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Selectmen's Corner

Welcome to summer in Old Saybrook. The Board of Selectmen, consisting of First Selectman Carl P. Fortuna, Jr. and Selectpersons Scott Giegerich and Carol Conklin, hope you are able to get out and enjoy our beautiful summer weather. We thank you for entrusting us with running your local government.

For so many months now, all the news out of Hartford is about the State's deficit, debt and spending and the dire consequences this is having statewide. And it's true. Shortfalls in the FY '15-16 budget led to mid-year cuts to many towns, including Old Saybrook, and the State deficit projection for FY '16-17 was about \$1 billion (as of this printing). That is 5% of the total state budget. Even with the budget "fix" passed by the State Legislature in May, the deficits facing the State in FY '17-18 and FY '18-19 exceed \$1 billion and are closer to \$1.5 billion. The sad news is that all these problems were avoidable,

but legislative action was needed to address them when economic times were better. Five, ten and twenty years ago, the current deficit and long term obligations that are the root cause of today's deficits were foreseeable. In the 1980's and 90's, these long term obligations were mostly being funded. But the State got fat and happy and money that should have been put away for health and retirement obligations was soon diverted to other places. The Legislature never believed that the Fairfield County billionaires would leave Connecticut, or that the economy would crash. When these events happened, revenues crashed and monies to pay the State's long term liabilities is now competing with funds that pay the State's day to day business. Now, as they say, the chickens have come home to roost. One item that has been a frequent topic of conversation here in town and in all Connecticut's municipalities is the reduction in town aid, particularly what



is referred to as Educational Cost Sharing (ECS). The amount of ECS is different for every town. Some towns receive millions and others a lot less. Old Saybrook, in the 2015-16 fiscal year, received about \$650,000. That number was reduced for FY 17 to \$225,000. For Old Saybrook, this is a good news, bad news proposition.

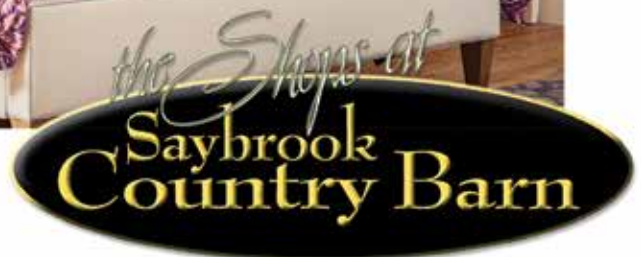
continued on page 5

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The bad news is that our town lost \$425,000 in State ECS funding. The good news is that there is not a lot more for the State to take away in ECS funding from Old Saybrook in future years. The town also receives other money besides ECS funds from the State of Connecticut. For the fiscal year starting July 1, 2016, the town will anticipate approximately \$470,000 in other State funds to be allocated to Old Saybrook. I fully anticipate that some of these funds may also be reduced in future years. Despite all these efforts by the State of Connecticut to mitigate its deficit, there remains a large (\$256 million) deficit to be filled prior to June 30th, 2016. Unbelievable!

Locally, we have been and continue to address our long term obligations (health and pension costs for retirees). The Town previously negotiated, in the collective bargaining process, the removal of post-retirement health care from our union contracts, though many town employees are grandfathered. Again, the good news here is that the number of employees to whom we owe these benefits will decline as those retirees become eligible for Medicare. As for pension benefits, our town currently has a traditional defined benefit pension plan. Recently, at my direction, we have undertaken a study to explore moving away from this benefit plan in order to cap this exposure and reduce costs in the long term. While we may not see the results of our efforts for a generation, long term planning is necessary. The current employee pension plan is slightly underfunded and the town continues to address this in each budget cycle. However, my office, along with the Pension and Benefits Board, is seeking to cap that obligation and see it decline a generation from now to ensure a lesser burden on taxpayers, yet still provide a solid employee pension plan for future retirees. We need to recognize future financial issues now and address them responsibly so that the Town of Old Saybrook's future financial security is not jeopardized. Until then, let's all be hopeful that the deficits at the State level are addressed so that Connecticut, and the municipalities that depend so much on good and responsible government in Hartford, can look forward to brighter days ahead.

Odds and ends: I previously wrote about how better to dispose of your recyclables at our transfer station. You can now throw your cardboard, newspapers, cans, bottles and other household recyclables in the same bin. It will make your trip shorter as you don't need to separate these items. But one thing you should not throw into any recycle bin is plastic bags. Plastic bags gum up the machine that separates recyclables. There are more than a few man hours wasted both locally and up in the Hartford recycle center separating plastic bags from recyclables. Think before you throw!

The Town has made it a priority to address sick, diseased and dying trees all over town. With the hiring of a new tree warden several years ago, we continue to make progress in areas of town that need trees removed. Indiantown is a great example, where Norway Maple trees were planted at the same time many years ago. Now, a large number of these trees are dying off, mostly from old age. We have addressed the worst offenders and will

continue a regular cutting program. Tree issues are some of the most frequent calls we get here in Town Hall. So now, after removing numerous trees over the last few years, we have begun limited strategic planting in town. You may notice that in front of Walt's market, three Linden trees that were mostly dead were removed during the winter. We have replaced those trees with flowering pear trees. In replacing trees, we have taken great care to make sure it "fits." It is important to be cognizant of two things: Will the tree become an electrical wire hazard? And can it withstand "urban" conditions, such as being planted in a sidewalk area which may mean less water and more salt and sand in the winter. While tree lined streets are beautiful, planting the right tree in the right spot is more important than ever.

On behalf of the Board of Selectmen, please enjoy a happy and safe summer.

Carl P. Fortuna, Jr.
First Selectman

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Sarah V. Becker, Town Clerk

Christina Antolino, Assistant Town Clerk

Cindy Kane, Assistant Town Clerk

Office Hours: M-F, 8:30 am – 4:30 pm

Phone Number (860) 395-3135

Town Website: www.oldsaybrookct.org

CONGRATULATIONS!

Dale Jones and Amanda Ruzycki – March 12th

John Passarelli and Catherine Calandra – March 18th

John Amarello and Shauna Chapman – March 19th

Scott MacBain and Emilyn Castanares – April 10th

James Cianci and Kimberly Seio – April 17th

Christopher Friar and Alison Walgren – April 22nd

Christian Conti and Nicole DeMarzo – April 23rd

Richard Shaw and Patricia Cicchetti – May 14th

John Cirba and Laura Klemer – May 14th

Eric Rainville and Heather Gilbert – May 14th

WITH SYMPATHY

Eleanor Bishop

Phyllis Kebabian

Otto Boos

Lafayette Keeney

Robert Brown

Patricia Leary

Janet Conciatore

Arthur Lillquist

Susan DeGange

Renaud Lucchesi

Eleanor D'Esopo

Anita McCray

Mary Dibble

Paul Mongillo

Hollis Egloff

Mary Parkington

Lusia Greenfield

Anje Peppas

Wanda Grenda

Marilyn Reney

Sandra Guerin

Anna Schoch

Gerrit Hagenzieker

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James Tighe

Deborah Irwin

Patricia Walker

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LEGAL NOTICE - TAX DUE ON GRAND LIST OCTOBER 1, 2015 - OLD SAYBROOK, CONNECTICUT

I have received the Tax Warrant to collect the Town tax on the Grand List of October 1, 2015. All motor vehicle bills and the first installment of all other taxes over \$100.00 and the entire amount of tax less than \$100.00 is due and payable on July 1, 2016. If payment is not received on or before August 1, 2016, the tax due becomes delinquent and subject to interest at the rate of 18% per annum, 1½ % per month from the due date for each month or fraction thereof. A minimum of \$2.00 interest/late fee will be charged for each delinquent tax bill and installment. Interest will be taken from payments received or postmarked as of August 2, 2016. Mail with a postmark (U.S.P.S. postmark only) on or before August 1, 2016 will be considered a timely payment.

Payments will be received in the Tax Office, Town Hall, 302 Main Street, Old Saybrook, CT 06475, daily from 8:30 am to 4:30 pm, and through the lunch hour, with the exception of weekends and holidays. Note: Please consider payment by mail as parking is limited, send your payment, the entire bill and a self addressed stamped envelope – when your payment is posted we will return a receipt to you – NOTE: (NO self-addressed stamped envelope -

NO receipt when payment is made via mail).

Credit card or electronic check payments will not be accepted at the Tax Office window. However, for a fee (2½% credit/debit card, \$2.50 electronic check) you may pay via credit card or electronic check using your home computer by going to: www.oldsaybrookct.gov – scroll down to the bottom of the town homepage and click on tab: Lookup or Pay Tax Bill. You can search by name, property location, bill number, unique ID, or list number. Select the bill you wish to pay and follow the prompts. It may take up to 5 days for the town to receive the funds – bills being paid will not be credited until the town has received the funds. If paying delinquent motor vehicle tax bills a CT DMV release will not be issued until the town is fully paid for all bills in the same name.

If you did not receive a tax bill please contact the Tax Collectors' Office at (860) 395-3138.

Failure to receive a tax bill does not invalidate the tax or interest/penalty due.

Questions pertaining to assessments and exemptions should be directed to the Assessor's Office (860) 395-3137. If your mailing address is incorrect, or has changed, please call the Assessor's Office.

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Old Saybrook Garden Club Summer Happenings



Hopefully, by the time readers see this article, warm weather will be upon us and gardening will have begun in earnest. What an incredibly cool spring we have had after such a warm winter! This is Connecticut!

Despite the cooler temperatures and bits of rain here and there, gardeners want to garden. Nowhere was it more apparent than at the Old Saybrook Garden Club's Gardeners' Market held on May 6 and 7 on the Town Green. It was a cold, wet weekend, but it was a successful market due to our customers, old and new, and to our members who persevered despite icy hands and feet. Everyone in the Club works at the market as it is the only fundraiser for the year. Without the proceeds, the Club would not be able to plant and maintain the Main Street medians, the Acton Library pots, Constitution Garden, and the Old Saybrook Firehouse gardens. The Club is grateful to all who patronize the Market and hopes to see everyone again next year on May 5 and 6.

In the midst of planning and running the Market, the Scholarship Committee, under the direction of Loretta Scribner, reviewed scholarship applications from area high school students and chose Kelley Forster Slimon as the Club's scholarship recipient. Kelley graduates this year from Old Saybrook High School and will attend the University of British Columbia to study Environmental Science. Her resume indicates that Kelley is a well-rounded young woman who excels in many areas but especially in the sciences. The Club is proud to help Kelley to achieve her goals. Congratulations, Kelley!

Not only was the Scholarship Committee busy – so was the Street Gardens Recognition Program Committee!

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GARDEN CLUB ... continued from page 8

The annual program, which encourages local businesses to work together to help beautify Old Saybrook for citizens and visitors alike, begins work in March and continues through the summer into September.

Close to eighty businesses participate in creating a beautiful space in front of their shops. Hanging planters, around-a-tree gardens, in-ground gardens, and containers perk up entrances. Look for this year's participants by finding the program's markers in the gardens on Main Street and the Post Road. Special recognition will be given to certain businesses for excellence. They will be noted in the next "Events" magazine and will be part of a special display located at the Acton Library in August. Watch for our Facebook page (www.facebook.com/oldsaybrook-gardenclub) to display pictures of the gardens in July.

Summer is a time for Club members to relax and garden. With meetings suspended in July and August, we turn more toward chatting with prospective members during the summer than at any other time of the year. Whether you are a new or experienced gardener, we hope that you will be in touch with the Club should you like to explore becoming a member. Please contact our Membership Chair, Donna MacNeill, at 860-395-1268 for more information.



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¹ Phoenix High Net Worth Market Insights, August 2010
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From the Fire Marshal

FIREWORKS

Can I Have Fireworks At My Summer Party?



Fireworks are beautiful and they are a special part of many summer celebrations. They also are very dangerous causing serious injury. With the exception of sparklers and fountains which can be used by people aged 16 and older, all other fireworks are illegal in the State of CT.

According to the National Fire Protection Association, using 2000-2010 data, the

risk of fire death relative to hours of usage is higher for fireworks than for cigarettes. On Independence Day in a typical year, fireworks account for two out of five of all reported fires, more than any other cause of fire. In 2007-2011, four people per year were killed in fires started by fireworks, while data from death certificates show that five people per year were killed directly by fireworks. These estimates may overlap, because fireworks can directly kill someone while also starting a fatal fire.

