

Old Saybrook



Events

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Volume 13 • Quarter 4 • 2012



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Welcome our new Pediatrician



East Lyme Pediatric Clinic is pleased to announce a new addition to our practice. Please join us in welcoming Dr. Lauren Kopyt to our family. Dr. Kopyt is board certified in Pediatric Medicine and looks forward to providing the best quality care and support for you and your family. East Lyme Pediatric Clinic has served the Old Saybrook community

for the last 13 years. We have a warm and personal atmosphere. Dr. Kopyt is currently accepting new patients. Please call 860.739.7444 to schedule an appointment.

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 Lauren Kopyt, MD

Jessie Brutus, MD
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First Selectman's Corner

Happy Holidays from Town Hall

While I am sure that most of Old Saybrook is very tired of hearing about Storm Sandy, I would like to post a few comments from the days (and weeks) at the end of October and into November concerning it. From Friday, October 26th through November 4th, your Board of Selectmen, your Police Chief Michael A. Spera, Fire Chief John Dunn, Director of Public Works Larry Bonin, Emergency Management, School Superintendent Heston Sutman and Business Manager Julie Pendleton, and Youth and Family Services Director Heather McNeil were on two-a-day, and sometimes three-a-day, conference calls with Governor Malloy's emergency management personnel. Shoreline Towns were required to report to the Governor's office their specific evacuation plans due to the expected storm surge. Old Saybrook's shelter opened on Sunday, October 28th at 5 p.m. and became a recovery center on Tuesday, October 30th. The organization at the shelter needed to be seen to be believed. There were 350 people and 30 pets and no one missed a meal. The schools were shut for 3 days, then cleaned from ceiling to floor by the school custodial staff and our schools re-opened on Thursday, November 1, days ahead of other communities.

The storm represented a serious challenge for Old Saybrook and all shoreline communities. The cleanup was significant and the damage to public and private infrastructure has led to headaches for many. From the Town's perspective, our Mini-Golf course sustained heavy damage. We will repair the course and, if possible, have it open for next summer. The Pavilion also sustained damage to doors, windows and heating and air conditioning. The Pavilion is insured by the Town and we hope to get those repairs completed as soon as possible. Obviously, our beaches suffered some damage too. Five road endings in Cornfield Point are closed off due to erosion. Significant damage also occurred on private property. We all know the newly renovated Dock 'N Dine suffered major damage and will need to be rebuilt again. Erosion on or near private properties in Cornfield Point was significant. There are several houses that are being threatened as the erosion undercut the bluff protecting those properties. We are working with homeowners, DEEP, FEMA and the Army Corps of Engineers to generate a solution. In addition to all this, 250 houses received minor damage, 25-30 houses received moderate damage, 8-12 houses received major damage and five houses were lost in the storm.

Damaged "areas" include Beach Road East and West, Saye Street, Brooke Street and Willard Avenue. While the Town is still recovering, we did not get the worst of the storm (see New York and New Jersey), but we still sustained significant damage and people's lives have been turned upside down. As always, the town is here to help in any way it can.

One of my roles during a crisis (as well as in day to day operations) is to ensure that my office, and every office and person who works for the Town, promotes values that instill confidence in local government. Working in government is an honor and a privilege and we have the responsibility to earn and maintain the public trust. During a storm, the safety of our citizens is of primary importance: party affiliation is irrelevant. We don't have the luxury of getting a second chance. I hope that before, during and after this storm, your local government earned your trust. If you have comments about how we could have done better, we are here to listen. Events like Storm Sandy test us all. But the foundation of a good government on a day to day basis will serve its public well in a time of need.

As we move into the winter, we have business to move forward. As most of you know, we are under contract to acquire 36 Lynde Street as a municipal improvement and the possible site of a downtown Police Station. The building, circa 1971, is 13,234 square feet and well built. It sits on 3.8 acres and abuts the site of the now abandoned police station. The old police station cannot be retrofitted. That was the conclusion of the 2nd Police Building Committee after hearing from a structural engineer and architect. 36 Lynde Street offers a building we hope to renovate, not raze, but all will depend on a needs assessment, due diligence inspections and ultimate design. If the site ultimately works for the Police Department, the town will have the opportunity to provide for more downtown recreation and, importantly, parking. As we move forward with this project, we will closely engage the Lynde Street neighborhood and the community at large. Much more on this as the winter progresses. As always, thanks for reading the latest from Town Hall.



*Carl P. Fortuna, Jr.
First Selectman, Town of Old Saybrook*

The Next Deadline for
Old Saybrook Events
is March 1st

A New Adult Nursing Scholarship Established

Recently, the Old Saybrook Public Health Nursing Board established a new Adult Nursing Scholarship with funds left to the board by Francis Flanagan. In 1984, the Town of Old Saybrook Public Health Nursing Services received a bequest from the will of Francis Flanagan, which was later earmarked to be used for nursing education and scholarships.

For many years the PHNB has offered scholarships, funded by the Flanagan bequest, to Old Saybrook graduating high school seniors pursuing a nursing, and/or other related health degrees. In 2005, when the interest from the Flanagan Fund was insufficient to fund the scholarship program, the PHNB established the Nightingale Scholarship Fund, and began an annual scholarship appeal to help fund the nursing scholarships. Due to the on-going generosity of Old Saybrook residents and local businesses, the Nightingale Appeal has been very successful and the board has relied less and less on the Flanagan Fund to help supplement the annual high school nursing scholarships. One of the most important missions of the PHNB is to help alleviate the critical nursing shortage in Connecticut and Nationally. The PHNB established the "The Flanagan Adult Nursing Scholarship" as a way to reach this important goal.

The Flanagan scholarship offers financial support to individuals at least 23 years old, who have successfully completed one year of a nursing program, (Associate RN, BSN, MSN, APRN)

and need the financial scholarship support to complete their nursing education.

The first Flanagan Adult Nursing Scholarship of \$5,000 was given to Erica Varley. Erica, a graduate of Old Saybrook High School, attended Boston University where she received a Bachelors Degree in Psychology. After working for several years, Erica was accepted to Simmons College in Massachusetts, where she will graduate with honors and receive a BSN in the spring.



If you would like more information about the Flanagan Adult Nursing Scholarship and information about how to apply, please contact either Janet Hodge-Burke at janhodgebur@sbcbglobal.net or Janet Temple at temple58@hotmail.com.

*Diane Aldi DePaola RN., Chairman
Old Saybrook Public Health Nursing Board*

A Beautiful Tree-Lined Driveway

Just picture this - stately oak or maple trees gracefully arching over your driveway - an enticing and inviting entry into your "estate". Quintessential New England - providing shade in the summer, a colorful palate in the fall, pretty, arching snow covered branches in the winter, and a flowering burst of welcome color in the spring. Picture perfect in every season.

Unfortunately, life oftentimes throws us a curve ball every now and then. When that happens and we find we need to call on the services of the Ambulance Association or the Fire Department, those stately, overarching trees can prevent those very services we desperately need at that moment from reaching our front door. Low hanging branches can damage the roof and emergency lights of the ambulance or fire truck or, worse yet, could be so low that the vehicle cannot pass under the branch and approach the house.

While most people reading this may say that this only pertains to those townfolk "north of 95" on Ingham Hill or Schoolhouse Road, many of the homes in all areas of town may have even only one tree close to the driveway with a

limb that has grown over and across the driveway. It has been our experience that the driveway area was clear when the house was originally constructed but, as time passes, those cute little saplings planted when the house was first occupied have now matured into significant landscape features.

Please take a moment and go outside and review your driveway situation - are there any low hanging branches that might limit travel over your driveway? Could an ambulance make it close to your front door? Will the Fire Department need to lay hundreds of feet of hose just to reach your kitchen? If so, please consider having those branches trimmed to provide ready access for emergency vehicles.

Remember, delays at the beginning of any emergency can exacerbate the situation. Thanks in advance for taking the time to evaluate your circumstances.

*Don Lucas
Building Official
Member, Old Saybrook Fire Department*

Assessor - Fall Report

State Statute requires the Assessor to send all businesses in the Town of Old Saybrook a personal property declaration. These declarations are normally due back to the Assessor by November 1. This year because of hurricane Sandy, Governor Dannel P. Malloy extended the filing date to November 15.

To date about half of the 1,100+ personal property declarations have been returned. Those that have been returned in a timely manner will not be penalized.

Near the end of October, 2012 we received the Supplemental Motor Vehicle list from Connecticut DMV. This list contained approximately 2000 vehicles of which 300 were priced manually, using the NADA price guide.

In December we will receive the regular 2012 motor vehicle list which will contain more than 10,000 vehicles. As usual approximately one third are un-priced and will have to be done manually by using the NADA price guide.

I will try and complete the 2012 Grand List on schedule by the

end of January. If we run short of time I will have to ask the Selectman for a 30 day extension to complete our duties.

The state mandated program for the "Elderly and Disabled Homeowner" begins February 1st and ends May 15, 2013.

The state's Renters Program begins May 15, 2013 and runs thru September 15, 2013.

The 2013 revaluation is still under way and on schedule, the residential property as well commercial/industrial field work is nearly done. We have been tracking all residential and commercial property sales since 2011 and will continue thru the end of 2013.

Norman B. Wood CCMA II - Assessor

Rick Pine - Assistant Assessor

Beverly Levassar - Part Time Clerk

Luke Parker - Personal Property Appraiser

Patricia A. Stevenson - Personal Property Appraiser

Jason Evans - Residential Data Collector

Growing a Manufacturing Base in Connecticut

Manufacturing has always been the backbone of the economy, especially in Connecticut. Unfortunately, in recent years we've seen more and more businesses close their doors, lay off workers and either go out of business entirely or move operations to more business-friendly states with lower taxes and cheaper energy.

Certainly the national manufacturing climate has changed and as a nation we're not producing as many tangible goods as the past. However, the policies instituted in Hartford- high taxes, unfunded mandates, onerous permitting processes and red tape- also play an important role in those losses. Connecticut has qualified men and women ready to do these jobs, from the most basic to intricate and high-tech, and we must find ways to get them back to work and reclaim our status as a manufacturing powerhouse.

That's why I am pleased the legislature created a Manufacturing Caucus charged with evaluating and assisting Connecticut manufacturers to train and educate workers. Another goal of the caucus is to help Connecticut businesses compete locally, nationally and globally for venture and start-up capital.

Recently, the Manufacturing Caucus held a meeting to discuss pressing issues for the coming legislative session. Some of the ideas included better identification and support for manufacturer's needs, developing networks to improve and discover new ideas and commercial opportunities, creating a voucher program to assist startup businesses get access to accurate and up-to-date research, and developing

a research company with a focus on new technology. The caucus also intends to focus on creating a positive image of manufacturing to boost youth involvement and develop career interest by building an integrated system of high school and college programs to educate and train

workers based on employer needs. While this is just an outline of some of the ideas I think it's a good first step.

Manufacturing in Connecticut accounts for more than \$25.9 billion of our state's gross product yearly. That's more than 11% of our state's total workforce, according to a report by the Connecticut Industrial Energy Consumers. Across the nation, nearly \$50 billion a month, or more than 60% of exports are linked directly to manufacturing. Those exports also account for \$1.37 in additional activity for each and every dollar spent. Investments in manufacturers clearly pay dividends back to the communities that support and sustain them.



By State Rep. Marilyn Giuliano

[State Rep. Marilyn Giuliano represents Lyme, Old Lyme, Old Saybrook and Westbrook in the Connecticut General Assembly.]

