC of any visible alterations to your

property. This includes not only treatment to the exterior of the building, but also any changes or improvements to the grounds. You need to contact the HDC prior to any work and we will schedule a public hearing for you to present your proposed plans. Neighbors are invited and with their input the Commission assesses the merits of your request. In considering applications for a Certificate of Appropriateness, the Commission has no requirements as to specific architectural form or style – only that new structures, or alterations to existing properties, be appropriate, competently designed, and show respect for both immediate neighbors and the District as a whole.

Note: These are the responsibilities that come to those who have chosen to own property within the Historic District. Please make this process work smoothly and give yourself and your contractors ample time. We meet on the first non-holiday Monday of the month. Contact the HDC secretary to schedule a hearing and acquire C of A forms from the Building Department in the Town Hall.

The Old Lyme-Lyme Volunteer Connection

Where Business Minded People Can Find Ways to Make a Difference

The numerous not-for-profit and government agencies listed with the Old Lyme – Lyme Volunteer Connection are often in need of the organizational and leadership skills that business professionals have. Some of these include the following: the Mentoring Corps for Community Development, which provides volunteer expertise, executive assistance, and mentoring for non-profit organizations, businesses, and students; the Chamber of Commerce of Eastern CT, which works to support the local business community; the Town of Old Lyme, which has a number of positions available for Boards and Commissions; High Hopes, the Florence Griswold Museum, and the Lyme Academy College of Fine Arts, which often need assistance with special events planning. Also, a number of organizations, including the Old Lyme Phoebe Griffin Noyes Library, are often in need of assistance with

publicity. Keep in mind that frequently there are positions open on boards and committees that are not listed.

The Volunteer Connection is an online resource for all members of the communities of Old Lyme and Lyme, regardless of age. We now list twenty-nine agencies that are in need of volunteers. The newest organizations to join are Habitat for Humanity of Eastern Connecticut, Lyme – Old Lyme Junior Women's Club, and the Chamber of Commerce of Eastern CT. The Old Lyme-Lyme Volunteer Connection is a free community resource, thanks to a grant from the Lyme-Old Lyme Education Foundation and the effort of volunteers. Our goal is to become as comprehensive of a resource as possible for organizations either located in or providing services to Old Lyme or Lyme. If you are the leader of an organization that would like to participate, contact Sophie Christiano, the high school student who manages and administers this website, at ollvolunteer@gmail.com. No special computer skills are needed to participate.

Child & Family Agency's Lyme/Old Lyme Auxiliary

The Lyme/Old Lyme Auxiliary of Child & Family Agency of Southeastern Connecticut is looking forward to a busy Autumn! Having successfully hosted our 13th **Lyme/Old Lyme Garden Tour** this past June, our members are forging ahead in their efforts to support the important work of Child & Family Agency.



A display of container gardens from the 2015 Lyme/Old Lyme Garden Tour.

We again will be participating in the Agency-wide **Polar Express** program, which purchases gifts, clothing, and food items for Agency client families in need and delivers them in time for the holidays. Donations towards this program are welcome, as is help with shopping and wrapping. Look for notices in November.

Also for the holidays, our popular **Cookie Walk** returns to the Old Lyme Marketplace (exact location to be announced later). This event usually coincides with the "Light Up Old Lyme" festival, and takes place on the morning of the first Saturday in December. What exactly is a "Cookie Walk"? Our members prepare their most delicious, most beautifully decorated holiday cookies and we display them attractively on tables so that customers may walk by the tables and choose which cookies they want to purchase. The cookies are weighed and sold by the pound. Get there early for the best selection!

Child & Family Agency is a private, nonprofit organization dedicated to the well-being and development of all children and their families, with emphasis on the unmet needs of children lacking physical, emotional, and intellectual care and nurturing. With offices in New London, Essex, and Groton, Child & Family Agency is the largest nonprofit children's service provider in southeastern Connecticut. Volunteers in six auxiliaries from Essex to Stonington give of their



Sweets and treats at the Child & Family Cookie Walk.

time and talent to support the agency, by caring for children, hosting fundraising events, and participating in education services. For more information, see www.childandfamilyagency.org.

New members are always welcome to join the CFA Lyme/Old Lyme Auxiliary. Watch for notices about our **Fall Membership Meeting** to take place in September or early October. E-mail cfa.lolauxiliary@gmail.com for more information or to get on our mailing list.