If a fire or explosion caused by legal or illegal fireworks causes injuries and/or damage, or poses the risk of either, the person responsible could be charged with a felony criminal offense.

Novelty items such as party poppers, snakes, smoke devices and anything that emits a flame are not legal for private use in CT. These exploding devices are very

dangerous and have caused serious injury to those using them or near them.

Have a safe and happy summer, and remember the safest way to enjoy fireworks is to attend a public display conducted at a state-approved site by CT licensed pyro-technicians.

If you have any questions, please contact the Office of the Fire Marshal at 860-395-3133.

HOW DO I KNOW IF MY HOME FIRE EXTINGUISHER IS STILL GOOD?

WHERE DO I DISPOSE OF MY HOME FIRE EXTINGUISHER?

Manufacturers say most fire extinguishers should work for 5 to 15 years, but you might not know if you got yours three years ago or 13. So how can you be sure it will work.

continued on page 12

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Offer ends August 2, 2016. * Finance offer 0.0% for 60 months. (0.0% APR) requires approval. In addition to the New England Power Equipment logo, you must also display the amount of 0.0% on the purchase order. ** The finance offer only. Interest will be charged to your account from the purchase date at 17.99 APR if the purchase balance is not paid in full within 12 months or if you default on the offer. † Subject to approved credit on financing plan, a portion of your down payment, 10-15% down minimum apply. Other special rates and terms may be available. See your dealer for details and other financing options. Available at participating dealers. ‡ Price and model may vary by dealer. †† Subject to approved credit and a credit check. Offer ends August 2, 2016. © 2016 New England Power Equipment. All rights reserved.

Fire Marshal ... continued from page 11

Check the pressure gauge monthly. If the needle is in the green area, it's functional. If it falls anywhere else, the extinguisher is unreliable and should be serviced or replaced. For an older model without a gauge, have it checked by a professional. Replace or service an extinguisher right away if it's been used or if you notice any of the following:

- The hose or nozzle is cracked, ripped, or blocked with debris.
- The locking pin on the handle is missing or unsealed.
- The handle is wobbly or broken.

• The inspection sticker or hang tag, with a record of checkups and maintenance, is missing.

No fire extinguisher can be safely and effectively used for every type of fire. Some contain chemicals that are ineffective in certain situations and can even cause harm to the operator if misapplied. To prevent confusion, extinguishers are classified by the type of chemical agents they contain. Please read the label carefully to see which type of extinguisher you are purchasing. For most homes, an

ABC fire extinguisher is recommended.

If you live in Old Saybrook and need to dispose of your fire extinguisher, you should bring it to Shoreline Fire Equipment on 40-1 River Street in Old Saybrook. They have generously offered to dispose of used fire extinguishers free of charge.

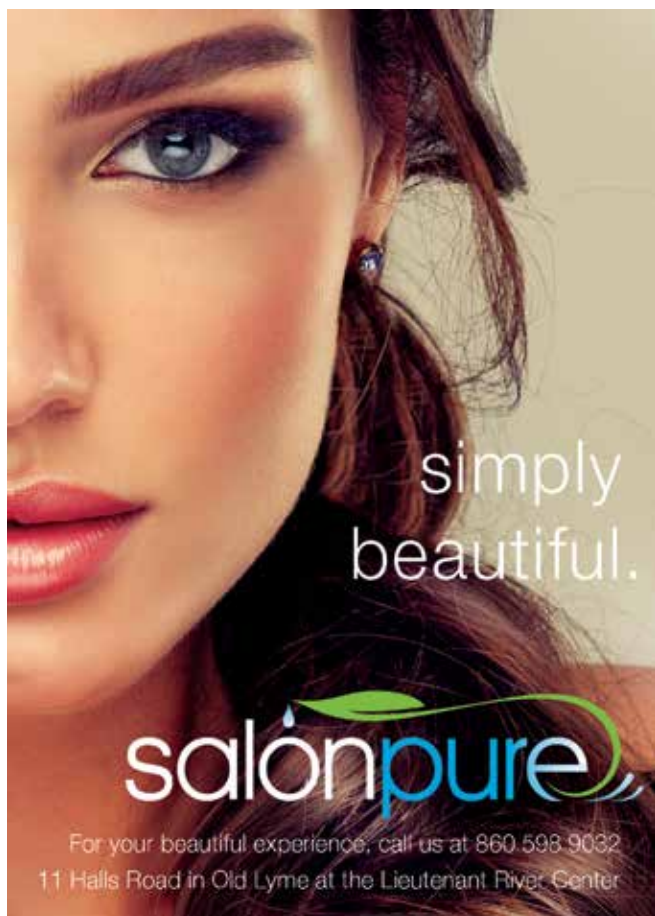
As always, if you have any further questions, please contact the Office of the Fire Marshal at 860-395-3133 or donn.dobson@oldsaybrookct.gov.

Assessor's Office

The Renters Rebate Program will continue through October 1, 2016. The income limit for a single person for the 2015 benefit year is \$35,200 and the income limit for a married couple for 2015 benefit year is \$42,900. The appropriate income, rental and expense information must be provided to the Assessor's Office in order to apply for this benefit.

Anyone with questions may call the Assessor's Office at 860-395-3137 weekdays from 8:30 am to 4:00 pm.

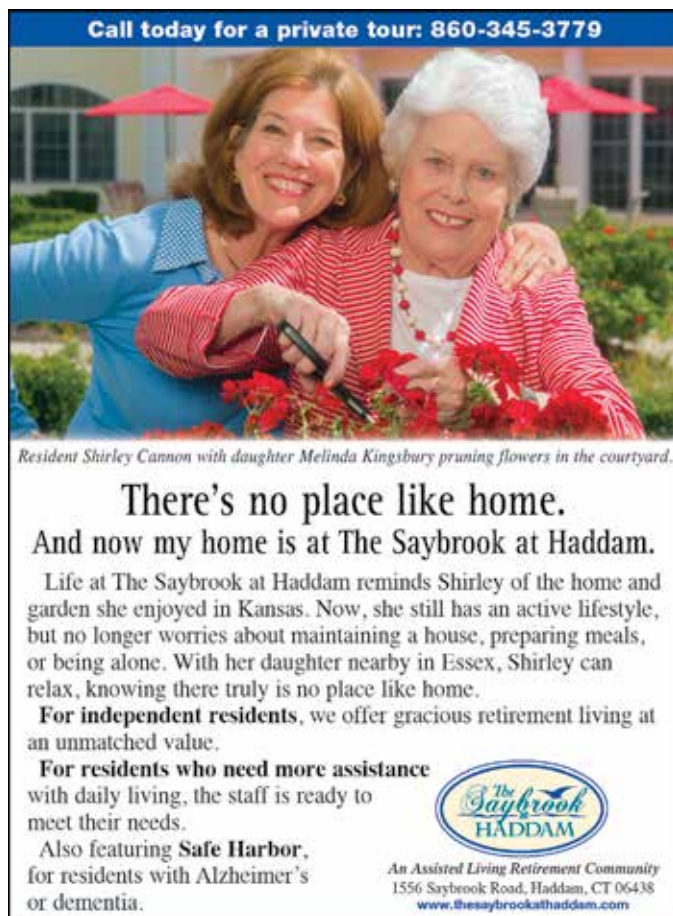
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Rick Pine – Assistant Assessor
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Resident Shirley Cannon with daughter Melinda Kingsbury pruning flowers in the courtyard.


There's no place like home.
And now my home is at The Saybrook at Haddam.

Life at The Saybrook at Haddam reminds Shirley of the home and garden she enjoyed in Kansas. Now, she still has an active lifestyle, but no longer worries about maintaining a house, preparing meals, or being alone. With her daughter nearby in Essex, Shirley can relax, knowing there truly is no place like home.

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1556 Saybrook Road, Haddam, CT 06438
www.thesaybrookathaddam.com

Old Saybrook Town Events

MOVIES ON THE BEACH

JULY 8, JULY 22 AND AUGUST 5

In the tradition of promoting healthy family fun, Old Saybrook Youth and Family Services, Healthy Communities Healthy Youth and the OS Department of Police Services continue the wildly popular Movies on the Beach this summer. Bring the kids, a blanket and snacks to Harvey's Beach for an evening of free, old-fashioned family fun. Each Movie on the Beach will feature live music at 7 pm so come a bit early for games, music and more! Movies start at dusk. Movies on the Beach is co-sponsored by Yale New Haven Shoreline this summer.

OLD SAYBROOK YOUTH ARTISTS: BE PART OF THE 2016 YOUTH ART BOOTH AT THE ANNUAL ARTS AND CRAFTS FESTIVAL JULY 30th AND 31st

Sponsored by Old Saybrook Youth and Family Services (OSYFS) and Old Saybrook Healthy Communities Healthy Youth (OS HCHY) the Youth Art Booth features a collection of talented young artists each year working in a variety of media. Since 2005 approximately 175 Old Saybrook school-age artists have been featured in the booth, gaining a unique opportunity to exhibit and discuss their artwork with patrons and other artists at the Festival.

The group's exhibit will include photography; charcoal and pencil drawings; watercolor and acrylic paintings; as well as beadwork and other crafts. Subject matter will include Landscapes, Fantasy, Shell Art, Animals, Portraits and more and is only limited by the artist's imagination.

Participating students:

- may display and offer for sale if they desire 2-3 finished pieces of work
- will help staff the booth during a pre-arranged 2 hour period on either Saturday July 30th or Sunday July 31st;
- may bring along a 'work in progress' to work on while at the show... or bring along their portfolio to display while there.
- will also have their artwork exhibited for the month of August in the Marshview Gallery at the Estuary Center, including a reception for artists, families, friends and patrons the evening of August 12th.

Registration forms are available at OSYFS, 322 Main Street, OS or may be downloaded on the OSYFS website at www.oldsaybrookct.org/youth under "News and Announcements". Submit your completed, signed forms asap to participate.

For more information, contact Youth Booth 'Curator' Linda McCall at (860) 510-5040 or via email at linda.mccall@OldSaybrookCT.gov.

OS YOUTH SUMMER STOCK THEATER TO PRESENT DISNEY'S PETER PAN JR.

OS Youth and Family Services/Healthy Communities · Healthy Youth invite you to Youth Summer Stock Theater's production of Disney's *Peter Pan JR.* a 60-minute musical based on the play by

J.M. Barrie and the 1953 Disney film. The company of actors is made up of Old Saybrook students entering 6th, 7th, 8th and 9th grades in the fall of 2016 and will once again be led by veteran Director Lorra Webb, Musical Director Joni Gage, Choreographer Debra Mals and Production Manager Wendy Mill, Program Coordinator at Youth and Family Services.

Peter Pan JR. is the story of the boy who wouldn't grow up and the girl who has to. After finding his shadow in the Darling family nursery, Peter teaches Wendy, Michael and John how to fly and sweeps them off to Never Land, where they meet the Lost Boys, Mermaids, Indians and, of course, Pirates. If the children are ever to return home, Peter must defeat Captain Hook with the help of Tinker Bell and her fairy friends. *Peter Pan JR.* features classic songs from the 1953 film such as, "You Can Fly!," "Following the Leader" and "The Second Star to the Right" as well as songs from the Pirates of the Caribbean ride and the 2008 Disney film Tinker Bell.

OLD SAYBROOK YOUTH SUMMER STOCK THEATER

will present *Peter Pan JR.* on Friday, July 15th at 7:00 pm and Saturday, July 16th at 2:00 pm and 7:00 pm at the Old Saybrook High School Auditorium. Tickets may be purchased at Old Saybrook Youth and Family Services (322 Main Street) or at the door. For more information please contact Old Saybrook Youth and Family Services at 860-395-3190 or visit the agency's website at www.oldsaybrookct.org/youth. *Peter Pan JR.* is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. 421 West 54th St., New York, NY 10019. Phone: 212-541-4684 Fax: 212-397-4684 www.MTIShows.com. Contact: Wendy Mill, Program Coordinator
Old Saybrook Youth and Family Services
322 Main Street, Old Saybrook, CT 06475
860-395-3190 (agency) / 860-510-5050 (direct)
wmill@town.old-saybrook.ct.us

OLD SAYBROOK YOUTH AND FAMILY SERVICES AND HEALTHY COMMUNITIES - HEALTHY YOUTH ANNOUNCE FAMILY DAY

Get out your calendars and circle Saturday, September 24th! Old Saybrook Youth and Family Services and Healthy Communities Healthy Youth invite you to join in the town's 18th Annual Family Day celebration on the Old Saybrook town green from 1:00 pm to 4:00 pm on Saturday, September 24th (Rain Date: Sunday, September 25th).

