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The Selectmen's Corner

Happy fall. The Board of Selectmen, consisting of First Selectman Carl P. Fortuna, Jr. and Selectpersons Scott Giegerich and Carol Conklin, encourage you to get out and enjoy the beautiful fall weather and all that Old Saybrook has to offer. We thank you for entrusting us with running your local government.

I have written repeatedly about the financial state of the State of Connecticut. We know the State is facing a \$5 billion deficit over the next two fiscal years, which amounts to approximately 13% of the State budget each fiscal year. A State employee concession package was recently ratified by the State legislature that allegedly will save \$1.5 billion over the next two years. Again, while I appreciate the efforts of state employee unions for coming to the table to bargain, my concern is the overall health of the state economy. The new State employee union agreement will last for another ten years (until 2027)! I have zero confidence that this deal places Connecticut on a sustainable financial path. While the concession package may indeed result in the State of Connecticut passing a biennial budget, State employees will still receive raises totaling 10% over the next 5 years, and health and pension plans have not been modified nearly enough. Worse, a guaranteed "no-lay-off" clause for the next four years limits the options of the next Governor to deal with what is sure to be a financial crisis when it comes time to budget again in two years. The vote was strictly a party line vote which clearly demonstrates to me that this package

is unsatisfactory. Neither party has a monopoly on good ideas, and until Republicans and Democrats can begin to work together and "cross party lines," I am not hopeful of a good long term financial fix for our state.



First Selectman Carl P. Fortuna, Jr.

Locally, we are financially prepared for the State's bad news. Some background first: In the fiscal year 2014-2015, the town estimated that it would receive \$1,176,110 from the State and the town did receive most of those funds. These revenues are funds we receive for the tax dollars our citizens send to Hartford: \$681,702 in Educational Cost Sharing, \$247,000 in Town Aid Road, \$60,000 in Grant in Lieu of Taxes, \$43,000 in Municipal Revenue Sharing, \$18,000 in "Casino Funds," \$75,000 in Elderly Tax Relief and about \$19,000 in other miscellaneous State grants. Just two years later, in the 2016-2017 fiscal year, the town received about \$550,000. During budgeting early in 2017 and anticipating the weak state of the State, I put a number of \$375,000 on revenues expected for 2017-2018. We are being conservative with our numbers because it is the prudent and responsible thing

Continued on page 3



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www.essexprinting.com

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CONTENTS

The Selectmen's Corner.....	1
Cover Photo / Bushnell Farm.....	2
Old Saybrook Garden Club Happenings.....	4
Old Saybrook Chamber of Commerce.....	7
Town Clerk's Office.....	8
Old Saybrook Economic Development.....	10
Old Saybrook Lions Club.....	12
Social Services Help Day.....	14
Interim Fire Marshal's Autumn Safety Tips.....	15
Leaf Pick-up in Old Saybrook.....	15
THE BEACON.....	16
- Hitting the Target.....	16
Old Saybrook Education Foundation.....	18
Old Saybrook Historical Society.....	18
Acts Affecting Transportation.....	20
Acton Public Library.....	22
James Kuslan - Free Opera Lecture at Action Public Library.....	24
Old Saybrook Youth and Family Services.....	24
News from Old Saybrook Youth and Family Services.....	26
Old Saybrook Parks and Recreation Department.....	30
Old Saybrook Land Trust Annual Thanksgiving Hike.....	32
Conservation Tips for Late Summer through Fall.....	32
Let's Talk Trash. Not Trash Talk but Actual Trash.....	36
WPCA Update.....	37
How to Deal with Bad Weather? ... Prepare!.....	38
Smoking and Eye Disease.....	38
Old Saybrook Public Health Nursing Board Sponsors Grub Club.....	40
What do I do with Plastic Bags and Shrink Wrap?.....	43
AUTUMN STORMWATER: Know Where It Goes.....	44
Middlesex Hospital to Expand Cancer Services.....	46
The Misunderstood Red Wine "Merlot".....	47
Katharine Hepburn Cultural Arts Center.....	48

Cover Photo / Bushnell Farm

Bushnell Farm will host State Historian Walt Woodward and
 The Band of Steady Habits for Frost Season:
 The Poetry of Robert Frost in Story and Song.
 The free public program will be held on Sunday afternoon,
 October 8th at 4 o' clock.
 Parking is on-site at 1445 Boston Post Road.

Selectmen's Corner... continued from page 1

to do and will set Old Saybrook up for financial success this coming year. Many towns both larger and smaller than ours receive (literally) millions and tens of millions in state aid. While there appears to be no good formula for distributing state aid, decades of legislative ineptitude has devolved into nothing more than a scattershot approach to funding municipalities. Old Saybrook no longer receives much for the tax dollars our community sends to Hartford. We have managed the loss of these funds smoothly and will continue to transition entirely away from reliance on the State which, sadly, appears to be the logical path to take.

It is official: by the time Saybrook Events is published, most new town employees will no longer receive a traditional pension. Instead, they will contribute to, and the town will match, contributions into a 401k style plan. This is a big change, especially for the public sector, but it is high time. I am of the firm belief that the taxpayer can no longer guarantee benefits to town workers without regard to the swings of the stock market or the economic cycle. This new benefit will accrue positively on the town's balance sheet over the course of the next ten to twenty years. It is sound long term planning. Even with the employee concession plan ratified at the state level, there will still be guaranteed benefits to state workers. That will not be the case in Old Saybrook as our town employees have ratified their contracts agreeing to the 401k style plan.

2016-2017 was another successful financial year for the town. Due to tightly controlled expenditures, the town will finish in the black. Unlike some prior years, this year's surplus is less a result of good revenues and more a result of reducing spending due to the financial uncertainty at the State level. Twice during the past fiscal year, I sent memos out to staff instructing departments to monitor their budgets particularly closely. We wanted to be sure the town would not have to use reserves to balance our budget due to mid-year State budget cuts. The vast majority of any audited surplus will end up in the town's rainy day fund, which we have been steadily building over the last six years. As one can see, our projects on Main Street and North Main Street are wrapping up on time and on budget. North Main Street will be an attractive gateway to Main Street, offering sidewalks and adequate lighting. Our Main Street park and parking will offer increased downtown parking, with a public park yet to be built. These are important infrastructure projects paid for with State grants. It is so important to continue to improve our town's infrastructure and I believe both these projects, in their own way, do this while contributing significantly to our downtown aesthetics. There are a lot good things happening in our beautiful town. I wish all who live, work and play in Old Saybrook a happy and safe fall season.

Carl P. Fortuna, Jr., First Selectman

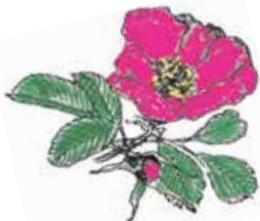
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Old Saybrook Garden Club Happenings

The autumn months are upon us and the Old Saybrook Garden Club is in full swing holding monthly meetings and planning our yearly activities. This is also the time to think about preparing your garden for the winter months. If you have overgrown perennials, now is the perfect time to dig and divide. Also, here are a few quick tips from the Connecticut Federated Garden Club:

IN SEPTEMBER/OCTOBER:

- Put down compost and/or organic fertilizer.
- Take cuttings of impatiens, coleus or begonias for flowers in your home all winter.
- Prepare houseplants to bring inside. Do this when outside and inside temperatures are the same.
- Check and spray for insects.
- Select bulbs for fall planting.

Before the winter months are upon us and the weather is still pleasant, take a walk



down Main Street and take in our stunning Constitution Garden, all 23 Main Street median gardens, and the garden in front of the Fire Department. Also, you will notice Street Garden Participant markers in front of many businesses. The program is designed to foster civic beautification and to recognize businesses that make a special effort to use plants and flowers for

the pleasure of residents and visitors to our community. More than 80 businesses participated this year.

STREET GARDEN PARTICIPANT AWARDS

The Street Garden Participant Awards were handed out in August. The winners are:

Continued on page 6



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Garden Club... continued from page 4



Best Containers:
Mirsina's (pictured) and Heffernan Legal Group.

Best New Participant:

Primp and Funktion Fitness

Best Containers:

Mirsina's and Heffernan Legal Group,

Best Window Box:

MAR Floral and Coldwell Banker,

Best In-Ground Garden:

Business at 75 Main Street,
Anthony Izzo, Owner and
Nyman Jewelers,

Best Around a Tree Garden:

Sweet Luna and Maximus
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Watch for our Main Street winter beautification project beginning in late November. Interested in joining our club? Please contact our Membership Chair at 860-395-1268. Follow the Old Saybrook Garden Club's activities on Facebook, www.facebook.com/oldsaybrookgardenclub and "like" us.

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



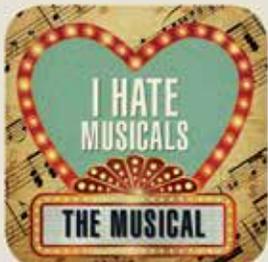
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Old Saybrook Chamber of Commerce

B2B LENS: REINVENTING THE BUSINESS EXPO

Following a seven-year run, the Old Saybrook Chamber of Commerce has decided to reinvent the traditional Business Expo and offer instead a Business to Business event, aptly named B2B LENS. "LENS" stands for Lead generation, Education, Networking and Strategic partnership, which are the primary goals of the event. According to Sharon Lewis, Committee Chair and owner of AdvCoach, a business consultancy, "the typical business expo tends to be a mix of business to business and business to consumer and often seems to leave both the attendees and the exhibitors a little bit confused as to what to expect from the event. By re-inventing the Chamber's annual Local Business and Food Expo, and creating two events, Restaurant Week (February 5-11, 2018) and the B2B LENS Event (Thursday, October 19), we hope to provide more value to the community and our members, and attract even more participation in both events."

Water's Edge Resort & Spa will host an afternoon packed with marketing, educational opportunities and resources, and networking. Lewis explains that "networking is hard! We're planning aspects of the LENS Event to make it easier for businesses to make connections and develop their businesses. For instance, we're offering several options for participants to actively engage in during the event: exhibitor booths, round table discussions on

relevant business topics, speed networking, panel discussions, short "ask the expert" consultations on topics such as QuickBooks and social media, and of course, open networking."

Lewis adds that the event is planned such that it fills a resource gap for all businesses, both members and non-yet members, to help them make connections with other businesses. Dan Price of Full Power Radio was one of the first businesses to sign on as an exhibitor. Price says that as a media sales person, "most small business owners are very confused when to buy advertising and what to buy. I thought this would be a good place to offer free advice in a no-pressure atmosphere, to help business owners get comfortable with the concept of advertising."

Water's Edge Resort & Spa, Comcast Business, and D2 Media Solutions are event sponsors.

Exhibitor space is limited. To secure a booth email Judy Sullivan, judy@oldsaybrookchamber.com or call 860-388-3266.

B2B LENS Event

Thursday, October 19, 2017, 2-6 pm

Water's Edge Resort & Spa

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General Admission: \$25 (before Oct. 12), \$35 (after Oct. 12)



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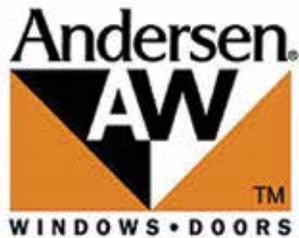


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Christina Antolino,	8:30 am – 4:30 pm
Assistant Town Clerk	Phone Number 860-395-3135
Cindy Kane,	Town Website:
Assistant Town Clerk	www.oldsaybrookct.org

CONGRATULATIONS!