Essex Winter Series

For over 30 years, the Essex Winter Series has brought a variety of musical concerts to the Shoreline area. Our patrons come from far and wide. These concerts range from classical to jazz, for young and old. In 2010, the "Fenton Brown Emerging Artists Concert" was inaugurated. Each year a benefit has raised the funds to sponsor an annual concert featuring talented but undiscovered musicians as well as an outreach program in local schools and the community...bringing the music of these young musicians to hundreds of children and elderly at no cost to them.

Concert Agenda for 2013

On Sunday, January 13 at 3:00 p.m. at Valley Regional High School, the EWS will kick off the season with a special 35th Anniversary Concert: "Romance on the River".

Opening this anniversary season is a unique concert celebration of love by two local couples, who are all internationally acclaimed artists in their own right. Soprano Patricia Schuman and bass-baritone David Pittsinger will join forces with Essex Winter Series Artistic Director and pianist Mihae Lee and French hornist William Purvis in an unforgettable recital that will warm your heart. Don't miss your chance to experience this collaboration of talents in an

imaginativentic works by Robert and Clara Schumann, Schubert, Copland, Dvoák, Verdi, and many more. Concert sponsored by Essex Savings Bank.

The Sunday, February 10 concert at 3:00 p.m. Valley Regional High School features The Orion String Quartet with emerging artist, clarinetist Romie de Guise-Langlois.

The Orion String Quartet is one of the most sought-after ensembles in the United States and abroad. Since its inception, violinists Daniel Phillips and Todd Phillips (brothers who share the first violin chair equally), violist Steven Tenenbom, and cellist Timothy Eddy have been consistently praised for the fresh perspective and individuality they bring to their performances. They will delight us with two of Schubert's extraordinary string quartets, No. 13 Rosamunde and No. 14 Death and the Maiden and, for Mozart's beautiful Clarinet Quintet, they will be joined by our 2013 Fenton Brown Emerging Artist, a rising star, clarinetist Romie de Guise-Langlois. Concert sponsored by Guilford Savings Bank and Landscape Specialties and by the Friends of the Fenton Brown Emerging Artists Concert.

Sunday, March 3 at 3:00 p.m. at Valley Regional High School, brings one of the public's favorite concerts, The Northeast Traditional Jazz Ensemble with band leader Scott Philbrick. More than a decade after their appearance in the Essex Winter Series' inaugural jazz concert, the Northeast Traditional Jazz Ensemble with bandleader Scott Philbrick, is back to warm up a chilly winter afternoon with some smokin' hot jazz. Seven equally outstanding jazz musicians will form the band for this one special concert event. They will take the audience on a journey through the early jazz forms of ragtime and the introduction of improvisation, to New Orleans with the blues and Dixieland, to prohibition-era Big Band, to the much loved Swing. Concert sponsored by Tower Laboratories and The Clark Group.

The last concert in the 2013 series is Sunday, March 17, 3:00 p.m., at John Winthrop Middle School featuring The American Brass Quintet.

Now in its 51st season, the American Brass Quintet has been internationally recognized as one of the premier chamber music ensembles of our time and an icon in the brass world. The ABQ's rich history includes performances in Europe, Central and South America, the Middle East, Asia, Australia and all fifty of the United States; a discography of over fifty recordings, and the premieres of over one-hundred contemporary brass works. To close our 35th season they will perform music spanning centuries; from a collection of Elizabethan Dances and works by Monteverdi to the music of 21st composers Lacerda, Sampson and Tower. What a fanfare to end the season! Concert sponsored by the Edgard and Geraldine Feder Foundation.

*Essex
Winter
Series*

Mihae Lee, Artistic Director

*Save These
2013 Dates!*

Sunday, January 13

Special 35th Anniversary Concert – a unique concert celebration with soprano **Patricia Schuman**, bass **David Pittsinger**, French hornist **William Purvis** and pianist **Mihae Lee**

Sunday, February 10

World-renowned **Orion String Quartet** with our 2013 Emerging Artist, clarinetist **Romie de Guise-Langlois**

Sunday, March 3

Jazz Concert featuring **The Northeast Traditional Jazz Ensemble** with band leader **Scott Philbrick**

Sunday, March 17

American Brass Quintet, an internationally recognized ensemble that has expanded the realm of chamber music for more than 50 years

All concerts are held on Sundays at 3 p.m. at Valley Regional High School in Deep River, CT, except for the March 17 concert, which will be held at John Winthrop Middle School in Deep River, CT.

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Office of the Tax Collector

LEGAL NOTICE
 GRAND LIST OCTOBER 1, 2011
 For January 1, 2013 Tax Due

The second installment of Town Tax on Grand List of October 1, 2011, and the Motor Vehicle Supplemental list thereto is due and payable January 1, 2013. If not paid on or before February 1, 2013 the installment becomes delinquent and subject to interest at a rate of 18% per annum (1 % for each month or fraction thereof) dating back to the original due date of the bill. A minimum interest charge of \$2.00 is applicable to each delinquent tax bill. Two months of interest (3%) will be due on February 2, 2013.

Payment can be made at the Tax Office, Town Hall, 302 Main Street, or you may pay by mail. Please return payment coupon(s) attached to bill with your payment. Mail postmarked (U S Postal Service postmark only) on or before February 1, 2013 is to be considered an on time payment. If you would like a receipt returned to you send the entire bill, your payment and a self-addressed stamped envelope to the Tax Office. A receipt will be returned as soon as payment is processed. No self-addressed stamped envelope / no receipt when payment is made via mail.

Please consider making your payment by mail to avoid waiting in line.

As a matter of law, the taxpayer is liable to the Town for the tax installment(s) as they become due and payable. Liability is not created by, nor dependent upon the taxpayer having received a tax bill. Therefore, failure to receive a bill does not relieve the taxpayer of the requirement to pay statutorily required interest when a late payment is made. Note: Real Estate is not re-billed in December – the original bill was sent in mid June for July and January installment(s).

Barry E. Maynard, C.C.M.C.
Tax Collector

Telephone (860) 395-3138
 FAX (860) 395-5014
 Town of OLD SAYBROOK Office of the Tax Collector
 Town Hall, 302 Main Street
 Office hours: 8:30am to 4:30pm
 Monday through Friday (except holidays or as posted)

The Estuary Council of Seniors, Inc.

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

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

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

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION - For medical appointments to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35.

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

ESTUARY THRIFT SHOP - Open 10 am - 3:45 pm, Monday - Friday; and 9 am - 12:45 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available.

Donations are accepted and volunteers always needed.

HOLIDAY LUNCHEON - You are cordially invited to join us for the 2nd Annual New Year's Extravaganza on December 28th at noon in Old Saybrook. This event is fancy, fancy, fancy. Music will be provided by Encore Entertainment. Reservation deadline is December 19th at 11 am. Call 860-388-1611 to make your reservations.

DONATE YOUR CAR OR BOAT TO THE ESTUARY COUNCIL - Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Vehicle does not have to run! Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

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Old Saybrook Garden Club

The Old Saybrook Garden Club has been celebrating its 60th year throughout 2012, and in October, First Selectman, Carl P. Fortuna, Jr. presented the club with a wonderful birthday present: a framed proclamation honoring the club's long and distinguished history of civic beautification projects, educational endeavors, and community volunteerism. Current club president, Mary Roche, and seven former presidents attended a brief ceremony in front of Town Hall. In addition to the proclamation, Mr. Fortuna presented Ms. Roche with a framed photograph of the Japanese magnolia tree in bloom on the Town Green. The photograph will be passed from one president to the next.



First Selectman, Carl P. Fortuna, Jr., presents a proclamation to the Old Saybrook Garden Club to honor the club's 60 years of community service. Present at the Town Hall Ceremony were current club president, Mary Roche (right of Mr. Fortuna) and seven former club presidents. Left to right: Carol Voigt, Judy Grover, Lee Merritt, Norma Dyson, Erma Gimbel, Dorothy Alexander, and Betty Harris. Not present: Lajla Hanes.

the Japanese magnolia tree in bloom on the Town Green. The photograph will be passed from one president to the next.

Main Street Christmas Decorations: In early November club members gathered in one member's comfortable basement to put 200 LED lights on each of 46 brand-new Christmas trees - that's 9,200 lights! In addition, club member Ruth Hockert took

charge of the 46 wreaths for the Main Street lamp posts, replacing LED lights as necessary, fluffing the red bows, and working with the town to get the wreaths hung. The LED lights are brighter than the old strings, they last longer, and use much less energy. Trees and wreaths were installed along the Main Street median before Thanksgiving to give Old Saybrook better-than-ever sparkle for the holiday season.




Linda Hall (foreground) and Lee Merritt string lights on new Christmas trees for the Main Street median planters.

Save the Date: The garden club's annual fundraiser, Gardeners' Market, will take place on the Town Green Friday, May 10, and Saturday, May 11, 2013. Profits from Gardeners' Market pay for the Main Street median plantings in summer and holiday decorations in winter, the Constitution Garden in front of Saybrook Country Barn, the Street Garden Recognition Program, a college scholarship, educational programs at Goodwin School, and more.



The Old Saybrook Garden Club welcomes prospective members. For information, call 860-388-3213.

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Estuary Transit District

IN THIS CASE ~ DON'T D.I.Y.

For most people, the purchase or sale of a home represents the largest single financial investment of a lifetime. Many folks know very little about the process. Hundreds of thousands of “hard earned” dollars are at stake and you need to protect and preserve your investment. Do not make this a “do it yourself” project. To avoid potential costly errors, consult a Realtor for professional knowledge and guidance. Even the most straight forward real estate transaction can be confusing and complex. Hiring a Realtor as a buyer’s agent or seller’s agent to protect your interests and



rights is critical. The investment is high and a professional must be watching out for you. As a homeowner or home buyer, you must make wise choices.

We hope you will talk with us before making the correct choice for representation. We can help you make this a D.I.T. (Do It Together) project that will accomplish your goals and protect your investment.

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Old Saybrook Historical Society

Dedicated to Preserving, Protecting and Promoting the History of Old Saybrook.

LOOKING BACK, MOVING FORWARD - Members of the Old Saybrook Historical Society held their annual meeting in October at the newly renovated Dock and Dine before it once again suffered damage from the wind and waves.

Outgoing President Linda Kinsella highlighted the Society's activities during the past two years, including major structural repairs to the Gen. William Hart House, filling positions of Archivist and Librarian with highly qualified professionals, reconfiguring the Library to make it more user friendly, and scanning hundreds of documents.

Several programs were conducted in cooperation with other organizations, including the Mashantucket Pequot Museum and the U. of Connecticut in their archaeological exploration of Saybrook Fort; CT Public Television with research (on prohibition) for a television production that included Old Saybrook; Old Saybrook Public Schools with a local history program at the Gen. Hart House for elementary school students; the Acton Public Library and the Chapman Lecture Series; five area historical societies for the promotion of cultural tourism; and the Chamber of Commerce's "Business over Breakfast" event.

In addition, the Society sponsored two Civil War re-enactments; held several genealogy classes; conducted an antique auto parade (with 134 vintage cars) to observe the 100th anniversary of the opening of the CT River Bridge; held "Hosting for History" events at the Katharine Hepburn house and the John Whittlesey house; held tag sales, an Antique Appraisal program, a "Croquet in the Garden" playday; and hosted get-togethers and tours for our two neighboring churches.

The Historical Society was also selected to participate in StEPs-CT ["Standards and Excellence Program for History Organizations"], a two year program sponsored by the CT Humanities Council and the American Association for State and Local History to ensure our programs and collections remain vibrant community resources.