This much anticipated community event celebrates our families as well as this fabulous community in which we live by offering positive activities and intergenerational fun for all ages to enjoy together.

continued on page 14

TOWN EVENTS ... continued from page 13

Over the years participants have enjoyed free food such as hot dogs, popcorn, snow cones, fruit smoothies and cotton candy, live music, painting and drawing, free family portraits, dancing, table games, bounce houses, challenge courses and so much more! There will be something for everyone. In the spirit of inclusiveness, all

Family Day activities are completely free to participants and supported through the generosity of our community. Should you wish to sponsor an activity, share your talents or volunteer your time at this year's Family Day event, please visit Youth and Family Services' website at www.oldsaybrook.org/youth or con-

tact Wendy Mill, Program Coordinator at Youth and Family Services by phone at 860-510-5050 or by email at wmill@town.oldsaybrook.ct.us. "Like" HCHY on Facebook at <https://www.facebook.com/hchyos>. Find Old Saybrook Youth and Family Services on Twitter at [osyouthfamily](https://twitter.com/osyouthfamily).

EdCamp Draws Educators to Old Saybrook

EdCamp Old Saybrook, a free, unconference-style professional learning opportunity for educators, is slated to draw teachers from at least 27 different school districts to Old Saybrook on July 18.

Old Saybrook Middle School will be abuzz with as many as 200 educators sharing ideas and strategies for student success in the classroom. Based on the idea that teacher collaboration is a powerful tool for school improvement, educators will come together to share their knowledge and ask questions of other successful practitioners. Old Saybrook Superintendent Jan Perruccio notes, "This is a very exciting professional learning opportunity for educators and unlike anything I have been involved with before. I am also pleased that this will be an opportunity for us to show off this wonderful town and to provide an opportunity for our business partners on Main Street, as attendees will have time to explore restaurants and shops."

The EdCamp movement began in 2010 and has since resulted in more than 700 conferences in 25 countries. The EdCamp Foundation is a 501(c)(3) Non-Profit Organization. "Our vision is simple: innovative professional learning for educators," says the Foundation's website, www.edcamp.org. On July 18th, EdCamp

Old Saybrook participants will begin the day by building the schedule of workshops. There are no formal presenters in the sessions, but volunteer facilitators step up and keep the conversation moving. Attendees are expected to be active participants, sharing their experiences and asking questions to learn more. Like all EdCamps, the focus of EdCamp Old Saybrook is providing a dynamic environment in which educators can collectively refine innovative teaching practices to support student success. "When we collaborate with other educators who have each tried different things and figured out what works the best for students, we have a greater impact on an exponential amount of students in a shorter period of time," said Nicole diFilippo, Old Saybrook teacher.

The July 18th event is free and open to all educators, but tickets are required and limited to 200. Tickets can be obtained by visiting EdCamp Old Saybrook's website, <https://edcampold-saybrook.wordpress.com>. For more information, please contact Amity Goss, EdCamp Old Saybrook co-organizer and Director of Curriculum, Instruction and Assessment for Old Saybrook Public Schools at (860) 395-3157.

Cappella Cantorum Summer Concerts

Cappella Cantorum Men's Chorus Concert, is Sun. June 26, 7:30 pm, Old Lyme Congregational Church, 2 Ferry Rd. Old Lyme, CT. Music includes: For the Beauty of the Earth, Rutter, Guys & Dolls, Lullaby of Broadway, Men of Harlech, Ride the Chariot, Va Pensiero and When the Saints. Tickets: \$20, available at the door, 18 & under free.

Cappella Cantorum Men's Chorus Concert is Fri. July 8, 8 pm, at the Katharine Hepburn Cultural Arts Center, 300 Main St. Old Saybrook. Music

includes: For the Beauty of the Earth, Rutter, Guys & Dolls, Lullaby of Broadway, Men of Harlech, Ride the Chariot, Va Pensiero and When the Saints. Tickets: \$20, available at the door, 18 & under free.

Cappella Cantorum Men's Chorus Concert, July 17, 4 pm, Trinity Lutheran Church, Centerbrook. Music includes: For the Beauty of the Earth, Rutter, Guys & Dolls, Lullaby of Broadway, Men of Harlech, Ride the Chariot, Va Pensiero and When the Saints. Tickets \$20, available

at the door, 18 & under free. A reception follows the concert.

Messiah, Registration-Rehearsal, Mon. Sept. 12, 7 pm at John Winthrop Middle School, 1 Winthrop Rd. Deep River. All singers are welcome to join Cappella Cantorum to participate in the Christmas Section of Messiah. Rehearsals are held at 7:30 pm. Late Registration Mon. Sept. 19, same time and place, use rear entrance.

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1,500 - 1,750 SF	RAKA042JAZ	3.5	\$6,200.00
1,750 - 2,000 SF	RAKA048JAZ	4	\$6,400.00
2,100 - 2,500 SF	RAKA060JAZ	5	\$7,100.00

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Gardening - An Integral Part of Your Physical Regimen

Many of us find gardening to be a therapeutic and enjoyable activity this time of year. Unfortunately for most, well before reaching for those beautiful flowers or fresh vegetables, we will be reaching for the medicine cabinet or heating pad. Lower back, shoulder, leg, and neck soreness are common complaints we hear after the first labor intensive day of the year. Try some of these tips to help physically prepare yourself for this gardening season. Don't forget to consult with your physician before you begin.

Cardiovascular endurance: Swimming, biking, elliptical machines and rowing are all great low impact options. If you are inactive now, start by using two machines for 15 minutes each with a short break in between. Then, gradually work up to 30 minutes on one machine every day!

Muscular strength: Your program should include exercises for the back, shoulders, arms, core, legs, and chest because every muscle group will be used while you garden. Start with two sets of 10 to 12 repetitions for each group, three times per week with one day of rest in between sessions.

Flexibility: NO BOUNCING! Static stretching is the most effective form of stretching and should be done only after an adequate warm up has been completed. Hold each stretch for 20 to 30 seconds and stretch a few times a day if possible to prevent unnecessary muscle strains.

Please realize, your body is the most important tool you use out there, take care of it!

By George Norden
Joint Effort

Old Saybrook Lions Club

June 14, Flag Day, was a memorable day for Old Saybrook Lions. Installation of officers took place on that day and Immediate Past President, Lion Ed Gaffney, turned over the gavel to President Dick Campbell, who will preside from July 1, 2016 through June 30, 2017. Members of his Board of Directors include: 1st Vice President and "Lion Tamer," Ed Gaffney; 2nd Vice President, Diane Pare; Treasurer, Nancy Sullivan; Co-Secretaries, Shirley Evans and Kate Delaney; Membership Chair and "Tail Twister,"

Joanne Faraci; Directors Shirley Annunziata, Rita Fink, Richard Pare and Stuart Otto. We welcomed two new members inducted on June 14th, as well: Lions Mary Savoie and Jerry Smith.

By now, you should have received a copy of the Lions Club of Old Saybrook 2016 Phone Book. Additional copies are available at our Chamber of Commerce, Town Hall, Acton Public Library and other public locations throughout town. We are grateful to our long-time advertisers and our first-time advertisers for making it possible to provide this telephone book to you. We encourage you to use the services of these local businesses and restaurants. Browse through your new telephone book and read about the many activities and new endeavors of Lions of our community, region, state, national and international levels.

This year, thanks to the generosity of our Old Saybrook and surrounding town businesses and residents, we have made donations to the following organizations: the Parks and Recreation Department's Easter Egg Hunt, Old Saybrook's Little League, this year's Memorial Day Parade, the Estuary Council of Seniors, Dental Health Program, Shoreline Soup Kitchens and Pantries, Warm the Children Program, Diabetes Association, Hearing Impaired, Connecticut Lions Eye Research Foundation, Guiding Eyes for the Blind, Lions Low Vision Center of Eastern CT, Connecticut Radio Information Systems and Lions Clubs International Foundation.

Recently, we had representatives of HOPE Partnership come to one of our meetings for a presentation. We encourage all of the residents of Old Saybrook to learn more about HOPE Partnership. "It is a non-profit organization dedicated to developing affordable housing options on the Connecticut shoreline." "HOPE collaborates with town government, builders and community leaders and it is these partnerships that form the dynamic that make this process successful." For more information, you can check the website www.hope-ct.org or call 860 388-9513.

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Now that the warmer weather is here, look for us weekends at the Saybrook Hardware store, as we sell our Old Saybrook Outer Lighthouse pins for \$5.00/each. Also, businesses selling pins for us are The Cordial Shoppe, Chalk Mercantile, County Hearing & Balance and The Medicine Shoppe, all located on Route 1, and Seaside Wine & Spirits on Main Street. We thank them for their support and assistance with this fund-raiser.

We're still collecting used eyeglasses and hearing aids at various

locations throughout town, including the Town Hall, Acton Public Library, The Estuary Council of Seniors, Inc. and several eye doctors' offices and (for hearing aids) County Hearing and Balance at 900 Boston Post Road and Acton Public Library.

For more information about any of our activities and services, please call 860-924-5459 or write to:

Old Saybrook Lions Club, P.O. Box 21, Old Saybrook, CT 06475.

Summertime Lunches in Old Saybrook

The USDA Summer Food Service Program (SFSP) is coming to Old Saybrook this summer. Children up to 18 years old receive free lunches beginning Monday June 27 at the Quinnetekut Chapel, 25 Old Boston Post Road, in Old Saybrook.

Lunches will be served four days a week, Monday through Thursday until July 28, 2016. Lunch time is 11:30 am - 12:30 pm. For more information about the program, contact Kathy Cobb, MS, RDN, Nutritionist, at kathy.cobb@snet.net.

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Acton Public Library

IMPORTANT NOTICE

The library will be changing the hours of operation, effective July 1, 2016. The new hours will be: Monday – Thursday, 10:00 a.m. – 8:00 p.m. Friday & Saturday, 10:00 a.m. – 5:00 p.m.

The library will not be open on Sundays this year.

Summertime in Old Saybrook is a wonderful season, and the Acton Public Library has a full calendar of events for all ages to enjoy.

CHILDREN'S SUMMER READING PROGRAM

June 16 through July 31, 2016

For infants and children through grade 5

Summer Programs Generously Underwritten By The Friends Of The Acton Public Library

WEEKDAY FUN

Tuesdays: Crafternoons, 1:00 p.m. – 5:00 p.m.: Show us your crafty talent! Supplies are on us. Suitable for all ages. Tuesdays, July 5, 12, 19 and 26: It's Theater Time! With Judy Potter. Listen to a story and learn how to act it out. 11:00 a.m.–12:00 p.m. Best for ages 3 to 7. Please register.

Wednesdays: Picnic Story Times, 11:30 a.m. – 12:00 p.m. Bring a blanket and your lunch to eat indoors while listening to a story.

Best for ages 2 – 5; siblings are welcome.

Thursdays: Family Nights! Thursdays at 6:30 p.m. See below!

Friday, July 8th: Chompers and Chew Chew of the Hartford Yard Goats will be at the Library at 10:00 a.m. Come for a story with the mascots and a photo op!

All programs are free and drop-in unless otherwise noted.

Children under age 8 must be accompanied by an adult.

TRACK YOUR READING WITH SUMMER READER

The statewide online summer reading log!

Follow the link on our website at www.actonlibrary.org, or come into the library to track your time, write book reviews and claim prizes. Remember! All reading counts, including being read to, or reading to someone else.

ACTON READING BUCKS

Earn a "buck" for every 20 minutes of reading. You can "spend" your Reading Bucks at Acton's General Store on prizes.

Read To Feed: Or "spend" some or all of your Reading Bucks at the library towards pet food in our challenge to support the Valley Shore Animal Welfare League.

