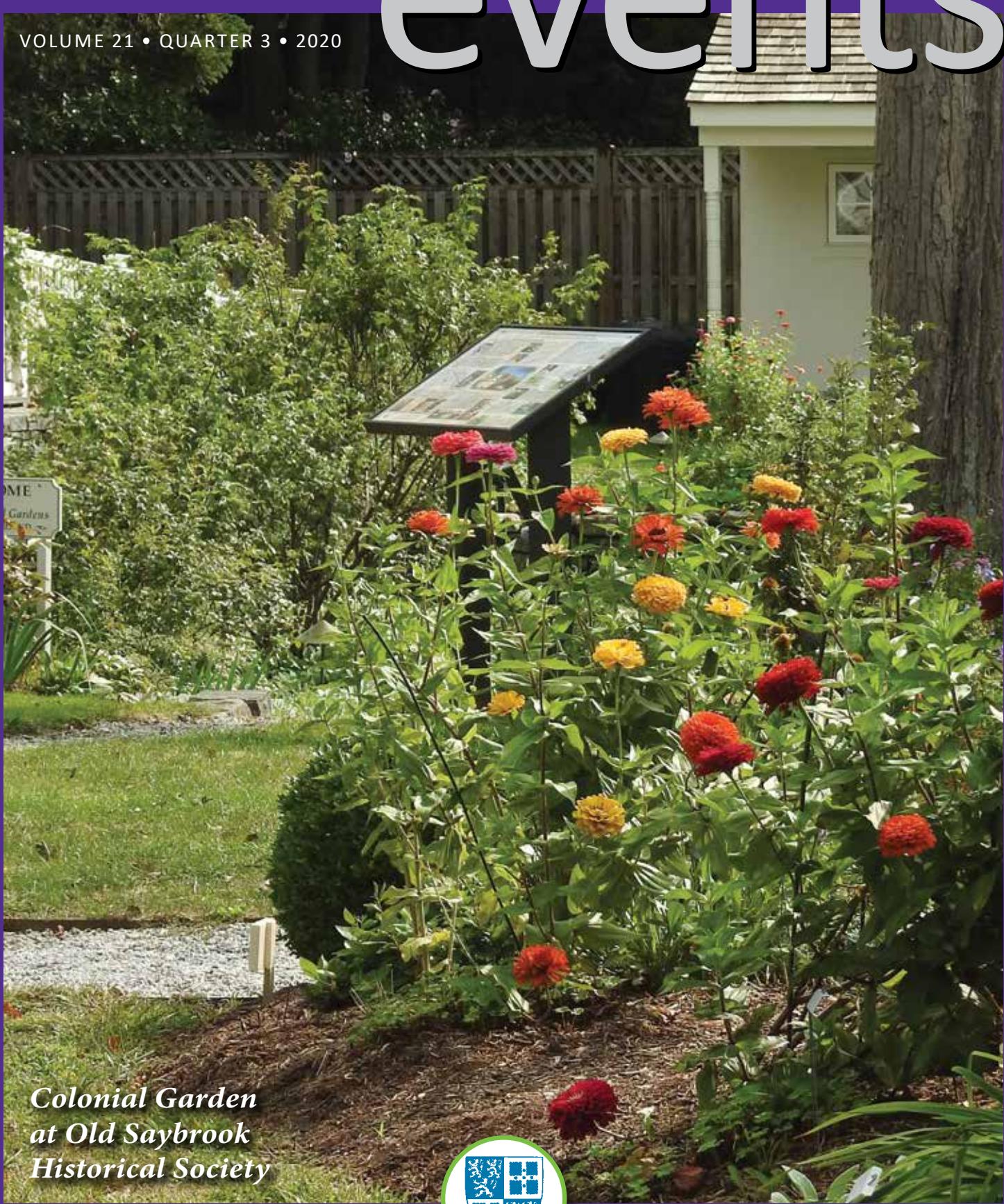


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## The Selectmen's Corner

Happy fall from the Board of Selectmen, which consists of First Selectman Carl P. Fortuna, Jr. and Selectmen Scott Giegerich and Matthew Pugliese. The fall season brings more beautiful colors to our shoreline town and is a great time to get outside and enjoy all that our town has to offer. The Board of Selectmen thanks you for entrusting us with running your local government.

All across the country there is a push for change—changes in laws, changes in behavior and changes aimed to create a more equitable, inclusive and diverse community. My personal feeling is that diversity comes with tolerance, good policies and good jobs. But first and foremost, housing is where the conversation begins. For years, Old Saybrook has been a leader in building housing that is regarded as “attainable” or “workforce friendly.” Old Saybrook has only a sprinkling of truly “affordable” (which is a statutory word) housing but there is a fair bit of other deed-restricted housing. “Deed restricted” means that when the housing was built, the rental charges were restricted by deed and tied to a formula based upon a certain percentage of the average income in our area. That percentage can be very low (40%) or much higher (80%). Why is this good? Single-family housing is expensive and many times out of reach for a large part of the population. On the other hand, deed-restricted housing, so long as it can be profitably completed by a developer, can assist with attracting a more income-diverse workforce (thus “workforce housing.”)

There are lots of connotations that surround the phrase “affordable housing” but our experience in town has been nothing but positive. Old Saybrook is and has been held up throughout the state as a model, suburban, mostly white, somewhat affluent town with regard to its initiatives and action on housing that is affordable. This goes back 15 years and started under the administration that preceded mine. In the last 9 years, I have been asked nearly every year to sit on roundtables or speak at large gatherings to explain why Old Saybrook has been successful when others have failed. Just this past January, I spoke in the Naugatuck Valley at a forum sponsored by the Partnership for Strong Communities, which ran a series on how to bring housing, other than single-family houses, to the suburbs. Old Saybrook is a wild success story in this regard, far exceeding the efforts of many towns in Connecticut. We have affordable housing all over town: in the South Cove area, by the train station and, for the elderly, on Sheffield Street, Ferry Road, Spencer Plain Road and more coming on Lynde Street between Route 1 and Elm Street. This is a positive development. Our Planning and Zoning Commissions, with my **continued on page 5**



First Selectman Carl P. Fortuna, Jr.

A group of people are gathered around a stone fire pit on a paved patio overlooking a lake. They are sitting in white Adirondack chairs, some holding glasses of wine. The scene is set against a backdrop of trees and a clear sky. In the bottom left corner, there is a black rectangular logo for "SAYBROOK HOME" with the letters "SH" in a stylized font.

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**COVER PHOTO**  
Old Saybrook Historical Society Colonial Garden  
by AC Proctor

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## Selectmen's Corner... continued from page 3

support, have encouraged this housing knowing that it will assist those who may not be able to afford the average single-family home and anticipating an increase in our population diversity. Recently, Old Saybrook was one of 43 municipalities that were awarded a \$15,000 technical assistance grant to develop future affordable housing plans. There are few towns on the shoreline or in Middlesex County pushing as hard as Old Saybrook to make positive changes in this area. In fact, many towns push in the opposite direction. I credit our town residents for being educated, engaged and receptive to new ideas.

But the push for diversity in Connecticut's suburbs cannot happen in a vacuum. Approximately two years ago, I testified at the State Capitol on the affordable housing issue in Connecticut's suburbs. Legislators over the years have encouraged affordable options in our communities but have never truly forced the issue. During my testimony, I was asked why the state should not simply mandate that every town have a certain percentage of housing that meets the affordability guidelines to make our communities more diverse. The answer that I gave was simple: good affordable housing requires the people who live there to have good paying jobs, and Connecticut's economy has not produced good paying jobs throughout the state since the early 2000s. A legislative mandate on housing is senseless, in my opinion, without a better economy. In the meantime, our boards and commissions will continue to promote good policies for Old Saybrook, policies that have earned our town positive state-wide recognition.

## RESULTS FOR FISCAL YEAR '19-'20

The town finished FY20 (July 1, 2019 through June 30, 2020) in strong financial condition. The Town generated a surplus for the year, with the bulk of that surplus generated by the Board of Education. Due to the COVID-19 closure in the spring, the Education Department underspent its budget by a fairly large amount. However, the school administration immediately began to plan ahead knowing that this school year would be like no other. The planning that went into this year's school start was extensive. The costs in implementing this plan are and will be very expensive. To mitigate expenses that will likely be incurred this school year, the superintendent, prior to the end of FY20, directed her staff to complete as many future capital projects as possible thereby freeing up funds to use in this fiscal year's (FY21) budget for COVID-19 expenses. That type of planning will serve Old Saybrook well if our schools remain open the entire year. As for the budget on the town side, anticipated revenues were down somewhat but we underspent on the expenditure side of the ledger. Prior to entering into the last quarter of the fiscal year (April-June), my office issued a memorandum to all department heads freezing discretionary spending. Old Saybrook (and the rest of the country) was in uncharted territory so it certainly felt like the right thing to do not knowing what