The Gen. William Hart House and the Frank Stevenson Archives, both open without charge, have welcomed many area residents and an increasing number of visitors from around the nation.

The following officers have been elected for the coming year:
 Marie McFarlin-President
 Ed Mosca - 1st Vice-President
 Linda Kinsella - 2nd Vice President
 Robert Pedemonti - Treasurer
 Judy Chace - Recording Secretary

HISTORY FOUND (Well, actually purchased.) When William Lynde died on October 14, 1847 we know that he left his heirs a blue coat, a pair of slippers, an old umbrella, a woolen nightgown, Morse's Gazetteer, and one large Bible. In fact, he listed all his personal items and then went through his house,

room by room, listing such belongings as a silver porringer, old cushion bottom chairs, a cherry table, and green window curtains. His inventory provides insight into the life and possessions of a well-off gentleman of this period in Saybrook history and is listed in a small booklet that Mr. Lynde prepared.

The booklet along with more than 150 early documents related to several prominent Saybrook families including Pratt, Shipman, Clark, Buckingham, Hotchkiss, Bushnell, Ingham, Kirtland, Tully, Denison, and Dibble was recently acquired by the Old Saybrook Historical Society when it unexpectedly became available from a Massachusetts dealer. The Historical Society is currently accessioning, transcribing and copying this major addition to its collection so the documents can be made available for researchers in the Frank Stevenson Archives. Board member and past president Linda said "I hope the publicity surrounding this acquisition will inspire members and friends to share any early Saybrook documents they may have with the Society. Don't let history be lost."

TOUR OF CYPRESS CEMETERY

A guided tour of Cypress Cemetery on Saybrook Point was led by Cypress Association and Historical Society member J. H. Torrance Downes on November 18 after having been earlier washed out by "Super Storm Sandy". Sponsored by the Old Saybrook Historical Society in cooperation with the Cypress Cemetery Association, the tour highlighted some of the many prominent Saybrook individuals that have their final resting place in what is one of North America's oldest, continuously operating burial ground laid out in 1635 as a part of the Saybrook Colony.

An enthusiastic crowd not only learned some of the stories of the "ancient burial ground" but was treated to refreshments provided by Starbucks and as darkness fell were guided by lanterns provided by Harris Outdoors.

Those gathered were also told that Cypress has recently expanded and that plots are available for purchase. For information on Cypress Cemetery and the cemetery expansion, go to www.cypresscemeteryosct.org or call Association President Jim Cahill at (860) 304-4683.



Continued on next page

Historical Society ... continued from previous page

IT'S ALL RELATIVE(S) - If you don't know where you came from, help is on the way with a useful and informative genealogy workshop to be held at the Frank Stevenson Archives, 350 Main Street.

The program is conducted by Greg Thompson, Historical Society Archivist and a professional genealogist, on March 12, 19, 16, and April 2 and 9. The sessions last from 6:00 pm to 8 pm. All materials are provided. Enrollment is limited. For further information contact the Society at 860-395-1635.

CHAPMAN LECTURE SERIES - Informative and fascinating talks are sponsored by the Society, in cooperation with the Acton Public Library, in its Chapman Lecture Series. These increasingly popular talks are offered without charge at the Library, Thursday evenings from 7:00 pm to approximately 8:15 pm.

Upcoming talks are scheduled for January 24 on "Making Freedom: The Story of Venture Smith," March 28 on "Ella Grasso: Connecticut's Pioneering Governor," and May 23, "Hidden in Plain Sight."

The Old Saybrook Historical Society welcomes new members and volunteers. For further information, call 860-395-1635.

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Connecticut River Area Health District

The Connecticut River Area Health District is a three-town health district providing core public health services to Clinton, Old Saybrook and Deep River. The district is responsible for implementing programs that improve the health of its residents. The district provides a strong environmental health component, as well as providing targeted public health nursing services, health education and promotion venues, disease tracking and prevention activities and public health preparedness planning. Currently, the district employs 5 full time professional staff, as well as 3 part time contractual program professionals. The district is dedicated to carrying out its mission to maximize the highest quality public health services possible given its current resource level.

Environmental Health - The district employs three full time Licensed Sanitarians and 2 part time certified inspectors to run its Environmental Health section. Programs include state mandated inspections for compliance with the Connecticut Public Health Code, as well as education related to program specific topics. Inspections are conducted in the following areas:

- Food service establishments: restaurants, food stores, school cafeterias, churches, vendors
- Cosmetology establishments including Nail and Beauty Salons and Barber Shops

- Child Day Care Centers and homes
- Public Swimming Pools
- Public Bathing Beaches
- Response to general nuisance complaints
- Housing: landlord-tenant issues related to minimum housing standards
- Private water supplies construction, testing and maintenance
- On-site sewage disposal site evaluations, plan reviews, installations, alterations and repairs.

During the 2011-2012 fiscal year (July 1 to June 30):

- 19 new well permits were issued
- 17 permits were issued for new septic systems
- 17 engineer designed septic system plans were reviewed and approved
- 171 permits were issued to repair an existing septic system
- 337 properties were tested for suitability for a septic system
- 67 complaints: including general nuisances, housing, sewage, etc.
- 345 applications were reviewed for health code compliance for proposed building activities including building expansions, additions to homes, in-ground and above ground pools, accessory apartments, garages, decks, etc.

Public Health Nursing - CRAHD has coordinated with Local VNAs in the scheduling and managing of several town and school based flu vaccination clinics throughout the flu season. CRAHD has coordinated with local VNA's on TB medication management and follow up treatment as well. During the course of the year, the role of the public health nurse has been better defined as a key person in planning and execution of public health preparedness.

Health Education and Promotion - CRAHD set up a pilot program for in-school flu clinics during school hours at Morgan High School in Clinton and presented to district school Superintendents on the benefits of following illness in their respective schools. A meeting was held with all superintendents and school nurses where Community Health Center Inc. presented an oral health program that could be offered at each school. CRAHD educated elementary students on the importance of hand washing with Mr. Glow Germ kits. We also provided high school students with mentoring skills and teaching of Mr. Glow Germ at Middle school health day. CRAHD also provided ongoing education to long term care personnel about daily prevention of spread of infection as well as during an outbreak. In February, women's heart health education was provided to all town halls for citizen education. Using grant funds, CRAHD has provided a Farm to Table program with pre-school age children of the district where families visited a local farm, picked farm grown vegetables, and then prepared a meal using the vegetables picked. Children learned what healthy food is and where it comes from.

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Continued on next page

CT River Area Health District ... continued from previous page

Public Health Preparedness - CRAHD completed work to improve operationalizing our mass dispensing plan and pandemic influenza plan. These plans direct how medication will be dispensed to large segments of the population in a very short time period, and public health actions needed in a pandemic flu scenario. Working in cooperation with Emergency Management Directors and the Department of Public Health, we advanced the public health role in sheltering during and after Hurricane Irene. Training was also provided to our district's Citizens Emergency Response Team (CERT) and to the development of "Just in Time" packets for mass dispensing. Lastly, CRAHD worked with our colleagues in public health preparedness Region 2 on completion of a regional Technical Assistance Review (TAR) and Project Public Health Ready, two assessment tools designed to identify areas to improve our capacity to prepare for and respond to public health emergencies.

Waste Water Management Activities - The Connecticut River Area Health District continues to be an integral part of the implementation of the town of Old Saybrook Waste Water Management District (WWMD) program. The Health District Staff works closely with the Water Pollution Control Authority (WPCA) staff to ensure compliance with the WWMD upgrade standards and the Connecticut Public Health Code. Approximately 80 out of 1900 on-site septic systems have been

upgraded under the program.

In addition, the health district has been assisting the Clinton Water Pollution Control Commission in its planning for its own waste water management plan.

Disease Tracking and Prevention - The health district's director of health and public health nurse track and provide follow up for diseases and health conditions that are reportable to the local director of health by law. Follow up was provided for illnesses that had the potential of being spread person to person or through a medium such as food or water. Outreach and education is continuously provided for diseases of importance such as Hepatitis A, B and C, elevated childhood lead levels, Lyme disease and other vector borne diseases.

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Nightingale Scholarship Fund - Thank You

The generous donations made by local residents and businesses to the Nursing Board's Nightingale Fund enabled the board to give four scholarships totaling \$11,000 in 2012! The scholarship recipients were, Joseph Tiden, Tenzin Wangchuk, Alyssa Giegerich and Alexia Zagouras, all Old Saybrook residents. The Public Health Nursing Board, responding to the ever worsening shortage of trained nurses, established the Nightingale Fund in 2005 to help fund annual nursing scholarships for Old Saybrook residents.

Many of our past scholarship recipients are currently working in key professional nursing positions in our state which is both gratifying and a testament to the success of this program.

The community response to the nursing scholarship appeal was inspiring and the Nursing Board would like to thank the following individuals and businesses for their generosity:

John & Alice DeSimone
 Matthew & Shaleighne Canter
 William Childress & Randi Branbury
 Hadass & Matthew Rubin
 Andrew & Kathleen Baloise
 Dr. & Mrs. David Frankel
 Paul & Susan Tracey
 Donna & Mark Konarski
 Linda Demas
 Patricia & Walter Osborne
 Mary Fasulo
 Hugh Fiore, Sun Harbor Motors
 Margaret Samela
 Margaret & Robert Sbriglio
 Regina & Mitchell Strand
 Diane Aldi DePaola
 Parthenon/Old Saybrook Diner
 Allen Hull, B&L Construction
 Drs. Elgart & Pinn
 William Phillips & Barbara Smith
 Charles & Suzanne Millspaugh
 Margaret Viggiano
 Dr. & Mrs. Nicholas Condulis
 Paul Orsina Westbrook Block Co.
 Phyllis McDowell
 Martha McDowell
 Martha & Joe Lavendier
 Old Saybrook Ambulance Assoc.

Mary Kennedy
 John & Alice Schofield
 Neil & Ethel McKrudden
 Sharon Craft
 Barbara & Neil Slobin
 Richard Finnegan, Alantis Builders
 Margaret Abraham
 Dr. Craig Wilson
 Beverly Musgrove
 Donald Brooks Sr.
 George & Meghan Whelen
 William & Julia Walton
 Karen & Michael Beebe, M&J Bus Co
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 Richard Goldfeder DMD
 Charles & Shirley Brockway
 Norma Dyson
 Charles & Kathleen Cobb
 Marion & Richard Mazzella
 Susan McGrath & John Drozd
 Dr, Suzanne Thomas, Family Medicine
 Cynthia McFadden
 Virginia Robindon, Wexford Farm
 Robert & Linda Dwyer
 Scott Alexander
 Robert & Sally Boody

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 John & Trudy Horan
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 V. Jeannette Cushman
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 Dr. Elizabeth Owen
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 Elizabeth & Martin Droboarz
 Pamela Christensen
 Patricia Walker
 MaryAnn Iadarola
 Dorothy & Barry O'Neil
 Robert & Michele DuChemin
 Barbara & Michael Davis
 KC Whelen
 Luigi's Restaurant
 Alice & John Desimone
 Robert & Lisa Dean
 Eleanor Elsie Bishoff
 Robert Mordes
 Marie McFarlin

It is not too late to donate to the Nightingale Fund; please use the form below.
 Thank you.