FAMILY NIGHT

At Acton Public Library

Thursday evenings, June 30 – July 28 at 6:30 p.m.

Drop in. Free & open to all.

Children under age 8 must be accompanied by an adult.

June 30: Family Movie - Kung Fu Panda 3 (2016, Rated PG; 95 mins.) Free popcorn!

July 7th: *Drumming About You:* Bob Bloom is bringing a melodic & colorful cargo of drums for the entire audience to enjoy hands-on. Everyone takes a drum ride with Bob as he drives legendary songs that have cool beats, smooth rhythms, and captivating lyrics.

July 14: Hooked on Llamas: A llama is coming to the library! Meet a real llama, listen to a llama story and learn about llamas and their fiber products. Everyone will have a chance to pet the llama.

July 21: Danny Magic! Magic for everyone. A fast paced, hilarious comedy magic show guaranteed to be fun for all

July 28: Get in the Groove to Move! with Brian Gillie: Get ready to dance for the entirety of this remarkably interactive program. Hip-hop to Mozart, Charleston to soul music, Macarena in reverse and Bunny Hop to disco! Two left feet? Relax! You are an amazing, creative dancing machine!

ABC AMIGOS!

Every Wednesday in August at 10:00 a.m.

(August 3, 10, 17, 24, and 31)

Preschoolers and caregivers will play games, sing songs, and listen to stories in both English and Spanish. This series is open to children regardless of Spanish-speaking ability. Free and drop-in!

CHILDREN'S DISPLAY CASE

Kids! Showcase your favorite collection in our Children's Display case. Each month a new collection will be on display in our Children's Department for friends and family to see and enjoy. Call or sign up in person to reserve your month now!

TEEN SUMMER READING CHALLENGE

This summer, Acton Library is teaming up with the Valley Shore Animal Welfare League to turn summer reading into food for rescued pets. Each chapter book a teen reads and registers with the library will donate a can of food for rescued pets – make three donations and receive a gift certificate to one of Old Saybrook's restaurants or businesses. Additional information will be available in the library and on the library website beginning in June.

YOUNG ADULT SUMMERTIME BOOK

DISCUSSION GROUPS

Each month this summer, 10 teens will choose a book to discuss and read. Each group will then follow-up with a book related activity of their own design, limited only by their own interest and ambition. Sponsored by the Friends of the Library and in partnership with the Youth Action Council. Registration forms are available at the Acton Library, on the Library's websites teen area, or through Youth and Family Services. (Teen) Sponsored by the Friends of the Library

TEEN PROGRAMS

University of Hartford Professor and Artist Katharine Owens will

explain the history and relationship between social activism and art. Before creating a social message of their own, using printing, painting, and collage techniques, 10 teens will learn about printmaking as one ancestor of social media and an art for social change. A digital display of the prints will show in the teen area of the library for a month following the workshop. Date: June 30, 10 a.m. to 1.p.m. (TEEN) Registration required; call or email teen librarian Michael Sweeney – 860-510-5061 or msweeney@actonlibrary.org.

BRIAN MILLER MAGIC

Known for his college tours, corporate events, and a popular TEDx talk, magician Brian Miller will present his unique brand of magic and sleight of hand. In Act 2, Brian will share his experience and perspective on developing an alternative career and developing a career on your own terms. Date: August 11, 1 p.m. to 3 p.m. (Teen/All Ages) Sponsored by the Friends of the Library.

IN SEARCH OF THE SOUTH POLE

Richard Wolak, a historian who spent ten years with the US Antarctic Program and lived for more than 3.5 years in Antarctica, will describe the history of the continent, the men who explored it, and what it's like to winter in "the last place on Earth." Richard's enthusiasm will prompt you to find your next adventure. Date: July 27, 6:00 p.m. – 7:30 p.m. (Teen/All Ages)

ADULT PROGRAMS

Old Saybrook authors featured:

MIKE URBAN, author of several wonder food/travel books will be discussing his newest title, *New England Seafood Markets Cookbook: Recipes from the Best Lobster Pounds, Clam Shacks and Fishmongers*, as well as the newly revised 2nd edition of *Lobster Shacks: A Road Trip Guide to New England's Best Lobster Joints*. Date: July 7, 6:30 p.m.– 8:00 p.m.

SUSAN SANTANGELO, author of the Baby Boomer Mystery Series, will discuss the newest book in the series, *Second Honeymoons Can Be Murder*. This is the sixth book in the delightful, funny series. Copies of the book will be available for purchase and autographing. Date: July 20, 6:30 p.m. – 7:30 p.m.

FOR THE FILM BUFF

Summer Dance MOVE.ies Series

"Exercise Your Mind: Read" & Dance this Summer at Acton ... Six Friday Flicks at 1 p.m.

- Jul 8 The Story of Vernon and Irene Castle (1939)
- Jul 22 West Side Story (1961)
- Jul 29 That's Dancing (1985)
- Aug 5 Strictly Ballroom (1992)
- Aug 12 Billy Elliot (2000)
- Aug 19 Mad Hot Ballroom (2005)

Continued on page 20

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ACTON LIBRARY ... continued from page 19

MUSICAL PERFORMANCES

Marc Black is an eclectic folk-rocker who deals with life and all its social and political challenges... one song at a time. Noted for his "timeless songs, deep grooves and excellent playing", Marc was inducted into the New York Chapter of the Blues Hall of Fame in June of 2014. He's performed and recorded with many luminaries including Art Garfunkel, Rick Danko, Richie Havens, Taj Mahal and Pete Seeger. Sat., July 16, 2:00 p.m. – 3:00 p.m.

Andy Sherwood Dixieland Jazz Duo

Enjoy an evening of toe-tapping songs including a variety of New Orleans Jazz, music of the Swing Era, and jazz standards of today. Andy Sherwood is a jazz

clarinetist and retiree of the U.S. Coast Guard Band. He will be joined by pianist Ian Frenkel, Director of Cadet Bands at the U.S. Coast Guard Academy. Wed., August 3, 7:00 p.m. – 7:45 p.m.

Flamenco! Live Flamenco music and dancing, with Paul Jared Newman and Deidre Towers. Wed., August 10, 7:00 p.m. – 7:45 p.m.

ON DISPLAY

In our Gallery

June – Artworks by VISTA Vocational

July – No artist featured
(Friend's Book sale)

Aug – Mike Sweeney

In the Gallery Display Case

Old Saybrook Historical Society's exhibit "Remembering WWII", to tie in with the summer exhibit at the society's museum, the Hart House.

In the Atrium Display Case

June – TBA / July – TBA

Aug – Mike Sweeney

In the Atrium - Society Of Connecticut Sculptors' Juried Exhibition

Features the work of 9 sculptors, with 17 works on display. Viewers will have the opportunity to vote for their favorite for "People's Choice" awards. The exhibit opened on June 1 and runs through August 26. There will be a closing reception on August 26, from 4:00 p.m. – 5:00 p.m.

Friends of the Acton Public Library

The Friends of Acton Library are seeking residents who would like to become members. If you are interested, please call one of the co-presidents for further information, or you can pick up an envelope at the library's circulation desk. Membership is an on-going item with the Friends. We would enjoy having you become a part of our organization!

Many of the Friends' purchases to help improve services at Acton Library have arrived. Stop in at the library and check out a music CD using the LAT-Stena disc retrieval system. In the children's room there is a new preschool writing desk and chairs, a coat rack, games, puzzles and manipulatives, and packaged multimedia learning kits for teaching preschool children. A new Slat Wall display board has recently been installed in the children's room. In the main library are the 3 Digital Displays programmed with "rolling" information.

We would like to remind you that our annual book & bake sale will be held July 14th from 10:00 am to 8:00 pm. On July 15th the sale runs from 9:00 am to 4:00 pm., with a Bake Sale from 9:00 am until gone. And on July 16th the sale is from 9:00 am to 3:00 pm. Please note the dates on your calendar. We hope to see you there.

Acton Library is sponsoring summer reading programs for children, teens, and adults again this summer. The Friends have agreed to help finance this wonderful venture. We hope that you and your family will participate in this very worthwhile program.

If you would be willing to assist with our book sale, call either of the co-presidents with your information.

Co-Presidents,
Pat Flanagan (860.395.1062)
Joe Breindel (860.388.5131)

Please consider becoming a member of the Friends of Acton Public Library!

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Old Saybrook Town Nurse - Tips for a Safe & Healthy Summer

Old Saybrook's VNASC Town Nurse, Tina Belmont, RN, offers these practical guidelines to ensure your health and safety all summer long.

HEAT HAZARDS

The hazy, hot and humid days of summer can overtax our temperature control system. Young children and people over age 65 are at greatest risk for heat-related illnesses, as are those with cardiac disease, diabetes, hypertension or poor circulation. Heat stroke is the most serious heat-related illness, and can be life-threatening. If you or a loved one experience any of the following symptoms, call for immediate medical assistance: body temperature of 103° F or higher; dry, flushed skin with no evidence of sweating; strong, rapid pulse; heavy breathing; pounding headache, dizziness, nausea, confusion, loss of consciousness. While waiting for emergency personnel, take these steps to lower the person's body temperature: move him to a shaded area, then apply ice packs, sponge-bathe with cool water, or spray with a garden hose.

Heat exhaustion is a less serious condition; its warning signs include pallor, heavy sweating, weak and rapid pulse, shallow breathing, muscle cramps, weakness, fatigue, dizziness, nausea and fainting. To relieve heat exhaustion's effects, increase your intake of cool, non-alcoholic beverages, shower or bathe in tepid water, find an air-conditioned environment, wear loose, light-

weight clothing. Untreated heat exhaustion may progress to heat stroke, so seek medical attention if symptoms worsen or last longer than one hour.

PROTECTION FROM SUN

People of all ages need to guard against damaging effects of the sun's ultraviolet rays on skin and eyes. The Centers for Disease Control (CDC) recommends using sunscreen with broad spectrum protection and sun protective factor (SPF) 15 or higher. Apply sunscreen 30 minutes before going outside, reapply every two hours and after swimming, sweating or toweling off. Wear sunglasses and a wide-brimmed hat to shade your face and neck.

KEEPING BUGS AT BAY

Biting, stinging insects fly, crawl and hop around us all summer. Entirely avoiding the horde is impossible, but protecting yourself from diseases transmitted by insect bites is not if you take a few simple precautions. When spending time outside – especially evenings when most mosquitoes are active, or in tick-infested areas – wear long sleeves and pants, tuck trousers into socks. Don't forget insect repellent – sprayed on exposed skin and clothing, it can keep biting insects away for up to eight hours. Recent studies show that the most effective repellents contain active ingredients picaridin (20% concentration), DEET (30% or less) and oil of lemon eucalyptus (30%). Take a brisk shower after outdoor activities, and wash treated clothing separately before wearing again.

If you have other health concerns this summer, stop in and talk to Tina during weekly VNASC screening clinics at Estuary Council of Seniors.

The Visiting Nurse Association of Southeastern Connecticut is a nonprofit organization offering full-service home healthcare. For more information on VNASC services or clinics, call 860-510-0035 or visit www.vnasc.org.

Free VNASC Health Screenings at

Old Saybrook Estuary Council of Seniors:

Blood Pressure: Mondays 11:30 am-12:30 pm
and Thursdays 12:30 pm-1:30 pm.

Diabetes: 2nd Thursday of each month, 7:30 am-9:00 am,
followed by Diabetes Support
Group, 9:00 am-10:00 am

Cholesterol: 3rd Thursday of each month, 10:00 am-noon.
Fasting is not required, but please call to schedule an
appointment - 860-388-1611, ex.202



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Estuary Transit District

Old Saybrook Land Trust



The Old Saybrook Land Trust (OSLT) continues to grow and to serve the community by preserving and stewarding open space in town for the benefit and enjoyment of citizens and visitors alike. With over 500 members, the Land Trust owns 75 acres of permanently protected land in town with an appraised value of approximately \$1.5 million. Approximately 25 more acres are in the process of being acquired.