continued on page 6

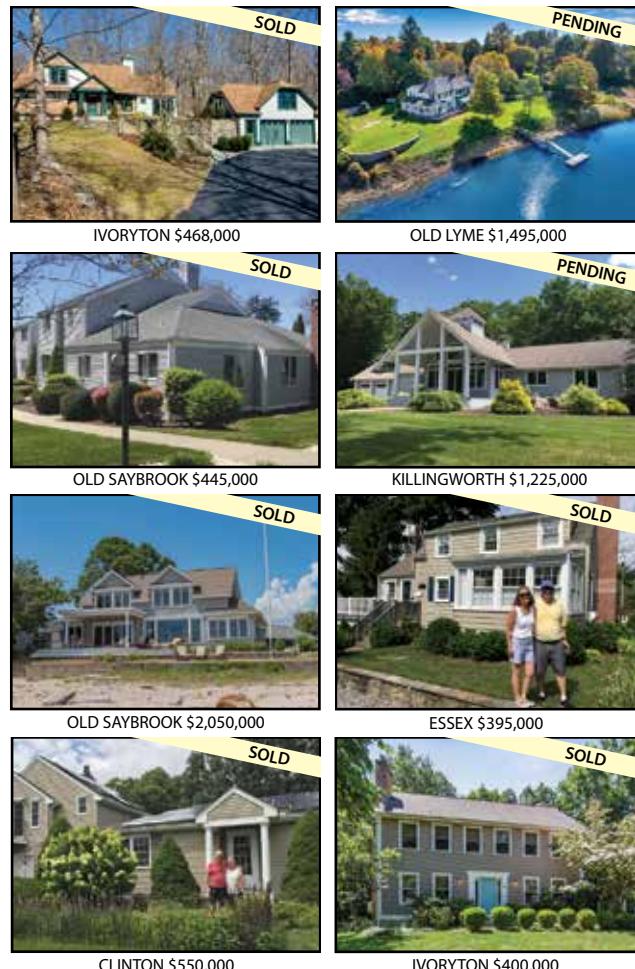
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## Selectmen's Corner... continued from page 5

the budgetary effects of the pandemic would be. Thankfully, we ended the year strong and we were able to increase the Town's rainy day fund to over 16% and fund several other important projects.

### UPDATE

Town Hall is open but all town meetings are still being held on a virtual platform which, so far, has worked as well as one could expect. While person to person is always better, we are still conducting all the Town's business.

As for the financial impact that COVID-19 will have on the town budget, my team has been studying the numbers for several months. Cities, towns and states all over the country are concerned about revenues for FY21, which began on July 1, 2020. My team here in town hall will watch our numbers closely and will take corrective action if need be. We have contingency plans and we are hopeful that our town can manage through what promises to be an interesting time.

The pandemic has tested all of us and will continue to do so for the foreseeable future. Here in Old Saybrook and all across the world, we are likely going to have to learn to live with this virus until there is an effective vaccine. Even then, there will still be cases and outbreaks. But, we must make something good come from all this, whether it is a greater appreciation of spending time with the ones we love, something we all take for granted, or being able to operate town government more efficiently. The pandemic in Old Saybrook continues to be less of a public health or public safety crisis, and more of an education and small business crisis. Our students and businesses have been severely impacted. Seniors in high school and college throughout the country lost that last semester, that final sports activity, their chance at a championship. Their education continued but not at the pre-pandemic level. Businesses in our town and all over the nation may go or have gone out of business or have had to incur increased additional expenses to reopen. This pandemic will change lives forever but we will persevere and we must commit to be better when the new normal takes shape.

With that, stay safe.

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

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## Office of the Assessor

October 1, 2020 is the effective date for our next Grand List. In preparation for this, the Assessor's Office is very busy during the fall collecting and entering data which will be used to calculate the mill rate and taxes for the coming year.

2020 Personal Property Declarations were mailed to all Old Saybrook business owners in mid-September and are due November 1, 2020. Those businesses that do not file by the deadline must, by law, be assessed a 25% penalty. New entities, including home businesses and online businesses, that have filed Trade Name Certificates with the Town Clerk will automatically be added to the 2020 Grand List and are also required to file a 2020 Personal Property Declaration. Declarations are available to pick up at the Assessor's Office or can be printed from the Town of Old Saybrook website at: [www.oldsaybrookct.gov/assessor](http://www.oldsaybrookct.gov/assessor).

By the end of November, we will receive the supplemental motor vehicle list from the DMV. This is a list of motor vehicles, including trucks, trailers and motorcycles, that have been sold or purchased since October 1, 2019. Approximately half of the vehicles on this list (2,000) will have to be priced manually from NADA price schedules. All motor vehicles are valued based on average retail, year, make and model. This value is then pro-rated based on the month of the transaction.

In early December, we will receive the regular list of motor vehicles registered during the year 2020 from the DMV. This list will contain more than 12,000 vehicles. Approximately 25% of these will have to be priced manually from the NADA price schedule. The prices that we use are also based on average retail.

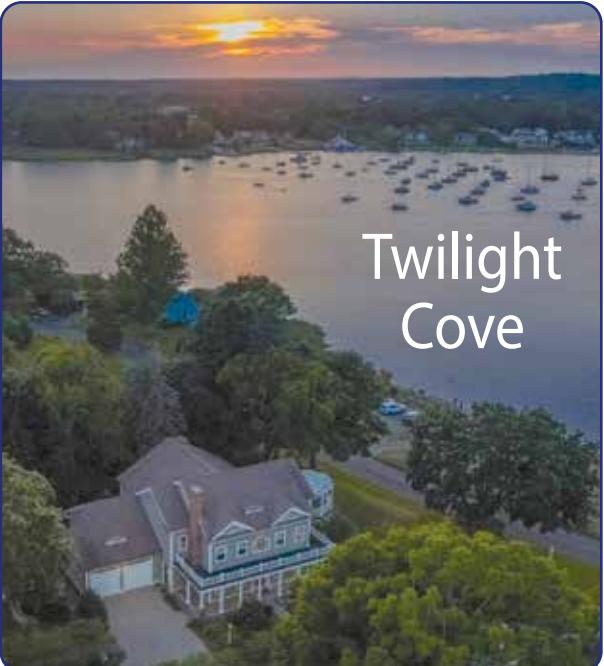
By the end of December, we will have looked at and valued all changes in real estate and added those changes to the prior assessments. For example, if a property assessment is \$100,000 and an addition is added costing \$50,000 the 2020 assessment will become \$135,000.

By January 15, 2021 all of the real estate, personal property and motor vehicles will have been checked, valued and entered into our database to be used in June of 2021 to produce a bill from the 2020 Grand List.

By January 31, 2021 the Assessor will sign the October 1, 2020 Grand List.

### Some of the additions to the 2020 Grand List include:

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1 Village Center Condo's | - assessment to date \$3,918,200  |
| 2 Post and Main Apts     | - assessment to date \$23,324,800 |
| 3 Agway & Dunkin Donuts  | - assessment to date \$2,272,500  |



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Shoreline West average sales data	- up 8%
Overall town average sales data	- up 16%

On a final note, in May 2020 the Assessor's Office mailed an Income & Expense form to each commercial/industrial property in town. The information from these forms is very helpful and necessary in the process of conducting our town-wide revaluations every five years. I would like to thank all of the property owners

who own this type of property for their cooperation in completing these forms and returning them to the Assessor's Office.

Please feel free to contact our office at 860-395-3137 with any questions concerning the assessment process. You can also find a lot of useful information on the Assessor's website at [www.oldsaybrookct.gov/assessor](http://www.oldsaybrookct.gov/assessor).

Norman B. Wood, CCMA II  
Assessor, Town of Old Saybrook

## Third Annual "Electrify Your Drive!" Event at Saybrook Point



"Electrify Your Drive!" was a free electric vehicle (EV) car show that took place on Saturday, October 3, at the Saybrook Point Pavilion. EVs are the future of transportation. Many of the newest models of cars, trucks and SUVs are going electric. Because EVs run on battery power instead of gasoline, electric driving eliminates greenhouse gas emissions, resulting in much cleaner air and reducing the adverse effects of climate change.

Many of the newest EV models have long driving ranges and fast-charging capability that together make charging the cars more convenient. EVs have far fewer moving parts and require almost no maintenance. At the event, attendees learned about the newest charging systems for home installation as well as on-the-road charging.



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# Old Saybrook Chamber of Commerce

## SCARECROW FEST 2020

The Old Saybrook Chamber of Commerce's annual scarecrow competition kicks off this month. Be on the lookout for some unusual creatures appearing about town as businesses, organizations, and families compete for best scarecrow and the highly coveted "Golden Broom" award!

**This community-wide contest is open to all:** schools, non-profits, families, and businesses are invited to enter. Entries have been varied in years past and range from the whimsical to traditional, often reflecting the business or organization that has submitted the scarecrow. Past scarecrows have included dentists, bakers and chefs, Frankenstein, pilgrims, and Minions. "This is a real community event, a fun opportunity to share your creativity or market your business!" said Judy Sullivan, Executive Director of the Old Saybrook Chamber of Commerce.

Last year's winning entry was by the creative team at William Raveis Real Estate, who assembled a 'family' of Minion characters, playfully climbing a tree. Brenda Garzi, Vice President of Sales at William Raveis, stated: "We had a great time as an office brainstorming ideas and creating our scarecrows. It is a wonderful opportunity to get involved in the community and enjoy our beautiful town."

The winning scarecrow is determined through a text-to-vote system. Each scarecrow is assigned a unique number. To vote for your favorite scarecrow, text "SCARECROW" followed by the corresponding

number to 74574. Voting will open October 15 and close October 29. The winner will be announced October 30 on social media and posted on the Chamber's website.

Entries must be received by October 15, along with a \$25 registration fee. Register online at: [oldsaybrookchamber.com/scarecrow](http://oldsaybrookchamber.com/scarecrow)

## OPEN FOR BUSINESS!

The Old Saybrook Chamber of Commerce is a champion of the business community and stands with business owners during this difficult time brought on by the coronavirus. Despite facing unprecedented challenges, businesses have shown resiliency and innovation, meeting health and safety regulations while adapting their business models to meet changing consumer habits. And, despite the coronavirus pandemic, new businesses have opened, such as Cottage Flair and Pieces on Main Street Old Saybrook, two boutiques offering unique home décor, as well as Skipper's Seafood Restaurant, and Tina PermaBeauty Spa.