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Lymes' Senior Center



Senior Bocce Club will meet once a week (day to be determined) to play (or just watch and cheer) in the early evening around 6:30 pm.

Men and women welcome, no experience needed, low impact fun exercise. For more information please call 860-705-7105.

Energy Assistance Sign ups on Sept 22nd and October 27th from 12:30- 3:00 pm. Appointments are needed. Call (860) 434-1605 ext. 228 to make your appointment.

The Con Artist Playbook - Part of the AARP Lecture Series will be held on Oct 9th at 1:00 pm. The program will take a look at the psychology behind ID Theft, Fraud & Scams. Through actual footage of scammers, insights and advice, you'll walk away armed with the tools you need to keep yourself and your family safe. Please call and register for this free program today.

Otago Strength & Balance Program Presentation will be held on October 13th at 1:00 pm and will be given by Rehab Concepts Physical Therapy. This program is evidenced based to reduce falls by 35-40%, Supported by Medicare and most other insurances for up to a year, this Self-Managed program, administered by a physical therapist, helps people increase their energy level, increases confidence with daily activities, maintain their independence, and helps people feel safer, happier, and more secure in their own home. Please call (860) 434-1605 ext. 240 to register for this free & informative presentation.

Belly Dancing Workshop. Join us on October 14th at 1:00 pm and unveil the mystery of this ancient dance form and discover the healing benefits! Belly Dance is suitable for women of all ages, shapes and sizes as the movements are natural to the female form. The low impact movements are gentle on the joints and can help to increase flexibility as well as improve coordination and grace. This program will be led by Sirena Sultana. To sign up for this free program, please call (860) 434-1605 ext. 240. This program is for participants.

Flu Clinic will be held Oct 16th from 12:00 pm-3:00 pm & October 17th from 8:00 am-12:00 pm for Old Lyme and Lyme Residents 50 years and older on a walk in basis. In addition it will also service residents of these towns 19-49 years of age with a chronic medical condition and a doctor's note. No insurance or Medicare required. There is no set fee; donations are appreciated. To schedule a visit for homebound residents, please call (860) 434-7808.

"Becoming Tom Thumb: Charles Stratton, P.T. Barnum, and the Dawn of American Celebrity" will be held at Lymes' Senior Center and be given by author Eric Lehman on October 16th at 1:00 pm. Author Eric D. Lehman will give a presentation of the findings of his book, which tells the



full story of this diminutive Connecticut entertainer including his triumphs on the New York stage, his epic celebrity wedding, his meetings with Abraham Lincoln and Queen Victoria, and his around-the-world tour. The book draws on newly available primary sources and interviews. To sign up for this free program please call 860 434-1605 ext. 240.

3rd Annual Veterans Luncheon will be held on Oct 20th at 1:00 pm at the Lymes' Senior Center. If you are a Veteran interested in attending this free luncheon in your honor, please call (860) 434-1605 ext. 240 before October 1st to sign up.

AARP Drive Safety Class will be held on Friday, October 23th from 1:00 pm- 5:00 pm. Call (860) 434-1605 ext. 240 to sign up. Cost is \$15 for members/ \$20 for non-members.

Let's Talk about Ragtime will be presented by Paul Nelson on October 27th at 1:00 pm. To register for this free program, please call (860) 434-1605 ext. 240.

"The Slave Catcher's Woman." Jim Littlefield who has spent 48 years teaching history in Southeastern CT. Public Schools and authored *The Slave Catcher's Woman* (among other books) will be here performing in character on Oct 28th at 1:00 pm. His book which is expertly researched and vividly written (with its memorable cast of characters, intriguing twists and turns, and unencumbered portrayals of life during the pre-civil war south) invites us to venture upon an unforgettable, enlightening journey into one of the most controversial periods of our history. This is a free program you will not want to miss. Call (860) 434-1605 ext. 240 to register.

Halloween Celebration will be held on October 30th at 12:00 pm. We will give away a free lunch to the first 30 seniors that sign up AND arrive in costume. We will also have a spooky cake and raffle prize drawing at 12:30 pm. All those that arrive in costume will be entered to win a free trip to the Mohegan Sun Casino on November 9th. Come celebrate the day with us. Please remember that you need to call (860) 434-4322 and sign up for lunch before 10:45 am on October 29th.