On September 30, the Land Trust will hold a fundraiser cruise on the Connecticut River boat RiverQuest to see tens of thousands of birds congregate in the lower Connecticut River Valley on their migration route south. One flock of birds, primarily comprised of tree swallows, comes each evening to an island to roost. As many as half a million may

come in at dusk where they converge just before sunset over the island, often creating a spectacular "ballet" in the sky. Details on signing up for the cruise will soon be available on the Land Trust's website, www.oslt.org.

OSLT is always looking for volunteers, including those who wish to join the board of directors. If you're interested, contact the Land Trust by email at oldsaybrooklandtrust@oslt.org. And don't forget to "Like" the Old Saybrook Land Trust Facebook page to keep abreast of OSLT's latest activities.

Thanks for your ongoing support!
Mike Urban, President

Photo: the gathering of the swallows at dusk on the Connecticut River.

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THE BEACON

HIGH SCHOOL HAPPENINGS

Joseph Anastasio, OSHS Associate Principal

Two members of the Old Saybrook High School Crew Club, Peter Malinovsky and Seth Pardi, recently competed in the Stotesbury Cup, held in Philadelphia, Pennsylvania. The event, held each year, is the largest high school regatta in the world. Each year over 5,000 competitors from all over the country participate in the regatta's 31 championship events. The trip would provide the athletes an experience at one of the highest levels of competition in high school rowing. The boys practiced the course on Thursday and raced in time trials Friday afternoon. They finished 17th out of 24 boats, but were only 10 seconds out of 12th place, which would have allowed them to advance to the semi-finals on Saturday. They had a good race and it was some of the best rowing they've done all season.

FINANCIAL EDUCATION

Terri Linn, OSHS Teacher

Guilford Savings Bank guest speakers:

Ivan Valad, Operations Project Manager, David Carswell, Branch Manager, and Grace Pascale, Teller, visited the Accounting and Finance classes and shared information on a wide variety of financial and banking topics. Students learned what a bank actually is and the type of accounts individuals and business can open. Other information covered in the presentation included details on budgeting, opening an account, and compound interest and the power of saving. There was also an opportunity to play an interactive trivia game about old versus new banking.

OSMS ENERGY EXPO

Karen Evans, OSMS Teacher

On Wednesday, May 25th fourth graders at Old Saybrook Middle School shared their science projects at the annual Energy Expo. Students have been working diligently for about a month on their projects. Topics included: ways to conserve energy, recycling, solar energy, wind energy, nuclear energy, geothermal energy, fossil fuels, hydropower, biomass, transportation, green homes, non-renewable and renewable energy. The goal of this project was for the students to teach their peers, their parents, as well as adults and other students in the school community about these environmental topics. They did a fantastic job! There was a variety of projects created including games, posters, models and skits. Students were very involved in their learning and enjoyed sharing their skills and knowledge with their audience. Congratulations to the fourth graders for all their hard work!

GOODWIN LIVE THEATER

Marsha Rosenthal, OSGS Teacher

Goodwin School students and teachers participated in a wonderful event on Thursday, June 2nd. All kindergarten, grade two, and grade three students walked to The Kate for a performance of "Miss Nelson Is Missing." We are deeply grateful to the Old Saybrook Education Foundation for funding this event. Because of their generosity we were able to secure a professional theater company, Theatreworks, from New York City and cover the rental of our Old Saybrook community treasure, The Katherine Hepburn Cultural Arts Center. This is the second year that the Education Foundation has funded such an experience for our children. The Foundation has enabled hundreds of Old Saybrook students to experience a live performance in this historic venue. On the morning of Jun 6th, over two hundred children and adults walked to Main Street and shared in a memorable experience!

Social Services Help Days

July 28 and August 25 Back to School Help Day!

10 am – 3 pm

Dental Clinics

AHCT, HUSKY, SNAP Applications on site

CT Food Bank Truck Pantry

All Summer Help Days!

This summer we will be having Social Services Help Days at Grace Church Hall, 336 Main Street with dental clinics on site continuing our dental initiative to provide needed dental services to uninsured or underinsured residents in need. CT Food Bank will also be coming on these days from 1:30 pm – 2:30 pm bringing fresh produce and groceries to help residents in need and to stretch food dollars while children are home from school. Social Services Help Day is also being hosted this summer at Clinton Town Hall annex building on August 1 and September 5, and Old Saybrook residents are also welcome. CT Food Bank time in Clinton is 12 pm – 1pm.

This May we helped families in need learn about growing a garden for fresh food and raising chickens for eggs joined by community partners and volunteers. We were joined by nutritionists helping to show folks how to eat healthy on a food stamp budget, adding fruits and vegetables. We have also added blood test screening for cholesterol, diabetes and high blood pressure by nurses and a pharmacist. This summer we will continue with healthy food initiatives, health and dental initiatives. In August we will be focusing on helping children going back to school with clothing and supplies as well as children's teeth cleaning. We will be in need of new school supplies for this event and donations can be made in August at Social Services/Youth and Family Services.

We have been helping about 100 families each month who attend to have local access to help with state assistance programs for health care through Access Health CT certified assisters, SNAP outreach workers for food assistance, state energy and housing help through CRT from Harford, DSS workers when available, Nutritionists from USJ, and food delivery from CT Food Bank as well as local assistance programs being brought in for dental clinics, blood screenings, fire prevention and free smoke detectors with our Fire Department, Gardening help and free seedlings in the spring and Back to School supplies in the fall.

Appointments should be made for state application processing and for the CHC dental clinics by contacting, Susan Consoli, MA, LPC, Social Services Coordinator, 860-395-3188 or by email at susan.consoli@oldsaybrook.gov Walk-ins are also welcome. Please contact us for more information or if you'd like to donate.

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Summer Fun with OSPR



With summer upon us OSPR is in full steam with great programs and facilities for you to join and share with your friends and family. We

have some great programs highlighted below and many more that can be found on our website, www.OldSaybrookRec.com. Just a few reminders as you use the properties and facilities this year. All of our parks are open sunrise to sundown. The use of alcohol and tobacco are prohibited on ALL of our properties. Please be courteous to others and nature and please remove all objects you may bring into the parks and properties. For a full list of our parks and facilities, please visit our website, www.oldsaybrookrec.com or call us at 860-395-3152.

SUMMER CAMPS

We're gearing up for a fun-filled summer at Old Saybrook Parks & Recreation! This year, we will be offering a variety of camps for the youth of Old Saybrook, ranging from our signature day camps to weekly sports camps.

Our signature camps will run for a total of 9 weeks – starting the 20th of June and ending August 19th. Registration is done in weekly increments and space is limited. For those age 4 to Kindergarten, we will once again be offering our Junior Playground Camp Mondays-Thursdays from 9:00 am-12:00 pm. During this

time, junior campers will take part in a variety of activities ranging from art projects, outdoor games and even trips to the splash pad!

For our 1st-5th graders, we have our Parks & Rec Camp which runs Monday-Friday 9:00 am-4:00 pm. Each week has a different theme and campers can visit weekly to Harvey's Beach, Mini Golf and a special trip each Thursday! Before and after care is also available to accommodate parents' work schedules.

For those entering the 6th-8th grades, we have our weekly Teen Camp. This camp meets Monday, Wednesday and Friday from 9:00 am-4:00 pm. Mondays will include walks down Main Street, Wednesdays will feature visits to both Mini Golf & Town Beach, and Fridays will be reserved for some exciting field trips! Many of the field trips are beloved trips that return each and every summer, but new this year we have such trips as Launch Trampoline, the SportsCenter of CT and even Six Flags New England!

SPORTS CAMPS

No matter what the sport, we've got a camp for you! Throughout the summer OSPR will be holding different sports camps to help your child get that extra edge for the sports season. Each camp will be held for one week during the summer, with some during the day and even some evening options. Soccer, Tennis, Lacrosse, Softball, Football and Basketball are all represented – please visit our website at www.oldsaybrookrec.com or stop by to get more detailed information and registration forms.

Also, brand new for this year is an exciting opportunity for Old Saybrook 7th-9th graders. OSMS teacher Katey Flanagan will be offering an Adventure Day Camp program right at the Middle School. Activities will include team building exercises, as well as high and low ropes course stations.

TEEN TRIPS

Returning once again this summer will be our popular teen trips. These trips will be open to those students entering 7th-12th grades. All trips will depart and return to OSPR and will be staffed by either the Rec Center or Youth & Family. Trips will primarily take place on Tuesdays or Fridays, but please be sure to visit our site for complete trip information. New trips for this year include a private paint class in Westbrook and a visit to the Adventure Park in Storrs!

SUMMER TEEN CENTER

During the summer, the Teen Center will be open for drop-in from 12:00-5:00 pm on both Tuesdays and Thursdays. Open for those entering 6th-9th grades, Teen Center members will be able to utilize the games room and black top throughout the afternoon under Teen Center staff supervision. On Thursdays we will be featuring "drop-in" games of popular sports, including but not limited to Kickball, Dodgeball and Whiffle ball. Drop-in games will take place 1:00-3:00 pm every Thursday, and teams will be formed the day of. For more information on this and other great Teen Center events, please see Samantha Wilson at the Rec.



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Saybrook Point



Miniature Golf

Mini Golf is OPEN for the 2016 season. On May 27th, mini golf opened for 7 days a week! Voted Best Mini Golf by Connecticut Magazine two years running, our 18 hole course offers great

family fun at just \$5.00 per round. On Mondays, 11:00 am-4:00 pm, we have children's day, 12 and under play for just \$3.00 per round and on Wednesday, 11:00 am-4:00 pm, we have senior's day, where 65 and older can play for \$3.00 per round. We have a full concession offering, hot dogs, chips, candy, ice cream, soda, juice and water. Birthday parties or reservations can be booked at OSPR's Main Office at 308 Main St. Hours of Operation (weather permitting) 5/27-6/17 Sunday – Thursday 11:00 am -8:00 pm Friday and Saturday 11:00 am-10:00 pm. 6/18 – Labor Day Weekend – Seven Days a week 11:00 am-10:00 pm. For more information please visit our website at www.oldsaybrookrec.com. 154 College St. Old Saybrook (Saybrook Point) Old Saybrook, CT 06475, Phone: (860) 388-2407.

BEACHES AND PARKING PASSES

Beach Parking Passes are available online or in person at the Rec. Center this year. Parking passes will be required Memorial Day through Labor Day. The new stickers this year will need to be affixed to the lower, left-hand side of your windshield. You are allowed up to two passes per household, the 1st pass is \$20.00 and the 2nd pass is \$30.00. Discounts for military veterans and seniors do apply.

Hours of Operations at Town Beach and Harvey's Beach 6/17-Labor Day – Monday – Friday 10:00 am-5:00 pm / Saturday & Sunday 10:00 am-5:30 pm

SPLASH PAD AT KAVANAGH PARK

The Splash Pad is ready to cool you down at Kavanagh Park this summer. Located on Trask Rd., the splash pad has a variety of elements to keep your young ones cool this summer.

Hours of Operation

Monday, Tuesday, Thursday, Friday 11:00 am-4:00 pm
Wednesday 1:00 pm-6:00 pm
Saturday & Sunday 11:00 am-3:00 pm

THE PRESERVE

The interim trails have been identified and labeled for your use this year. There are trail maps available on our website as well as the towns at www.oldsaybrookct.org and in our offices. Temporary parking can be found in Old Saybrook at the top of Ingham Hill Road. The permeant parking lot in Westbrook on Rt. 153 will not be ready till the end of the year. There is also two parking lots located in Essex on Ingham Hill Road, off of Rt. 153.

SUMMER CONCERTS

OSPR has a summer full of outdoor music at two locations this year. We will have 10 shows on the Town Green, every Wednesday at 6:30 pm and this year we are offering three, Friday, shows at Harvey's Beach which will start 7:00 pm in junction with OSYFS's Movies on the Beach. We have an opening act for the July 20th show and they will start at 6:00 pm.