Robert Schneider and Kirsten Heller – June 2nd
 Oscar Barrera and Elizabeth Hocking – June 3rd
 Christopher Tuttle and Alexia Askitis – June 10th
 Jae Lee and June Hinckley – June 10th
 David Farley and Melissa Lavoie – June 19th
 Brett Lessandrini and Erica Allan – June 23rd
 Winthrop Cody, Jr. and Ellen Alatsas – June 24th
 Patrick Murphy and Lindsay Shean – July 7th
 Michael Gomez and Lucia Kelsey – July 8th
 Christopher Mehrtens and Jennifer McGill – July 14th
 Matthew Adanti and Amanda Clark – July 15th
 Christopher Bauer and Melissa Feige – July 22nd
 Ryan Bjorkman and Aline Kane – August 4th
 David Bish and Robbin Austin – August 5th
 Peter Brainard and Rowena Okie – August 12th
 Henry White and Kathryn Maikowski – August 13th
 Keith Urbowicz and Nastassja Perkins

continued on page 10

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Town Clerk... continued from page 8

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Old Saybrook Economic Development

TAKE A SEAT!

You're invited to sit and relax while enjoying Old Saybrook. So, take a seat on the newly arrived benches lining Main Street.



Over the last few years, benches that lined Main Street and other areas of town had to be removed due to their deteriorating conditions. To replace them, the Economic Development Commission (EDC) began a Bench Replacement Project. With assistance from the Land Use Department, benches made of Ipe wood and cast iron supports were selected as replacements. The EDC then solicited donations to purchase new benches. The first bench was donated by the Old Saybrook Chamber of Commerce with a plaque inscription inviting passers-by to "Take a Seat!" Thank you to all the individuals and organizations

that contributed benches to date. The first five benches now line Main Street from the Old Saybrook Chamber of Commerce to the Town Green. Four more donated benches and eight benches purchased by the Town will be added this fall.

These benches are a worthy investment that will serve the community for a generation. Each bench costs \$1,250. Bronze plaques with an inscription can be recessed into the backrest of the bench for an additional \$275.

continued on page 12

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1. Real Trends 500, 2017. 2. comScore, Jan. 1-Dec. 31, 2016. 3. Klout, December 31, 2016. The property information herein is derived from various sources that may include, but not be limited to, county records and the Multiple Listing Service, and it may include approximations. Although the information is believed to be accurate, it is not warranted and you should not rely upon it without personal verification. Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor agents and are not employees of the Company. ©2017 Coldwell Banker Real Estate LLC. All rights reserved. Coldwell Banker Real Estate LLC fully supports the principles of the Fair Housing Act and Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker and the Coldwell Banker logo are registered service marks owned by Coldwell Banker Real Estate LLC.

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Economic Development... continued from page 10

Thank you to the Department of Public Works for their assistance in assembling the benches and placing them in their designated locations.

Anyone interested in donating a bench can contact Susie Beckman in the Economic Development Office of Old Saybrook Town Hall: 860-395-3139.

Check out the Economic Development Town of Old Saybrook Facebook page! Use “@saybrookbiz” to find us!

Old Saybrook Lions Club



Lion Year 2017-2018, July 1, 2017 through June 30, 2018, is off to a good start! New officers and directors were installed on June 27th, which coincidentally, was the date of the 67th anniversary of the Old Saybrook Lions Club. Congratulations and best wishes for a successful year to Lion President Ed Gaffney, 1st Vice President, Shirley Annunziata, 2nd Vice President, Diane Pare, Co-Secretaries Kate Delaney and Shirley Evans, Treasurer Nancy Sullivan and the rest of the directors of the Board of Directors. Congratulations and appreciation went to our immediate past president, Richard Campbell, his Board of Directors and to the rest of the members for an active and successful 2016-2017 Lion year.

Thanks to our newest advertisers and to our faithful renewal advertisers, residents and visitors received the LIONS CLUB OF OLD SAYBROOK 2017 PHONE BOOK, 13th edition, during the summer. Copies were mailed to nearly 6000 residences and

businesses throughout Old Saybrook and additional copies are available at our Chamber of Commerce, Town Hall, Acton Public Library and other public locations throughout town. Look through your copy of the phone book and read the various notes and information about the Old Saybrook Lions Club, Lions Clubs International and Lions Clubs International Foundation (LCIF).

We participated in the Arts and Crafts Festival July 29th and 30th, serving baked potatoes with favorite toppings, bottled water, soda, watermelon on a stick and individually-wrapped baked goods made by our members. Of course, we sold our outer light-house pins and our newest item a “Family Talking Stick.” All sold like “hot potatoes!” All who volunteered had a great time! Congratulations to the Chamber of Commerce for another successful Arts and Crafts Festival!

Another delightful event, was our fund raiser on August 16th when we prepared and served hors d'oeuvres before the 7:30 pm

A green-bordered advertisement for Cartier Optical Inc. The top half features the company name 'Cartier Optical Inc.' in a white, cursive font on a dark green background. Below this, on the left, is a blue and white graphic that reads 'Owned & Operated by the Cartier Family Since 1972'. In the center is a black chalkboard with a wooden frame containing the text 'Free Kids Lenses!' in white, with 'Call for details' written below it. On the right is a cartoon illustration of a young girl with brown hair in pigtails, wearing glasses and a yellow shirt with white polka dots. At the bottom, a white banner contains the phone number '860-388-0205' and the website 'cartieropticalinc.com' in black text.

show of "Saturday Night Fever" at the Ivoryton Playhouse. We had a 50/50 raffle and a basket raffle and drew the winning tickets during intermission! Everyone had such a great time and remarked that the show was terrific! Guess what? We are selling tickets \$50/person for the November 9th 7:30 pm performance of "Ken Ludwig's The Game's Afoot!" It is a murderously funny thriller set in William Gillette's Connecticut Castle. The danger and hilarity are non-stop in this glittering wild and wacky whodunit! We are holding only 50 tickets, so if you are interested in attending, please contact Lion Shirley Annunziata at 860- 434-2871.

People have asked "What do you do with all of the funds raised throughout the year?" We distribute, usually during the month of June, to, among others, Acton Public Library, the Ambulance Association, Estuary Council of Seniors, Inc., the Fire Department and its Junior Fire Fighters' Program, various high school programs, the Police Department and its Explorers' Program, Warm the Children Program, Youth and Family Services the Connecticut Lions Eye Research Foundation (CLERF), the Lions Clubs International Foundation and the Shoreline Community Women's group for Boxes for Troops.

We will be scheduling "KidSight" eyesight screenings at the Goodwin Elementary School and other schools and events

beginning this fall. "KidSight" is a free screening program with a goal to screen children between the ages of 3 and 5 for eye abnormalities such as nearsightedness, farsightedness and irregularly shaped corneas or lenses and/or other abnormalities. The screening is done in minutes, using a "camera," computer and printer in a darkened room. An image is taken of the child's eyes from about 3 feet, then analyzed by a computer; then a printer produces a report immediately for the parent or guardian to take home.

The Old Saybrook Lions Club still collects used eyeglasses and hearing aids at various locations around town, including: The Town Hall (front entrance foyer), The Acton Public Library, The Estuary Council of Seniors, Inc. and several eye doctors' offices throughout town. Used hearing aids may be dropped off at the County Hearing and Balance office at 900 Boston Post Road. We are still collecting items for the homeless: toiletries such as toothbrushes, small sizes of toothpaste, soaps, shampoos, hand sanitizers, clothing items such socks, winter hats, scarves, gloves, etc.

For more information about these services or any of our activities or services, please email us at oldsaybrooklionsclub@yahoo.com, call: 860 924-5459 or write to: Old Saybrook Lions Club, P.O. Box 21, Old Saybrook, CT 06475.

Table for Six? Eight? Ten?



Hard to believe but it is time to think about Holiday Furnishings!

Sure, we have plenty in stock, but with all the options MFB offers, you should take your time to choose exactly what you want for Holiday Entertaining!



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Social Services Help Day

SNAP, HUSKY, MSP, CT FOOD BANK TRUCK

This fall we will continue Social Services Help Days at Grace Church Hall, 336 Main Street in Old Saybrook with help for state applications for SNAP, HUSKY and Medicare Savings Plan with Cornell Scott Hill Health between 9 am and 3 pm. The CT Food Bank truck mobile pantry will come between 1:30 and 2:30 to provide food. No application needed, please bring a bag. Dieticians from St. Joseph University will be teaching folks how to eat healthy on a SNAP food stamp budget providing education and recipes. We offer ongoing health screenings for blood pressure and cholesterol as well as health education with CRAHD, CT River Area Health District, our town RN and Big Y Pharmacy. We also are working with Workforce Alliance and American Job Center to bring employment job opportunities to our residents in need of a job or training to obtain a job. We have added a mobile pregnancy testing and ultrasound van that will provide services for free to expectant mothers in need through ABC Women's Health.

THE OLD SAYBROOK DATES WITH SPECIAL EVENTS ADDED ARE:

Sept. 28,

Go Mobile Pregnancy Testing and Ultrasound, Grace Church, 9 am - 3pm.

October 26,

Flu Shot Clinic with Health District RN, Grace Church, 9 am - 3 pm.

November,

No Help Day, OSPD Food Distribution, call for date/time.

December 28,

Flu Shot Clinic, Grace Church, 9 am - 3 pm.

Old Saybrook residents are also welcome at Clinton Town Hall annex building on the first Mondays of the month. The dates are:

October 2, Clinton Town Hall Annex, 9 am - 3 pm, Food Truck 12-1.

November 6, Clinton Town Hall Annex, 9 am - 3 pm, Food Truck 12-1.

December 4, Clinton Town Hall Annex, 9 am - 3 pm, Food Truck 12-1.

Appointments should be made for state application processing but walk-ins are also welcome as space is available. Please contact Susan Consoli, MA, LPC, Social Services Coordinator at 860-395-3188 or by email at susan.consolli@oldsaybrookct.gov.

Interim Fire Marshal's Autumn Safety Tips

My name is Pete Terenzi, and I am the Interim Fire Marshal. As autumn approaches, I just wanted to share some good fire safety "housekeeping" tips.

- Remember to change the batteries in your smoke detectors and carbon monoxide detectors every six months. A good reminder is to change the batteries when you change your clocks. We "fall back" on Sunday, November 5th this year.
- Be sure your house number is clearly marked so emergency responders can easily find your home. Old Saybrook has a House Numbering Ordinance which requires residents to have house numbers that are at least 3" in height, in a color which contrasts their house and/or mailbox, the house number must be a numeric figure and if the number is on your mailbox, it must be visible from both directions.
- Clean and clear your driveway of overgrown tree limbs, debris and brush for emergency access.

Please feel free to contact me if you have any questions or concerns at: 860-395-3133 or pete.terenzi@oldsaybrookct.gov.

Leaf Pick-up in Old Saybrook

Residents can take loose leaves or bagged (biodegradable paper bag) leaves to the old landfill site located at the end of Coulter Street beginning October 30, 2017. Leaves in plastic bags must be removed from the bags at the site. Public Works will keep the gate open provided all rules and regulations are followed. If you see illegal dumping please contact the Old Saybrook Police Department 860-395-3142.

LEAF PICK-UP IN OLD SAYBROOK IS SCHEDULED TO BEGIN THE WEEK OF NOVEMBER 20TH.

Residents are asked to bag leaves without sticks, grass clippings or brush, etc., into biodegradable paper bags. These bags are available at local retail and hardware stores. Secure the bags and leave them by the roadside. Leaves in plastic bags will not be picked up under any circumstances. Town trucks will circulate throughout the town and pick up bagged leaves beginning November 20th through December 15th. Do not overload the bags. Over-stuffed bags will not be picked up.

Again, absolutely no grass clippings or brush or plastic bags will be accepted.

If you have a need for leaves for garden or other land-conditioning use, please call the Selectmen's Office before November 20th to arrange for delivery.