Diane Aldi DePaola, Chairman OSPHNB

Old Saybrook Public Health Nursing Board
Nightingale Fund
 Town Hall, 302 Main Street
 Old Saybrook, CT, 06475

Name _____ Address _____ Phone _____ E-mail _____

Enclosed donation: \$1000 ___ \$500 ___ \$400 ___ \$300 ___ \$200 ___ \$100 ___ \$50 ___ \$25 ___ other \$ _____

Town Clerk's Office

Congratulations to the following on their recent marriages:

Thomas Horan, Jr. & Felicia Powell – August 18th
 Charles Shultz & Katherine Cahill – August 25th
 Edward Shumbo & Janine Jenks – August 25th
 Randy Gibbons & Rachel Fradkin – September 1st
 Peter Watson & Alexandra Sakatos – September 9th
 Scott Vitelli & Ashleish Hancock – September 8th
 Roger Abell & Kelli Morgan – September 15th
 Jesse Peters and Stefanie Saviano – September 15th
 Eric Franklin and Natasha Favrow – September 22, 2012
 Christopher Magnano and Mae LaBelle – September 22nd
 David Roffman and Michelle Riley – September 28th
 Daniel Lewis and Elizabeth Collins – September 29th
 Devin Stagg and Amanda Gordon – September 29th
 Bryan Piccirillo and Maggie Webster – September 29th
 John Patterson and Mary McDermott – October 12th
 Jeremy Hughes and Sarah Desmond – October 20th
 Gerald Stevenson and Judy Alvord – October 27th
 Christopher Hallisey and Katharine Dunn – November 3rd

With Sympathy

Lillian Amadeo	Nellie Johnson
Martha Amaral	Marjori Jolidon
Elsie Anderson	Evelyn Leahy
Edward Banas, Sr.	Chris Kiriakis
Gabrielle Bartlett	Charlene Marcotte
Libaro Benvenuti	Carol Ann Marino
Blossom Berson	Joan Marquis
John Botts III	Cheryl Mehalik
Ralph Bruno	Virginia McAvinney
Rita Caldarella	Charles Monte
Glenis Caouette	Alyne Moshier
Grace Conklin	Judith Olson
Valerie Conroy	Yvette Retano
Una Costello	Joan Rose
Winifred Costello	Philip Rosenthal
Eileen Cyr	Betty Shiller
Robert Duncan	Adeline Solari
Lois Hubbell	Julia Waselewski
Margaret Jardine	Bernyce Wiener

Sarah V. Becker, Town Clerk, Christina Antolino, Assistant Town Clerk, Cindy Kane, Assistant Town Clerk,
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THE BEACON

THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

The schools of Old Saybrook have been bustling with activity since the students arrived on August 29. Open House nights were held at all schools early in September. During these events parents were given the opportunity to meet with their child's teachers and familiarize themselves with classroom routines, schedules, and teacher expectations. Since August, each school has hosted several programs, designed to enhance the educational experience.



Early in October members of the Dennison Pequot Nature Center visited the third graders at the Kathleen E. Goodwin School and together they investigated the environment and habitats surrounding the campus. The children were able to explore the wonders of the tidal marshes as they participated in hands-on activities inside and outside of the classroom.



Also in October, students formed a captive audience for a performance by The South African University of Pretoria Indigenous Singing Ensemble *Ovuwa*. They learned about the rich culture and customs of the South African people through song and dance. As the month came to a close, Old Saybrook First Selectman Carl Fortuna and Selectman Steven Gernhardt helped the Pre-K students get into the fall spirit by creating a mini pumpkin patch of donated pumpkins in front of the school. Each child got to pick their own perfect pumpkin to take home. Thank you First Selectman Fortuna and Selectman Gernhardt!

November was a busy month as well, starting off with the Goodwin student body holding a school-wide mock presidential election.

The election was designed to mimic real elections and teach students about the election process. The focus was to walk students through the actual voting process at the polls as well as to learn information about the candidates. Third graders prepared ballot boxes, voting booths, bulletin boards, campaign signs, paper ballots, and registration forms to help all students form a better understanding of why voting is so important and why every vote and voice matters. The patriotism continued during the Goodwin School Veterans day assembly when each grade level, including Pre-K, performed a special patriotic song to honor those who have served our country.

During Education Week the Rotary Club made its annual visit to all third grade classrooms. Each student was presented with a personalized



dictionary by a Rotary Club member and learned about the local, state, national and international programs sponsored by the Rotary Club.

As fall turned to winter, the third grade students performed their annual winter musical on December 6. This year they performed the newly composed "Flakes!" The show was a celebration of snow and slush with the underlying but important message that just as no two snowflakes are exactly alike, no two people are exactly alike. We are all unique and special! Every year Goodwin School dedicates December as their month of giving. A toy drive is sponsored by the third grade, kindergarten, Monica Goldstein, heads up a non-perishable food drive, and the entire lobby is decorated with garlands that display donated hat and mitten sets. Everything that is collected supports Old Saybrook families during the holiday season. The spirit of giving will be continuing throughout the year with the Pennysaurus bank in the lobby collecting coins that will be donated to Old Saybrook's Storm Sandy recovery efforts.

At the Middle School team building and transition was the name of the game as the faculty and administration welcomed students to the OSMS community for the 2012-13 school year. Locker assignments and combinations, schedules and orientation programs were the focus for the first few days as students acclimated themselves with their respective team of teachers. Each grade level planned their own orientation activity some of which included walking tours, a trip to the beach, bowling, and an ice cream social. On Friday, September 21st a rededication and showcase event was held in the newly refurbished middle school courtyard.

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Thanks to generous donations from local businesses and the hard work of some of our middle school girl scouts and community members, the space has been updated and redesigned into a beautiful oasis that students and staff will be able to use for a variety of activities and events. Later that same day the Annual OSMS Walkathon took place with more than 200 students participating. Under the direction of math teachers Shirley Brockway and Kristine Dow the students walked or jogged laps around the track to raise money for cancer awareness. The OSMS PTO Magazine Drive kicked off on October 10. Funds raised by this event are used to offset PTO expenses including the support of Cultural Arts activities. A school wide Food Drive was held from mid-October through November with boxes for canned goods and non-perishable items placed in each homeroom. The race was on to see which homeroom brought in the most donations. Students in the winning class each received a coupon to use at the school store. Public donations were also collected in the middle school office but were not used toward the classroom count. In November the OSMS Student Council sold paper stars that were placed on a patriotic bulletin board in the school foyer. All profits were combined with a portion of monies from the school store and donated to various Veterans' organizations in the state. The Middle School recognized Veterans Day on Monday, November 12th. The fifth grade class, under the direction of Ms. Pamela Jutkiewicz, performed a musical tribute to invited military guests and parents in the Middle School auditorium. Prior to the concert, a breakfast was held in the school foyer and a panel discussion with active and retired servicemen and women took place in the school media center for all sixth, seventh, and eighth grade students. Other civic-minded activities at the middle school include the fourth and fifth grade student council continuing to sell plush sea turtles to benefit *The Disney Worldwide Conservation Fund* in their quest to save the sea turtles. Unfortunately, Hurricane Sandy destroyed all the remaining sea turtle nests in Florida. However, the good news is that the collected money will be used to adopt a nest and track the progress of the adoptive turtle in the spring. December marked the beginning of a series of parent seminars being presented by OSMS principal Michael Rafferty. On December 4th *Contemporary Trends Within Social Media* addressed the use of technology and concerns that parents might or should have. Old Saybrook School Resource Officers James Kiako and Ryan Walsh co-facilitating the event. The purpose of this series is to offer parents of middle school students the opportunity to share parenting ideas and strategies.

Finally, the Old Saybrook High School welcomed students back with a diverse array of extra-curricular and classroom extension activities. On September 20th, the high school celebrated 10 years of book chats. Over 400 students and 36 chat leaders comprised of district faculty, administration, and community members participated in this annual event. Students had the ability to choose from 33 different titles and genres including short stories, memoirs, fantasy, fiction, and historical fiction. They spent 40 minutes with their respective groups discussing their book of choice and sharing their love of reading. If you would like to be involved in next years book chat, please contact OSHS Library Media Specialist Christine Bairos at cbairos@oldsaybrook.k12.ct.us or phone the school office at 860-395-3175. On September 29th members of the Ecology club, under the guidance of teacher Karen Carlone, took part in a beach clean-up project. The students met and started their project at Harvey's Beach and then proceeded to Town Beach. Along the way they collected a substantial amount of trash and debris including cigarette butts, water bottles, and assorted garbage from the beaches, marsh, and surrounding shrubbery. The club filled two large garbage bags with environmentally harmful waste then separated the recyclables from trash. After spending two hours in a cold drizzle, they definitely left

the beaches better than they found them.

Also in September the Rotary Club recognized the first Student of the Month for the 2012-13 school year. This year's first recipient was Diana Chan who was recognized for her outstanding effort in English. Diana attended the recognition breakfast with her mother, Ann Chan, Associate Principal Tara Winch, and English Teacher Jeanne Proctor.



Jeanne Proctor, Diana Chan, Ann Chan and Principal Tara Winch

By the time October rolled around, the fall sports season was well underway with student athletes participating in numerous activities. School spirit and class pride were celebrated during Spirit Week when students had the opportunity to take part in events such as Class Color

Day, Pajama Day, Mix and Match Day, Red, White and Blue Day, and the ever-popular Class Theme Day. The activities culminated on Friday with field day events taking place in the gym due to inclement weather followed by a talent show in the auditorium. All throughout the week students and staff expressed their Rams Pride in unique and creative ways. November saw the high school students paying tribute to our Veterans through music and song at a concert on the morning of November 12th in the auditorium. Earlier in the month the drama department presented John Patrick's play, *The Curious Savage*. The comedic production centered around the lead character, Mrs. Ethel Savage, the mother of three stepchildren who finds herself a wealthy widow following the death of her husband. She then has to navigate the trials and tribulations associated with wealth, greed, and familial relationships. The cast and crew put on a memorable production in front of a packed house at each performance.

The week before the Thanksgiving, members of the junior class and their chaperones traveled to Washington D.C. for their annual class trip. While there, students had the opportunity to experience the sights and sounds of our nations capital. The trip included visits to the Washington Monument, the Vietnam Memorial, and Arlington National Cemetery. On the evening of Monday, November 26th, the newest members of the National Honor Society were inducted at a ceremony in the high school auditorium. Accompanied by their family members, the new inductees were congratulated for exhibiting outstanding scholarship, leadership, character, and service during their school career.

The staff, faculty, and administration of the Old Saybrook Public Schools have a year filled with opportunities to celebrate the youth of our community. Details for upcoming events can be found on either the district or individual school websites.

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Old Saybrook Community Foundation

Why not MAXIMIZE your Fundraising Efforts?

The Old Saybrook Community Foundation is a private foundation with its sole mission to help community groups and individuals maximize their fundraising efforts. Because we are a 501.c.3 corporation, any donations that are received through us entitle the donor to receive full tax savings benefits as the law provides. Also, 100% of the money received through us will be given to the intended beneficiaries without any overhead being deducted.

As an example, the organization H.E.A.T. collects their money through the OSCF. This creates a Win-Win. The H.E.A.T. group does not have to seek 501.c.3 status, which requires a great deal of initial and ongoing work and expense, AND donors are able to deduct donations on their taxes.