Jennifer Holdsworth, owner of Pieces, had planned to open mid-March, but, she said, "a pandemic was not in the business plan" and so the opening was delayed until May 26. Holdsworth said that the shop was a dream in the making and that the pandemic presented the opportunity to make it a family affair. Twin sons Christopher and Jack, who would soon graduate high school, had time on their hands now that school was remote, and eagerly pitched in, along with husband



Shown with "Pieces" store owner Jennifer Holdsworth are husband Robert and sons Christopher and Jack.

Photo: Courtesy Old Saybrook Chamber of Commerce

Robert, to ready the store. "As a small business owner, you move forward and adapt to whatever is thrown at you," said Holdsworth. "The whole way of doing business has changed."

The Chamber is mindful of the continued difficulties many businesses face, especially, though not exclusive to, restaurants and the services and fitness industries. We encourage our community to support local businesses whenever possible so that ALL the businesses we love so much are still standing post pandemic.



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# Economic Development Commission

## UPDATED ECONOMIC DEVELOPMENT

### STRATEGIC PLAN ADOPTED

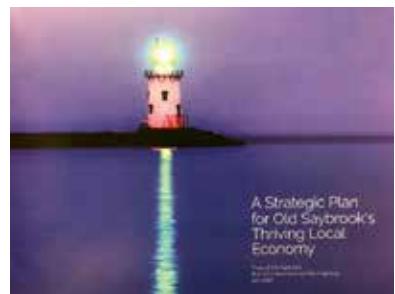
An updated Economic Development Strategic Plan was adopted by the Town of Old Saybrook in June. The comprehensive plan lays out goals for seven factors of economic development and how those goals should be applied to the nine commercial areas in the town. Called A Strategic Plan for a Thriving Local Economy, the plan is intended to serve as a guide for town commissions when they make decisions regarding commercial development.

The plan was the collaborative result of two years of research conducted by members of the Planning Commission (PC) and Economic Development Commission (EDC); PC Chair Thomas Cox, PC Member Kathleen Sugland, EDC Chair Matthew Pugliese worked together with the assistance of Town Planner Christine Nelson and Economic Development Director Susie Beckman. The two-year process required multiple steps: review of existing state, regional and local plans; writing a draft plan; gathering stakeholder input from town commissions, residents, businesses, and community organizations; revising the plan; and petitioning the PC in June to adopt the final plan.

The Board of Selectmen (BOS) received a presentation of the adopted plan at its August 25th meeting. The BOS endorsed the plan and agreed to support its implementation. At the August 13

meeting, the EDC identified the following actions from the plan as current priorities for implementation:

- Build a Pedestrian Bridge Connecting Saybrook Junction to Mill Rock Road East & Research Parkway
- Design & Engineering Mariner's Way Route 1 Boulevard
- Examine Zoning Regulation Impact on Commercial Development
- Encourage Façade Improvements with a Revolving Loan Fund as a Financing Tool
- Develop Affordable and Versatile Housing and Consider a Housing Authority
- Study the Waste Water Disposal Policy Impact on Commercial Development
- Create Bike Lanes Throughout Town
- Complete Sidewalk Connectivity from School House Road to Ferry Point



Cover of the new Strategic Plan for Old Saybrook's Thriving Local Economy.

Hard copies of the Strategic Plan are available through the Economic Development Office and it can be viewed on the Old Saybrook Economic Development and Planning Commission webpages.



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## EVICTIONS AND FORECLOSURES

October 1 currently ends the moratorium and legal actions can commence (date subject to change if extension occurs.) Evictions can start with a Notice to Quit followed by Appearance paperwork served and a court date to be decided by a judge. Eviction cannot occur without this due legal process. Help is offered by applying to the state for the rental TRHAP program and foreclosure T-MAP assistance due to COVID by going online to the Connecticut Department of Housing at portal.ct.gov/doh.

## UNEMPLOYMENT

State of CT DOL can be backed up 4-5 weeks especially with code 108, where you may need to wait for a review. Follow instructions to apply for each week by Sunday. Do not miss a week. Payments will be retroactive if approved. If issued a denial you can appeal and/or can apply for federal PUA Pandemic Unemployment

Insurance. Currently there is an additional \$300 a week. Go to the CT DOL website at: <https://portal.ct.gov/dolui>.

## EMPLOYMENT HELP

Employment help and job training opportunities are available from Workforce Alliance/American Job Center. There are now links off of the DOL website to connect to these services offered during COVID. Or go online directly to: <https://www.workforcealliance.biz/>

## HEALTH INSURANCE

If you lose your health insurance or are presented with a COBRA plan that is too high, you can go on the Access Health website, AccessHealth.com, and apply for lower cost health care plan. If you are qualified for HUSKY (from this same application) for all or some household members, you may receive state health care coverage at little to no cost. The additional unemployment benefit of \$300 does not count in income qualification for this program.

## SNAP APPLICATION AND FOOD HELP

Applications for SNAP can be made on [connect.ct.gov](https://connect.ct.gov) website. The \$300 unemployment additional amount does count on this application for income qualification. Payments are made on an EBT card mailed usually within the week of online application.  
**continued on page 14**

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**JANE PFEFFER**  
860.227.6634  
jenniferandjane@wpsir.com  
jenniferandjaneassociates.wpsir.com  
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## Social Services... continued from page 13

Payments are issued on the first three days of the month according to first initial of last name. Payments are on a sliding scale within a qualified income range. You will be given the amount you will receive at the end of the approved online application.

The Food Pantry and Soup Kitchen Meal sites are on the SSKP website with current information and instructions. Currently you will continue to pick up curb side on Tuesdays from 3:00 - 5:00 pm at First Church. The Grace Church meal site is also open on Wednesday's for a grab and go lunch from 12:00 - 1:00 pm. You can call SSKP at 860-388-1988 or get more information for more pantry site and meal locations in area towns at: <https://www.shorelinesoupkitchens.org/>.

Currently due to COVID the Old Saybrook Social Services Help Day on the fourth Thursday of the month with Food Truck is suspended until further notice. The CT Food Bank is available in our area on the first Friday of the month between 9:00 - 10:00 am for a drive through bag pick up in the parking lot adjacent to Clinton town hall. For more CT Food Bank truck locations and information at: <https://www.ctfoodbank.org/get-help/connecticut-food-banks-mobile-pantry-schedule/>.

## MEDICAL TRANSPORTATION

Medical taxi transportation can be arranged by those over 60 or disabled with taxi vouchers through 9Town Transit and Curtin. All information is available at: <https://estuarytransit.org/>.

HUSKY card holders can request medical transportation covered by HUSKY. Please call the number on the back of your card.

## ENERGY ASSISTANCE AND HEAT

Energy Assistance is available from the state by calling 860-347-4465 for a phone application this year. Please see the article in this issue of Events for more information on this program. If you are running out of oil and are in an emergency need during freezing temperatures this winter please call us for possible additional local help through our HEAT program.

## CHILD CARE

You may be eligible for child care help. Help may also be available if you pay a family member that lives in another household. Care4Kids is a program available through the state. Information and applications are available online at: <https://www.ctcare4kids.com/forms/>.

For more information on these and other programs available in the state please call 211, go online to: <https://www.211ct.org/> or contact Susan Consoli, MA, LPC, Social Services Coordinator at: 860-395-3188 or [susan.consoli@oldsaybrookct.gov](mailto:susan.consoli@oldsaybrookct.gov).

# Connecticut Energy Assistance Program

The Connecticut Energy Assistance Program helps households pay for primary heating bills. If the household's primary heating costs are included in your rent, you may also apply for assistance.

Benefits are available to households with incomes up to sixty percent of the state median income.

## ELIGIBILITY

### Household Income Guidelines by Household Size:

1 Up To \$37,645	5 Up To \$83,977
2 Up To \$49,228	6 Up To \$95,560
3 Up To \$60,811	7 Up To \$97,732
4 Up To \$72,394	8 Up To \$99,904

*\*\*A liquid assets test is an additional basic eligibility requirement. \*\**

Liquid assets include: checking, savings, CD's, stocks/shares, bonds, annuities, certificates of deposit and individual retirement accounts. Individual Retirement Accounts are considered to be liquid assets if the accounts are in the name of a household member who is 59-and-one-half years old or more. The purpose of the liquid assets test is to try to ensure that winter heating assistance dollars go to households most in need; that is, to people without the financial means to heat their home.

For homeowners, the first \$15,000 in liquid assets, and for other households, the first \$12,000 in liquid assets, is disregarded. Any amount over that limit, when added to the annual gross income, must be below the income guidelines.

**Winter Heating Assistance** - program dates start 11/2/2020 for first day for fuel deliveries through 3/31/2021, last day for fuel authorizations.

Basic benefits for homeowners and renters who pay separately for heat range from a minimum of \$340 to \$725 with additional benefits through the heating season for those who qualify. Benefits for renters whose heat is included in their rent range from \$150 to \$190.

To apply for Energy Assistance this year you can call our state Community Action Agency in Middletown at: 860-347-4465 for a phone application or apply online at: <https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating/Apply>.

For more information contact Susan Consoli, MA, LPC, Social Services Coordinator at: 860-395-3188 or [susan.consoli@oldsaybrookct.gov](mailto:susan.consoli@oldsaybrookct.gov).