Continued on page 39



CALLING ALL BABY BOOMERS:

Dinner & Rockin' Robin Show Friday November 13th at 6:30 pm at the Lymes' Senior Center. Tickets need to be purchased in advance. Ticket price is \$12.50 and includes Penne alla Vodka, Caesar Salad, Drink and Dessert and a ticket to the show! Call (860) 434-1605 ext. 240 for more information.

Iraq: Creation of Colonialism. We are pleased to welcome back Mark Albertson, History Teacher at Norwalk Community College on November 17th at 1:00 pm for this lecture. This presentation will cover the history and the creation of the country of Iraq (which is only 83 years old) and how the bondage of colonialism has laid the seeds for the current strife that has engulfed this tumultuous area of the globe, threatening not only the peace of the region, but the world. Please register for this program by calling (860) 434-1605 ext. 240.

Thanksgiving Luncheon will be held on Nov 20th at 12:00 pm at the Lymes' Senior Center. It is a \$3 donation for seniors. To sign up, please call (860) 434-4322 by November 5th. Entertainment will follow the lunch.

The King of Rock and Roll. On November 20th at 1:00 pm "Elvis will be in the building." Come enjoy as an Elvis Impersonator will perform a spectacular show highlighting Elvis with all the glitz and lights.

Alzheimer's Care: What Works? On November 24 at 1:00 pm Deborah Ringen MSN, RN-BC from the Visiting Nurses of the Lower Valley will be here to present

Alzheimer's Care: What Works? Learn the warning signs of dementia, Dementia vs Alzheimer's Disease, Promote quality of life, and Unravel the mystery of challenging behaviors. To register, please call (860) 434-1605 ext. 240.

Do you experience lower back pain? 80% of adults are affected by this problem. On December 8th at 1:00 pm join us as Rehab Concepts talk with us about what causes it, how to prevent it, and tips for dealing with it along with exercises for it. Call (860) 434-1605 ext. 240 to register.

Groton Christmas Chorus will perform on Friday, December 11th at 1:00 pm. Come get into the holiday spirit with us. This is open for all so bring your spouse, kids, and grandkids with you as we all get festive.

Old Lyme Town Band will be at the Lymes' Senior Center to perform their holiday concert on Sunday, December 13th at 2:00 pm. All are welcome to attend.

Christmas Show Spectacular. We are pleased to welcome back, the ever talented, Ashley Cruz on Dec 18th at 1:00 pm. Please register for this free performance by calling (860) 434-1605 ext. 240.

Holiday Luncheon will be held on December 22nd at 12:00 pm at the Lymes' Senior Center. It is a \$3 donation for seniors. To sign up, please call (860) 434-4322 by December 7th. Entertainment will follow the lunch.

Town Offices

52 Lyme St, Old Lyme, CT 06371
Ph: 860-434-1605
Fax: 860-434-1400

Town Hall Hours:

Monday - Friday: 9:00 - 4:00

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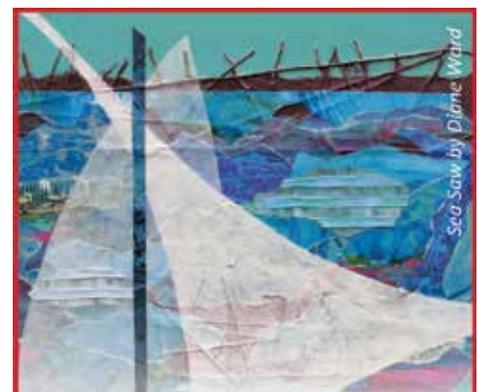
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Lyme-Old Lyme Chamber of Commerce

The Lyme-Old Lyme Chamber meets monthly to offer the opportunity for business professionals to network with each other and discuss ideas related to the economic vitality of our towns. Please join us at any or all of the meetings listed below. If you are thinking about becoming a member, come to a meeting as a visitor – we would be delighted to welcome you and show you how much membership (just \$50 per year) has to offer and how it can benefit your business.

Meetings will be held monthly on the following dates – reservations are not required with the exception of the Holiday Dinner. Join us to enjoy cocktails and appetizers at

these locations from 6 to 7:30 pm. Listen to an invited speaker talk briefly on a business-related topic. Stay for dinner after the meeting if you wish to continue the conversations.