Other, smaller initiatives, have increased their success by working the financial side of their event/project through OSCF. We stand ready to work with others as well and have a packet of information to help you get started. In addition, we would be happy to have a representative meet with your group to answer questions and provide assistance. Please contact us if you would like to explore the possibility of working with us to help those in need in the Old Saybrook Community. 201 Main Street, Old Saybrook, CT 06475. 860-964-0037

Maureen Auger, President
Mike Cronin, Vice President
Ed Lyons, Treasurer
Lisa Carruthers, Secretary

Shelter from the Storm

She explained to me that when she was born in 1927, she “made history”. “I was 3 months premature, and weighed less than 2 pounds,” she confided to me by the light coming out from between the locker room doors, illuminating the small area where her cot and belongings were. “My parents were sure I would not survive, there was not the kind of hospital care for preemies then that there is now.”

Storm Sandy intensified outside and we could hear the howling winds as they passed over the roof of the high school. The lights in the gym, temporary home for over 250 residents, had been dimmed and parents with children quietly reassured them they were safe. I was transfixed by the story of ‘Beverly’, an 85 year old resident who had come to the high school after a short visit to the clinic for breathing and ambulatory issues.

“My parents told me I was taken to a hospital in another part of the state, and had to stay there for 11 weeks until I gained weight and developed more fully,” she continued, eager to have an audience it seemed.

Inside the temporary shelter, much of life comes to a standstill and time loses its ability to define how we spend the day. Some residents come with family members, or find a cot next to a neighbor and set up a de facto ‘block’, finding comfort in the proximity to familiar people in a wholly unfamiliar experience.

Some, like Beverly, are alone at this time of their life, and they reach out eagerly to engage workers, and seem to especially enjoy the school-aged volunteers.

In Old Saybrook, since 1997, the Developmental Assets model www.searchinstitute.org has been taught, role-modeled, advertised and workshopped extensively. Many of the experiences and exchanges I witnessed at the shelter during three days of working there exemplified how the community has really integrated so much of this model in the way the community functions. The First Selectman’s office, where strategic decisions had to be made with the Police Chief about how to care for all residents, emergency and ambulance personnel who needed to plan for the most at-risk residents, the police force, responsible for directing the Emergency Management Effort, and the student youth, many of them children of the Emergency Management Team, all working together in an effort to provide safety, security and some creature comforts during a time when all were concerned that their homes and lives were at risk.

Beverly’s was one of many stories we listened to those three days. Some of the teen-aged helpers played card games with the elderly residents, some colored with the children. We made connections between people who had felt very isolated in their own homes, and plan to offer some intentional opportunities for intergenerational gatherings. Perhaps without even being aware of it, our youth demonstrated that they have paid attention to their positive adult role models, that they care about their community, that they understand the value of community service, and they can appreciate that our elders have something to share with all of us.

Heather McNeil
Director of Youth and Family Services

Want to advertise?
 Call Betty Martelle
 at 860-333-7117

A Place to Call Home

When is the right time to consider moving to a Senior Living Community? The correct answer is, before you need actual care. If you are between 70 and 80 years old, and in fairly good health, then potentially you have 15 - 25 more years to enjoy life. With all of the wonderful amenities offered at a variety of Senior Living Communities, why not enjoy those years without the burden of mortgages, taxes, homeowners insurance, repairs, etc.?

If you are considering a move to a Senior Living Community or you are assisting your parent in the process, I want to congratulate you on taking the first step. This process does not have to be stressful, if you keep the following in mind:

- Compare the pros and cons of each community against your current preferences as well as the changes you may anticipate in the future
- Visit a good variety of communities as there are multiple choices in our shoreline area
- "Finances" - What can I afford? Do I want to rent or do I want a refundable entrance payment?
- "Atmosphere" - Do I prefer a casual or more formal setting? Do I want a large population or a more intimate setting?
- "Activities" - What is my style? Do they have a pool, scheduled trips, musical activities, art programs, fitness programs, etc?
- "Transportation" - Does the community offer "on demand"

transportation? Is there transportation to a grocery store, shopping mall and various outings?

- "Healthcare" - What type of healthcare is available? Is it on site?
- "Ownership" - Who owns/manages the community and are they financially sound?

While on your tours, please pay close attention to the residents and staff. Are they friendly and welcoming? Do they treat each other with respect? Make sure you ask about staff turn-over. Remember, happy employees stay longer and make for a happy community.

Plan a meal in the dining room and make sure it is without the Marketing Director. Engage with residents to determine if you have common interests. Ask them how long they have been living in the community and are they happy. Visit model apartments and picture your own furnishings in them. Again, remember to take a camera to capture important features.

After researching various communities, the ultimate decision will be based upon what feels right, comfortable and where you "feel at home". Most residents will tell you they wish they had made the decision sooner. Do not delay so that you can enjoy or watch your parent(s) enjoy real senior living.

Marian Bairstow, Chester Village West

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Home Healthcare in a Changing Environment

We've all been reading a lot lately about the Patient Protection and Affordable Care Act, or "Obamacare," as it is referred to by some. On June 28, the Supreme Court justices voted to uphold the Act as constitutional, and our country recently chose Barack Obama as our President for another four years. Whether or not you agree with these decisions, you probably have a lot of questions about what it all means to you and your family. At the Visiting Nurse Association of Southeastern Connecticut, we have certainly been paying close attention to the ramifications of these events, and to how they will affect the way we provide home healthcare to the people of southeastern Connecticut.

One of the overarching goals of the Affordable Care Act is transforming the current "sick care" system into a true "health care" system. We have been doing a great deal of work in this area for quite some time by using evidence-based practices that encourage self-management, advocacy and wellness among our chronically ill, high-risk older patients. We use a patient-centered model, which considers an individual's lifestyle, culture, personal preferences, and value system when making recommendations for treatment.

We have also been working closely with staff at L&M

Hospital to create a set of strategies that will ensure a smoother transition home for our patients as well as reduce the risk of re-hospitalization. The Safeside Hospitalization Reduction Program uses a high-accountability, outcome-oriented model to keep patients from unnecessarily being readmitted to the hospital. Our goal with Safeside is to reduce unplanned hospitalizations by 25%, establish a state-of-the-art accountability structure, and develop a clear system of reporting that tracks our successes and alerts us to areas that need improvement.

We have always believed that access to high-quality healthcare for all is important. Our mission, after all, is to "optimize the health and well-being of the people in our region." This means everyone, not just those who can afford it. Our community clinics, Nurse-Managed Wellness program, Foot Care Clinics, and Nurse Family Partnership program are all meant to provide access to care for those in our community who are struggling, and to empower them to make better healthcare choices for themselves and their families.

Visiting Nurse Association of Southeastern Connecticut

Acton Public Library

During this busy time of year (or after the rush of the holidays), stop by the Acton Public Library to see what's new. Take time to read a book or share one with a child. From old favorites to the newest bestseller, we have something for every reading taste! If you have discovered the convenience of e-book readers, we have access to a growing number of e-books for you to download. We have a wonderful selection of audio books, in several formats - CDs, MP3-CDs, Playaways, downloadables, and even cassette tapes. Our DVD collection features new titles each month. Why not plan a movie night for the family?

MUSEUM PASSES AVAILABLE - If you are experiencing "cabin fever", you may want to take advantage of the museum passes offered by the library. The Friends of the Acton Public Library have purchased a variety of passes for you to borrow. Each pass offers either free or reduced admission to the issuing institution. At this time, there are a dozen passes available to the following attractions:

- The American Clock & Watch Museum - Bristol
 - The Children's Museum - Niantic
 - The Connecticut River Museum - Essex
 - Connecticut Science Center - Hartford
- (These are actual 20% off coupons)

- Connecticut State Parks & Forests Pass - statewide
- Connecticut's Old State House - Hartford
- The Florence Griswold Museum - Old Lyme
- Maritime Aquarium - Norwalk
- Mystic Aquarium
- Mystic Seaport Museum
- The New Britain Museum of American Art
- The Wadsworth Atheneum - Hartford
- Yale Peabody Museum - New Haven

Any of these passes/coupons would provide an enjoyable experience and they can be borrowed for three days for free. They are available on a first-come, first-served basis, and no reservations are taken.

Art Exhibits at the library: Jill Beecher Matthew (Lyme): 12/10/2012 - 1/19/2013, landscapes painted in oils, using palette knives.

Chris Zablocki (Essex): 1/21/2013 - 3/2/2013, oils and acrylics.

Mimi Chiang (Old Saybrook): 3/4/2012 - 4/13/2013, watercolors, including some work of the late Chien Fei Chang.

Continued on next page

Home Healthcare ... continued from previous page

Programs for Job Seekers at the Acton Public Library: Shoreline Works, a collaboration between CT Works, Acton Public Library, and Old Saybrook Social Services, offers programs for job seekers on Monday mornings at the Acton Public Library. All programs are free and open to the public. For more information or to register, call the Acton Public Library at (860) 395-3184 or email shorelineworks@gmail.com.

JANUARY

- Monday, January 7th from 9 a.m. to 10 a.m.
Technology workshop/Computer Lab.
- Monday, January 14th from 10:15 a.m. to 12:15 p.m.
Job Search Workshop
- Monday, January 21st: Martin Luther King, Jr. Day
Library closed
- Monday, January 28th from 10:15 a.m. to 12:15 a.m.
Job Networking Group

FEBRUARY

- Monday, February 4th from 9 a.m. to 10 a.m.
Technology workshop/Computer Lab
- Monday, February 11th
Job Search Workshop
- Monday, February 18th: Presidents' Day
Library closed
- Monday, February 25th from 10:15 a.m. to 12:15 p.m.
Job Networking Group

MARCH

- Monday, March 11th from 10:15 a.m. to 12:15 p.m.
Job Search Workshop
- Monday, March 18th from 9 a.m. to 10 a.m.
Technology Workshop/Computer Lab
- Monday, March 25th from 10:15 a.m. to 12:15 p.m.
Job Networking Group

CHILDREN'S ACTIVITIES

Holiday Story Time, Friday, Dec. 14 at 10:30 a.m.

Children are invited to a special program featuring stories, songs, creative activities, refreshments, and a holiday grab bag. Funding for the program is provided by the Friends of Acton Public Library.

Creative Construction

Wed., Dec. 26; Thurs., Dec. 27, & Fri., Dec. 28 - 2:00-4:00 p.m. Children, ages 7 & up, are invited to use their imagination and build models with plastic bricks! Although the project cannot be taken home, a picture of the child and project will be taken.

A SPECIAL BIRTHDAY EVENT - Have you ever wondered why the library in Old Saybrook is called The Acton Library? Mr. Acton and his wife were originally summer residents of Old Saybrook, and were so impressed by the community that they wanted to contribute to it. In 1872, they generously provided land and a building for the library at 40 Old Boston Post Road, down the street from our present location. Join us on February 23rd as we celebrate Thomas Acton's birthday! There will be cake and other refreshments, as well as a program to introduce you to our fascinating benefactor.

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Middlesex Hospital Total Lung Care

Complete Care for Lung Cancer Patients - According to the national Centers for Disease Control (CDC), more than 350,000 people alive today in the United States have been diagnosed with lung cancer. Although lung cancer is a very serious type of cancer, if it is detected in its earliest stages and appropriate and coordinated treatment is provided, a cure is possible.

The Middlesex Hospital Total Lung Care Center, offers a coordinated approach to providing everything patients with lung cancer need - including the one-to-one services of a specially trained nurse navigator, Gean Brown, R.N., O.C.N., increased surveillance improved screening, and appropriate treatment options, including surgery, chemotherapy and radiation therapy.