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# OLD SAYBROOK TOWN HALL

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## SELECTMEN'S OFFICE

Carl P. Fortuna, Jr., First Selectman	395-3123	Carl.Fortuna@OldSaybrookCT.gov
Georgiann Neri, Administrative Secretary		Georgiann.Neri@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
Bridget Riordan, Administrative Clerk		Bridget.Riordan@OldSaybrookCT.gov

## BUILDING DEPARTMENT

Tom Makowicki, Building Official	395-3130	Tom.Makowicki@OldSaybrookCT.gov
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## ECONOMIC DEVELOPMENT

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

Pete Terenzi	395-3133	Pete.Terenzi@OldSaybrookCT.gov
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## LAND USE

Christine Nelson, Town Planner	395-3131	Christine.Nelson@OldSaybrookCT.gov
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Christina Costa, Enforcement Officer		Christina.Costa@OldSaybrookCT.gov
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Sarah Lyons, Administrative Assistant		Sarah.Lyons@OldSaybrookCT.gov
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Patrick Hegge, Environmental Planner		Patrick.Hegge@OldSaybrookCT.gov
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## PARKS AND RECREATION

Ray Allen, Director		Ray.Allen@OldSaybrookCT.gov
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Jonathan Paradis, Assistant Director	395-3152	Jonathan.Paradis@OldSaybrookCT.gov
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Rick Pine, Office Manager		Rick.Pine@OldSaybrookCT.gov
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## 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
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## JOAN STRICKLAND

Christina Costa	395-3134	Registrar@OldSaybrookCT.gov
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## TAX COLLECTOR

Barry E. Maynard	395-3138	Barry.Maynard@OldSaybrookCT.gov
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## WENDY MORISON

Wendy Morison		Wendy.Morison@OldSaybrookCT.gov
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## TOWN CLERK

Sarah Becker, Town Clerk	395-3135	Sarah.Becker@OldSaybrookCT.gov
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Christina Antolini, Assistant Town Clerk		Christina.Antolini@OldSaybrookCT.gov
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## TREASURER

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

Gratia Lewis, Financial Manager	510-5076	Gratia.Lewis@OldSaybrookCT.gov
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## OTHER TOWN DEPARTMENTS

### Acton Public Library - 60 Old Boston Post Road

Amanda Brouwer, Director	395-3184	abrouwer@actonlibrary.org
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### Police Department - 6 Custom Drive

Non-emergency	395-3142	
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Michael A. Spera, Chief of Police	395-3142	mspera@oldsaybrookpolice.com
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### Probate Court - 302 Main Street

Jeannine Lewis, 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
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Angela Gaidry, Administrative Assistant		Angela.Gaidry @OldSaybrookCT.gov
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[www.OldSaybrookCT.org](http://www.OldSaybrookCT.org)

# Transfer Station

## COULTER STREET LEAF SITE

Residents can take loose leaves or bagged (biodegradable paper bag) leaves to the old landfill site located at the end of Coulter Street beginning November 2, 2020. 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 at: 860-395-3142.

## LEAF PICK-UP IN OLD SAYBROOK IS SCHEDULED TO BEGIN THE WEEK OF NOVEMBER 23RD.

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 23rd through December 21st. 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 23rd to arrange for delivery.



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**860-333-7117**

P.O. Box 1015,  
Old Saybrook, CT 06475  
bettyjmrealty@gmail.com

## **TRANSFER STATION PASS**

Transfer Station Passes may be obtained through [www.oldsaybrookct.org](http://www.oldsaybrookct.org) (from Home Page select QUICK LINKS and apply for Transfer Station Pass) or in person in Town Hall, 302 Main Street, in the Selectman's Office. Provide current driver's license and registration displaying an Old Saybrook Address. If driver's license or registration does not include an Old Saybrook address, a suitable proof of residency such as tax bills or utility bills must be presented. Transfer Station passes are given to those who qualify at no charge.

**Passes must be affixed to driver's side of windshield. Entrance to the Transfer Station will be denied if the pass is not affixed with the self-adhering tape.**

- Each household vehicle may obtain a pass. There is currently no expiration date for these passes.
- Permanent, seasonal and part-time renters may apply for Transfer Station passes but must have proper proof of residency or tenancy. This includes utility bills, copies of a lease, tax bills or other satisfactory proof.
- Business owners may enter the Transfer Station with permission from the Director.
- A seasonal visitor (friend-house sitting, etc. or family visitor) is not eligible for a transfer station pass.
- Residents who hire building contractors or landscape-type contractors that will be using the Transfer Station to drop off building demolition or brush and yard waste will need to obtain

a Transfer Station Permit. The permit must be filled out prior to using the Transfer Station. The permit requests homeowner and contractor information to include type of work, description of waste, start/finish date, and signature. The homeowner will be contacted for contractor verification. Information provided on the permit must be accurate and any falsification will impose an immediate penalty as notification of first offense served. The permit is free and available on our website at: [www.oldsaybrookct.org](http://www.oldsaybrookct.org) (from Home Page select QUICK LINKS and Transfer Station Permit.)

## **Residential Transfer Station Pass Now Available Online**

Effective January 2, 2020 Transfer Station passes are required for disposal of materials at the Old Saybrook Transfer Station. The pass is free and may be obtained online via our website at: [www.oldsaybrookct.org](http://www.oldsaybrookct.org) (hover over QUICK LINKS and select REQUEST or APPLY FOR • Transfer Station Residential Pass.) Online applications will be processed and mailed within 1-2 business days. To apply for a residential permit online you must be an Old Saybrook property owner. Renters may apply in-person at the Selectman's Office with proof of tenancy; either a copy of a lease or 2 recent utility bills showing your name and your Old Saybrook address. If you are a contractor, you will have to obtain a Contractor's pass. Contact the Selectman's Office.

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## Town Clerk's Office

Sarah V. Becker, Town Clerk

Christina Antolino, Assistant Town Clerk

Cindy Kane, Assistant Town Clerk

Office Hours: M-F, 8:30 am - 4:30 pm

Phone Number: 860-395-3135

Town Website: [www.oldsaybrookct.org](http://www.oldsaybrookct.org)

### CONGRATULATIONS!

Eric Chasse and Kylie Knee	- May 26th
Robert Key II and Katherine Gibbs	- May 21st
Dylan Briotti and Stacy Stachura	- June 5th
Matthew Fiore and Brittany Manfro	- June 20th
Daniel Clark and Shannon Smirnow	- July 1st
Benjamin Willis and Nicole Palmer	- July 2nd
Spencer Sloane and Alexandra Priebe	- July 4th
Christopher Anselmo and Chelsie Giegerich	- July 10th
Jared Montano and Stephanie Barnes	- July 21st
Jason Auger and Amanda Fairbanks	- July 25th
Kenneth O'Brien and Ashley Camera	- August 8th
Joseph Caiazzo and Caroline Colaci	- August 9th
Michael Brady & Andrea Costanzo	- August 15th

### WITH SYMPATHY

Louis Amoia	Robert J Hedberg	Judith Raffalo
Sebastian Aparo	William Henaghan	Roberta Roach
Dorothy Apell	Theresa Hoagland	Edgar Roberge
John Brigham, MD	Judith Leissner	Jennifer Schneider
Sharon Caulfield	Roy Lindgren	Joan Sullivan
Julia Comerford	Theresa Lorenzetti	Harold Swain
James Costello	Robert Marx	Richard Sweet
Patricia Cotter	Keith McCarthy	Dorothy Tissair
Theresa Cricchi	Charlie McDaniel	Nancy Trask
William Darrow, Jr.	Diana McMahon	Carolyn True
John Ellis	Elizabeth Moriarty	John Walsh
Jacquelyn Flynn	Norman Moyer	Marc Weinstein
Robin Glassman	Virginia Newton	Jeffrey Williamson
Warren Goldfeder	Morse Pagter	Floyd Worrell III



### WHAT IS 2-1-1?

It is Connecticut's free and confidential information and referral service. By calling 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis.

2-1-1 operates 24 hours-a-day, every day of the year. TDD access is available. Visit the website for more information:

<http://www.211.org/#>

# What is Your New Normal?

The Oxford English Dictionary defines NEW NORMAL as “a previously unfamiliar or atypical situation that has become standard, usual or expected.” We are hearing this phrase all around as we adjust to life in the time of COVID-19. Our lives have been turned upside down with changes. There are few routines that have not experienced any alteration. We shop differently, work differently, learn differently and certainly socialize differently. How are you coping? Many people in the community are suffering because as we all know changes are hard to make, habits hard to break and yet in many areas we have no choice in the matter.

Around the onset of the pandemic we felt as if we could make changes but they would just be temporary and we could do anything for a few weeks. As the weeks stretched into months and we learned more about this new virus and its effect on our lives the realization began to set in. We are entering the NEW NORMAL. We will be wearing masks for the months to come,

keeping our distance, staying out of crowds, and hand washing at every turn until we reach herd immunity which Merriam Webster defines as “a reduction in the risk of infection with a specific communicable disease that occurs when a significant proportion of the population has become immune to infection (because of previous exposure or vaccination) so that susceptible individuals are much less likely to come in contact with infected individuals.” Until then we will be living in the NEW NORMAL.

Routines and habits help us move through our daily life with some organization. So if you haven’t already begun to establish routines in the NEW NORMAL—it’s time. Keep your mask with your car keys and an extra in the car or your office or a purse so you will always be prepared. Carry hand sanitizer in your backpack or your pocket. Learn to greet people without the customary handshake or hug. Welcome to the NEW NORMAL.

## Welcome to Old Saybrook, Connecticut.

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# Old Saybrook Youth Action Council

OS Youth Action Council, a Positive Youth Development program through OS Youth and Family Services, will be scheduling virtual meetings for high school youth in grades 9-12, beginning September 24, 2020.