Wednesday, September 16 – The Old Lyme Inn

Wednesday, October 21 – The Black Hall Grille

Wednesday, November 18 – TBD

Wednesday, December 16 – Enjoy all the fun of our annual Holiday Party at the Old Lyme Inn. Entertainment will be by the General Dynamics Subtone singing group. \$50 per person. RSVP to email@lolcc.com

Look for your favorite royal characters in participating businesses this October when the Florence Griswold Museum presents its annual Wee Faerie Village extravaganza, which this year has a ‘Whimsical Kingdoms’ theme. And then celebrate the holidays with businesses and non-profits in town during ‘Light Up Old Lyme!’

For details on these and other Chamber-sponsored events, visit www.VisitOldLyme.com – and don’t forget to Buy Local to support businesses in our community.

For questions regarding the Chamber, call Olwen Logan at (860) 460-4176 or Susan Shulman at (860) 434-1974 x 128.

What is 2-1-1? It is Connecticut’s free information and referral service. By dialing 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year. TDD access is available.

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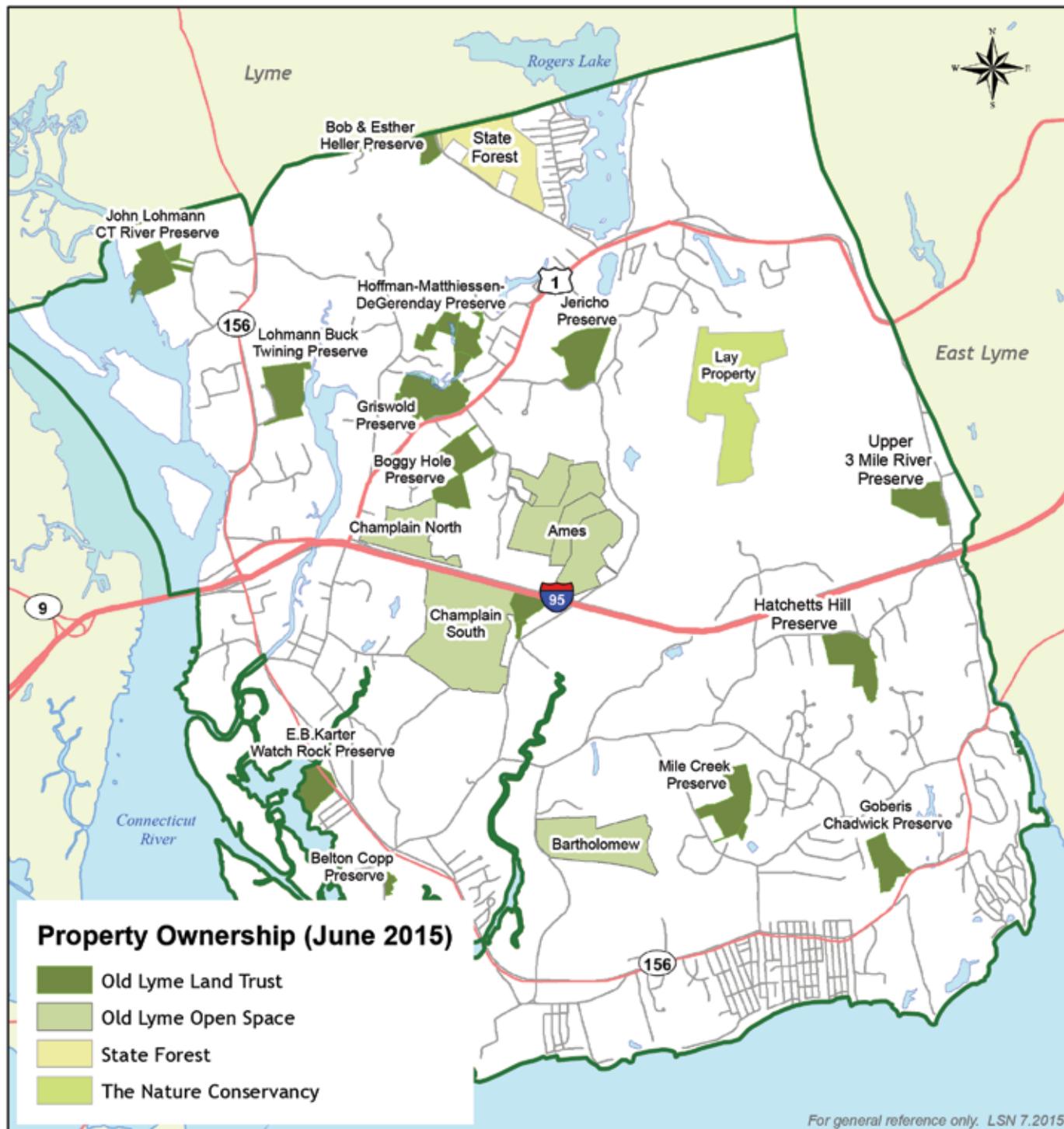
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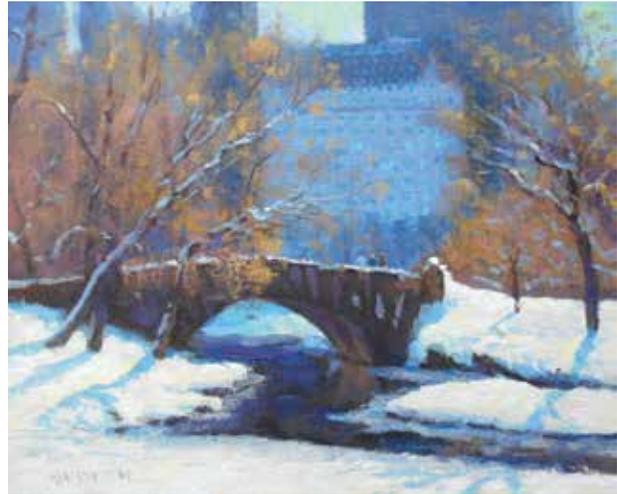