Carl P. Fortuna Jr., First Selectman
Larry Bonin, Director Public Works

OLD SAYBROOK TOWN HALL

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HOURS 8:30 A.M. TO 4:30 P.M. / MONDAY THROUGH FRIDAY

SELECTMEN'S OFFICE

Carl P Fortuna, Jr., First Selectman	395-3123	Carl.Fortuna@OldSaybrookCT.gov
Georgiann Neri, Administrative Secretary		Georgiann.Neri@OldSaybrookCT.gov
Elaine Seaforth, Administrative Clerk		Elaine.Seaforth@OldSaybrookCT.gov
Lee Ann Palladino, Finance Director	395-3127	leeann.palladino@OldSaybrookCT.gov
Larry Hayden, IT Manager	510-5000	Larry.Hayden@OldSaybrookCT.gov

ACCOUNTING

395-3132

ASSESSOR

Norman Wood, Assessor	395-3137	Norman.Wood@OldSaybrookCT.gov
Rick Pine, Assistant to Assessor		Rick.Pine@OldSaybrookCT.gov

BUILDING DEPARTMENT

Don Lucas, Building Official	395-3130	Don.Lucas@OldSaybrookCT.gov
Kathleen Marshall, Administrative Secretary		Kathleen.Marshall@OldSaybrookCT.gov

ECONOMIC DEVELOPMENT

Susan Beckman, Executive Director	395-3139	Susan.Beckman@OldSaybrookCT.gov
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FIRE MARSHAL

395-3133

LAND USE

Christine Nelson, Town Planner	395-3131	Christine.Nelson@OldSaybrookCT.gov
Christina Costa, Enforcement Officer		Christina.Costa@OldSaybrookCT.gov
Sarah Lyons, Administrative Assistant		Sarah.Lyons@OldSaybrookCT.gov
Sandy Prisloe, Environmental Planner & GIS		Sandy.Prisloe@OldSaybrookCT.gov

PARKS AND RECREATION

Ray Allen, Director		Ray.Allen@OldSaybrookCT.gov
Jonathan Paradis, Assistant Director	395-3152	Jonathan.Paradis@OldSaybrookCT.gov
Judy Sherman, Office Manager		Judy.Sherman@OldSaybrookCT.gov

PUBLIC WORKS

Larry Bonin, Director	395-3123	Larry.Bonin@OldSaybrookCT.gov
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REGISTRARS OF VOTERS

Joan Broadhurst	395-3134	Registrar@OldSaybrookCT.gov
Joan Strickland		Registrar@OldSaybrookCT.gov

TAX COLLECTOR

Barry E. Maynard	395-3138	Barry.Maynard@OldSaybrookCT.gov
Wendy Morison		Wendy.Morison@OldSaybrookCT.gov

TOWN CLERK

Sarah Becker, Town Clerk	395-3135	Sarah.Becker@OldSaybrookCT.gov
Christina Antolino, Assistant Town Clerk		Christina.Antolino@OldSaybrookCT.gov

TREASURER

Robert Fish	395-3073	Robert.Fish@OldSaybrookCT.gov
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WATER POLLUTION CONTROL AUTHORITY

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

OTHER TOWN DEPARTMENTS

Acton Public Library - 60 Old Boston Post Road

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

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

Probate Court - 302 Main Street

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

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

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

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

www.OldSaybrookCT.org

THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

Hitting the Target

Here is a riddle for you: How do you communicate with everyone and no one at the same time? Use social media. The power of social media is the ability to broadcast your message to everyone you know. You can even spend a little money to reach people you don't know, ensuring that what you have to say gets sent to the maximum reachable audience. All you have to do is generalize your message enough to make it applicable to as many people as possible, but therein lies the rub. Talking to everyone is really the same as talking to no one. How many text messages do you get each day? How many social media messages? Now add in advertisements, spam, email, junk mail, regular mail, and all the other face-to-face interactions you might have. We are overloaded with people trying to reach us, which means that a general message that isn't really aimed towards anyone doesn't have much of a shot of being read, let alone taken seriously. If you want to stand a chance of being heard, you need to pick your target and aim directly for that target. This is the approach being taken by Old Saybrook Public Schools and their Public Relations Committee.

The third iteration of the Public Relations Committee gathered in 2017 and met with the goal of answering one question: Who are we trying to communicate to? It seems like a simple enough question but there were many internal and external factors to consider. The committee debated about state funding, declining enrollment, the pros and cons of advertising or hiring a marketing firm. In the end, the committee decided that the number one priority should be reaching out to our current students and families. This probably seems like the obvious answer, but several ideas went into this decision. With a limited amount of resources, there is a great temptation to use those resources with an external focus and attempt to draw people into the district, but after careful consideration, the committee decided it made more sense to recruit for support and involvement from within.

For example, one of the primary pieces of feedback the Superintendent received during her parent meetings was that parents just don't have time to read all the emails that are sent from the district and/or their child's school and it is unlikely they will take the time to go back and read those

emails if they don't have time to read it when it is initially received. In response, the Public Relations Committee teamed with the Information Technology Department and created the Parent Message Archive on the district website. This archive is a place for each school to upload messages sent to parents so that a parent can find any piece of information that has been sent during the school year. The archive is also searchable based on a keyword system that highlights the grade of the students involved in the event and a few words or phrases that pertain to the event as well.

The Public Relations Committee is also developing several ideas that would bring our students into the communications fold. For example, a series of video contests is being proposed that gives students the opportunity to create their own art based around a particular topic or idea, such as, "What Makes Old Saybrook Special" and "What are the Qualities of an Old Saybrook Graduate." The committee also discussed the possibility of creating a Public Relations/Marketing club at Old Saybrook High School that would work in tandem with the Public Relations Committee to help facilitate various communicative initiatives.

The real question that needs answering is, "Why target an already captive audience?" Our current students and families are already looking to the district to give them the information they need so why go the extra mile to make sure they know about all the different things we are doing to improve education in Old Saybrook? The answer is simple: Our students won't be students forever. One day, they are going to grow up and have families of their own and when that day comes they will need to decide where they want to send their children to school. It's at that point that you hope all the extra effort you put in pays off and that our students remember their years in Old Saybrook Public Schools fondly. In a sense, by playing the short game and targeting our current students and families, you are also playing the long game by recruiting families that don't exist yet. The Public Relations Committee decided that the most valuable goal they could accomplish is to make our current students advocates for the district and send them out into the world singing our praises in the hopes that they will return to us with their own children who will also attend Old Saybrook Public Schools.

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Leslie Jermaine, ePRO

Realtor

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Old Saybrook Education Foundation



The Old Saybrook Education Foundation (“OSEF”) is committed to supporting innovative and enhancement grants for all three of Old Saybrook’s public schools, which provides programming for teachers in their classrooms and students. The OSEF is excited to move forward with several ideas on how best to utilize current funds and for some new ideas for our

fundraising efforts. We look forward to strong support from our community to benefit the students of Old Saybrook schools!

We invite you to join us on Friday, October 20, 2017 from 7 - 10 pm for “An Evening by the Sea” to be held at the Elk’s Club in Westbrook. Tickets are \$40 and include hors d’oeuvres, silent auction, music and more. Tickets can be purchased

at any of the three schools or at the Board of Education office. This event is the largest fundraiser of the year for the Foundation. The proceeds from this event directly benefit our students and staff in the district.

For more information, please e-mail the Foundation at oldsaybrookeducationfoundation@gmail.com or call Sally Ann Lee at 860-235-3220.

Old Saybrook Historical Society

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



Accumulation of historic documents contributed to Old Saybrook Historical Society by Judy Grover, shown here with OSHS President Marie McFarlin and Archivist Greg Thompson.

TREASURE SAVED FROM TRASH

They were only a bunch of old letters and other papers found in the attic and headed for the trash can when the house was made “broom clean” for new owners. For historians and others, it is a familiar story with a regrettably familiar ending and it was about to be repeated when the Harriet Lord homestead was sold a few years ago in Deep River.

Enter Judy Grover, former president of the Garden Club and longtime resident with her husband Jim of Old Saybrook. Harriet Lord was Judy’s grandmother and before the place changed ownership, Judy salvaged an old box of letters, receipts, and other paper items from the attic and has stored them in her house for the past several years. After recently going through a few of the items she realized that many were old and interesting and did not want them destroyed.

After speaking with Historical Society president Marie McFarlin and archivist Greg Thompson, she decided to donate them and have them placed in the Frank Stevenson Archives. This August

she arrived with a large collection of correspondence, legal documents, receipts, hand drawn maps, small account books, hand-bills, wills and probate records, and other items that had been in her family for many years. A few letters were written shortly after the Declaration of Independence in 1776, the earliest appears to have been written in 1711, and dozens of items date from the 18th and 19th century. Most are related to the prominent Lord family but some are to or from other important Saybrook residents.

According to OSHS president McFarlin, “after members of the Archives review the contents of this wonderful collection, it may add to our knowledge of Saybrook history.” Judy Grover said she knew the Archives with its climate controlled vault would be a good place to keep them. “They are part of our history,” she said, “and should be preserved.”

REMEMBERING WORLD WAR II

Those who serve in our armed forces place their lives at risk for the safety and freedom of others. Old Saybrook memorializes these courageous men and women with monuments on the town green and a little noted, aging plaque inside the front entrance at Town Hall honoring veterans of World War II.

As part of their senior project, Old Saybrook High School students Adam and Jonah Nucci plan to study life in Old Saybrook during the War and plan to study and restore the plaque at the Town Hall. They will be conducting much of their research at the Frank Stevenson Archives where they will review copies of “Saybrook Sez,” a publication that provided information about the servicemen and women overseas and life on the home front.

GUIDED TOUR OF CYPRESS CEMETERY

A guided tour of one of the nation’s oldest continuously operating cemeteries will be held Sunday, October 29, 2017 at 4:00 pm at Cypress Cemetery, College Street, Old Saybrook. The tour will be led by J.H. Torrance Downes, with support from several Old Saybrook High School students, as they share the stories of early Saybrook residents, veterans of the American Revolution, Civil



Daniel Williams, youngest Saybrook resident killed during American Revolution, buried at Cypress Cemetery.

War soldiers, slaves, Native American sites, merchants, ministers and others.

This “ancient burial ground” was first laid out by Lion Gardiner in 1635 and is, perhaps best known for the gravesite of Lady Fenwick who died in 1645 and was buried on Tomb Hill within the Saybrook Fort. There she remained for more than two centuries until she was removed to Cypress Cemetery in 1870. Her marker is believed to be the oldest monument for a female in Connecticut. Stops will also

include Revolutionary War General William Hart, Old Saybrook’s highest ranking Revolutionary soldier and 14-year-old Daniel Williams, who was Saybrook’s youngest casualty in that war. In addition, Downes plans to show visitors the graves of more recent figures to tell stories that are not as well-known. One such figure is 20-year old Harry Faulk, the only Saybrook resident killed in World War I.

The tour is sponsored by the Old Saybrook Historical Society in cooperation with the Cypress Cemetery Association and will

be conducted, light rain or shine. The cost is \$5 per person with children under 16 accompanied by a parent admitted free. For further information, contact the Old Saybrook Historical Society at 860-395-1635.



Saybrook Fort as envisioned and painted by Roger Epply.

OSHS RECEIVES GRANT FROM “AMERICAN BATTLEFIELD PROTECTION PROGRAM”

In an effort to preserve significant battlefields of wars fought on American soil, the National Park Service’s “American Battlefield continued on page 20

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Historical Society... continued from page 19

Protection Program” has awarded the Old Saybrook Historical Society a grant of \$43,000 to develop programs and materials to preserve and interpret the “Siege and Battle of Saybrook Fort.” This project builds upon work done by archaeologists and historians from the Mashantucket Pequot Museum and Research Center to identify and document the military actions associated with Saybrook Fort.