YAC has been an active opportunity for students to become involved in leadership training, community advocacy issues, teen prevention work, and more, since 2014. Hundreds of our local youth have participated in community events such as; the Chili Fest, Holiday Giving, Saybrook Stroll, and Caroling at Gladerview. A core concept of YAC is to engage our youth in relationship with positive adult role models throughout the town, develop and enhance leadership and communication skills, work on youth issues in an organized and coordinated way, and also, to HAVE FUN! YAC has taken trips to

New York, Salem, MA, Ropes courses in CT and MA, and more! YAC is supported through generous contributions by the Public Health Nursing Board, OS/Westbrook Exchange Club and the Estuary Lodge of Mason's.

While the 'How we do YAC' will change due to COVID-19, the 'Why' is very much alive. Youth need opportunities to be engaged in the growth of their community, role models to learn how to be active participants in the life of their town, times to have fun and be carefree, and a way to take action on things that are important to them! Especially in these times of separation and social isolation, YAC is a way to stay connected and engaged.

To sign a student up to attend a Youth Action Council meeting or event, please visit our website, [www.osyfs.org](http://www.osyfs.org).

## Help Us Design a New OS Youth & Family Services Logo

The Old Saybrook Youth and Family Services logo, a rendering of a historically typical nuclear family, is about to undergo a facelift. Reflecting upon feedback from community members and the many youth we work with, YFS is ready to change for the future, better reflect the changing

dynamic of our residents and families, and signal to others the diverse needs met within the community by the agency.

We launched a "Help Us Design a New Logo" campaign October 1, 2020! Further details will be announced, along with

a timeline for submission, judging and announcement of the new design. The designer of the new logo will receive a \$300 scholarship, and entries from all age ranges are encouraged. See [www.osyfs.org](http://www.osyfs.org) for a complete listing of criteria for artwork design and submission.

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## OS Youth Action Council Fundraiser

The Estuary Lodge #43, Masonic Hall, will be hosting an OS Youth Action Council Fundraiser Friday October 23, 4:30 - 6:30 pm. This annual pasta dinner fundraiser helps support the activities of YAC and includes offering scholarships

so all students may be involved in trips and activities. Youth Action Council is a positive youth development program for students in grades 9-12.

Tickets will be sold online prior to the

event, and all meals may be picked up curbside, delivered by one of our many YAC students! The Masonic Hall is located right next to Acton Public Library, Old Boston Post Road. Stay tuned for more details just prior to the event

## Old Saybrook Lions Club



The club continued to meet via ZOOM on the 4th Tuesday of each month to plan for events and activities while adhering to the COVID-19 requirements.

We were able to participate in a virtual walk/run/ride fundraiser from August 1 through August 31st to benefit the Lions Low Vision Center of Eastern CT. This is an organization that has a mission "to provide appropriate low vision devices and help to people with decreased vision to empower them to improve their quality of life or maintain their independence through awareness, resources and solutions." A licensed optician visits clients in their homes, evaluates their situation and determines the best course of action. She then counsels the client, family members, professional staff and employers and provides low vision aids free of charge. She provides follow-up visit(s) to ensure that devices are being used correctly and re-evaluates as necessary. The organization serves residents in the counties of Tolland, Windham, New London and

Middlesex. Over the past 28 years, many Old Saybrook residents have benefited from the services provided by the Lions Low Vision Center of Eastern Connecticut.

If you think that you or a family member or friend would benefit from the services of this organization, please call for an appointment or just request additional information at: 860 377-2063. Leave a message and the licensed optician will return your call to answer your questions and set up an appointment, as necessary. If you would like to make a donation to the Lions Low Vision Center of Eastern CT, you may mail a check directly to Lions Low Vision Center of Eastern CT, P.O. Box 43, Colchester, CT 06415 or go to the website at: <https://lionslowvisionctr.org> and click on the donate button. For more information about the Old Saybrook Lions Club, contact us by telephone: 860 924-5459, email: [oldsaybrooklions-club@yahoo.com](mailto:oldsaybrooklions-club@yahoo.com) or mail to: P.O. Box 21, Old Saybrook, CT 06475.

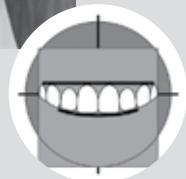


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# THE BEACON

## THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

### Welcome, Class of 2024!

Though it looked different from past years, several Old Saybrook High School students who are members of the school's Link Crew, met with members of the incoming freshman class during the annual Old Saybrook High School freshman orientation. Right, students met outside in small, socially-distanced groups, all wearing masks, and participated in a series of ice breakers and warm-up activities, followed by staggered, student-led tours of the building to familiarize students with room locations and safety protocols.

Student Link Crew members also spent time answering questions and offering incoming students advice to be successful and thrive as individuals while at high school.

The Class of 2024 was warmly welcomed by all.

#### Old Saybrook High School

##### Contact Info

1111 Boston Post road  
Old Saybrook, CT 06475  
860-395-3175  
860-395-3179

[osh.s.oldsaybrookschools.org](http://osh.s.oldsaybrookschools.org)



### Old Saybrook Middle School Provides Learning Options with the Use of Yoga Mats

This year school is looking a lot different. To give students a break from sitting at desks in their classrooms, we have purchased a yoga mat for every student. We believe that students need flexible seating to help them feel comfortable and maintain concentration. With that in mind, the yoga mats will serve the students in many different ways. Students will be allowed to sit, lie down, and stretch out to take breaks. These breaks provide as many opportunities for movement as possible.

Not only can the mats be used in the classroom but also outside. This year the school has created outdoor learning spaces complete with outdoor wifi. Teachers can take students to these spaces to continue their learning while sitting or lying on a yoga mat. The new mats also provide students another opportunity to socially distance comfortably while eating their lunches. They may eat their lunch outside under a shady tree, under a tent, or just laying in the grass.

#### Old Saybrook Middle School

Contact Info  
60 Sheffield Street  
Old Saybrook, CT 06475  
860-395-3168  
860-395-3350

[osms.s.oldsaybrookschools.org](http://osms.s.oldsaybrookschools.org)

# THE BEACON



## Goodwin Staff Excited for Student Arrival

Staff at Kathleen E. Goodwin School have been eager to welcome back students since the spring. It has been a long time since students have walked the hallways, shared a meal in the cafeteria, or played together at recess. The building is ready, and the staff is poised. With the return of students on September 1st, the entire picture is complete!

Many procedures and safety precautions have been put into place to mitigate risk to students and staff. The district published several videos over the summer to prepare students for their return. Topics ranged from proper handwashing and mask-wearing to walking the halls and entering/exiting the building. Teachers have gone through training to anticipate students' possible social and emotional needs regarding how they view the pandemic and the many procedural changes they'll experience. Therefore, teachers will be focusing their energies on transitioning students back to school in a calm and supportive fashion.

The district will be opening in a hybrid model, which means that instruction will rely heavily on technology. Part of teacher planning will be preparing to welcome students into their classroom virtually and in the brick and mortar classroom. Each day, students at home and school will come together to engage in lessons. This concept is

new to all staff, so teachers and students will be learning together.

To maximize the outdoor space and give students mask breaks, yoga mats have been purchased for all students. This way, learning can take place outdoors. The PTA has also donated pop up tents that will be placed around the campus to provide shade during outdoor learning.

Many challenges lay ahead as both families and Goodwin School navigate the pandemic. Strong school and family ties will be vital to overcome the many challenges that lay ahead, but we are looking forward to the year.

### Kathleen E. Goodwin Elementary School

#### Contact Info

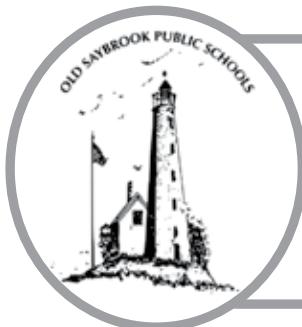
**80 Old Boston Post Road**

**Old Saybrook, CT 06477**

**860-395-3165**

**860-395-3360**

**[osgs.oldsaybrookschools.org](http://osgs.oldsaybrookschools.org)**



*The mission of the Old Saybrook Public Schools is to educate and prepare students to achieve their highest aspirations, care for others and the environment, and contribute to a global society by working in partnership with families and the community, and by engaging each learner in a rigorous, personalized, and meaningful educational program.*

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# OLD SAYBROOK

# OSPR

## PARKS AND RECREATION

### COVID-19 AND OSPR

We hope you all enjoyed a nice summer and while this summer was certainly different to say the least, we hope you were able to take advantage of the extra family time and find solace in these troubling times.

We would like thank everyone who completed our survey for our 2020 Strategic Plan. We will use this information as we set plans for our department and facilities for generations to enjoy. This fall we are looking to bring some normality back to our community, but with safety at the forefront. We look to offer as many programs as we can that will keep our community active and healthy. When able to, we will follow our school system to offer programming through cohorts based on last name (A-Lac & Lad-Z.) However, in order to achieve this, we will need your help. All of our programs will require you to wear a mask and if you are displaying any symptoms of COVID-19 as outlined by the CDC, we ask that you do not attend any programs. We are One Community, One Team and together we will get through this and be stronger because of it.

### TEEN CENTER 2019-2020

It's that time of the year again! The kids are back to school which means so is the OSPR Teen Center—running slightly different this year. For the month of September and for grades 6-8th only, we are running a cohort version of our Teen Center where participants must be registered to attend at \$1.00 per day. This will run for 5 weeks and then, starting October 5th when school is back to in-person learning 5 days a week, we will return to normal approach of our Teen Center which will have us 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 (starting October 5th) Monday through Thursday 2:30 - 5:30 pm and Friday Nights (Starting October 9th) from 7:00 pm - 9:30 pm; a membership costs \$20.00 dollars for the entire year. For our 5th grade students (starting October 9th), the Teen Center is open exclusively to them from 2:30 - 4:00 pm each Friday afternoon; a membership costs \$5.00 dollars for the year. For more information about the Teen Center or memberships. Please contact Kyle Bohonowicz at: [Kyle.bohonowicz@OldSaybrookCT.gov](mailto:Kyle.bohonowicz@OldSaybrookCT.gov) or by phone at: 860-395-3152.