Surveillance - When Brown first arrived at the Cancer Center in 2009, she realized there wasn't a coordinated system to help patients suspected of having lung cancer "navigate" the steps from diagnosis, through treatment and on to potential recovery. Since that time, Brown and a number of physicians in various Hospital departments have worked hard to change that. The first step in developing the Center, according to Brown, was to begin a quality assurance (QA) program to ensure that any abnormal lung testing done through the Radiology Department would automatically be sent to her. From there, Brown takes the results and makes sure to always inform the patient's primary care physician if the finding looks serious, and then recommends a consultation with a pulmonary physician or thoracic surgeon to review the findings further. The clinicians then refer to what is called the "Fleishner Society" guidelines to assess the lung nodules. The Fleishner Society comprises a group of thoracic surgeons who developed standard guidelines to follow for appropriate actions to take based on the differences in lung tumors, i.e., size, whether or not the person is a smoker, has a history of lung disease, etc.

Screening - The Total Lung Care Center offers screening for

lung cancer using low-dose CT scanning. Studies have shown that these low-dose CT scans have the potential to catch lung cancer in its early stages, which means that it is more likely to be cured. Low-dose CT scans can detect lung cancer in its early stages (Stage 1 or 2). They are recommended for people at high risk for lung cancer (smokers and ex-smokers who are 50 years old or older). The test takes only ten minutes and there is no preparation needed beforehand. In addition, Hospital pulmonologists utilize an endobronchial ultrasound (EBUS) machine, which employs sound waves to detect cancerous tumors in the lungs.

Treatment Options - In addition to the services offered by the Cancer Center's medical and radiation oncologists, thoracic surgeons now work in concert with other Middlesex Hospital surgeons to treat lung cancer, using minimally invasive techniques.

As mentioned before, the Total Lung Care Center is a coordinated and comprehensive one. It includes radiologists, oncologists, pulmonologists, surgeons, radiation oncologists and Brown, the Lung Nurse Navigator. She explains that although "not all the doctors are involved at every stage, everyone is at the ready to do their part. In fact, different doctors may consult on a patient, but the patient may never see them. But even if the patient does not see every member of the team, he or she can feel confident that the entire team is working for their benefit at all times."

The cost for the low-dose CT scan is \$250 and is not covered by insurance. A physician order is also required for the scan. If you do not have a physician, Brown can assist you in getting a referral. She can be reached at (860) 358-2066.

Middlesex Hospital also offers a smoking cessation program that provides information and counseling to motivate smokers to quit tobacco use. Call (860) 358-3003 for more information.

Old Saybrook Chamber - 17th Annual Chili Fest

Saturday March 2 - Main Street, Old Saybrook

12 noon - 3 pm / Over 30 Chili Chefs

Ballots \$8 per person

Proceeds benefit the Chamber's Annual Scholarship Program

For information call 860 388.3266

www.oldsaybrookchamber.com

WPCA Update

As of December, the WPCA will have completed the upgrade installations for all of Saybrook Acres and Oyster River East in the Wastewater Management District (WWMD). The work will continue throughout the winter (weather permitting), completing the Saybrook Point and Thompson neighborhoods. Construction in the final neighborhood of Phase I, Cornfield Park, could conceivably begin as winter ends.

The process begins anew... Phase II comprises the neighborhoods of Ingham Hill, Fenwood, Meadowood, Great Hammock Beach, and Indiantown. Before the site investigation in these areas begins, residents will receive a postcard inviting them to an information session where they will learn about the program and receive the entry package. The Notice of Entry Letter will be accompanied by an application for Clean Water Funding. Homeowners will have 30 days to accept the funding or choose to hire a contractor to upgrade the system on their own. As the applications come in, the field crew goes out to complete the site investigations and the bid packages are prepared by the WPCA's engineering consultant. The contracts are put out to bid, reviewed, awarded, and then the construction must be concluded within 100 days. Any homeowners who have "opted out" of the Clean Water Funding must have their upgrades completed in this time period. Once a homeowner has accepted or refused the funding, they cannot reverse their decision; as time and resources have been spent and contracts prepared.

While the WPCA is preparing to start Phase II, both administratively and contractively, we are also exploring a more effective database for tracking the activities in the program. Although we use our website, inspection forms, spreadsheets, network files, FTP site via consultants, and the Town's new Map Geo GIS, we do not have a comprehensive database that the different departments and agencies involved can access and update simultaneously. Therefore the WPCA has been pursuing web based software that would allow the staff, as well as the health district and consultants, the ability to keep the majority of the data in one place and to share information. We are hoping to have a cost effective solution to the information tracking challenges in the next couple of months.

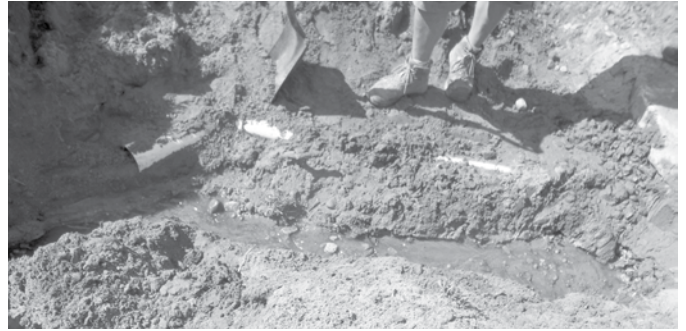
Included in this addition of Saybrook Events is "A Homeowner's Guide to Septic Systems," which some residents may recognize as the enclosure to the pumpout tickets when they were mailed manually. We thought we'd get back to basics and reissue this advice.

Finally, in the last issue we alluded to some of the situations the WPCA field crew has uncovered when inspecting the installations such as disconnected and broken pipes that allow septage to flow untreated into the ground, 8-foot deep dry wells sitting in the ground water, under sized tanks, and extra components (abandoned or still attached), crushed leaching products and distribution boxes, and clogged pipes and filters. We've included some photos of these damaged and malfunctioning systems to underscore the importance and necessity of

this upgrade program.

Please feel free to stop into our office on the 1st Floor of Town Hall, call 395-2876, or attend our bi-monthly meetings on the 2nd and 4th Mondays in Town Hall. Or for further information please refer to our website at www.oswpca.org.

The WPCA wishes everyone in Old Saybrook a happy and healthy holiday season.



Broken Pipe



Dry Well



Tank Collapse

Friends of the Acton Public Library

The mission of the Friends of the Acton Public Library is “to foster closer relations between the Acton Public Library and the citizens of Old Saybrook and its environs; to promote knowledge of the functions, resources, services, and needs of the Library; and to aid in the development of a program for extension and improvement of the Library services and resources.”

The Friends are constantly working to fulfill its mission. The 2012 membership drive was at all-time high of over 430, funded:

- Mango, an online language-learning system that can help you learn languages like Spanish, French, Japanese, Brazilian Portuguese, German, Mandarin Chinese, Greek, Italian, Russian and more.

- Halloween Hop held in late October at the Library, featured DJ, Tom Salatto. Children of all ages were invited to an evening of dancing to Halloween songs, games, and with treats for all!

- Zombie Night for those 12 and up, a professional makeup artist transformed participants and their friends into Zombies!

- Lightweight tables and chairs were an addition to the program room for easier handling.

- Donation made to the Tucker Library Fund, made possible by the generosity of the Friends membership, was added to a fund that matches each dollar donated for future construction needs.

- A Christmas party for preschoolers where Santa’s Helper distributed gifts on December 14, Friday, at 10:30 am in the children’s room.

- The Spring Book Sale will take place in March 22-24. Please check the Library or the web page for details.

60 Old Boston Post Road Old Saybrook, CT 06475.
860-395-3184 Fax (860)395-2462. actonlibrary.org.

Janet Crozier and Betty O'Brien
Co-Presidents

Parent Committee Plans “Safe Grad Night 2013”

Each year, a committee of dedicated Old Saybrook parents joins together through an organization known as Graduation Night, Inc. to plan and carry out a fun-filled graduation night event for the Old Saybrook High School senior class. “Safe Grad Night” has been a tradition in Old Saybrook for twelve years. Starting in 2000, the graduating seniors of OSHS have had the opportunity to attend an exciting and memorable all-night graduation party in a safe, sober, and fun setting. Held at a surprise location each June on the night of graduation, the event provides food, music, games, entertainment, prizes, and fun for our young adults.

All across the USA, graduation night and after-prom parties sponsored by parent groups have sprung up in recent years in response to frightening national trends in teen substance abuse and driving. Statistics show that the prom and graduation season (April-June) is the most dangerous time for teens, whose celebrations too often end in tragedy. These three months account for at least one-third of all alcohol-related teen traffic fatalities each year. Since the advent of safe graduation and safe after-prom parties, those disturbing numbers have markedly improved.

The Old Saybrook community has come together and taken steps to enhance our students’ safety at graduation time. “Safe Grad Night” is an inclusive event for all OSHS grads no matter what their financial means. But, assuring that all OSHS graduating seniors have a safe, sober, and fun graduation night is an expensive proposition. An activity-filled night at a special all-inclusive venue can cost approximately \$150 per student. This year’s committee is working hard to keep all costs within reason,

get the best deals possible, and raise funds to fully support the event so that every senior can attend.

Fundraising efforts got off to a brisk start this fall with a letter campaign seeking parent donations. That effort was followed by An Evening at The Kate in November, a first of its kind event that featured the 2012 movie “Moonrise Kingdom” along with food and beverages, a raffle, and silent auction. The annual McDonald’s Night was held in late November when area families dined under the golden arches to help raise money for “Safe Grad Night”. Another movie night at The Kate is being considered for mid-winter. The signature fundraising event for “Safe Grad Night” is the annual Golf Tournament sponsored by The Gowrie Group, which will be held in late spring.

Throughout all of these (and more) fundraising events, the committee depends upon the generosity of Old Saybrook families and the business community. Without the many sponsors and donors, the annual fundraising goal of about \$24,000 could not be realized. Each year the parent committee strives to raise sufficient funds for the event as well as seed money to start next year’s effort. The committee extends its heartfelt gratitude to all of those individuals, families, and local businesses that have generously contributed so far.

All funds raised are managed through the non-profit corporation formed by parents several years ago. Graduation Night, Inc. is a registered 501(c) 3 charitable organization which gladly accepts tax-deductible donations of all amounts. The organization’s mailing address is Graduation Night, Inc. c/o Old Saybrook High School, 1111 Boston Post Road, Old Saybrook CT 06475.

Social Services Winter Programs

SOCIAL SERVICE HELP DAY - Our next Social Service Help Day is December 20th from 9:30-3 at Grace Church, 336 Main St. The Department of Social Services mobile office will be here to take applications for food stamps, SNAP, health care, HUSKY, MEDICARE, MEDICAID, SSI and cash assistance programs. We have been and will continue to host the DSS monthly to provide direct access to state services for our residents in need. Please contact us for future dates and for an appointment time. Over 30 applications are taken monthly for these programs primarily for food and medical care and more residents continue to need help. At this event there will also be a Free Hearing Clinic and a Dental Clinic. Feed the Children will also be here on December 20th, to deliver help to 400 families in need of food, to help those who lost food during our recent storm and are still struggling to feed their families. Applications are needed. Please contact us to apply.

CT FOOD BANK - Monthly we have also been hosting the CT Food Bank mobile truck at Grace Church on the forth Thursdays of each month. This is a critical week for families as food stamp allocations run out by the end of each month. On school break weeks it becomes more important to help support families in feeding the children that are home from school and will not be receiving their free or reduced price breakfast and lunches. They will be here on December 27th and will bring food for 100 families. There is no application needed. Please come to the church parking lot between 1:30 and 2:30pm for food distribution. These deliveries are in addition to our local food pantry pick ups at the Congregational Church on Tuesdays between 3-5pm. Shoreline Soup Kitchens reports that they are now serving nearly 800 Old Saybrook residents here. Monthly we have been seeing over 100 families and over 300 people for our Social Service Help Days which are usually held on the same day with the food bank truck arriving in the afternoon.