For more information and maps of specific properties please visit:
www.oldlymelandtrust.org or
www.oldlyme-ct.gov/Pages/OldLymeCT_BComm/open_space

The Cooley Gallery

November 19 – January 9, 2016

All Paintings Great and Small. Features historic and contemporary works of art 12" in size or smaller. Artists from around New England, with a concentration in Connecticut, participate in this annual show. Both artists well-known to the Cooley Gallery enthusiasts are returning including Ralf Feyl, Michael Budden, Michael Theise, Mary Bourke, and Linden Frederick, as well as new artists showing for the first time at the gallery. Opening reception on Thursday, November 19 from 5 pm to 8 pm. Admission is free. Visitors are welcome and encouraged Tuesday through Saturday 10 am to 5 pm or online anytime at www.cooleygallery.com. The Cooley Gallery, 25 Lyme Street, Old Lyme. www.cooleygallery.com; (860) 434-8807.



Michael Budden Winter, Central Park Plaza Signed, oil on canvas 8" x 10"

Streetlights

Please phone Michele Hayes in the Selectman's Office at the Town Hall (860-434-1605, ext. 212) to report a streetlight problem on a town road and/or trash or recycling problem. When reporting a streetlight, please make note of the pole location and pole number.

Note: If you live in a private association/on a private road, the Town does not have jurisdiction over your streetlights. Please report any problems to your association. Thank you!

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Old Lyme Historical Society

2015 has been a summer for celebrations. Starting with the youngest kid on the block, The Old Lyme Historical Society is observing its tenth anniversary. It has been over a year since the Society purchased the Grange building at 55 Lyme Street. The Society has completed a highly successful Capital Campaign by exceeding our goal of \$225,000, The Board of Trustees is eternally grateful to an amazing number of donors including the Town of Old Lyme who agreed that the building should be saved, and that the Society was the right organization to do it. Every effort is being made to be worthy of that leap of faith.

Work continues apace with our hard-working “Tuesday Morning Work Crew” now working to create the archive room. The framing is up, and the Archive Committee is beginning to twitch with anticipation at a resumption of activity. Contributions of archival materials have continued and each item recorded on our PastPerfect software.

The Old Lyme Town Band is celebrating its 40th year, and the Society is pleased to assume a leadership role in an annual summer concert on the South Green in front of Christ the King Rectory. A very big thank you goes to Jeff Sturges for

organizing this event and nurturing it along the past few years. Over 125 people attended the concert on Sunday, July 19th, and enjoyed Old Lyme Ice Cream underwritten by the Chamber of Commerce. The Florence Griswold Museum and the Historic Commission were co-sponsors.

The Midsummer Festival celebrated nearly thirty years of its existence this summer on July 24 and 25th with a beautiful weekend filled with music, crafts, exhibits, an “everyone wins” dog show and a delightful variety of tempting food choices which could be had all over town. The Society was pleased to be featured in the handsome brochure this year. We enjoyed a steady stream of visitors, who viewed the mini exhibit on early schools.