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## FALL SOCCER WITH OSPR

We are in the middle of our outdoor 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 and back for a 5th consecutive season, Central CT Pediatric Dentistry and Orthodontics. This season we have 23 teams!!! Coming up in November will be indoor soccer league which is sponsored by Sharon Linder of Berkshire Hathaway. 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 at: Oldsaybrookrec.com to register and we are always in need of coaches.



## FALL T-BALL FOR 1ST GRADERS

Due to the cancelation of last year's T-Ball season, sponsored by The Parthenon Diner, we are bringing this spring classic indoors for the fall at the Rec. T-Ball is such an important stage in learning the fundamentals and rules of baseball and softball. We do not want our 1st graders to miss out. Registration will begin in October, and this program will consist of games only on Saturdays.

## ADULT PROGRAMING FROM OSPR

This fall, OSPR has some great activities for adults. At the Rec, we have Monday night basketball for 18+, pickleball on Tuesdays and volleyball on Wednesday. New to Wednesday night's we will have Mixed Yoga by Terri Cain at the Rec at 6:00 pm. 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 (except yoga) take place from 7:00 pm to 8:30 pm.

**We also have pick up soccer on Saturday mornings at Ferry Rd ball field, 8:00 - 9:00 am.** Bring a ball, grab some friends and have some fun. Fields are lined and goals are provided.

**New for adults this fall is our Sunset Walking Club.** This program will meet through September on Tuesdays and Thursdays at The Rec. Center or Saybrook Point Park at 6:00 pm for a leisure walk around town. This program will be a great way to meet new friends or connect with others while getting out and active! This program is free but registration is required.

**OSPR is also pleased to say we are back for a 8th season at Fenwick Golf Course for our adult golf lessons.** We will run a four week program, led by Jackie Beck, golf pro with The Country Club of New Canaan. This program takes place on the 5 hole Ryder Course. Monday classes start promptly at 5:00 pm and will end at sunset and Saturday classes start at 9:30 am. This great program is just \$100 for residents. Thank you to the Borough of Fenwick and Fenwick Golf Course for their continued support of OSPR.

**Year two of Adult Dodgeball league which will start on Wednesday, October 14th and run through December 16th.** Only the team captain needs to register for their team of 8 and the cost will be \$75.00 per team.

For more information or to register for these or any programs with OSPR, please visit our website at: [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com).

**continued on page 26**

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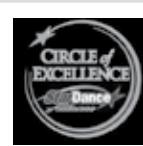
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Email: [westbrookdanceac@aol.com](mailto:westbrookdanceac@aol.com)



## Parks and Recreation... continued from page 25

### THE NATURAL SIDE

Back for the 5th 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 4 great activities lead by Patricia Laudano, Naturalist Field Researcher and Educator and members of Old Saybrook Land Trust. We have a late fall hike at Great Cedars West, an Ecology Explorers Club that meets twice at two locations, a guided paddle tour of the salt marshes and a spooky full moon hike in The Preserve on Halloween Weekend! Registration is required. Please visit our website to reserve your spot!

#### Saybrook Point



#### Miniature Golf

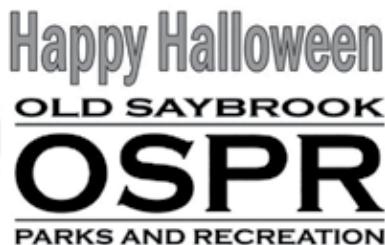
#### SAYBROOK POINT MINIATURE GOLF

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 and items needed to make your scarecrow as well as instruction. All you have to bring are the clothes to stuff with hay and great big smiles.

Saturday: Oct 3rd Town Green Gazebo from 11:00 - 12:00 pm

Fee: \$5.00 per scarecrow

## End Your Joint Pain and Get Back to the Things You Love

Addressing aches and pains associated with everything from toes to knees, hips and shoulders, Middlesex Health's talented orthopedic surgeons provide high quality, compassionate care and use the latest technology, including surgical robotics, to ensure the best possible outcomes.

Surgeries are performed in Middlesex Hospital's state-of-the-art operating rooms, which are specifically designed to accommodate orthopedic surgeries. They may also be performed at an orthopedic outpatient surgical facility in Middletown.

Middlesex is certified by The Joint Commission in both hip and knee joint replacements, meaning that it meets the highest national standards for safety and quality of care. When performing joint replacement surgeries, Middlesex surgeons often use technology to improve accuracy and outcomes. For example, the NAVIO Surgical System is a robotic tool that helps to place components of the knee with greater precision during partial or full replacement surgeries. ExcelsiorGPS, a robotic 3D navigation system, is used to perform minimally invasive

spine surgery, specifically spine fusions.

For hip replacements, surgeons may opt to use an anterior approach. During this minimally invasive surgery, the hip joint is accessed by entering through the front of the body and only requires a small incision on the front of the hip. This can result in much shorter recovery times and less pain for patients.

Regardless of what bone or muscle hurts, Middlesex Health promotes a team approach to your care in a healing and

### PUMPKIN DECORATING WORKSHOP

Two weeks after you make your scarecrows, grab a pumpkin and come back down to the green for a family fun workshop to decorate your pumpkin however you'd like. Paint, glitter, fuzzies, and more will be there for you to show off your creativity and artistic talents. Participants are required to bring a pumpkin, OSPR will provide the rest.

Saturday: Oct 17th Town Green Gazebo from

11:00 am - 12:00 pm

Fee: \$5.00 per Pumpkin

### HALLOWEEN MONSTER HUNT AT GREAT CEDARS

Help us find 10 friendly monsters hiding in our park. You will need a camera to capture each monster. Costumes are encouraged! There will be a starting time every 5 minutes. To reserve your starting time please email Jonathan Paradis at: Jonathan.Paradis@oldsaybrookct.gov. Space is limited.

Saturday: Oct 24th Great Cedars from 10:00 am to 12:00 pm

Fee: \$5.00 per family

### FIRST EVER TRUNK OF TREAT HALLOWEEN PARADE AT THE REC CENTER

New this year, we are looking for people to decorate the trunks of their vehicles in a spooky way to celebrate Halloween. We will then have families parade around the vehicles showing off their cool costumes while checking out the spooky trunks. Cars and participants must register for this event as each group will have max participation numbers. We will have two sessions one at 5:00 pm and one at 6:00 pm.

Saturday: October 24th

From 5:00 - 7:00 pm preschool to Grade 4

For more information or questions regarding programming at OSPR please email to: Jonathan.Paradis@OldSaybrookCT.gov or visit our website at: [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com).

homelike environment with the goal of providing pain relief, improved mobility and a better quality of life. Its Center for

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For more information about orthopedic services at Middlesex Health, visit [MiddlesexHealth.org/Ortho](http://MiddlesexHealth.org/Ortho).

## Insulin, Telehealth Bills Pass in Special Session



State  
Representative

Devin Carney      Earlier this year, Governor Lamont signed an executive order to loosen restrictions on telehealth appointments because of the pandemic. However, this executive order was set to expire in September, so the legislature voted to extend it legislatively. Under the legislation passed, the governor's order will be extended through March 15, 2021. In addition, more providers will be able to utilize telehealth as an alternative to live appointments, including dentists and behavioral therapists. Telehealth includes both communications through platforms like Zoom and audio-only phone calls. These changes will allow those worried about contracting coronavirus to be able to have communications with their healthcare providers without having to see them in person. Next year, the legislature

The Connecticut House of Representatives met in special session on Thursday, July 23rd. It was the first time the full legislature met since the Capitol closed due to coronavirus. During special session, the House and Senate overwhelmingly approved two healthcare bills regarding telehealth and insulin costs.

will revisit whether to extend the legislation past March 15th.

At the beginning of the legislative session, there was a large push to cap the costs of insulin and insulin-related supplies. The legislature heard from many individuals affected by the skyrocketing costs of these life-saving products. As a result, the legislature voted, nearly unanimously, to cap the monthly costs of insulin and other glucose-lowering medications at \$25 per month for insured patients. In addition, insulin-related supplies, such as blood sugar meters, pumps, and syringes, will be capped at \$100 a month for insured patients. These provisions go into effect in January 2022.

The bill also incorporates 'Kevin's Law', which gives pharmacists the ability to dispense insulin in an emergency.

If you have any questions or concerns, please contact me at [devin.carney@cga.ct.gov](mailto:devin.carney@cga.ct.gov) or 860-240-8700.

Devin Carney,  
State Representative

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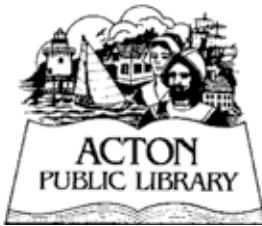
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# Acton Public Library

Amanda Brouwer,  
Director  
860-395-3184  
abrouwer@actonlibrary.org

## Adult Programs

FALL 2020 (*October, November, December & Early January*)

\* Free and open to all. Registration is required and available one month prior to the event.