The plan is to develop a regional consortium of stakeholders, conduct research to determine its appropriateness for listing in the National Register of Historic Places, and develop a variety of interpretive programs and materials for schools and the general public. Project Director is Tedd Levy. Some 19 grants were made throughout the nation. Other awards in Connecticut went to the Fairfield Historical Society and the Mashantucket Pequot Museum and Research Center, all for study related to the war between the Pequots and the English settlers. For further information about the preservation or educational plans related to Saybrook Fort, or about the American Battlefield Protection Program, visit: www.nps.gov/abpp or saybrookhistory.org.

For the latest information about Historical Society events or to join, volunteer, make a donation or ask a question, email: contact@saybrookhistory.org or call: 860-395-1635.

Acts Affecting Transportation



This past legislative session, I served in my first year as the House Ranking Member of the Transportation Committee. The Transportation Committee has cognizance over all matters relating to the Department of Transportation, which includes highways, bridges, and rail, and the Department of Motor Vehicles. This year, the Transportation Committee reviewed a variety of topics and I wanted to highlight a few successful bills.

Due to the past raids of the Special Transportation Fund, the legislature passed a resolution to place a ‘lockbox’ around the STF to ensure that its dollars are only used for transportation purposes. Since this resolution would amend the State Constitution, voters must approve of it in the November 2018 general election in order for it to become enacted.

Many constituents were concerned about the potential for a mileage tax, so I was proud to have worked on legislation that requires legislative approval for any state spending to even study the concept. By passing this legislation, it ensures the citizens of Connecticut will have a voice in this debate and stopped the DOT from unilaterally spending taxpayer dollars on studying a mileage tax.

In a long-overdue law, veterans who have difficulty walking, as a result of PTSD, will now have an easier time receiving removable windshield disability placards for parking purposes. Finally, a task force was created to begin reviewing autonomous (self-driving) vehicles, which are quickly making their way into our society. The task force will study these vehicles and make recommendations for future legislation.

There were additional transportation-related bills passed and, if you'd like additional information on them (and others), I encourage you to check out the Office of Legislative Research's "Acts Affecting" reports here: <https://www.cga.ct.gov/olr/actsaffecting.asp>. As always, please feel free to contact me at devin.carney@cga.ct.gov or (860) 240-8700 with any questions or concerns.

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



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Acton Public Library

Adult Programs



CONNECTICUT WOMEN'S HALL OF FAME, TRAVELING EXHIBIT

The CT Women's Hall of Fame traveling exhibit is coming to Acton Public Library in October. The Inductee Portrait Exhibit is a beautifully executed collection of framed images and

biographies honoring Connecticut women, past and present, women of great achievement who have broken new ground or have emerged as leaders in their fields of endeavor. Each portrait is accompanied by a short biography of the Inductee. The exhibit will be accompanied by educator lectures on three of the individual inductees. Please see our website for more information.

CONNECTICUT WOMEN'S HALL OF FAME, LECTURE SERIES

As part of the Connecticut Women's Hall of Fame travelling exhibition, lectures will take place on three women known to Old Saybrook who are inducted into the CWHF: Ann Petry; Katharine Hepburn; and Elizabeth Colt.

October 2, at 6:00 pm

Lecture: Liz Petry on Ann Petry

A special presentation by Liz Petry, daughter of Ann Peter will take place. Ann Petry was born in Old Saybrook, and was a novelist who is well-known for her writings. Petry's most popular novel *The Street* was published in 1946 and won the Houghton Mifflin Literary Fellowship with book sales exceeding one million copies. Ms. Petry has a special reading area dedicated to her works at the Acton Public Library.

October 16 at 6:00 pm

Katharine Hepburn: From Hartford to Hollywood

Jenny Steadman of the Connecticut Historical Society will present on Katharine Hepburn, American actress, leading lady in Hollywood, and longtime resident of Old Saybrook.

October 24 at 6:30 p.m.

Elizabeth Colt: Businesswoman

A presentation will be given by Willie Granston, who spent time at Elizabeth Colt's mansion, Armsmead, as a Colt Trustee. Mr. Granston completed his Master's thesis on Elizabeth's role on crafting the Colt legacy.

Registration for the Lecture Series is strongly recommended by calling 860-395-3184 or online at www.oldsaybrookct.org.

LOOK FOR THESE UPCOMING PROGRAMS!

Please visit our website and check the Events Calendar for more information, dates, and times for these upcoming programs, or call the Acton Library at 860-395-3184.

- **Financial Fraud Bingo**, presented by the State of Connecticut Banking Commission

- **Acton Goes to the Estuary: Nutcracker**, the Acton Library and the Old Saybrook Senior Center are jointly presenting a special showing of the holiday ballet classic.
- **Voices Beyond the Wall**, Spencer Reese will present a movie and lecture featuring poetry of children from Honduras.
- **Art Talk**, local artist Barbara Spargo will lecture on collecting art.
- **DNA Basics (Genealogy)**. Join Acton Library's Reference Librarian, Norma Wright, to find out what DNA testing can offer you from a genealogical point of view.

Children's Programs

Story Times

Wednesday, September 6 - December 15, 2017

WIGGLE BOOKWORMS

Wednesday mornings

10:30 - 11:00 am

Drop in and share stories, songs and simple rhymes together. A program for children age 0 - 2 and their families. Stay and socialize after the story time with our special toddler toys.

STAY AND PLAY

Wednesday mornings

11:00 - 11:30 am

Expand your baby's story time experience with a 1/2 hour of social time immediately following Wiggle Bookworms. Parents and caregivers can mingle as babies enjoy social play with toys provided by the Library.

FANTASTIC FRIDAYS

Friday mornings

10:30 - 11:00 am

A drop in preschool story time for children ages 3-5. Have lots of fun sharing stories, music and a craft together.

ABC Amigos : Bilingual Preschool Story Time

On the 1st Friday of every month

10:30 - 11:00 am

A free and drop-in preschool bilingual story time from 10:30 am to 11:00 am. Sing songs, play games and listen to stories in both English and Spanish. This series is open to all children regardless of Spanish-speaking ability.

Music with Miss Martha

On the 3rd Friday of every month

10:35 - 11:20 am

Join Miss Martha from the Community Music School for a special musical story time! Best for ages 3-5, and siblings are welcome.

Our Story Time Goals:

To foster a love of language and books.
To develop early literacy with stories, movement, and music.

To provide young children with an early group experience.
 To foster parent connections through shared experiences.

Library Director Michele Van Epps

The staff and Library Board of Acton Public Library regret to announce that Library Director Michele Van Epps passed away Saturday, August 19th in New Haven after a long and courageous battle with cancer.

Michele started at our library in 2004 and became the Library Director in 2010. She was devoted to Acton Public Library and gave all she had, with dedication and commitment and an incredibly positive attitude - we were fortunate to have her among us, as long as we did. Michele was a truly fine person, a kind spirit with a brave heart and tremendous courage. She will be deeply missed by all.



Moment-to-Moment

For Michele: June 12, 1953 - August 19, 2017

From the rooftop, the gull glides
 from his perch onto the surf-ruffled beach,
 the moon, a pale hook without
 one attending star, drifts onto the dusky sky,
 the sun slides into night despite
 our longing for the day to hang on,
 our friend goes her way,
 with no time for goodbyes.
 And though we look for her
 where we knew her best,
 we find her in the gliding gull,
 the moon, the missing star,
 the evening's drift
 toward the next day's light.

Patricia Horn O'Brien



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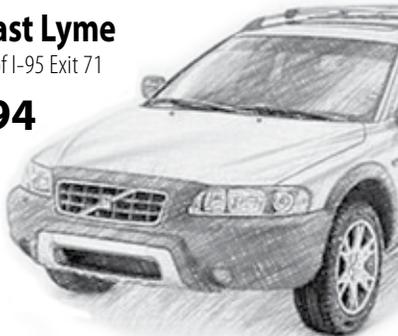
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James Kuslan - Free Opera Lecture at Action Public Library

SEPTEMBER 30, 2017 FREE OPERA LECTURE/ACTON PUBLIC LIBRARY

Opera devotee and popular dynamic lecturer on operatic topics, James Kuslan, will present an informative program on Mozart's "Don Giovanni" on September 30th at the Acton Public Library, 60 Old Boston Post Road, Old Saybrook, CT, 11:00 am. This event is free, and sponsored by the Guild of Salt Marsh Opera. James

will recap the plot of the opera and provide sound clips to highlight the music.

Mr. Kuslan is a graduate of Yale University's School of Drama, and has been a voice scout in the United States for the German classical recording giant, Deutsche Grammophon. He contributed the essays that accompany the DVD releases of the Metropolitan Opera's

productions of Lucia di Lammermoor and Don Pasquale, both starring Anna Netrebko.

Salt Marsh Opera will present Mozart's "Don Giovanni" on Friday and Sunday, October 13th and 15th at the Katharine Hepburn Cultural Arts Center, 300 Main St. Old Saybrook.

Old Saybrook Youth and Family Services

GET TO KNOW YOUR LOCAL YFS

Old Saybrook Youth and Family Services works to serve our town, with programs that enrich the social, emotional, and developmental wellbeing of every community member. Below, you'll find the many fall programs that Old Saybrook Youth & Family Services offers to our community. Please call 860-395-3190 for more details and for registration.

SCHOOL PROGRAMS

Camp Hazen Freshman Retreat - 8/31-9/1

Program supports freshmen students in effectively transitioning into high school.

Camp Hazen Mentor Training Program - 8/22-8/24 & on-going

Offers training and education to chosen seniors who will help support Freshmen.

OSHS Freshmen Orientation - 8/25

Provides in-coming freshmen with the opportunity to tour the school building and meet with high school mentors, school staff, and OSYFS staff.

Drop In - OSHS, Tuesdays & Fridays, 11:20-1:20

A fun, safe, and chill space to talk, to get help, or just hang with friends.

Lunch Bunches - OSMS & Goodwin during lunch

Weekly groups meet to have fun together and learn some important skills.

Chill Group - OSHS, Fridays during x-block

Provides a fun, relaxing space for students to create coping tools and learn mindfulness.

Open Space - OSHS, 3rd Thursday/month during x-block

Monthly multimedia discussion of pertinent topics to teenagers.

Health Class - OSHS

Total of 3 health classes taught by OSYFS clinicians pertaining to healthy relationships and effective communication.

YOUTH GROUPS & AFTER SCHOOL PROGRAMS

After School Clubs at the Middle School - throughout the school year.

40+ after school clubs offered yearly plus ½ day adventures with choices like invention club, junior detective, horseback riding, grub club, and chill club.

Youth Action Council (YAC) - 1st & 3rd Thursday/month, begins 9/21.

Positive youth action, activities, and skill-building to promote leadership, community service, and community engagement.

Junior Youth Action Council (JAC) - monthly, begins 10/12

Bridge the gap between middle school and high school through relationship building.

E3 (Encourage, Empower, Engage) - twice monthly

A peer facilitated group that focuses on making healthy choices. State sponsored through Governor's Prevention Partnership.

COMMUNITY PROGRAMS

Parents/Grandparents of Children Diagnosed with Asperger Syndrome/High Functioning Autism - 9/14, 10/12, 11/9, 12/14 (2nd Thursday/month, 12:30 & 5:30)

Monthly meeting to discuss diverse, pertinent topics impacting families; resources provided.

Annual Shoreline Clinical Networking Breakfast - 9/22

Community behavioral health providers, medical professionals, and school staff meet and collaborate in order to better serve families, youth, and our community as a whole.

Early Childhood Council - 1st Thursday/month, Noon, Goodwin Elementary

The Early Childhood Council is committed to promoting the physical, emotional and academic well-being of all children and families in the community. The Council believes in a coordinated community approach to best meet the needs of our youngest children and ensure their future success. Programs include Baby Bundles, One Book/One Town, Little Free Library program, and quarterly roundtable educational events.