On September 13, the Society will once again hold a “Dinner at Filomena’s,” a fundraiser to support the building fund. Come enjoy pasta and salad and fixings. Call (860) 434-0684 for reservations.

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Fifth Annual High Hopes Holiday Market November 15th

Mark your calendar for November 15th and come to High Hopes for the fifth annual Holiday Market. This is one of Connecticut's 'don't miss' events of the holiday season. Located on a beautiful 120 acre farm in Old Lyme, the indoor arena will be transformed into a marketplace with something for every member of the family with over 60 booths featuring unique merchandise including gift ideas, gourmet food, crafts and more. Besides shopping you can dine at Connecticut's hottest food truck vendors, win a door prize and take a hay ride. Bring the kids too. There will be a special area with games and activities just for them.

This year first prize in our annual raffle will be a sporty 2015 Subaru XV Crosstrek 2.0i Premium. Other great prizes include an Apple Watch Sport, a

NYC Theatre Getaway and a pair of Justin Sorrel Apache cowboy boots. The drawing will be held at the Market but you don't have to be present to win, and raffle tickets are on sale now. Only a limited number will be sold. Purchase yours by contacting Trudy at tburgess@highhopestr.org.

Admission to the Holiday Market is free – just bring a non-perishable food donation for the Shoreline Soup Kitchens. Last year's Market raised over 2,400 pounds of food for the Kitchens which helped local residents enjoy a happier Thanksgiving. Come visit High Hopes, enjoy the Holiday Market and learn about one of the country's premier therapeutic riding centers. What better way to start the holiday season.

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Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.



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Events at Lyme Academy College

Artist Lecture – Nancy Friese

Friday, October 23. Reception at 6 pm, Lecture at 7 pm.
\$15 for Reception and Lecture. Limited Seating.
Reservations Required. RSVP: Beth Oleschuk,
Eoleschuk@lymefs.newhaven.edu, 860-434-3571 ext. 124.

Artist Lecture – David Dewey

Thursday, November 5. Reception at 6 pm, Lecture at 7 pm. \$15 for Reception and Lecture. Limited Seating.
Reservations Required. RSVP: Beth Oleschuk,
Eoleschuk@lymefs.newhaven.edu, 860-434-3571 ext. 124.

Artist Lecture – Roger Mandle

Wednesday, December 9. Reception at 6pm, Lecture at 7 pm. \$15 for Reception and Lecture. Limited Seating.
Reservations Required. RSVP: Beth Oleschuk,
Eoleschuk@lymefs.newhaven.edu, 860-434-3571 ext. 124.

Fall Registration for the Center for Arts Pre-College and Adult Classes Opens September 15.

Save the Date! Lyme Academy College's Annual ArtsBall will be held on Saturday, June 4th, 2016.

Transfer Station/ Landfill Hours

The Transfer Station is located on Four Mile River Road and is open Tuesday-Friday, 7:30 am-3:45 pm, Saturday, 8:30 am-4:00 pm. Closed Sunday and Monday. Tax payers vehicles should have a Transfer Station sticker affixed to the right-hand side of windshield. Stickers are available in the Selectman's office. Bring proof of property address (i.e., tax bill, mortgage statement or closing papers), along with registration.



Jerry Weiss, S-Shaped Nude, oil on linen, 36" x 36"

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Come to LYME to enjoy the new Center for Arts Programming with year-round offerings. Registration for Fall classes opens September 15, 2015. To learn more about our classes and to register online visit: www.lymeacademy.edu

Upcoming events include:

September 18 – Alumni Exhibition Opening; exhibit on view through November 14

October 23 – Artist Lecture by Nancy Friese, Master Printmaker

November 5 – Artist Lecture by David Dewey, Watercolorist, Professor Emeritus, LYME

December 9 – Lecture by Roger Mandle, former President, RISD

All lectures are from 6-8 p.m.; Reservations Required.

RSVP to: eoleschuk@lymefs.newhaven.edu

To join our mailing list Text:

LYMECENTER4ARTS to 2282 to get started!



Lyme Academy College of Fine Arts



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Transfer Station/Landfill Hours. The Transfer Station is located on Four Mile River Road and is open Tuesday-Friday, 7:30 am-3:45 pm, Saturday, 8:30 am-4:00 pm. Closed Sunday and Monday. Taxpayers' vehicles should have a Transfer Station sticker affixed to the right-hand side of windshield. Vehicles without a sticker should bring proof of property address (i.e., tax bill, mortgage statement or closing papers), along with a driver's license and registration.