### OCTOBER

**Mondays, October 5, 19 & 26 at 3:00 pm at Acton Public Library**

#### VIRTUAL - COFFEE & CONVERSATION

Join Cindy, using Zoom, for a virtual cup of coffee (or tea, OJ, etc.) and join in a conversation started with TableTopics cards. \*

**Wednesdays, October 7, 14, 21 & 28 at 4:00 pm**

**at Acton Public Library**

#### VIRTUAL - GAME DAY

Join Cindy, through Zoom, each week to play a game virtually. Scattergories, Boggle, Blank Slate - to name a few. Free and open to all ages 14+. \*

**Thursdays, October 8 & 22 at 10:30 am at Acton Public Library**  
**VIRTUAL - GENEALOGY INTEREST GROUP**

Join Donna, using Zoom, to 'tune-up' your current research skills or learn something new about family history research. Beginners welcome. \*

**Thursdays, October 1, 8, 15, 22 & 29 at 2:00 pm**

**at Acton Public Library**

#### VIRTUAL - WRITING GROUP

Join Fiona in this no pressure virtual writing group for all skill levels through Zoom. This group's primary goal is to motivate each other and offer support. \*

**Thursday, October 8 at 6:30 pm at Old Saybrook Town Hall Green**

#### BOOKS ON TAP

Join Lisa, our Head of Circulation, for Books on Tap Book Club to discuss a book TBA. \*

**Wednesday, October 14 at 6:30 pm at Acton Public Library**

#### VIRTUAL - GAME NIGHT: PUB TRIVIA

Join Cindy, through Zoom, to match wits on topics like pop culture, technology and history. Free and open to all ages 14+. \*

**Tuesday, October 20 at 6:00 pm at Acton Public Library**

#### VIRTUAL - CRAFT NIGHT: PAINT NIGHT

Pam Halligan of Pam's Picassos, will teach you step-by-step,

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through Zoom, to create a Halloween painting. All materials will be provided and will need to be picked up at the library.\*

**Wednesday, October 21 at 2:30 pm at Acton Public Library  
VIRTUAL - ACTON COMPASSION-KNITS**

Through Zoom, Rachel will be leading this group and will be able to share some resources for charity patterns. All levels are welcome. Free and open to all ages 12+. \*

**Saturday, October 24 at 6:00 pm at Acton Public Library  
VIRTUAL - CONNECTICUT PARANORMAL RESEARCH TEAM**

The interactive paranormal presentation by Connecticut Paranormal Research Team, through Zoom, will discuss investigations and show evidence of paranormal cases that they have participated in over the years. Free and open to all. \*

**Tuesday, October 27 at 6:00 pm at Acton Public Library  
VIRTUAL - COOKBOOK CLUB: FOODIE DICE**

Join Cindy, through Zoom, for a fun new way to shake up your cooking routine. Foodie Dice provides inspiration for creating simple, seasonal meals. Free and open to all ages 14+. \*

**NOVEMBER**

**Mondays, November 2, 9, 16, 23 & 30 at 3:00 pm**

**at Acton Public Library**

**VIRTUAL - COFFEE & CONVERSATION**

Join Cindy, using Zoom, for a virtual cup of coffee (or tea, OJ, etc.) and join in a conversation started with TableTopics cards. \*

**Wednesday, November 18 at 2:30 pm at Acton Public Library  
VIRTUAL - ACTON COMPASSION-KNITS**

Through Zoom, Rachel will be leading this group and will be able to share some resources for charity patterns. All levels are welcome. Free and open to all ages 12+. \*

**Wednesdays, November 4, 18 & 25 at 4:00 pm at Acton Public Library  
VIRTUAL - GAME DAY**

Join Cindy, through Zoom, each week to play a game virtually. Scattergories, Boggle, Blank Slate - to name a few. Free and open to all ages 14+. \*

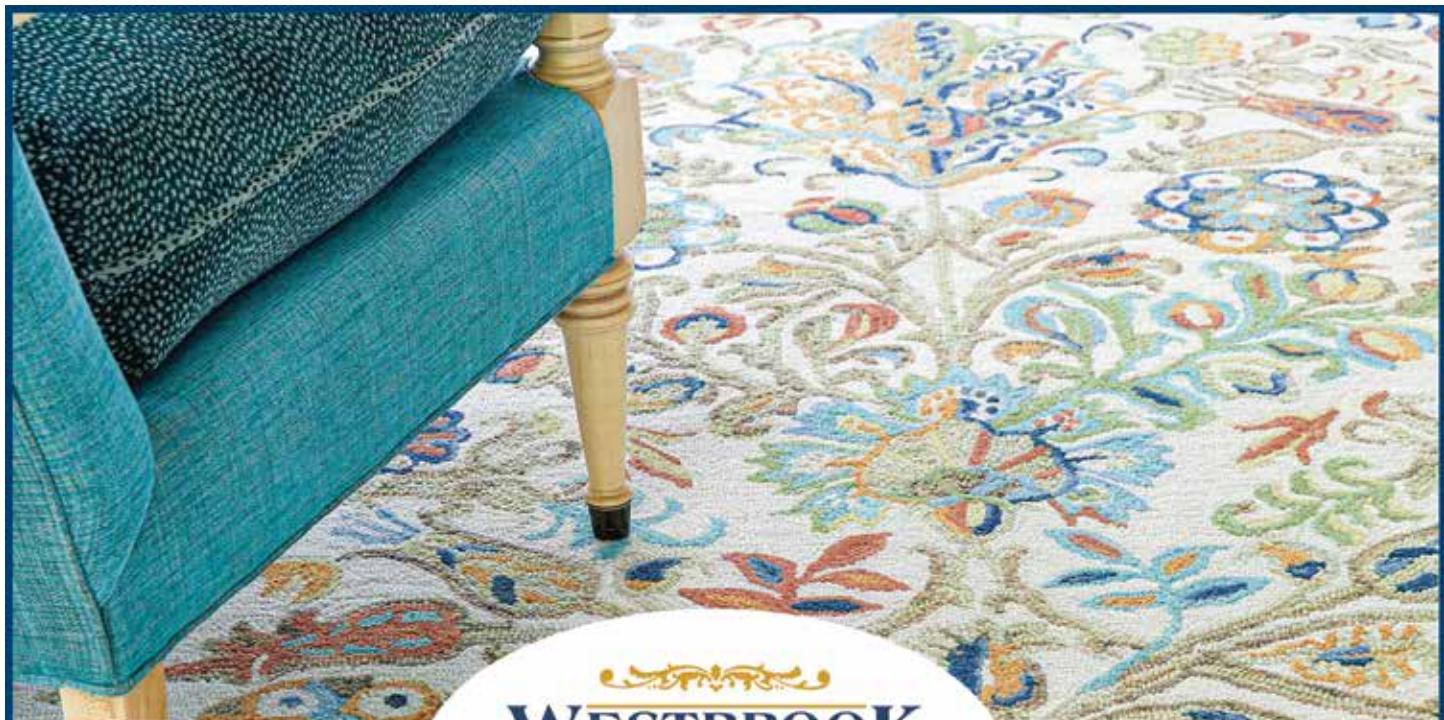
**Thursday, November 12 at 10:30 am at Acton Public Library  
VIRTUAL - GENEALOGY INTEREST GROUP**

Join Donna, using Zoom, to 'tune-up' your current research skills or learn something new about family history research. Beginners welcome. \*

**Thursdays, November 5, 12 & 19 at 2:00 pm  
at Acton Public Library**

**VIRTUAL - WRITING GROUP**

Join Fiona in this no pressure virtual writing group for all skill levels  
**continued on page 30**



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## Acton Library... continued from page 29

through Zoom. This group's primary goal is to motivate each other and offer support. \*

### Tuesday, November 3 at 6:30 pm at Acton Public Library

#### VIRTUAL - SHORELINE CIVIL WAR ROUNDTABLE

This group meets the first Tuesday of the month. This meeting will be held using Zoom. This month, George Noewatne will present Famous and Not So Famous Sayings. \*

### Wednesday, November 4 at 6:00 pm at Acton Public Library

#### VIRTUAL - FISHER IN CONNECTICUT

Through Zoom, Paul Colburn, Master Wildlife Conservationist, will present "Fisher in Connecticut." This presentation focuses on the history of fisher in Connecticut, an overview of fisher habitat, diet, behavior, and reproduction. Free and open to all ages 14+. Registration is required and is available one month prior to the event.

### Saturday, November 7 at 2:00 pm at Acton Public Library

#### VIRTUAL - TELL YOUR STORY:

#### MEMOIR WRITING WORKSHOP

L.M. Pampuro, author and writing instructor, will lead a group workshop through Zoom, to help get your life stories down on paper. You will need a pen and note paper for this session. Free and open to all ages 14+. Registration is required and is available one month prior to the event.

### Monday November 9 at 6:00 pm at Acton Public Library

#### VIRTUAL - KEN GLOSS ON THE VALUE OF

#### OLD & RARE BOOKS

Ken, a frequent guest appraiser on PBS' Antiques Roadshow, will talk in part about the history of his historic bookshop Brattle Book Shop, which goes back to circa 1825. Ken will talk about and show some of his favorite finds and describe some of the joys of the "hunt," as well as explain what makes a book go up in value. \*

### Thursday, November 12 at 6:30 pm at Acton Public Library

#### VIRTUAL BOOKS ON TAP BOOK CLUB

Join Lisa, our Head of Circulation, through Zoom to discuss a book TBA. Free and open to all ages 21+. \*

### Tuesday, November 17 at 6:00 pm at Acton Public Library

#### VIRTUAL - CRAFT NIGHT: FINGER-KNIT INFINITY

#### SCARF

Join Cindy, through Zoom, to finger-knit an infinity scarf. All materials are included. Craft kits can be picked up at the library starting November 10. \*

### Wednesday, November 18 at 6:30 pm at Acton Public Library

#### VIRTUAL - GAME NIGHT: PUB TRIVIA

Join Cindy, through Zoom, to match wits on topics like pop culture, technology and history. Free and open to all ages 14+. \*

**DECEMBER****Mondays, December 2, 14, 21 & 28 at 3:00 pm****at Acton Public Library****VIRTUAL - COFFEE & CONVERSATION**

Join Cindy, using Zoom, for a virtual cup of coffee (or tea, OJ, etc.) and join in a conversation started with TableTopics cards. \*

**Wednesdays, December 2, 9, 16, 23 & 30 at 4:00 pm****at Acton Public Library****VIRTUAL - GAME DAY**

Join Cindy, through Zoom, each week to play a game virtually. Scattergories, Boggle, Blank Slate - to name a few. Free and open to all ages 14+. Registration is required and is available one month prior to the event.