Sticker Shock Campaign - 11/16

Raises awareness about Connecticut social hosting laws with support by community liquor store businesses and with YAC participation.

Walk Like MADD 5K, Mothers Against Drunk Driving - 10/14

Fundraising and awareness raising event to end drunk driving with YAC participation.

Mystic Trip - 10/27

Students have fun together, experiencing the town and learning about its ghostly history.

3rd Annual Spaghetti Dinner - 10/20, Masonic Lodge
Opportunity for the community to connect in support of Youth Action Council.

Can We Talk? - Dates TBA

Open dialogue and information provided to support parents/guardians with pertinent topics like preventing high risk behavior, social media, and effective communication.

Best Self Workshops - Dates TBA

New adult program offers strategies and skills for meeting personal, financial, and interpersonal goals.

Essential Life Skills for Teens - Dates TBA

New teen program offers training and information in all life areas, such as car maintenance, financial literacy, employability skills, and self-management.

Social Service Help Day - 9/28, 10/26, Grace Church Hall at 336 Main Street

Provides monthly assistance with state applications for SNAP, HUSKY and Medicare Savings Plan, as well as offering varying services, such as screenings, school supplies, and dental clinics.

Turkey Drive - Dates TBA

Assist police department in distributing turkeys, canned goods, and other holiday meal ingredients to community members.

Holiday Giving - Dates TBA

Collect and distribute holiday gifts and support for nearly 300 community members.

COUNSELING SERVICES

Individual, Couples, & Family

We offer evidence-based counseling services to all community members. School-aged clients benefit from our strong relationship with the public school staff and community providers with whom we actively collaborate.

Counseling Internship Program

Provides training, supervision, and active experience for Masters-level interns to better assist our community and to support the need for effective care and professionalism.

FROM INTENTION TO ACTION

As you look through our many fall programs, you'll see that we wholeheartedly work to put our mission statement into action:

Through counseling, educational programs and support services, individuals can gain a better understanding of themselves and their situations and take the necessary actions to resolve the problems they encounter.

Through our prevention programs, young people can learn new life skills, take leadership roles and build self-esteem, which are essential ingredients to their positive development and successful future.

As a planning and coordinating agency, Youth and Family Services

works closely with the schools, police, agencies and organizations to assess community needs, develop strategies and implement effective programs.

SUMMER FUN REVIEW

We've been incredibly busy with fun, enriching programs this past summer, what with Summer Stock's Lion King Jr performance, the Youth Art Booth at the Arts & Crafts Festival, the 5-Day Wilderness Challenge, Community Service Camps, Hiking at Sleeping Giant State Park, Chill Group, the Leading With Kindness Conference at the State Capitol, the LEAD conference with YAC, the Soundwater Science Schooner trip, and many more amazing activities for Old Saybrook youth!

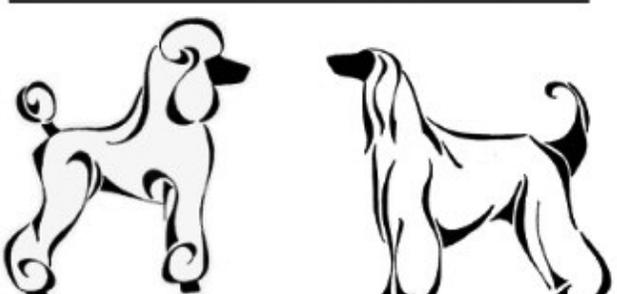
You might notice some construction began at the OSYFS office this summer.

We're temporarily relocated to Town Hall while our home at 322 Main Street receives some TLC. We'll update you on our progress in the next issue of Old Saybrook Events!

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News from Old Saybrook Youth and Family Services

Support Group for Parents/Grandparents

OF CHILDREN DIAGNOSED WITH ASPERGER SYNDROME/HIGH-FUNCTIONING AUTISM

An Individual with Asperger Syndrome/High-Functioning Autism

- Misses/Misreads Social Cues, and May Have Few Friends
- Hobbies and Interests Can Border on Obsessions
- May Have Emotional “Meltdowns”
- May Struggle with Sensory Processing
- Speech Patterns and Verbal Processing May Be Odd or “A Little Different”
- May Be Physically Awkward
- Intelligence Levels Range from Average to Superior

The impact of these differences on the child’s social interactions of all kinds (neighborhood, extended family, school, house of worship, even a simple shopping trip) can multiply stress in every aspect of a parent’s/grandparent’s life.

Offering camaraderie, encouragement and hope for these parents and grandparents, a support group meets monthly at Old Saybrook Youth and Family Services, 322 Main Street, Old Saybrook. Each month’s meeting addresses specific, timely topics. Topic-specific handouts with insights from experts are available at every meeting. There is no charge to attend; meetings are open to residents of Old Saybrook and surrounding towns.

FALL 2017 MEETING TOPICS INCLUDE:

September 14 - Communicating about AS with Groups in the Community: Scouting Leaders, Coaches, Youth Group Leaders in Churches/Synagogues, Sunday School Teachers, Choir Directors, etc.

October 12 - AS and Peers: Role Playing for Social Interactions and Peer Relationships; Social Struggles with Peers

November 9 - Holidays and Schedule Disruptions; Communicating about AS with Extended Family Members

December 14 - Holiday Stress and Strengthening our Nuclear Family Relationships

To accommodate work schedules and childcare needs, two meeting times are available, 12:30-2 pm and 5:30-7 pm. The group is facilitated by Joanne Deal, M.A., Professional Counseling. For more information or to pre-register for a meeting, call Old Saybrook Youth and Family Services at 860-395-3190.

Mentoring Students in After School Programs

- Do you have a hidden talent or skill?
- Can you fix the motor of a car?
- Do you speak a second language?
- Or know the basic moves in ballet?
- Can you sing, do sign language, or play marbles?



The ever popular Chess Club makes good use of the outdoor Chess Set!



Students have fun in the Chill After School Club while learning relaxation tips and how to maintain a happy self through creative outlets.

We are always looking for new ideas for clubs and have a huge need for chaperones and instructors. Come share your talents with students in the middle school! The commitment is only an hour a week! Help us to give our students opportunities to grow, learn, socialize and have fun after school. Volunteer today! Call Jodi Kelly at 860-510-5051 or email Jodi.kelly@oldsaybrookct.gov

Holiday Giving Program

The Old Saybrook community has a rich tradition of helping those in need. The holiday season will soon be upon us and many individuals, businesses and organizations are working once again with Youth and Family Services, Social Services, and the Department of Police Services’ Toy Drive, to ensure that everyone in the community has a chance to enjoy a happy holiday season regardless of financial pressures.

Whether you are prepared to adopt one wish for one child, or the wishes of several children, we can find the perfect family match for your situation! Or perhaps shopping is not your thing. Our “ghost-shoppers” are here to do the shopping for you. Your financial donations to the program will be used to help fill children’s unanswered holiday wishes. If you would like to help your neighbors in need this holiday, please register today, and we will match you with a family whose wishes you can help fulfill.

Donated items should be unwrapped. We are happy to accept wrapping paper donations as well so that parents/guardians can prepare their child’s present for the holiday morning. We ask that gift donors deliver their donations marked with the family number they are assigned to the Old Saybrook Fire House (side entrance) during the designated drop-off period. Additional details and dates will be available upon registration. Registration to donate is quick and easy using any of these methods: visit OSYFS Website at www.oldsaybrookct.org/youth and follow the link to register online; call OSYFS at (860) 395-3190 or stop by the agency to register in person.

Questions? Please contact Wendy Mill, Program Coordinator directly at 860510-5050 or email wendy.mill@oldsaybrookct.gov. Thank you in advance for your thoughtfulness and generosity. May you enjoy a happy and healthy holiday season.

And If you or someone you know is in need of assistance this holiday season, the person in need can contact Old Saybrook's Social Services Department to register to receive holiday gifts for their family and other types of assistance for which they may be eligible. Contact Social Services Coordinator Sue Consoli at 860-395-3188 or email her at susan.consoli@oldsaybrookct.gov. All calls are confidential.

Leading with Kindness

12 OS students participated in an exciting leadership conference



Twelve students from OSHS participated in the Leading with Kindness conference in Hartford at the State Capitol in August.

held at the State Capitol on August 18, with OSYFS facilitators. They had the opportunity to learn from an energetic group of school improvement coaches at InspirEd, along with facilitators from the Yale Center for Emotional Development. The students interacted with others from many schools in Connecticut, and worked throughout the day to identify what they felt could improve school-climate and relationships within their school community. Many of our local representatives and even a few Senators dropped by to see what all the buzz was about!

Towards the end of the day, they were encouraged to develop an action plan for improving school climate with a particular emphasis on improving/building student-teacher relationships. Attending were: Kate Woolery, Ana Hester, Tenzin Kunsel, Isabella Donohue, Alice Gadon, Mary Reid, Madeline Bradley, Peter McNeil, Breydan Medbury, Shon Ryan, Paddy Ryan and Tim Reid.

Old Saybrook Early Childhood Council

The Early Childhood Council is committed to promoting the physical, emotional and academic well-being of all children and families in the community. The Council believes in a coordinated community approach to best meet the needs of our youngest children and ensure their future success. **continued on page 28**

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News - Youth & Family Services... continued from page 27

OUR 2017/18 PLANS INCLUDE:

- Implementation of the Little Free Library
- One Book/ One Town literacy event
- Quarterly professional roundtable events
- Baby Bundles
- Monthly community newsletter.

COUNCIL MEMBERS

OSECC Coordinator

Jodi Kelly 860-510-5051 or Jodi.kelly@oldsaybrookct.gov.

Acton Public Library

Contact: Karen Giugno, Children's Librarian at 860-395-3184.

Beach Babies'

Contact: Allison McCarthy at 860-388-3737 or email info@beachbabiesllc.com.

Bright & Early Children's Learning Centers

Contact: Carol L. Schneider, Director at 860-388-3000 or email carol@brightandearly.com.

Children's Tree Montessori School

Contact: Marci Martindale at 860-388-3536; info@childrenstree.org, www.childrenstree.org.

Community Cooperative Nursery School

Contact: Judee Magoon, at 860-388-9623 coopnurs@gmail.com.

Early Childhood Consultation Partnership

Contact: MaryBeth Farrell, MACP 203-235-2815 or mfarrell@cgcentralct.org.

Mari's Kids

Contact: Maralys A. Feliz-Garcia at maralysfeliz@yahoo.com.

Middlesex County Early Head Start Program

Contact: Rebecca Cuevas at 860-704-0725 or rcuevas@aces.org.

My Second Home

Contact: Donna Jeffrey at 860-395-0621.

Old Saybrook Parks and Recreation

Contact: Katey Adams at 860-395-3152 or cda22578@aol.com.

Old Saybrook Public Health Nurse

Contact: Tina Belmont, RN at 860-510-0035.

Old Saybrook Public School's Early Childhood Program

Contact: Kathy Bai, Director, Pupil and Professional Services at 860-395-3163.

Old Saybrook Youth and Family Services

Contact: Heather McNeil, LMFT, LADC 860-510-5042.

Public Health Nutrition

Contact Kathy Cobb, MS, RD at KC & Friends, LLC, 860-395-1557.

St. John School Pre-Kindergarten

Contact: Tina Greene at 860-388-0849
www.stjohnschoolos.com.

The Sherwood School

Contact: Nancy Marston at 860-388-3717.

Wildwood Pediatrics

Contact: Dr. Michelle DiLorenzo at 860-388-4545.

Old Saybrook's Early Childhood Council is partially supported by

a grant from the Middlesex United Way to Old Saybrook Youth and Family Services.