Bulky Waste and Demolition: Vehicles will be charged by weight at \$110/ton. Recyclables should not be mixed in the same load with Bulky Waste or Demolition debris. Loads less than 100 lbs. are charged a minimum fee of \$5.

Brush is charged on a per load basis. No wood or limbs thicker than four inches are accepted.

Grass clippings are not allowed at the Transfer Station because of chemical contamination from pesticides and fertilizers and cannot be deposited in your trash can. Please compost on your property.

Electronics are now accepted at the Transfer Station.

Residents can bring the following items to the Transfer Station on Four Mile River Road: computers (personal computers, mainframes, med-range computers, laptops); networking equipment (hubs, switches, control cards, etc.); computer monitors, televisions, printers, keyboards, mice, adaptors, stereos, speakers, VCRs, scanners, fax machines, copiers telephones and telephone systems, computer wire and cable; computer drives and storage devices (floppy drives, CD ROMs, hard drives), power supplies, circuit boards, microwaves, scrap copper (cable, pipe, etc.), scrap aluminum (machine and machine parts, cable extrusions, etc.), fluorescent light bulbs, UPA (uninterrupted power supply) batteries, and related computer and electronic equipment.

Town Hours & Holiday Schedule

Town Hall will be closed on the following Holidays:

- Monday, October 12 – Columbus Day
- Wednesday, November 11 – Veterans Day
- Thursday, November 26 and Friday, November 27 – Thanksgiving
- Friday, December 25 – Christmas
- Friday, December 31 – for New Year's Day

Hours for most departments: Monday through Friday, 9:00 am – 4:00 pm.


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Wines of Spain

Spain produces great quality wines in many different styles. They grow up to 600 different varieties in this region, however most vineyards only plant about 20 or so. We will highlight the most popular varieties that will make shopping for a Spanish wine an easy and pleasant experience.

Spain is well known for its lovely white wine varieties. One of the most popular and widely known varieties in Spain is Albarino. It is a dry crisp white that perfectly complements any seafood dish, salad and light hors d'oeuvre. Another widely known grape is Verdejo which is a softer style white with a dry, round finish that complements grilled chicken and other slightly richer dishes. Viura, also known as Macabeo is one of the key grapes in Cava, which is the most popular sparkling wine in Spain.

There are many red grapes grown in Spain, of which the most sought after are Tempranillo, Garnacha and Monastrell. Tempranillo is a very versatile grape, and most notably grown in Rioja, although it is grown all over the country. This variety seems to really take on the soil make-up, and can be made into a completely different tasting wine dependant on the region where it is grown. In Rioja for example, Tempranillo is blended with other varieties and tends to be bold and full flavored with a dry finish, while in other regions it can be light and less dry. Garnacha is a more fruit-driven wine that has a little spice to it, which pairs beautifully with barbeque and grilled meats. Monastrell, also known as Mourvedre, is a full, fruit forward wine with great balance and a softer finish. This wine can accompany almost any dish and is a wonderful crowd pleaser.

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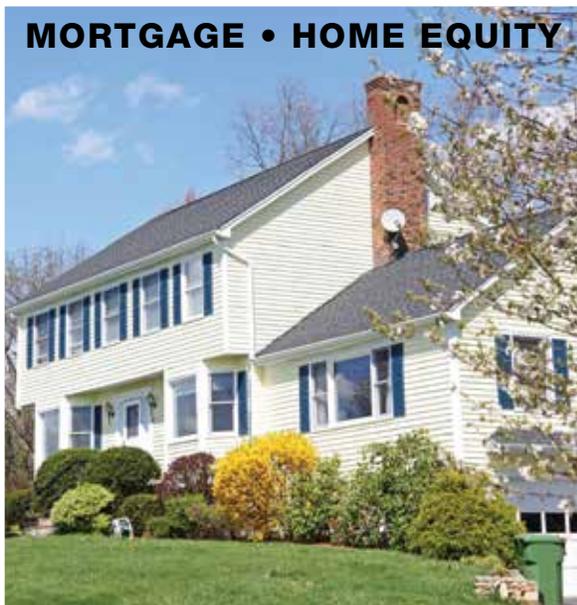
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