OSPR Summer Concert Series

Brought to you by: Guilford Savings Bank

Date	Band	Genre	Sponsor
6/29/16	Old Lyme Town Band	Big Band	OSPR
7/6/16	Les Julian	Family	O.S. Youth & Family
7/13/16	Long Island Sound	Cover Band	Child & Adult Orthodontics
7/20/16	The Meadows BrothersWith Opening Act	New Age American Folk	Middlesex Primary Care
7/22/16	Caribbean Vibe Steel Drum Band @ Harvey's Beach	Calyпсо	OSPR
7/27/16	Gracie Day	Folk/Country	Nerds to Go
8/3/16	Black and White	Rhythm, Blues &Rock n Roll	JM Realty
8/5/16	Sweet Tea Daddy@ Harvey's Beach	Cover Jam Band	OSPR
8/10/16	Kathy Thompson Band	Soulful Blues	OSPR
8/17/16	Late for Dinner	Cover Band Classic Rock	TJ's Pizza & OSPR

Old Saybrook Historical Society

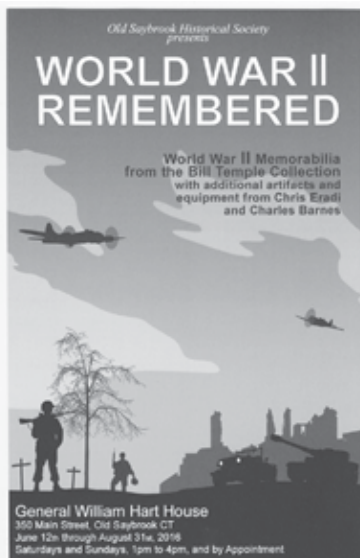
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REMEMBERING WORLD WAR II

In the 1943 Old Saybrook High School yearbook, the short write-up for senior Bob Duncan states that he divided his time between The Central Pharmacy and Saybrook Bowling Alleys and though he had a knack for getting into trouble, he is one of the most brilliant students in the class.

After graduating, Bob enlisted in the Marine Corps, serving with the 29th Marines in Guam and Guadalcanal, before seeing combat at Okinawa where he was wounded. His unit was awarded the coveted Presidential Unit Citation as a result of its Superior Performance during the Battle of Okinawa.

Bob Duncan, who died in 2012, was a respected, well-known and long time resident of Old Saybrook and member of the Old Saybrook Historical Society, serving on the Board of Trustees.



World War II poster for exhibit at Gen. Wm. Hart House,

Exhibit Gallery in the Gen. William Hart House, 350 Main Street, Old Saybrook. For further information, contact the Historical Society at contact@saybrookhistory.org or call 860-395-1635.

SHOWCASE OF HOMES 2016

Mark your calendar for this year's tour of houses on Saturday, September 10, 2016 from 10 am – 4:00 pm. Titled a "Showcase of Homes 2016," the event attracts hundreds of curious residents and visitors to the town's historic or otherwise significant houses. This year's tour will feature six Old Saybrook houses spanning four centuries, including the 1704 Black Horse Tavern, originally a customs house on the CT River and later the Burns and Young

Store and the early John Whittlesey House, residence of the town's first ferry boat operator.

A boutique with many local items will be open at the Gen. William Hart House from 9:30 am – 4:30 pm. There will also be a pre-tour cocktail party fundraising event on September 9th. Tickets may be purchased for \$25 or for \$30 on the day of the tour. They will be available after July 20 at the Stevenson Archives Building, Thursday, from 9:00 am – 12:00 pm. They may also be



View of Genl. Wm. Hart House, c. 1890, the first stop on the Showcase of Homes house tour.

purchased by mail. Checks should be made payable to the Old Saybrook Historical Society and sent, with a self-addressed and stamped envelope, to OSHS, P.O. Box 4, Old Saybrook, CT 06475. Orders received by September 1st will be mailed. After that date tickets will be held for pick-up on the day of the event at the Stevenson Archives Building (rear of Hart House), 350 Main Street, Old Saybrook.

The pre-tour cocktail party will be held Friday, September 9, at a lovely home in Knollwood. Tickets are \$100 per person and attendance is limited. For further information, visit the website at saybrookhistory.org or call the Historical Society at 860-395-1635.

PRESENTATION ON SAYBROOK FORT AND PEQUOT WAR September 25

Over the past few year's researchers from the Mashantucket Museum and Research Center, in cooperation with the Historical Society and neighborhood residents, have been conducting an archaeological study at Saybrook Point to locate Saybrook Fort and the site of battles between the settlers and Pequot natives. They have concluded their work and lead researchers Kevin McBride and David Naumec will be presenting their findings at the Pavilion on Sunday, September 25, 2016. The public is invited and there is no charge.



An early view of Saybrook Fort.

ORNAMENT FEATURES LADY FENWICK

For an inexpensive and distinctive gift with a local connection, the Historical Society is offering an historic ornament that features Lady Fenwick's historic memorial. Specially crafted by Woodbury Pewter, the ornament commemorates the life of Lady Fenwick who in 1639 accompanied her husband George Fenwick, an original patentee of Saybrook. She is buried at Cypress Cemetery where her memorial, shaped like the curving roof of a house, is believed to be the oldest monument for a woman in Connecticut. This 2016 ornament is the latest in this annual series of pewter ornaments and are widely collected. The Lady Fenwick ornament, and a few from earlier years, are available for \$12 at Saybrook Hardware or the Historical Society's Archives.

STUDENTS RECOGNIZED FOR CONTRIBUTIONS

Marie McFarlin, OSHS President, recently noted that working with students is a priority for the Historical Society and singled out five Old Saybrook High School graduates as "wonderful examples of how, given an opportunity, our youth can be leaders in giving service to others." Students who received the Society's Award for Service for their outstanding commitment and many contributions throughout their high school career included Adina Ripin, Sam DiPalma, Kyle Jackson, Ruthie LaMay and Reagan Mason. The Society's Student Volunteer Program has been recognized by Youth and Family Services for making significant contributions that support and encourage young people in our town.

Chestnut Hill Concerts

Ronald Thomas, artistic director



FOUR CONCERTS OF WORLD-CLASS CHAMBER MUSIC IN AUGUST AT THE KATE


AUGUST 5 • All-Schubert
Robert Belinic, guitar | Scott Yoo, violin and viola
Ronald Thomas, cello | Anna Polonsky, piano

AUGUST 12 • Brahms, Bartok, Dvorák
Osmo Vänskä, clarinet | Erin Keefe, violin
Ronald Thomas, cello | Randall Hodgkinson, piano

AUGUST 19 • Beethoven, Brahms, Shostakovich
William Purvis, horn | Steven Copes, violin | Tien-Hsin Cindy Wu, violin
Matthew Sinno, viola | Ronald Thomas, cello | Mihae Lee, piano

AUGUST 26 • Prokofiev, Beethoven, Schumann
Catherine Cho, violin | Todd Phillips, violin | Cynthia Phelps, viola
Ronald Thomas, cello | Mihae Lee, piano

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CT River Area Health District (CRAHD) outlines CT's Zika Virus Response Plan

Connecticut released its Zika virus response plan on April 22nd. It describes an inter-agency effort led by the Department of Public Health (DPH), and which we will summarize here. To access the full plan, visit: http://www.ct.gov/dph/lib/dph/infectious_diseases/zikavirus/zika_plan_revised_04-22-2016.pdf.

Connecticut is host to the *Aedes albopictus* mosquito (Asian tiger mosquito), found historically in southwestern CT, and considered capable of Zika transmission. It is not known to what degree this mosquito will contribute to transmission, if any, in CT at this time. Of recent concern is the possibility of women spreading the virus to her baby during pregnancy and between sexual partners. Also, travelers who are infected with Zika virus upon return to CT should avoid mosquito bites as they could be a source of local transmission if bitten.

MOSQUITO MANAGEMENT

The original focus of this program was prevention of the spread of Eastern Equine Encephalitis, and later West Nile virus. Public Act 97-289 allows for the state to monitor mosquito populations as well as take measures to apply pesticides for mosquito control in addressing a public health emergency. Management approaches used include surveillance, education, source reduction, larval and adult mosquito control and promotion of personal protection measures.

COMMUNICATIONS

The CT DPH will coordinate communications, which includes disseminating information on the risk of acquiring infection in CT, results of human and mosquito surveillance, precautions people should take, national guidelines to protect from fetal infections, lab testing and mosquito control activity.

SURVEILLANCE

Surveillance is the ongoing and systematic collection, analysis, and interpretation of health data in the process of describing and monitoring a health event. In the state's Zika plan, surveillance will occur for human disease. Zika virus is now a reportable disease, which makes reporting mandatory from labs and physicians. Zika testing is conducted by our state health lab and the CDC. Epidemiologic information is collected from human Zika cases regarding likely transmission. DPH is

encouraging Zika testing of children born with microcephaly in CT. Lastly, if spraying is conducted, DPH will conduct surveillance for possible health effects from pesticide exposure. Surveillance for Zika virus in mosquitoes identifies where (unlikely) local transmission might happen. The Agricultural Experiment Station maintains 91 mosquito traps statewide and identifies, counts, tracks distribution and prevalence of mosquito populations every 10 days from June through October.

PREVENTION

Mosquito control efforts should take place statewide. Larval source reduction is the most effective and economical way to control mosquito populations. The state plan relies heavily on local mosquito control efforts. Adulticide spraying may be used when quick reduction in adult mosquito populations is needed. Personal protection measures will be encouraged for the general population, and for men and women of reproductive age.

PHASED RESPONSE

The state's response will change as the season progresses and has the potential to intensify. The stages are: before mosquito season, beginning of mosquito season, single or locally acquired human cases, and then finally outbreak or clusters of cases, where the elements of the plan shift accordingly.



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The Epilepsy Foundation Of Connecticut

We offer 7 support groups throughout the state in Bethel, Milford, Stamford, Middletown, Groton, Guilford & Hartford. Our meetings are for adults living with epilepsy and parents of children with epilepsy. Those interested in attending are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com. For more information visit <http://www.epilepsyct.com> or call 800-899-3745.

Estuary Council Regional Senior Center

Estuary Council Regional Senior Center
220 Main Street, Old Saybrook (860) 388-1611

The Estuary Council of Seniors, Inc. (EC SI) is a community center for the Estuary region's residents over 50 years old providing nutrition, transportation, health support services, education opportunities and socialization. We have been 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 us at www.ecsenior.org for additional information or call us at 860.388.1611.

BINGO

Bingo at the Estuary! Every Thursday evening at the Estuary! Games begin at 6:30 pm. Doors open at 5:30 pm. Admission, including game package, is \$12 per player. Cash prizes with the progressive jackpot maximum payout of \$1,000.00 (increases \$100 each week). Open to all ages! Snacks and food sold during the evening.

SHORELINE CHEFS TO BENEFIT MEALS ON WHEELS!

Sunday, September 25 from 3 to 6 pm at Water's Edge Resort & Spa. Area restaurateurs, caterers, home cooks, and neighborhood notables will be cooking up their best dishes for sampling! Tickets are \$40 per person and are available for purchase at the Estuary. Admission includes your tasting of all our many chef's recipes, a silent auction and entertainment. Wine and beer will be available for purchase.

THRIFT SHOP

The Estuary Thrift Shop offers the best bargains on the shoreline! Clothing, furniture housewares, decorations, and jewelry are just a few of the things you will find. Every day is different! All ages are welcome to come in and shop. Open Saturdays. New Daily Specials!

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Shoreline Fire Departments Food & Funds for Shoreline Soup Kitchens

Shoreline Fire Departments Raise Food & Funds for Shoreline Soup Kitchens
 The Shoreline Soup Kitchens & Pantries' 5th Annual Firehouse Food Drive took place on Saturday, April 2nd, amid often torrential downpours of rain. Despite the wet conditions, with the generosity of the community, and many determined volunteers, close to 4,000 pounds of food was collected for local residents in need. Generous supporters also donated over \$850, which will provide enough food for over 2,000 meals. The five fire stations taking part this year included Old Saybrook, Westbrook, Essex, Chester, and Clinton.

Firefighter Max Sabrin, with the Old Saybrook FD, helped to bring

together members of the media, including radio sponsors Full Power Radio, Miss L from Jammin' 107.7FM, and News Now 94.9FM; and media coverage from NEWS 8 WTNH and NBC CT News. Gil Simmons, Chief Meteorologist at NEWS 8, WTNH, visited the OSFD Headquarters to lend a hand and help spread the word about the food drive. In addition, the Old Saybrook Stop & Shop, Clinton Stop & Shop, and Old Saybrook Big Y offered donation areas, manned by firehouse and community volunteers.