OS YAC Students Present Workshop at National Conference

Old Saybrook Youth Action Council, a Positive Youth Development program of OSYFS, involves students in grades 9-12 in community service projects, relationship building, advocacy, and more! Heading into its 4th year, OSYAC was honored to be invited to present at a National Positive Youth Development Institute in Maine at the end of June. Four of our high school students developed and organized the presentation with the general theme being that attendees should experience everything that YACers do at a regular meeting! The meetings



An excited group head off to The Maine Event national PYDI conference! YAC Advisors Heather McNeil, Director of OSYFS and Wendy Mill, Program Coordinator at OSYFS accompanied student presenters Xavier Rios, Michaela Burke, Annea Thaci and Breydan Medbury.



OS YAC student presenters Michaela Burke, Annea Thaci, Breydan Medbury and Xavier Rios led a workshop at the national PYDI's The Maine Event in June, which was attended by both adults and youth.

follow an agenda that includes ice breakers and games, a communal dinner, break-out groups for discussion or work projects, followed by a wrap-up where all students can share ideas about what the group has been doing. In Maine, our students 'ran' the presentation as a YAC meeting, and all the attendees participated with enthusiasm!

Heather McNeil and Wendy Mill, of OSYFS, interjected data that has been gathered over time within our schools and community. This data highlighted the research that has been used in

the development of OSYAC. The conference asked that we share information and ideas that others could replicate within their own communities, and many of these communities also do the SEARCH Institute survey, as OS has done since 1997. The data from the most recent survey indicated that students were looking for more pro-social activities, positive adult role models, creative

things to do with their time, and ways to be more involved within their community. YAC has integrated all of these elements into the meetings, and currently has about 37% of the high school population enrolled in the program. We look forward to more growth and opportunities to share how great Old Saybrook Youth are with everybody!

Youth Art Booth

Old Saybrook Youth and Family Services and its Healthy Communities Healthy Youth Initiative featured fourteen of Old Saybrook's Talented Youth Artists in the Youth Art Booth at the 2017 Annual Arts and Crafts Festival and the Marshview Gallery's Artist of the month in August.

In the 13 years since the Youth Art Booth first made its appearance as part of the Annual Arts and Crafts Festival on the Town Green, approximately 200 school-age artists and crafters have displayed their work. The OSYFS/HCHY sponsored booth provides a unique opportunity for the artists to discuss their work with patrons and other artists at the Festival.

Right are the 14 artists featured in this year's booth, from left to right:
 Row 1: Jordan Anderson, Nolan Blewitt, Maddie Bradley, Emily Carmichael, Janessa Florian
 Row 2: Aleia Hayes, Marissa Petruzzelli, Peter Pond, Willow Santarsiero
 Row 3: Aubrey Schilke, Carissa Schilke, Emmy Skiles, Hanna Staskelunas and Dalton Wickes.



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Old Saybrook Parks and Recreation Department



Teen Center 2017-2018

It's that time of the year again!
The kids are back to school
which means the OSPR Teen

Center is back in full swing. Offering a fun, safe and supervised environment for Old Saybrook youth, the Teen Center is open each day afterschool for students to engage in a variety of activities. Just a short walk from the middle school, students can play on XBOX/PlayStation gaming system, shoot some hoops or simply socialize with friends! Memberships for 6th-8th graders include access to the Teen Center Monday through Friday 2:30-5:30 pm AND Friday nights from 7:00 pm-9:30 pm all school year long. For our 4th & 5th grade students, the Teen Center is open exclusively to them from 2:30-4:00 pm each Friday afternoon. For more information about the Teen Center or memberships, please contact Taryn Erb at Taryn.Erb@OldSaybrookCT.gov or by phone at 860.395.3152.

4TH AND 5TH GRADE HALLOWEEN PARTY TEEN CENTER - OCTOBER 27TH

On October 27th we will have our annual Halloween Party for just 4th & 5th Graders. Event will take place directly after school. Students are encouraged to wear costumes as we will be having a costume contest with prizes for most creative, funniest & best overall. In addition, we'll have plenty of Halloween Candy on hand and some great games and activities to get everyone in the Halloween mood! Free for Members or \$5.00 at the door. Time: 2:45- 4:00 pm. For more information about the Teen Center or memberships, please contact Taryn Erb at Taryn.Erb@OldSaybrookCT.gov or call 860-395-3152.

TEEN CENTER HALLOWEEN PARTY - OCTOBER 27TH

On October 27th, we're celebrating Halloween early at the Teen Center! Students are encouraged to wear costumes as we will be having a costume contest judged by Teen Center staff! In addition, we'll have plenty of Halloween Candy on hand and some great games and activities to get everyone in the Halloween mood! Free for Members or \$5.00 at the door. Time: 7:00-9:30 pm. For more information about the Teen Center or memberships, please contact Taryn Erb at Taryn.Erb@OldSaybrookCT.gov or by phone at 860.395.3152.

FALL SOCCER WITH OSPR

We are in the middle of our outdoors soccer season and everyone is having a great season. Thank you to all our coaches and players for a great season. Thank you to our league sponsor, Central CT Pediatric Dentistry and Orthodontics. Coming up in October will be registration for our indoor soccer league. We have two co-ed leagues, one is for those in kindergarten and one for 1st graders. Games take place on Tuesday or Thursday at the Rec. Please visit our website to register and we are always in need of coaches.

Adult Programs

This fall, OSPR has some great activities for adults. At the Rec, we have two nights of open gym for basketball, Mondays is 18 and older and Tuesday is 30 and over. On Wednesday night we have pick up volleyball and on Thursday night we have Ladies Night for open gym that includes, a variety of sports and will change from week to week. You can expect basketball, volleyball, pickleball and ultimate Frisbee to name a few. All of these programs take place from 7:00 pm to 8:30 pm.

We also have pick up soccer on Sunday nights at Trask Park, 5-7:00 pm. Bring a ball, grab some friends and have some fun. Fields are lined and goals are provided.

OSPR is also pleased to say we are back for a third season at Fenwick Golf Course for our adult golf lessons. We have a 4 week program lead by Sue Cart of Troon Golf Academy at Lake of Isles. This program takes place on the 5 hole Ryder Course. Class starts promptly at 5:00 pm and will end at sunset. This great program is just \$75 for residents.

OSPR is also offering for the first time a fall softball league, this will be an extension of our summer classic and will last 6 weeks with one game a week. This league will run 9/11 through 10/16 games will start at 5:00 pm.

For more information or to register for these or any programs with OSPR, please visit our website at www.oldsaybrookrec.com.

The Natural Side

Back for the 2nd year is a set of programs designed to get the family outside and learn a thing or two about your community, our properties and wildlife. We have 6 great activities lead by Patricia Laudano, Naturalist Field Researcher and Educator and Chris Cryder from Save the Sound. We have a hike at Great Cedars, fresh pond and marine ecology scoops, kayaking in North Cove and a spooky version of Letterboxing!! All of these great programs are free, but registration is required. Please visit our website to reserve your spot!

Saybrook Point Miniature Golf



We will be open through Columbus Day weekend!! Starting after Labor Day weekend, Saybrook Point Mini Golf will be open on our off season hours and still just \$5.00 per round!

Friday: 5:00 pm-10:00 pm
Saturday: 11:00 am-10:00 pm
Sunday: 11:00-8:00 pm

Scarecrow Making Workshop

Join Parks & Recreation for this great family fun workshop. Make a cool scarecrow for the "spooky" season for the whole family to

enjoy. We will supply the hay, instruction, cider and donuts. All you have to bring are the clothes to stuff with hay and great big smiles.

Saturday: Oct 7th Town Green Gazebo from 10:30-11:30 am.

Fee: \$5.00 per family.

Annual Halloween Party at the Rec Center

This plans to be a scary cool night. Great music by the live DJ and dancing, Cookie decorating, games, prizes, giveaways, a photo booth to capture the night and plenty of candy for all to enjoy. This event is free to all residents!!

Saturday, October 24th

From 5:00-7:00 pm, preschool to Grade 3

For more information or questions regarding programing at OSPR please email Jonathan.Paradis@OldSaybrookCT.gov or visit our website, www.oldsaybrookrec.com.

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Old Saybrook Land Trust Annual Thanksgiving Hike



OSLT's 2016 Thanksgiving hike through The Preserve attracted more than 50 participants. Photo by Robert Lorenz.

Each year, the Old Saybrook Land Trust (OSLT) sponsors a hike in a local park or other protected open space for anyone interested in getting some exercise and fresh air before winter sets in. Last year, OSLT's hike through The Preserve attracted over 50 participants on a beautiful autumn day.

This year, OSLT is joining a Parks and Rec hike on November 18, the Saturday before Thanksgiving. The hike will be conducted by OSLT board member Chris Cryder, who will lead a brisk hike through Great Cedars West, north of I-95. The hike

will be from 10 am to noon, and hikers will congregate at the Great Cedars West parking lot off Ingham Hill Road. If you wish to attend, please register at Parks and Recreation prior to the day of the hike. We hope to see you there for some pre-Thanksgiving exercise and communing with nature!

In addition, OSLT will hold the following stewardship events in the fall. All are welcome to participate. Please visit www.oslt.org for exact times and places to meet:

- September 16 and 23: clear property borders on OSLT's 17 acres abutting the northwest corner of The Preserve.
- October 21: check OSLT's properties along Beamon Creek off Maple Avenue.
- November: no stewardship, in lieu of Thanksgiving hike.
- December 16: meet at the Oyster River property to plan a spring garden area.

Conservation Tips for Late Summer through Fall

LATE SUMMER TIPS

Late summer is the time of year for butterflies. You will see them flitting around many of our blooming plants. Help them to survive by allowing fallow areas where native food plants such as the milkweed can grow. Monarch butterflies and many others depend on wild plants such as the milkweed to lay their eggs and for their larva to feed. With a world decline in butterfly populations over the past 2 years of over 40% - anything you can do will help them to recover.

EARLY FALL TIPS

Fall is fast approaching with the gardens slowly fading. Now is the time to split and divide plants in the garden and to plant new native trees and shrubs that will provide food and cover for wildlife. The leaves and pine needles that you rake now will make an excellent mulch and soil additive to help your plantings

continued on page 34



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Conservation Tips... continued from page 32

keep strong through the winter. For tips on feeding birds and providing winter habitat, follow this link: <http://www.birdwatchersdigest.com/bwdsite/learn/feeding/dodont.php>. Now is the time to enjoy the early fall weather, get your kids involved - make it a family afternoon of fun and enjoy the outdoors for a better and healthier life!

LATE FALL TIPS

Now that the leaves have fallen - it is time to refresh. Leaves make a great mulch around your tender perennials and help keep the roots from drying out in the cold dry winter air. Try using the mulching function on your lawn mower to mulch the leaves as food for next year's lawn growth. Have some pine trees or arborvities that need trimming? After pruning your roses - use the the branches and/or pine needles as mulch for your rose bushes to protect them from the winter winds and acidify the soil around them and then enjoy the show the next spring! Remember that in colder weather - wild birds and animals still need access to fresh water. Consider a small container with a solar powered defroster.

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Let's Talk Trash. Not Trash Talk but Actual Trash.

Let's talk trash. Not trash talk but actual trash - debris, junk, litter, refuse, rubbish and, of course, garbage. Trash is something that everybody generates but hardly anyone really thinks about it. Once your refuse goes into the garbage bin or hopper it is given no more consideration. For generations our trash simply gets thrown away. Aluminum cans right along with scrapes of banana peel - it all used to just go to the same place. But garbage has to go somewhere and someone's got to pay for wherever it goes. Historically, our trash has gone to a landfill. Landfills are great because they are typically really far away and seldom, if ever, does anyone have to look at a landfill or smell it.