WARM THE CHILDREN - Over 130 children have already been helped to receive warm winter clothing. If you are in need of warm clothing or coats for your child please contact us.

ENERGY ASSISTANCE - 100 applications were taken in one day on October 10th at our first sign up day for the season here in Old Saybrook. Over 40 additional applications have been taken here in the office since then. Application can be made here through March for any family meeting the guidelines for fuel assistance. Additional heating assistance is available in an emergency from our local programs from the town and from HEAT. Check our oil tank at the Stop and Shop entrance as we continue to raise

money for families in need and please donate if you can. Please contact us if you are in need of fuel assistance.

DENTAL INITIATIVE - Dental clinics continued to be held in Old Saybrook monthly at our Social Service Help Days, providing free cleanings and screenings to many Old Saybrook residents in need. We have been helping about 20 people each month at our clinics. Dental help has also been provided to individuals needing emergency help through our local initiative. If you are a resident in need of dental care and are not insured or are underinsured please contact us for more information.

NEW DENTAL CLINIC FOR CHILDREN - Thursday, December 27th, at St. John's Church, Sheriden Center. Screening and Cleanings will be offered by a very friendly pediatric hygienist, with a referral to a dentist at Old Saybrook Community Health Center Dental Clinic if needed. Insurances accepted, and financial aid to those without insurance, who qualify. Call Tina Belmont RN, Old Saybrook Town Nurse, for an appointment, @ 860-271-5683 or contact us for more information.

EMPLOYMENT WORKSHOPS AND JOB HELP - We have partnered with Acton Library and CT Works to form ShorelineWorks, providing programs at the library on Mondays. Ongoing job support, career counseling, placement, training information and job groups have been and continue to be held. At our recent Job Fair we had over 60 job seekers in attendance and had a good turn out from several employers in the area. Applications for jobs were taken and filled. The Connecticut Department of Labor comes in to discuss State job availability and how to get a state job as well as CT Works providing information on WIA state funded training programs for needed job vacancies. A job resource center is being set up at the library where job vacancies and other information will be posted. Please contact us for upcoming schedules and for any employment help you need.

FEDERAL, STATE and LOCAL ASSISTANCE PROGRAMS - SNAP, HUSKY, Cash Assistance, Disability, Assurance Wireless Phones, Medicare sign ups, Medicaid, unemployment, foreclosure and eviction, legal aid referrals, electric and water company shut off payment plan programs and help with HEAT, food, clothing, housing, gas and medical care continue daily.

If you are in need of assistance, would like further information, or would like to donate to help those in need, please contact Susan Consoli, MA, LPC, Social Services Coordinator at 860-395-3188 or by email at sconsoli@town.old-saybrook.ct.us.

Post Election Voter Information

Around the State there was a very high percent of voter turnout and Old Saybrook was no different with a 76% turnout of active, registered voters of which there are over 7,600 of in town. We would like to address some frequently asked questions in this article. Both Registrars were elected

for another four year term, Jean Winkler and Carol Conklin, as across the State there is one of each party who serves in the Registrars office; and Registrars, also statewide appear on the Presidential Election Ballot.

Continued on page 28

Post Election ... continued from page 27

Election of Registrars varies from state to state, but is consistent within the state. The absentee ballot process in Old Saybrook is handled by the Town Clerk's office for elections and referendums, and absentee votes are counted on voting day, subject to all the same equipment and counting process used for in person voting. Many coming to the polls that day needed to make name and address changes to have a consistent match with the Voter's List. We would like to remind all residents that the Voter Registration Card is not just for new voters, but is needed to keep us up to date with name changes, and address changes so you are not delayed in the polling place on that day. The Voter Registration card

also has a field for Party enrollment changes, also as a reminder for Voters that you must be affiliated with a major party to vote in a Primary, and going from a major party to a major party, must take place 3 months prior to the date of the Primary to be eligible to vote that day. If you move to a new town, you are considered a New Voter, not an address change, and your information does not automatically change based on your move without filling out a new voter registration card. It is always our goal to make voting an easy, friendly, and secure process for you. Voter registration cards are available through our office, the Town Clerks office, Department of Motor Vehicle, Libraries, and online too. For any questions about making changes or the recent election, please call our office at 860-395-3134.

Essex Savings Bank Opening Chester Branch

Essex Savings Bank President and CEO, Gregory R. Shook reported that he has negotiated and executed a lease agreement with the town of Chester in the former Bank of America branch. It is expected the branch will begin operations in December after modest renovations.

Mr. Shook stated: "We are thrilled to have the opportunity to bring back Community banking to Chester. Since 1851 we have been a safe financial harbor providing a value added formula comprised of outstanding advisors and officers that take pride in building long term personal relationships... Essex Savings Bank is proud to offer a full complement of financial services for the individual, business, trust and investment clients in Madison and the surrounding communities." He noted that John W. Rafal, President of Essex Financial Services the Bank's subsidiary, was ranked number one in Barron's Top 100 Independent Financial Advisers article for several years including Barron's Top 100

Financial Advisers. Most recently he was featured in their, The Best Advice article in their November 10, 2012 "an Optimist's agenda". "Our team also includes, Granville Morris, Senior Vice President, the leader of the trust department who as an experienced Trust Attorney leads an extraordinary team who fulfill the individual needs required in the protection and preservation of clients' assets," Shook stated.

The Bank's capital far exceeds regulatory requirements for "well capitalized" banks. Mr. Shook further added, "We do not have shareholders to please and continue our long heritage as a mutual savings bank, a non-public organization with a far-reaching vision for our customers and the communities we serve. Our Community Investment Program, which returns 10 percent of our after tax net income to non-profits, is a testament to our commitment to the quality of life we strive to support in our area of operations."

Healthy Eating through Healthier Habits for Seniors

As we age, the make-up of what we eat becomes more and more important to our bodies and our overall well being. With proper nutrition, we are better able to manage health issues such as high blood pressure, cholesterol and sugar levels. We also reduce or eliminate common ailments such as swelling and inflammation, poor digestion, and low energy. While many seniors find themselves on some type of "restrictive" diet, this does not have to mean the end of enjoying a good meal. In fact, with better food labeling and an increasing selection of healthier foods in grocery stores, eating better is really tastier than ever. Here are some tips to eating well:

Fresh is best when it comes to fruits and vegetables, and frozen is second best (avoid high-salt or sugary canned foods). The fiber and vitamins in popular favorites such as apples, blueberries, plums, broccoli, cauliflower, and avocados provide countless benefits. Enjoy these foods raw, steamed or sautéed in a little olive oil. Brown (whole grain) is better when it comes to breads, pasta, rice and cereals. For potatoes, sweet ones are far

more nutritious than white. Choose lean, high-protein foods such as fish, turkey, pork, beans, peas, nuts, for higher energy and better bone health. Eggs, cheese and milk have calcium that is also beneficial to bone health. However, these foods should be avoided if cholesterol levels are a concern. Use olive oils or soy-based margarines instead of butter whenever possible, to keep cholesterol counts down. Choose water over high-sugar drinks and fruit juices. Instead of canned soups or frozen dinners, keep bagged salads, canned tuna, and low-fat yogurts on hand for quick meals.

If you live in a retirement community, discuss your diet with the chef, nutritionist, or nurse. They will make recommendations for you and prepare foods that meet your special needs. By adopting better eating and shopping habits, we can find the best balance of foods that keep us healthy and help us enjoy a great (and delicious) quality of life.

*Kathy Ryan
Executive Director of The Saybrook at Haddam*

The Economic Development Commission

The Economic Development Commission (EDC) works on a variety of fronts to promote Old Saybrook as a great place to live, work, play, shop and retire. Our primary mission is to retain and attract businesses to Old Saybrook. Business is vital to the community as it provides jobs, tax revenues and business-to-business purchases that ripple throughout the community. Old Saybrook continues to boast one of the lowest property tax rates in the state, an excellent school system and an outstanding quality of life.

There are over 34 million home based businesses in the USA, over 800 in Old Saybrook and Old Lyme. Diana Melville and David Griswold of Old Lyme have been operating a support group for home based businesses. In October the EDC sponsored a Home Based Business Forum at the Pavilion for this group. About 40 people attended and there was lively interaction.

The EDC, the Main Street Business Association and the Chamber of Commerce have been working together in a number of areas. The EDC was a sponsor of the Old Saybrook Chamber of Commerce's Business Expo at the Saybrook Point Inn. We also sponsored The Saybrook Stroll, the Annual Craft Fair and the Salt Marsh Opera "Opera in the Park". The Chamber has been an active supporter of our project to replace

the Welcome Signs at our North, East and West gateways. The existing signs at our gateways have been lost or have fallen into disrepair. New signs are planned for Route 154 near the Town dog pound, near I95 Exit 68S and near the intersection of Spencer Plain Road and the Boston Post Road. The signs are nearly complete and will be installed in the spring.

Communicating with potential businesses that might be interested in Old Saybrook is a primary responsibility of the Economic Development Commission. The EDC is developing Rack Cards that would be available at local commercial realtors, at the I95 rest stop on our border and at Town Hall and the Chamber office. The cards would be available at various sites in the area and would encourage potential businesses to use the EDC to develop business plans, find funding and locate sites in Old Saybrook.

Current members of the Economic Development Commission are Chairman Todd Roberts, Vice Chairman Elizabeth Swenson, Secretary Jim Keating, Commissioners Loren Ashe, Dave Cole, John DeCristoforo, Maura Richards and Alternate Bruce Greenfield. Our Executive Director is Wilma Asch.

James D. Keating, Secretary

Snow and Ice Removal

The Public Works Director would like to remind everyone that it is the property owner's responsibility to clear the sidewalks of snow and ice as described by Town Ord. No. 25 Removal of Snow and Ice (§ 185-1).

Also, it is crucial that all Main Street business owners not use rock salt on the Main Street sidewalks, as the rock salt will damage the sidewalks. Main Street business owners need to use Safe Step Ice Melt or other comparable ice melts that specify "safe for concrete, brick and stone".

The Public Works Department is responsible to remove snow from approximately seventy-two miles of town roadway. Snow being thrown by the plow blade can be forceful and the weight of the pushed snow can cause damage to a mailbox. If it is determined a mailbox was struck directly by the snowplow, the Town will replace the existing mailbox with a standard mailbox and post. Standard mailbox replacement consists of a black metal mailbox. Post replacement will be a pressure treated post.

UNDER NO CIRCUMSTANCES WILL A MAILBOX OR POST BE CONSIDERED FOR REPLACEMENT IF:

The post shows dry rot, is unstable or placed too close to the roadway.

If a mailbox is popped off the cross member, shows no damage, and is lying there, the mailbox, most likely, was not hit by the plow but the weight of the pushed snow took the box off the support. Mailboxes must be firmly fixed to a durable post anchored in the ground to withstand the impact of thrown snow.

All qualifying mailboxes that were damaged by a Town snowplow need to be reported by March 29, 2012.

Avoid parking on Town roads during snowstorms to allow the plow trucks to clear the snow. Make certain that basketball hoops, sprinkler systems and other items are at least 8 feet from the road to avoid damage by the Town plows. Basketball hoops, sprinkler systems and other items within the Town right of way are not permitted and will not be replaced, repaired or reimbursed by the Town.