This collection of much needed food and funds will help to fill the shelves at SSKP's pantries. "The weather was challenging this year, and we are so thankful for the

support of all those who were willing to come out on a rainy Saturday to help our most vulnerable neighbors," said Patty Dowling, SSKP Executive Director. "We are so grateful to those who donated and especially to all the fire houses and volunteers that worked so hard at this year's drive."

The Shoreline Soup Kitchens & Pantries (SSKP) provides food and fellowship to people in need and educates the community about hunger and poverty, serving 11 shoreline towns. Founded 27 years ago, they accomplish their mission with the help of over 900 dedicated volunteers. Last year SSKP provided food for over one million meals to over 8,000 local residents in need.



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Battling CT's Opioid Addiction Epidemic

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

A few months ago, Senators Paul Formica, Art Linares and I held an opioid addiction education and awareness forum in Old Saybrook. Over one hundred people came to listen to our panel or to share their experiences with opioids and/or heroin. Forums like this one were held across the state and it became clear that Connecticut must act to try to prevent unnecessary tragedies resulting from drug abuse. As part of this effort, the legislature unanimously passed a bill that aims to curb opioid addiction: HB 5053, An Act Concerning Opioids and Access to Overdose Reversal Drugs.

“Opioids” are drugs that relieve pain, but have an addiction-forming or addiction-sustaining liability like morphine. Oftentimes those who become addicted to opioids eventually turn to heroin. Due to the fact that many become addicted to opioids during their first interactions with them (whether from an initial prescription or from another’s leftover or illegally sold supply), the legislature felt limiting initial opioid prescriptions to a seven-day supply in certain situations was a good step.

Under the bill, minors would almost always be limited to a seven-day supply (and it would include a discussion on opioid risks) and adults would only be limited on their first one, however there are exceptions.

The bill allows a practitioner to prescribe more than a seven-day supply of an opioid drug to an adult or minor if, in his or her professional judgment, the drug is required to treat a person’s acute medical condition, chronic pain, cancer-associated pain, or for palliative care.

The bill would also require municipalities to ensure that their emergency responders, who are most likely to first arrive on the scene, are equipped with and trained in the use of an opioid antagonist (a drug that can reverse the effects of an opioid/heroin overdose).



ENRICH

At the Community Foundation of Middlesex County, we know that it is the little things that count, that can change a community and improve the quality of life for all. Working together, we bring the arts to life for people of all ages through exploration and engagement. We preserve our local history for generations to come. We conserve land for everyone to enjoy - now and forever. We teach young and old to read, and so much more. We do this by developing endowments, making grants that have impact, and assisting donors in meeting their philanthropic goals...all made possible by so many good people doing great things in each and every town in Middlesex County.

We invite you to learn more about how we can help you support a passion or area of interest that matters to you and benefits our community. Call us at 860-347-0025 or visit us online at www.middlesexcountycf.org.



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partnerships with other community organizations and has developed to be a hub of community activity.

In January of 2015, the Kate formed a meaningful partnership with CPTV to bring an innovative television series which launched nationally on public television in January, 2016. Season one of the series featured captivating performances and revealing interviews with: Ana Gasteyer, Rickie Lee Jones, Jarrod Spector, Ann Wilson, Barb Jungr, and Rita Wilson, and received four New England Emmy Award nominations. A second season of taping began in June, 2016.

To celebrate all that has been accomplished, the Kate will hold its annual Summer Gala Saturday August 27th on the historic Town Green. In addition to fantastic eats and fabulous music and dancing, the inaugural Spirit of Katharine Hepburn Award will be presented as a graceful statuette sculpted in the likeness of Katharine Hepburn by Kimberly Monson, an artist and faculty member of Lyme Academy College of Fine Arts. The award will be bestowed yearly upon an individual who embodies the spirit, independence, and character of the 12-time Oscar Nominated, 4-time-winning namesake.

It is with great honor the Kate announces Dick Cavett as the recipient of the 2016 Spirit of Katharine Hepburn Award. Mr. Cavett has lead a life of insight and humor, and is arguably best known for his self-named talk show 'The Dick Cavett Show' and his remarkable ability for in-depth and sophisticated interviews and conversation.



His television show boasts one of the most famous interviews with Katharine Hepburn, who rarely agreed to interviews. Mr. Cavett will be at the Kate to enjoy the evening and receive the award.

Come learn more about the Kate and meet Mr. Cavett!

Individual tickets and sponsorships to attend the event are available at www.thekate.org or call 860-510-0453. Photo of Katharine Hepburn Being Interviewed by Dick Cavett, courtesy www.dickcavettshow.com.

The Kate

The Kate Draws the National Spotlight with the Kate TV Series on CPTV and the Annual Summer Gala August 27th Honoring Dick Cavett with the Inaugural Spirit of the Katharine Hepburn Award

The Katharine Hepburn Cultural Arts Center, an organization born of a public/private partnership with the town of Old Saybrook, has been in operation for six years now. Under the leadership of Executive Director, Brett Elliott, programming is eclectic, offering something for all ages and income levels. Following its cultural arts mission, the Kate has created



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ARTWORK: Peggy Root, *Open Gate*, oil on linen, 52" x 26"

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Sarah Lyons, Administrative Assistant		Sarah.Lyons@OldSaybrookCT.gov
Sandy Prислоe, Environmental Planner & GIS		Sandy.Prислоe@OldSaybrookCT.gov

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Judy Sherman, Office Manager		Judy.Sherman@OldSaybrookCT.gov

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Joan Strickland		Registrar@OldSaybrookCT.gov

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Wendy Morison		Wendy.Morison@OldSaybrookCT.gov

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Christina Antolino, Assistant Town Clerk		Christina.Antolino@OldSaybrookCT.gov

TREASURER

Robert Fish	395-3070	Robert.Fish@OldSaybrookCT.gov
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WATER POLLUTION CONTROL AUTHORITY

Stephen Mongillo, Program Administrator	510-5001	Stephen.Mongillo@OldSaybrookCT.gov
Robbie Marshall, Coordinator	395-2876	admin@oswpca.org
Gratia Lewis, Financial Manager	510-5076	Gratia.Lewis@OldSaybrookCT.gov

OTHER TOWN DEPARTMENTS

Acton Public Library - 60 Old Boston Post Road

Michele Van Epps, Director	395-3184	mvanepps@actonlibrary.org
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Police Department - 6 Custom Drive

Non-emergency	395-3142	
Michael A. Spera, Chief of Police	395-3142	mspera@oldsaybrookpolice.com

Probate Court - 302 Main Street

Terrance Lomme, Judge of Probate	510-5028	
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Social Services - 322 Main Street

Susan Consoli, Social Services Coordinator	395-3188	Susan.Consoli@OldSaybrookCT.gov
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Transfer Station

499 Middlesex Turnpike	395-3187	
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Youth & Family Services - 322 Main Street

Heather McNeil, Executive Director	395-3190	Heather.McNeil@OldSaybrookCT.gov
Linda McCall, Administrative Assistant		Linda.McCall@OldSaybrookCT.gov

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**Organic...
A Cleaner Way to Eat!**

So you ask, "what's up with all this organic stuff, it costs more and is there really a benefit?" Word has it, meaning lots of studies show, that yes, eating organic food is a huge benefit to your health!

Everyone knows that eating a rainbow of colors, meaning more fruits and veggies (NOT colored candy) is better for your health, but if you increase the volume of these critical foods into your diet, consuming "conventional" produce, then you are also consuming a great deal of synthetic pesticides, fungicides, herbicides, and fertilizers! Simply imagine over time what this can do to your health! For a list of the dirty dozen, check out the Environmental Working Group website.

So, let's get to the meat, or should I say the produce of this subject. Eating organic produce means better nutrition. The soil used on organic farms is filled with beneficial minerals unharmed by all the synthetic chemicals used on conventionally grown produce. Minerals are critical to good health! They support a healthy immune system, keep our bodies in balance, and reduce inflammation.

Eating local, fresh, organically sourced fruits and vegetables, along with minimally prepared foods is one the single best things you can do for your health! The abundance of chlorophyll and phytonutrients in organic produce is key to fighting disease and living in vibrant health.

Organic may cost a wee bit more, but tell me, what are you and your family worth? What would you pay to prevent, or recover your health? It's worth every penny in my book!

Janet E. Verney
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**Happy Summer!
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Events Magazines**

Economic Development

Wednesdays in Old Saybrook

Ahh – Summer on the Shoreline. Get outside and enjoy the cool breezes off the Sound, boats cruising the River, BBQs, hiking, water activities – the list is endless. Old Saybrook has everything you’re looking for and more, and not just on the weekend! Visit Old Saybrook every Wednesday for a full day of summer activities.

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- 9 am-12 noon Farmer’s Market on Main Street
- 11 am-8 pm Mini Golf at Saybrook Point – Wednesdays are Senior’s Days (\$3 games for Seniors)
- 11am-2 pm Enjoy lunch at any of Old Saybrook’s Great Restaurants – Everything From Sit-Down to Take Out for All Tastes
- 1 pm-3 pm The Historical Society opens the Hart House for Tours and a Trip through local History
- 3 pm-7 pm Enjoy dinner at any of Old Saybrook’s Great Restaurants or Picnic on the Green
- 7 pm Concerts on the Town Green



Old Saybrook Mini Golf at Saybrook Point

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53rd Annual Old Saybrook Chamber of Commerce Arts & Crafts Festival

Now in its 53rd year, the Old Saybrook Arts & Crafts Festival, presented by Liberty Bank, is a 2-day celebration of the arts and a true community event, involving civic organizations, like the Rotary, Knights of Columbus, Lions Club, Boy Scout Troop # 51, Youth & Family Services, O.S. Police Department, O. S. Public Works, O. S. Parks and Recreation, the O.S. Board of Education, the Estuary Council of Seniors, as well as a battalion of volunteers. Ten thousand residents and visitors are expected to convene on the Town Green over the weekend, perusing one-of-a-kind art exhibited by one hundred fifty artists and crafters. Categories include: acrylics, ceramics, pottery, graphics, fiber, mixed media, glass, oils, jewelry, pastels, leather, painting, photography, metal, quilts, sculpture, and wood. Stop by and experience this wonderful summer event.

July 30, 10 am – 5 pm
 July 31, 10 am – 4 pm

ANNOUNCING THE 2016 C. WILFRED HUNTER MEMORIAL SCHOLARSHIP WINNERS

Each spring the Old Saybrook Chamber of Commerce awards academic scholarships to graduating high school students who will be pursuing their education beyond high school. The scholarship committee carefully considers academic

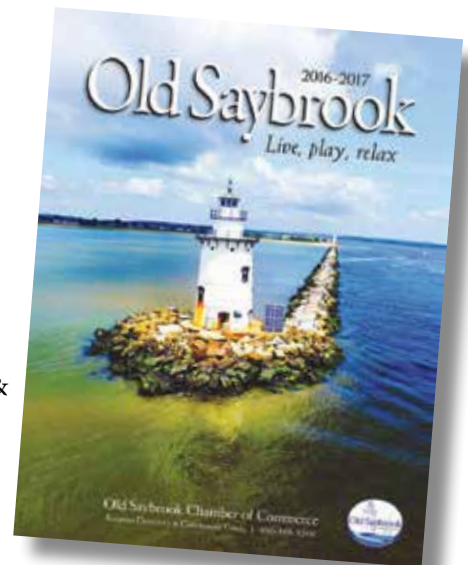


Artist Laurie-Annya Linfoot displays art made from recycled and repurposed materials, like solar lanterns and fairy lights at the 2015 Old Saybrook Arts & Crafts Festival.

achievement and community service, as well as other factors. This year's recipients are Samantha Dibble, Julia DiBella, Clay Duffy, Owen Greene, and Mackenzie Marien. Recipients were recognized at a June 7 reception at the Chamber.

2016-17 OLD SAYBROOK CHAMBER OF COMMERCE GUIDEBOOK

Twenty-five thousand copies of the 2016-17 Old Saybrook Chamber of Commerce Business Directory & Community Guide have landed at the Chamber office and are being distributed about town and throughout the state, in hotel rooms, restaurants, at I-95 rest stops, and even at the Big E. Old Saybrook and area residents will receive their very own copy with delivery of the Harbor News. Inside you'll find a calendar of year-round events, a bit of history on some local points of interest, and an indispensable listing of Chamber members, listed both alphabetically and by category. So next time you're looking for an electrician, dog groomer, attorney, caterer, auto repair shop, dentist, well, you get the idea; be sure to consult this indispensable guidebook. Photo courtesy of Stephen Carlson.