The primary problem with landfills is ... they fill up. The landfill becomes a mountain of trash. Towards the end of a landfill's lifespan there is simply no more room at the top to put anymore trash. Then it becomes time for another landfill site. Of course, the biggest issue with needing a new landfill site is that everyone has the exact same solution as to where to put the next landfill site. It's called "Not In My BackYard" (NIMBY).

This article is directed to the citizens of Old Saybrook but the content actually applies to anyone here in America who creates garbage. Americans generate a lot of trash. The United States has the highest amount of waste generated per person of any country

at an average of 4.6 pounds per day. That may not seem like much but when you multiply 4.6 by the number of people living in town and then multiply that by seven, you can easily see how big that number gets especially over the course of a year. Towns and cities across this land are trying to reduce the enormous volume of trash generated by their citizens by encouraging more recycling. In the 2016-2017 fiscal year, Old Saybrook hauled waste away at a cost of \$225,885, which includes household waste (\$133,968) and bulky waste (\$91,917). That is a lot of money just to get rid of our garbage. However, all garbage is not created equal. There's garbage and then there's recyclable material. Typical household garbage actually contains about 85% recyclable material.

Recycling used to be just about steel and aluminum cans, the three colors of glass, newspaper and cardboard and that's about it. A lot has changed in the last 45 years or so. Now, from bottles to batteries, magazines to VCR's and even car oil to ovens from your kitchen, it's all recyclable. When you recycle more efficiently, Old Saybrook saves money that can be better not spent, or that can offset funds budgeted for new equipment, maintenance or expanded recreational activities. But of course saving the town money isn't the only perk: We will be allowing our children and grandchildren to inherit a cleaner, healthier Earth. As a resident of Connecticut if you have any questions about how to get rid of



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the stuff you have lying around you can go to the State of Connecticut DEEP website called "What do I do with." That site has an itemized list of how best to not create more garbage. In addition, here in Old Saybrook, you may also stop by the

Transfer Station and we will be happy to help you with your recycling questions.

Jim Therrien, Recycling Enthusiast

WPCA Update

To date the WPCA's count of Upgrade Compliant septic systems in the Decentralized Wastewater Management District totals nearly 900. The 5 construction contracts for Maple Avenue North were completed on schedule and the benefit assessments levied. This progress is significant and represents completion of conventional septic system upgrades in 9 of the 15 WWMD areas. We are presently installing septic systems in Cornfield Point, with 4 of the 8 expected contracts awarded to installers. Construction will continue throughout the winter, weather permitting, with the expected completion date on December 31, 2018.

We have also been exploring options to upgrade the remaining 5 areas which

include; Plum Bank, Great Hammock Beach, Saybrook Manor, Indiantown and Chalker Beach. These areas are the most difficult to upgrade and alternatives are being evaluated and developed by the engineering firm of Wright-Pierce. The WPCA continues to work with the CT DEEP regarding funding and to refine the final phase of the Decentralized Wastewater Management District Program. As construction contracts in each area are completed, Benefit Assessment public hearings are scheduled. At least 4 or 5 public hearings will be held for Cornfield Point this fiscal year.

Quarterly Septic System Pumpout Program postcards were sent over the summer, and will be sent again in the fall,

reminding residents that their pumpouts are due per Ordinance #75. Once a septic tank is cleaned and inspected, the service provider is obligated to input information into the online "Carmody" database, thereby assisting the WPCA in monitoring (and preventing further reminders and enforcement proceedings). Residents should request that service providers record pumpout data for their property in the Carmody system. The WPCA staff has been reviewing and updating the information in the database to make it more accurate and user-friendly. For further information, we encourage residents to call 395-2876, stop into our office in Town Hall or attend our monthly meetings held on the 2nd Mondays in Town Hall. Or visit our website at www.oswpc.org.

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How to Deal with Bad Weather? ... Prepare!

Fall and early winter can be an unsettled time for our New England weather. Along our beautiful shoreline we have the threat of hurricanes and nor'easters followed by ice and snow. It seems that the adage "if you don't like the weather just wait, it will change" is so true - all the more reason to take precautions early to prepare for possible hazards. When foul weather is predicted for your area it is much easier and less stressful to act when you have prepared for it. For senior citizens your plan may be dependent on others, so as you plan you must verify those "others" will be there to help you.

Start with assessing the risks associated with your location such as flooding, utilities, or residence structure. Then plan for those risks ahead of time: what is the evacuation route, where will you go, how will you get there, what do you need to take? If you won't need to leave, what should you prepare? A short list of needs to start with could include:

Flashlight and extra batteries, cell phone fully charged and with the charging cords, NOAA emergency radio and batteries, water, non-perishable food, medications and other medical supplies, fuel in your vehicle and lastly cash incase ATMs and banks are inaccessible.

There are great brochures out there to help you prepare. Check with your local town hall, senior center or health department for information from the American Red Cross and FEMA. Still having trouble finding information? Your OLD Saybrook Town Nurse can help. Call 860-510-0035. When you are given direction such as EVACUATE - act immediately for your safety and the safety of others!

Mary L. Lenzini, President/CEO of VNA of Southeastern CT

Smoking and Eye Disease

Smoking tobacco (cigarettes, cigars, or pipes) can cause lung disease, heart disease, cancer, and many other serious health problems. But did you know that smoking can also harm your eyes?

- **Cataracts** - Smoking increases your risk for getting cataracts. Cataracts is the clouding of your eye's naturally clear lens that causes blurry vision and makes colors look dull, faded, or yellowish. Cataracts are removed in surgery.
- **Age-related macular degeneration (AMD)** - This disease happens when a part of the retina called the macula is damaged. You lose your central vision and cannot see fine details. Sometimes medicine or surgery can help certain people with AMD from getting worse, but there is no cure. Studies show that smokers and ex-smokers are more likely to get AMD than people who never smoked.

continued on page 40

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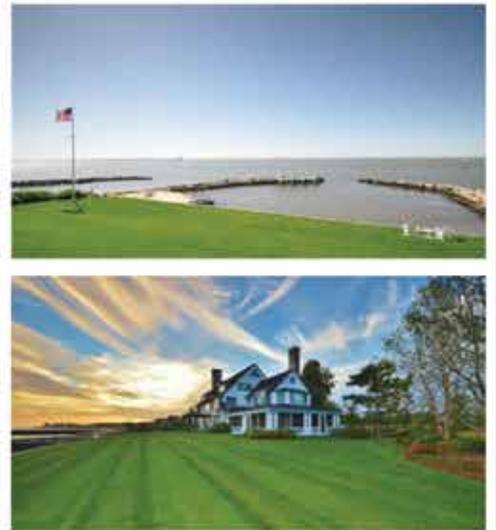
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Eye Disease... continued from page 38

- **Diabetic retinopathy** - Smokers who also have diabetes risk getting diabetic retinopathy. Diabetic retinopathy is when blood vessels in the eye are damaged causing blurry or distorted vision and possibly blindness. Treatment includes medication or surgery.
- **Optic nerve problems** - People who smoke risk having optic nerve problems. The optic nerve connects the eye to the brain. Damage to this nerve can lead to blindness.
- **Dry eye** - This is when your eyes don't produce enough tears. Smoking with dry eye will make your eyes more likely to feel scratchy, sting, burn, or be red.
- **Uveitis** - Smoking can lead to a disease that affects part of the eye called the uvea. This is the middle layer of the eye wall.

- Uveitis is when this layer becomes inflamed (red and swollen). This disease causes a red eye, pain and vision problems.
- **Graves' disease** - This is a disease of the body's thyroid gland. One of the symptoms of Graves' disease is bulging eyes. Smokers who have Graves' disease risk having their eye condition get worse. They can also lose vision.

The good news is that after people quit smoking, their risks for these eye diseases lowers.

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Old Saybrook Public Health Nursing Board Sponsors Grub Club

GRUB CLUB "HEATS UP" FOR A NEW YEAR

Thanks to the Old Saybrook Public Health Nursing Boards' (OSPHNB) sponsorship of Chefs Grub Club in Old Saybrook, Grub Club is "Heating Up" for a new year. Grub Club is the afterschool cooking club for

middle school students. Over the past two years, sixty-nine students have explored the joys of cooking while learning to prepare healthy meals and snacks.

Grub Club works as a four-way partnership between, Saye Brooke Village, (SBV),

Old Saybrook Youth and Family Services (OSYFS), (OSPHNB) and Program Director, Nutritionist, Kathy Cobb. SBV provides the meeting space and senior volunteers; (OSYFS) provides program coordination; (OSPHNB) **continued on page 42**



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Grub Club... continued from page 40

provides funding for program expenses and Kathy Cobb develops and implements the program.

Grub Club is valuable and unique because it uses a multigenerational approach. The club meets across the street from the middle school in the community room of Saye Brooke Village, the senior housing complex. Senior volunteers work with “chefs” to help develop and practice cooking skills. Middle school students share bits of life and different approaches to cooking. It makes for a winning combination. From time to time, residents drop in to see what the chefs are making. Grub Club is one of the most popular after school clubs. Chefs continue to find it valuable. One chef even made a healthy life-style change because of it. Mary (not real name) always skipped breakfast, but after making breakfast burritos at Grub Club, now makes them at home for herself and family. Her story reaffirms how Grub Club is making a difference in these students’ lives. Other chefs write about skills they have learned at Grub Club - “I’ve never used a blender before,” “or a microwave,” “or flipped a pancake” or “grated cheese.” “I’ve learned how to measure” and “I learned how to cook and cooking is fun.”

Clearly Chef’s Grub Club is helping some middle school students learn new cooking and health skills, and chefs say they carry these skills home with them. Hopefully these skills and enjoyment of cooking will last a lifetime. Grub Club and other after school clubs provide a safe and valuable place for OS youth after school. A quote from a chef this spring sums up Grub Club’s success, “Food is better when you make it yourself.”

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The first of four Grub Club sessions for the 2017 - 2018 year begin Monday, September 18, 2017. A total of twenty-one meetings will be held between September 2017 and May 2018. Registration for each of the four sessions is through Youth & Family Services in Old Saybrook. Ten chefs' will be accepted per session. For additional registration information contact, Jodi Kelly at OSYFS 860-510-5051.

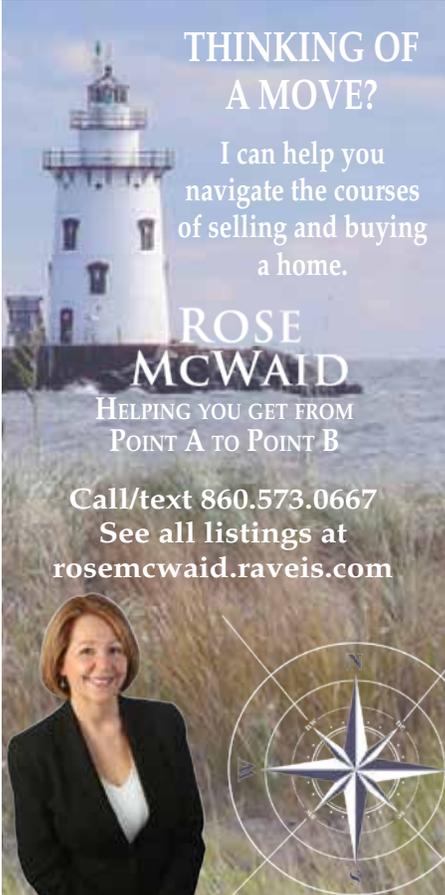
What do I do with Plastic Bags and Shrink Wrap?

Plastic bags and plastic film, also known as shrink wrap, are typically defined as any polyethylene resin less than 10 mil thick. Plastic bags should never be put in curbside or transfer station single stream recycling bins because they can jam equipment that prepares recyclables to be marketed. Most of these bags are sent to the manufacturer of a recycled composite lumber that is used for outdoor decking.