Residents and business owners contracting privately for plowing... **DO NOT PUSH SNOW INTO THE ROADWAY, THIS IS ILLEGAL.**

Thank you for your cooperation.

*Larry Bonin
Director Public Works*

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Old Saybrook - Community Listings

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Chamber of Commerce	860-388-3266
Estuary Council of Seniors.....	860-388-1611
Main Street Business Association.....	860-388-6850
Old Saybrook Garden Club	860-388-3213
Old Saybrook Historical Society	860-388-2622
Old Saybrook Lions Club.....	860-399-6850
Old Saybrook Woman's Club	860-395-1206
Rotary Club	860-388-4271
Veterans Affairs & Memorial Day Parade	860-388-9170
Middlesex County Community Foundation	860-347-0025

PUBLIC LIBRARY

Acton Public Library	860-395-3184
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PUBLIC SCHOOLS

Superintendent's Office	860-395-3157
Goodwin School	860-395-3165
Middle School	860-395-3168
Senior High School	860-395-3175
St. John's	860-388-0849

RELIGIOUS SERVICES

Full Gospel Tabernacle Church	860-388-2085
St. John's Roman Catholic Church	860-388-3787
First Church of Christ, Congregational	860-388-3008
Emmanuel Baptist Church.....	860-388-2582
Grace Episcopal Church	860-388-0895
St. Paul Lutheran Church	860-388-2398
Christian Science Church	860-388-2670
Valley Shore Assembly of God	860-388-0662
Baha'is of Old Saybrook	860-388-5948

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Zoning Commission

Over 25% more certificates of zoning compliance were administratively approved by the zoning enforcement officer through November 2012 than in all of 2011. The Zoning Commission approved two additional affordable housing developments; one consisting of 27 affordable units among 90 total dwelling units as part of a plan to redevelop an area between the bridges along the Connecticut River, the other near the Westbrook town line on Rte 166 where Old Saybrook will get 2 affordable units that are part of 15 in the development. After the Zoning Commission's writing regulations for the Incentive Housing Zone (IHZ), adopting them and subsequently

approving the project by HOPE Partnership, the State of Connecticut has paid \$20,000 to Old Saybrook under its program to expand housing opportunities. The 16 affordable units at Ferry Crossing are complete and now occupied, a benchmark for what the IHZ regulations provide. The Zoning Commission continues to draft modifications to the sign regulations to make them clear and up to date. We anticipate even more development applications next year.

*Robert Friedmann, Chairman
Old Saybrook Zoning Commission*

Gowrie Group Launches Challenge

Since 2003, Gowrie Group has focused its charitable giving on supporting The Shoreline Soup Kitchens & Pantries (SSKP). The SSKP's mission is to provide food and fellowship to those in need who reside in Essex, Chester, Clinton, Madison, Old Saybrook, East Lyme, Lyme, Old Lyme, Killingworth, Westbrook, and Deep River. (www.shorelinesoupkitchens.org)

The severe impact from Hurricane Sandy has made the SSKP's food services necessary for many families for the first

time. Looking back to last year, the SSKP distributed nearly 1 million meals. To help the Shoreline Soup Kitchens & Pantries meet the demand for food services, Gowrie Group is launching its 9th annual matching challenge to benefit the SSKP. They are matching, dollar for dollar, the first \$25,000 in donations. The next \$27,500 in donations will be matched by our partner sponsors: Bell Power Systems, LC Doane, Safety Zone, Andre Prost, and Tower Labs. Between Gowrie Group, our five partner sponsors, and donations from local companies and friends, we hope to meet and exceed our ambitious goal of raising \$115,000.

The first Gowrie Challenge in 2004 raised \$47,000. In 2011, the challenge raised a record \$113,000. In total, Gowrie Group has raised almost \$600,000 to benefit the Shoreline Soup Kitchen. This translates to providing almost 2 million meals.

Throughout the year, Gowrie Group and its employees donate their time and services to the SSKP in many ways. Each summer, Gowrie employees prepare and serve a BBQ lunch at the SSKP's Old Saybrook soup kitchen location. In early December, Gowrie hosts a canned food drive at all their office locations - Westbrook CT, Darien CT, Newport RI, North Kingstown RI, and New Hampshire. Many employees and their families also help out regularly at the SSKP's food distribution and meal locations. The 2012 Gowrie Group Challenge runs from November 15th through December 31st. All the funds raised through the Gowrie Group Challenge will be used to purchase and provide healthy meals for those in need. Donations can be made online or by mail by check, mail or online by credit card.

The Shoreline Soup Kitchens & Pantries
Attn: Gowrie Group Corporate Challenge
P.O. Box 804, Essex, Connecticut 06426
www.shorelinesoupkitchens.org
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Inland Wetlands and Watercourses Update

The year 2012 has been a year of several firsts for the IWWC. The number of applications is down this year; and, as there was no business to conduct during the months of July, August and September, no meetings were held. This slow-down in construction activity is the greatest the IWWC has experienced in the past 10 years. It is expected that this is a reflection of the general economy and the real estate market.

Another first occurred on July 2nd, when the Commission held a Special Meeting to discuss and vote on an application that required an expedited decision. Access to Town Hall was not available; and it was a beautiful summer evening. Therefore, with the agreement of the Applicant, the meeting was conducted on the benches in front of Town Hall.

Some of the Town's residents are not aware that beginning in 2011, the members of the IWWC also serve on the Town's Aquifer Protection Agency. There has been very little activity within the Aquifer Protection Zone in 2012. Following the registration of firms engaged in regulated activities within the zone there has only been one application for evaluation of a possible regulated activity as part of a newly proposed development.

A member of the Commission received a high honor in 2012 when Kimberley Gallagher, the representative to the

IWWC from the Conversation Commission was awarded her doctoral degree in Marine Sciences from the University of Connecticut. The Commissioners and staff congratulate Dr. Gallagher for her hard work and dedication.

As a reminder to Town residents, any work in or near a possible wetland or watercourse does, at the least, require a visit to the Land Use Department in Town Hall to discuss the proposed activity PRIOR to starting any work. An increasing number of violations of the Town's regulations have been reported to staff due to property owners initiating work in a regulated area prior to talking with the Land Use Department and obtaining the necessary permits. Any work involving clearing, excavating, tree removal, filling of land or construction of building structures within the regulated area adjacent to wetlands and watercourses requires submission of a permit application, and approval of a permit by the IWWC. Please remember to contact the Land Use Department on the 2nd floor of Town Hall to discuss any questions regarding the Town's regulations as part of your planning process prior to starting any work on your property.

William Pollock
Secretary-IWWC

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Guide to Septic Systems

If properly designed, constructed, and maintained, your septic system can provide long-term, effective treatment of residential wastewater. Failure to maintain your septic system may result in the need to repair or replace part, or all of the system. A malfunctioning system can contaminate groundwater. (Groundwater in areas north of Route 1 may be a source of drinking water.) And if you sell your home, your septic system should be in good working order.

PROTECT YOUR SEPTIC SYSTEM - Inspect your system (every three years) and pump your tank as necessary (generally every three to five years). Of course, this is dependent on how many people live in the house and the size of the system and in Old Saybrook we have the five-year pump-out ordinance. Use water efficiently. The average indoor water use in the typical single-family home is almost 70 gallons per person per day. Dripping faucets can waste about 2000 gallons of water each year. "Running" toilets can waste as much as 200 gallons each day. The more water a household conserves, the less water enters the septic system. Visit www.epa.gov/owm/water-efficiency for more information on water conservation. Don't dispose of household hazardous wastes in sinks or toilets. Care for your leaching system. Avoid driving or parking vehicles on your leaching system. Plant only grass over and near the leaching system to avoid damage from roots.

THE SEPTIC SYSTEM - The typical septic system has four main components: a pipe from the home, a septic tank, a leaching system and the soil. Microbes in the soil digest or remove most contaminants from wastewater before it intercepts the groundwater. The septic tank is a buried watertight container typically made of concrete, fiberglass, or polyethylene. It holds the wastewater long enough to allow solids to settle out (forming sludge) and oil and grease to float to the surface (as scum). It also allows partial decomposition of solid material. Two compartments and a T-shaped outlet in the septic tank prevent the sludge and scum from leaving the tank and traveling into the leaching system. Effluent outlet filters are also recommended to keep solids from entering the leaching system. The wastewater exits the septic tank and is discharged into the leaching system for further treatment by the soil. Microorganisms in the soil provide final treatment by removing harmful bacteria, viruses and nutrients. Typical pollutants found in residential wastewater include nitrogen, ammonia, phosphorus (Nutrients) and disease-causing bacteria and viruses (Pathogens). According to the EPA, a properly installed and maintained septic system

will effectively remove most of these pollutants. More information may be found at www.epa.gov/owm/onsite.

More septic tank do's and do not's: Do not wash or disinfect the septic tank after it has been pumped. Do not use special additives. They will not increase the life of the system; they may even shorten it.

It is OK to use small amounts of drain cleaner in your indoor plumbing. Follow the manufacturer's guidelines, it will not hurt your septic system.

Undigested food only adds to the sludge and scum layers in the septic tank. We need to scrape our plates into the garbage or composter, as appropriate, prior to washing. Our digestive tracts are the first level of waste treatment; our bodies provide the bacteria colonies responsible for primary septic treatment. Do not allow large volumes of water (such as several large laundry loads) to enter the system on a single day. Always wash full loads of laundry or dishes to reduce the amount of wastewater. Do not dispose of plastics, diapers (even disposable ones), cloth or other non-biodegradable articles in the septic system. Those moist toilettes should not be flushed; they belong in the trash. Never flush cigarette filters or cat litter down the drain. Do not put grease or oil down the drain. Paper towels, cellophane wrappers, adhesive-bandages and cotton balls should be discarded with the household trash. Do not connect "clear water" wastes such as footing drains, roof drains, water softeners or dehumidifiers to the septic system. Do not plant trees or shrubs in the vicinity of the leaching system or reserve area. The roots will seek water and nutrients, potentially clogging the system. Do not drive automobiles or other heavy equipment across any part of the system. Direct all surface drainage, roof drains and other such discharges away from the area in your yard where the leaching system is located. Fix all leaking fixtures and toilets immediately. A constant small flow to the system will significantly shorten its life. Consider installing water-conserving fixtures. Not only will less water go into your septic system, but also you will save on electricity.

To provide for proper operation of your leaching system, do not place fill material or construct out-buildings, room additions, garages, above-ground pools or driveways over the leaching system or the reserve area. An area next to the original septic system (for future expansion or repairs) has been reserved in case a replacement system is needed. You should not place any permanent structure in this area. The most effective cover for a leaching system is a grassy lawn. Never plant a food garden over the leaching system.

Prepare and retain a site plan of your property showing the location of the septic system components.



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STRUT your PLUCK or From Insomnia to Ducks - A Genesis

My husband couldn't sleep. He got up, searched the internet for car toppers; you know, some kind of funky object that could stick on a car to distinguish it. Well, no luck. However, Fred, now on a mission, found a rubber duck from the bathtub, punched a hole into its sides, angled a zip tie through its belly and fastened it to my van's roof rack.

That very morning, amid the frenzy of dashing for the bus, all 3 kids and myself, were positively enchanted, totally delighted, and just had to shout "Hey! There's a duck on mom's car!"

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Fred, seeing a niche for practical yet fanciful fun, with an entrepreneurial pal, Tom Muckle, designed and manufactured a respectable mounting base for zip-tie models, and expanded to suction cup and mini magnets with brightly colored friends of frogs and fish as well as ducks.

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