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Old Saybrook \$2,395,000
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INTRODUCING

Old Saybrook \$2,199,000
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NEWLY PRICED

Old Saybrook \$1,850,000
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INTRODUCING



Old Saybrook \$1,785,000
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WPCA Update

The second phase of the Wastewater Management District Program continues with the 5 Maple Avenue North septic system upgrade contracts in progress. Two construction contracts have been completed and three are in various stages in the process, with deadlines in the fall.

In the meantime, the WPCA has proceeded to Cornfield Point. Since Cornfield Point represents the last completely conventional upgrade area, we began the information and entry stage in April with year-round residents. Seasonal residents were introduced to the Wastewater Management District Program at the beginning of June. The majority of the soil testing for the 300+ properties was conducted over the winter and spring. Therefore the next step is putting the data into bid packages. Cornfield Point, being such a large focus area, will take the better part of 2 years to complete, with the probability of releasing 9 bid contracts. Construction won't begin until all the bid documents have been prepared.

The 4 remaining beach areas continue to be soil tested and investigated in order to apply the best approaches to septic system upgrade.

This update would not be complete without a gardening article submission. We return to our focus on the suggested reduction of lawns and "monoculture." Lawns not only require a lot of maintenance but are less healthy for the environment (chemicals, watering, mowing) than a diverse mixture of plants and shrubs.

For further information, please feel free to visit our office, call 860-395-2876, or attend our Board meetings on the 2nd and 4th Mondays in Town Hall. You can also visit www.oswpca.org or our pages on the Town website.

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To download previous issues of Old Saybrook Events visit www.eventsmagazines.com and download the issue you desire!


Parkinson's Exercise Program

Local Parkinson's Exercise Program Shows Great Results in Helping People with Parkinson's Feel Better

East Shore Region Adult & Continuing Education is hosting classes by Beat Parkinson's Today, an exercise program designed specifically to improve Parkinson's symptoms.

There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating. Results have been astounding. Clients have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered their dosage of their medications.

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Rotary Club of Old Saybrook

"No one can tell us what Rotary will be tomorrow, but one thing is certain: What Rotary will be tomorrow depends upon what we Rotarians do today."

This quote was taken from the 1916-17 President of Rotary and founder of The Rotary Foundation, Arch C. Klumph.



Long time Saybrook resident, Gerri Lewis will take over as President of The Rotary Club of Old Saybrook, which includes members from Lyme-Old Lyme, Westbrook and Old Saybrook, on July 1, 2016.

Ms. Lewis has been a member of the club for 13 years and has served in the positions of secretary, assistant treasurer, sergeant at arms and president in 2008 and 2013.

She is also president of the Board of the Estuary Council, a Board member of the Old Saybrook Zoning Commission and fundraises for numerous non-profits. When not busy committing herself to Rotary's work, which she supports with a great deal of her own personal time and energy, she works for Attorney Victoria Lanier in Old Lyme as a paralegal and for the Town of Old Saybrook as Recording Clerk for two commissions. In 2015, she was awarded the Lions Club Humanitarian Award and is a Rotary Paul Harris Fellow. Ms. Lewis says she has big ideas for her year in the presidency. "I will dedicate my year as president to a grant partnership with other district 7980 Rotary Clubs in a joint effort to support access to clean and safe water in Uganda. "I also plan to work with my fellow Rotarians to increase membership and involvement." The district induction ceremony took place on June 20 at

Amarante's in New Haven. Rotary meets every Wednesday morning at Saybrook Point Inn, Fresh Salt. Rotarian, Marty Drobiarz says of Gerri, "Gerri is extremely dedicated to Rotary not only at the club level (she is about to begin her 3rd term as president) but at the district level as well. She truly embodies the Rotary motto, "Service Above Self". Old Saybrook Rotary is part of Rotary District 7980; a district, that continues to be strong, vibrant and committed to doing good in the local communities they serve and in communities across the world. Rotary is known for gathering members who want to exchange ideas and take action with other leaders. The goal is to add value to the communities served by sharing the gifts and talents each member has to offer. Rotary asks its members to remember to be a gift to each other, to the community, the nation, and the world.



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The Rotary Four Way Test, which the Saybrook Club recites at each meeting is the very core of our organization's belief system. Of the things we think, say and do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOOD WILL and better friendships?
4. Will it be BENEFICIAL to all concerned?
5. (unofficial... IS IT FUN?)

Interested in learning more about membership in Rotary?
Email Secretary, Sandy Miller at smiller@gsbyourbank.com.

North Cove Yacht Club



North Cove Yacht Club will be hosting its annual Celebrate North Cove Day on July 17th from 12-4 pm. This free event is open to the public. Come enjoy Old Saybrook's scenic North Cove with a special afternoon complete with a free cookout, sailing races, stand up paddle boarding (fun for even beginners!), scavenger hunt, Hobie Cat rides and more. Bring your friends! Fun for adults and kids of all ages.

Open to boaters and landlubbers alike, North Cove Yacht Club takes advantage of Old Saybrook's remarkable access to both river and Sound. Our cove-side clubhouse has a commanding view of Old Saybrook's harbor of refuge and on to the Connecticut River. Our members enjoy easy access to the Club's fleet of small sailing craft, stand up paddle boards and a beautiful waterfront with plenty of dock space. We also offer three 2-week learn to sail programs for kids age 9-15. The Club is active in both casual cruising around Long Island Sound and beyond as well as weekly racing for both small and larger sailboats. And don't forget about a year-round amazing social function calendar and participation in Old Saybrook events such as the Torchlight Parade and Chili Fest.

For more information about our Celebrate North Cove Day event and all the things that make North Cove Yacht Club a shoreline treasure, visit www.northcoveyc.com.

Contact Info: Melissa Mason
Chair, Celebrate North Cove Day
masonahoy@gmail.com / 860-388-2062

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Rosé

There is nothing quite as refreshing as a nice summer rosé. Rosés are wines that are basically “pink” in color, which is attributed to the grape varieties used, and how long the skins stay in contact during the wine making process. The biggest misconception about rosé is that they are sweet, due to the previous popularity of White Zinfandel, which is made sweet by cutting the fermentation process early. This results in higher residual sugar and lower alcohol.

Rosés are typically a blend of more than one red varietal, and occasionally a few white varietals. The flavor is very pleasant and refreshing, with accents of fresh berries such as strawberry, raspberry and cassis. Rosés are a delicious alternative to white or red wine for summer. They are great for picnics and barbecues which normally provide a vast selection of foods including chicken, beef and seafood.

Rosés are produced all over the world, so each country's unique blend of grapes varies. France is the most popular country for rosé production, with Provence being

the dominant region. Provence produces very light and refreshing rosé that can be drunk on their own or paired perfectly with seafood. Côtes du Rhône also produces a bit fruitier, full-bodied wine, which consists of the classic Rhône varieties; Grenache, Syrah and Cinsault. Spain also produces fantastic rosés that are on the heavier side consisting of Tempranillo, these are referred to as Rosado.

California also does a beautiful job producing Pinot Noir rosé, which are soft yet very flavorful and refreshing. In South Africa it is typical to blend a bit of Viognier into the rosé, giving a pleasant floral quality to the wine.

Whether you typically drink white or red wine, you cannot go wrong with a rosé. During the hot summer months when all you want to do is cool down, try a great bottle of rosé. They are guaranteed to please the palate as well as any guest you may have.

Enjoy your spring and these mouth-watering wines!
Art LiPuma, General Manager SeaSide Wine & Spirits

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Old Saybrook Native Founded Braveminds



Braveminds is one of very few non-profits that was founded for the Caregivers (spouses, children and loved ones) of our returning military heroes. This national non-profit was founded by an Old Saybrook native, and Department of Veterans Affairs physician of 19 years, Dr. Kara Cowell Gagnon.

“When caring for my brain-injured patients, they often struggled in answering my detailed medical history

questions. This was, in part, due to their short-term memory loss and speech deficits from their brain injuries. I would ask the veteran the medical questions first, but I would also engage their Caregiver, typically a young spouse with a child in her lap. That Caregiver became critical to the success of my examination. I noticed the very vacant look in the Caregivers’ eyes... one of being completely depleted... spiritually, emotionally, physically, psychologically... it was consistent and concerning.

The first time I said to an exhausted looking Caregiver, “How are you... How are you doing? She was astonished that I cared enough to ask.”

I left the VA after 19 years, liquidated my 401K and founded Braveminds. My grave concern for the duress that these hopeless and fatigued Caregivers and children were under, mounted daily. I sounded the alarm locally and nationally, informing the nation of the tremendous weight we have placed on these loved ones caring for their heroes’ visible and invisible wounds. These at-risk Military Families are deserving of our best efforts to support and contribute to their healing and long-term needs.

Please Join us and spread the word for one or all of our upcoming Braveminds events:

July 19th at The Kate

August 18th at Jonathan Edwards Winery


September 17th Old Saybrook Braveminds Walkathon

Visit our website www.braveminds.org.


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Old Lyme Country Club Celebrates Its 100 Year Anniversary

The Old Lyme Country Club is celebrating its founding in 1916 with a season long schedule of events. The club, organized in 1916 as a 6 hole golf course and incorporated in the 1920's with an expansion to 9 holes, continues as a key shoreline institution to this day. Throughout its long history it has served its member's social and athletic needs as well hosting many community events. The club's membership has included such well known figures as Walker Evans, the Depression era photographer & Dominick Dunne the celebrity author. The club has survived two World Wars, the Great Depression and most recently, the Great Recession. Over the years the club has continued to evolve. It has added tennis courts, paddle tennis courts, a heated near Olympic size pool in 2005 and, most recently a bocce court. With a growing membership it is looking forward to another century of prosperity!

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WPCA - How to Convert Your Lawn into a Garden

This is an idea that flies in the face of the convention of accepted suburban landscape design. If you've ever thought about converting your front lawn into a garden, here are some tips for moving ahead.

Start with Structure- Lots of different flowers in a small area can look chaotic. Border them with evergreens and paths to define planting beds and keep things organized. Boxwoods, dwarf holly, and clipped ivy work well. Evergreens make beds that change from season to season more manageable and add another layer of interest.

Provide Different Vantage Points - A circular landing in the front walk near the street provides a great overall view. Stone covers the walk, replacing concrete. Adirondack chairs enjoy the shade of a magnolia. Opposite them on the east side rests a bench ideal for sitting and watching the sunset. The east-west orientation makes it feel larger.

Replace Concrete with Gravel - The gravel reduces glare, never commands attention, and allows rain to penetrate and water the plants. Many kinds of gravel are available, but don't use rounded pea gravel. It won't compact and will get kicked out all over the garden.

Combine Colors Effectively - Every change out of flowers brings a new color medley. A spring scheme depends largely on 4 colors; yellow, white, silver, and blue. A good mix for 3 colors, is magenta, lavender, and chartreuse. An easy way to combine 2 colors is by using the color wheel. Pick colors that are opposite each other on the wheel, like orange and blue, because opposite colors intensify each other.

Plan for Multiple Seasons of Color - Cool-weather flowers can be planted such as pansies, violas, and snapdragons to bridge gaps in color from perennials. When they begin fading as the weather warms up in spring, they are replaced with heat-lovers such as zinnias, lantanas, and salvias for blooms all summer.



Other suggestions include: rugged shoreline perennials and shrubs like lavender, coreopsis, lambs ears, hydrangeas and spirea; bulbs which welcome in the spring and spread from year to year like daffodils and crocuses; and colorful trees like Japanese maple and Dogwood.

Final thought - Groundcovers are the key to tying the landscape together and creating unity throughout the garden. Groundcovers can also soften edges, prevent erosion, control weeds, and minimize mulching. They're low maintenance and create the first level of plant layering. Pachysandra and Vinca (AKA creeping myrtle or periwinkle) are the first to come to mind but there are many other plants that can perform the same role.



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