To reduce the number of plastic bags you bring home, consider using reusable cloth bags with you when you go shopping. If you already have a large number of plastic bags at home, use them the next time you go shopping. Or, recycle them at a retailer that has collection bins for plastic bags at its store. Participating retailers will accept the following types of clean and dry plastic for recycling:

- shopping bags
- bread bags
- newspaper bags
- bubble wrap
- packaging pillows
- dry cleaner bags
- plastic shrink wrap used around cases of bottled water, paper towels, toilet paper and other commodities.

The PlasticFilmRecycling.Org website lists the Wal-Mart in Saybrook Shopping Center as a drop off location.



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WHAT DO LEAVES AND STORM DRAINS HAVE IN COMMON?



HOPEFULLY NOTHING!

Please always bag or compost your leaves. Never rake leaves into the street, a storm drain or a wetland. Although they are “natural,” leaves not only clog drains, they also alter the ecosystems of local water bodies and wetlands when dumped in amounts larger than would fall naturally. If you don’t compost in your yard, you can take bagged leaves to the Town’s composting facility next to Founders Park at the end of Coulter Street. Not only will you help keep our stormwater systems and water resources clean, but you will also help produce valuable compost that you, your neighbors and the Town can use.

Other stormwater-friendly lawn tips for this time of year include:

- If you fertilize more than once a year, consider cutting back just to September.
- More is not always better! Use only the amount directed.
- Check the weather forecast, and don’t apply fertilizer when rain is predicted.
- Clean up any spills by sweeping the product back onto the lawn. Never sweep fertilizer toward a paved surface or a storm drain!

DON’T BE A TURKEY - PROTECT WATERWAYS FROM STORMWATER POLLUTION

November means Thanksgiving, which means visions of turkeys on the table. But don’t be the turkey in your neighborhood by ignoring or failing to prevent pollution

of local waterways through stormwater runoff.

Currently, most Connecticut towns are working to reduce the effects of polluted stormwater runoff, which is the water you see flowing down the street when it rains.

Polluted stormwater is almost never treated, and it can be responsible for closing swimming beaches and fishing grounds, threatening water resources, harming natural areas, and contributing to flooding! Fortunately, there are many ways that you can help.

Take action in your community:

- Organize a storm drain marking event.
- Help get a pet waste station installed at a local park.
- Organize a rain barrel sale.
- Call your municipality if you see a violation, such as someone dumping down a storm drain.



Taking action at home is even easier. It involves simple steps such as: don’t dump, wash, or rake anything down a storm drain; sweep spilled fertilizers, grass clippings, or soil off sidewalks and driveways and back onto the lawn; and where possible, divert rooftop runoff onto the lawn, rather than the driveway or a storm drain.

GIVING GIFTS THAT GIVE BACK

December is a busy month for many people, and these days, a lot of that busy-ness centers on gift-giving. Towns across Connecticut are working hard to reduce the effects of polluted stormwater runoff. So we thought this might be an appropriate

time to provide a list of unusual but thoughtful gifts that can benefit us all.

For the person who likes to garden, or for a new home owner, why not give them a rain barrel? Diverting rooftop runoff to a rain barrel not only reduces the amount of water that flows to the street, but it also can be used for irrigation. It’s estimated that a rain barrel can save 1,300 gallons of water during the summer season.



For the car enthusiast, try a gift certificate for an oil change at a local garage, or a nice clean and wax at the local car wash, one that recycles its dirty water. Keeping oil and soapy water out of storm drains benefits us all.

For the dog lover, a gift of a portable bag dispenser (such as Bags on Board®) that attaches to a dog’s leash will ensure that Fido’s waste is kept off the sidewalks and out of local waters. That’s something we all can enjoy.

And for any children who enjoy feeding local waterfowl, buy them a disposable camera for those trips to the pond instead of edibles. Feeding geese and ducks causes them to concentrate in higher numbers than they would if they had to rely solely on natural food supplies, and results in large quantities of their waste polluting those local waters.

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Middlesex Hospital to Expand Cancer Services

Getting the best possible care close to home is essential for people fighting cancer. Middlesex Hospital recognizes this and is expanding the cancer services it currently offers.

This fall, a new, state-of-the-art Cancer Center will open at the Shoreline Medical Center in Westbrook. Medical oncology, infusion, radiation therapy and all the extra services that are available in Middletown will also be available in Westbrook. The difference: the new center will mean easier access to care for patients who live in Connecticut shoreline towns. Cancer treatments can sometimes make patients tired or nauseous, and it can be difficult for them to travel. The center will make their lives, and those who support them, a little easier.

Middlesex Hospital is known for its expert and dedicated staff. Highly skilled medical professionals treat patients like people - not numbers. They focus on providing a compassionate, personalized treatment experience, and specially

trained advance practice nurse navigators guide patients through the treatment and rehabilitation process. This is the same high-quality care that patients will receive at the new cancer center in Westbrook.

Additionally, Middlesex Hospital is a member of the Mayo Clinic Care Network. Middlesex Hospital has been collaborating with the Mayo Clinic for more than a year and is using its resources to tackle patients' most complicated medical cases in a variety of areas, such as cancer care, pulmonary medicine and urology, among others. Like the Cancer Center in Middletown, the center in Westbrook will use the latest technology to diagnose and treat patients and will be accredited by leading organizations, including the American College of Surgeons Commission on Cancer and the National Accreditation Program for Breast Centers.

For more information, visit www.middlesexhospital.org, or call 860-358-2000.



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The Misunderstood Red Wine “Merlot”

When people think of red wine, one of the most commonly known varietals is Merlot. This varietal is misunderstood and sometimes overlooked, due to the growing popularity in big red blends. Merlot is keeping up with the times in creating bold vibrant wines that really leave you asking for another glass!

Some of the most coveted wines in the world are made from Merlot, most notably French Bordeaux's from Pomerol and Saint Émilion. These wines are full of flavor yet are very dry in the finish. The most famous Bordeaux from Pomerol is Château Pétrus, which nowadays is priced around \$2,000.00 per bottle.

Italian Merlot is much like Merlot from Saint Emillion in France - soft, dense and drier in the finish than California. They do a lot of blending of Merlot in Tuscany with Sangiovese and Cabernet. Massetto from the Ornellaia Vineyards in Bolgheri is Italy's most famous Merlot wines.

In the mid 90s Merlot became very popular in California. It brought more red wine drinkers into the market with its light style, fruity flavors, and soft finish. The popularity became so big that the planting doubled and production increased. Many of these mass-produced Merlots were flabby and thin in the \$8-\$10 a bottle range and hurt the Merlot business. Then with the release

of the acclaimed film “Sideways” in 2004 the Merlot grape was snubbed and Pinot Noir made its rich debut into the American market. Merlot sales decreased by 15% in the US and Merlot slowly became ‘the forgotten’ grape.

In the past few years however, Merlot has really started taking off again. With the vineyards concentrating more on the quality of the grapes these Merlots are rich and flavorful, still with a light mouth feel, but with depth. Some vineyards have Merlots that are richer and more dense than the Cabernet Sauvignon that they grow. Washington State, for example produces some excellent Merlot that is full of flavor, and still holds true to the classic dry Merlot finish.

Whether it's been weeks, months, or years, you owe it to yourself to go out and grab a bottle of Merlot. If you prefer a classic drier style, look into beautiful Bordeaux. Or if it is a fruiter, more layered Merlot you are in search of, check out the California and Washington Merlots. These wines can pair with almost any meal you could think of, so they will not fail you when entertaining guests. Cheers!

Art LiPuma,
General Manager, SeaSide Wine & Spirits



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Katharine Hepburn Cultural Arts Center

The Katharine Hepburn Cultural Arts Center exists to provide a full repertoire of performing arts and culture and a lasting legacy for Connecticut's iconic actress. The Kate is grateful to our members, patrons and friends who help us continue with the wonderful arts and education programming that we provide to our community. Together we are able to have the impact that will make our community successful for the future.

Since opening in 2009, the Kate has steadily grown and now welcomes over 40,000 people a year through its doors from all over the world to attend performances, special events, and visit its museum. The Kate collaborates with other local arts organizations to bring fantastic programming in an intimate setting.

The Kate serves as a cultural home to a variety of genres of entertainment and arts education including:

Theater both live and simulcast -

The Saybrook Stage Company, National Theatre of London

Dance both live and simulcast -

Eastern CT Ballet, CT Ballet, Bolshoi Ballet of Russia

Opera both live and simulcast -

Salt Marsh Opera, The MET

Arts Center

Chamber Music -

Chestnut Hill Concert Series

Popular Music -

Rickie Lee Jones, Judy Collins, Art Garfunkel, Rusted Root, The Kingston Trio, various Tribute Bands

Live Filming of the Kate TV Series on CPTV -

Kiefer Sutherland, Rosanne Cash, Mary Lambert, Jane Lynch, Ann Wilson

Comedy -

Boston Comedy Festival, Comedy Zone, Paula Poundstone, Ed Asner

Children's Theater -

Missoula Children's Theatre, Theaterworks, Artspower, Kate's Camp for Kids

Film -

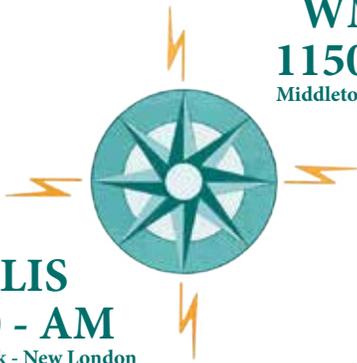
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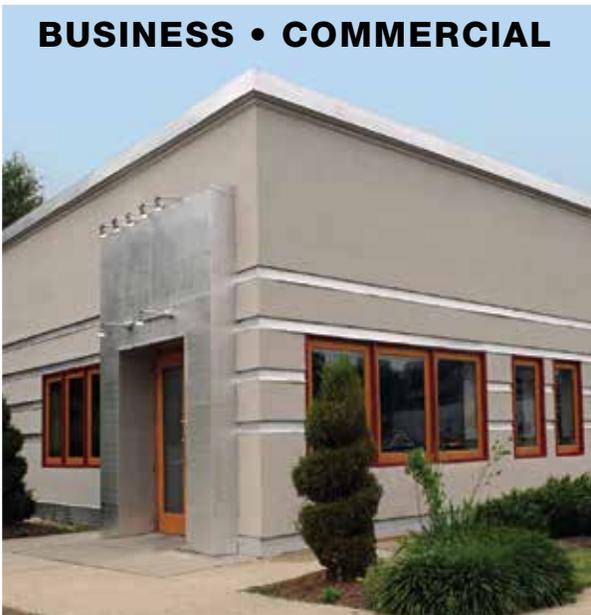
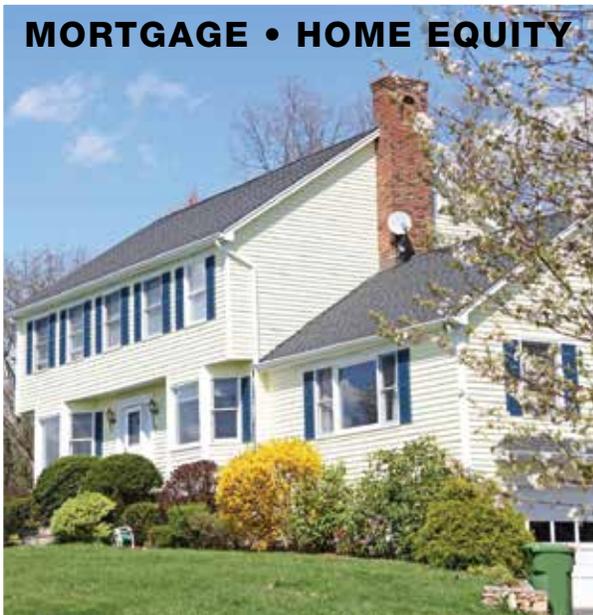


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