**Thursdays, December 3, 10 & 17 at 2:00 pm****at Acton Public Library****VIRTUAL - WRITING GROUP**

Join Fiona in this no pressure virtual writing group for all skill levels through Zoom. This group's primary goal is to motivate each other and offer support. \*

**Thursday, December 10 at 6:30 pm at Acton Public Library****VIRTUAL - GENEALOGY WITH CAROL ANSEL**

Carol Ansel is the Director of the Godfrey Memorial Library in Middletown, CT, which specializes in genealogy and local histories. She will be presenting genealogy research tips &amp; tricks through Zoom. \*

**Wednesday, December 9 at 6:30 pm at Acton Public Library****VIRTUAL - GAME NIGHT: PUB TRIVIA**

Join Cindy, through Zoom, to match wits on topics like pop culture, technology and history. Free and open to all ages 14+. Registration is required and is available one month prior to the event.

**Thursday, December 10 at 10:30 am at Acton Public Library****VIRTUAL - GENEALOGY INTEREST GROUP**

Join Donna, using Zoom, to 'tune-up' your current research skills or learn something new about family history research. Beginners welcome. \*

**Thursday, December 10 at 6:30 pm at Acton Public Library****VIRTUAL - BOOKS ON TAP**

Join Lisa, our Head of Circulation, for a virtual version of Books on Tap Book Club. Let's get together on Zoom to discuss a book to be determined. Free and open to all ages 21+. \*

**Tuesday, December 15 at 6:00 pm at Acton Public Library****VIRTUAL - CRAFT NIGHT: MACRAMÉ SNOWFLAKE**

Join Cindy, through Zoom to create a macramé snowflake. Materials will be provided and available for pick-up at the library starting Dec. 8. \*

**continued on page 32**



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## **Acton Library... continued from page 31**

### **Wednesday, December 16 at 2:30 pm at Acton Public Library VIRTUAL - ACTON COMPASSION-KNITS**

Through Zoom, Rachel will be leading this group and will be able to share some resources for charity patterns. Questions are encouraged and all levels are welcome. Free and open to all ages 12+. Registration is required and available one month prior to the event.

## **Young Adult / Teen Programs**

*\* Free and open to all. Registration is required and available one month prior to the event.*

### **OCTOBER**

#### **Friday, October 2nd 9th, 16th, 23rd at 1:30 pm**

**at Acton Public Library / ZOOM**

#### **DUNGEONS AND DRAGONS**

Join us each week for continuing adventures. New/Returning players welcome. Registration is suggested as space in the party is limited. Times subject to change. Register at actonlibrary.org for details and Zoom link.

#### **Friday, October 2nd, 16th**

#### **GIRLS WHO CODE**

Join us for our twice monthly meetings to empower the paths of girls in tech. Please register at actonlibrary.org for details and Zoom link.

#### **Tuesday, October 6th, 20th at 3:30 pm**

**at Acton Public Library / ZOOM**

#### **“Y.A.L.L.” MEETING**

Join the Youth Act(i)on Library League. Earn service hours assisting the library with programs, collection development and philanthropy.

#### **Thursday, October 8th, 22nd at 4:00 pm**

**at Acton Public Library / ZOOM**

#### **YA GAME DAY: KAHoot TRIVIA**

Free and open to all ages 12-18. Please register at actonlibrary.org for details and Zoom link.

#### **Monday, October 20th**

#### **YA CURBSIDE CRAFT TAKEAWAY: DECORATE SUGAR SKULLS at Acton Public Library**

Join us and YA Librarian Brian Story as we honor the Dia de los Muertos tradition of decorating sugar skulls. Non-edible, blank, sugar skulls will be provided for you to decorate. Free and open to all ages 12-18. Please register online as supplies are limited and available on a first come basis. Please share your pics.

#### **Monday, October 20th**

#### **YA EVENT: MONTHLY MINDFULNESS MEDITATION**

**at Acton Public Library / ZOOM**

Join Brian Story for a guided meditation and stress reducing session

sharing mindfulness and creative visualization techniques. Please register at actonlibrary.org for details and Zoom link.

### **Friday, October 30th at 6:00 pm at Acton Public Library**

#### **YA GAME NIGHT: BIRTHDAY COSTUME & DANCE PARTY**

It's our YA librarians' Birthday! Let's celebrate! Costumes are welcomed and encouraged. Online dance party and games. Free and open to all ages 11-18. Please register at actonlibrary.org for details and Zoom link.

### **NOVEMBER**

#### **Friday, November 6th, 13th, 20th at 1:30 pm**

**at Acton Public Library / ZOOM**

#### **DUNGEONS AND DRAGONS**

Join us each week for continuing adventures. New/Returning players welcome. Registration is suggested as space in the party is limited. Times subject to change. Register at actonlibrary.org for details and Zoom link.

#### **Friday, November 6th, 20th at 12:00 pm**

**at Acton Public Library / ZOOM**

#### **GIRLS WHO CODE**

Join us for our twice monthly meetings to empower the paths of girls in tech. Please register at actonlibrary.org for details and Zoom link.

#### **Tuesday, November 10th, 17th at 3:30 pm**

**at Acton Public Library / ZOOM**

#### **“Y.A.L.L.” MEETING**

Join the Youth Act(i)on Library League. Earn service hours assisting the library with programs, collection development and philanthropy.

#### **Thursday, November 12th, 19th at 4:00 pm**

**at Acton Public Library / ZOOM**

#### **YA GAME DAY: KAHoot TRIVIA**

**at Acton Public Library / ZOOM**

Free and open to all ages 12-18. Please register at actonlibrary.org for details and Zoom link.

#### **Monday, November 18th**

#### **YA CURBSIDE CRAFT TAKEAWAY: TBD**

**at Acton Public Library**

Please register online as supplies are limited and available on a first come basis. Please share your pics of your completed crafts.

#### **Monday, November 30th**

#### **YA EVENT: MONTHLY MINDFULNESS MEDITATION**

**at Acton Public Library / ZOOM**

Join Brian Story for a guided meditation and stress reducing session sharing mindfulness and creative visualization techniques. Please register at actonlibrary.org for details and Zoom link.

### **DECEMBER**

#### **Friday, December 4th, 11th, 18th at 1:30 pm**

## at Acton Public Library / ZOOM

### DUNGEONS AND DRAGONS

Join us each week for continuing adventures. New/Returning players welcome. Registration is suggested as space in the party is limited. Times subject to change. Register at [actonlibrary.org](http://actonlibrary.org) for details and Zoom link

**Friday, December 4th, 18th at 12:00 pm**

### at Acton Public Library / ZOOM

### GIRLS WHO CODE

Join us for our twice monthly meetings to empower the paths of girls in tech. Please register at [actonlibrary.org](http://actonlibrary.org) for details and Zoom link.

**Tuesday, December 8th, 15th at 3:30 pm**

### at Acton Public Library / ZOOM

### “Y.A.L.I.” MEETING

Join the Youth Act(i)on Library League. Earn service hours assisting the library with programs, collection development and philanthropy.

**Thursday, December 10th, 17th at 4:00 pm**

### at Acton Public Library / ZOOM

### YA GAME DAY: KAHoot TRIVIA

Free and open to all ages 12-18. Please register at: [actonlibrary.org](http://actonlibrary.org) for details and Zoom link.

## Monday, December 16th, at Acton Public Library

### YA CURBSIDE CRAFT TAKEAWAY: TBD

Please register online as supplies are limited and available on a first come basis. Please share your pics of your completed crafts.

## Monday, December 28th, at Acton Public Library / ZOOM

### YA EVENT: MONTHLY MINDFULNESS MEDITATION

Join Brian Story for a guided meditation and stress reducing session sharing mindfulness and creative visualization techniques. Please register at [actonlibrary.org](http://actonlibrary.org) for details and Zoom link.

## Children's Programs

**REGISTRATION IS REQUIRED for all programs at: [actonlibrary.org](http://actonlibrary.org).** Space is very limited. Health and safety protocols will be outlined during the registration process. All programs are free and open to the public.

**Friday mornings, 10:30 am - 11:00 am**

### RISE AND SHINE STORY TIME ON THE LAWN

Join Miss Karen and Miss Chloe on the lawn of the library for a fun, interactive Story Time. Best for children ages 2 to 4 years old. In the event of inclement weather, the story time will be held virtually through Zoom.

**continued on page 34**

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**Acton Library... continued from page 33**

**First Friday of the month, 10:30 am - 11:00 am**

**ABC AMIGOS BILINGUAL PRESCHOOL STORY TIME**

Join Miss Aimee on the first Friday of the month for a fun, interactive preschool bilingual story time on the library lawn. 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. Best for ages 2 to 5. In the event of inclement weather, the story time will be held virtually through Zoom.

**Third Friday of the month, 10:30 am - 11:15 am**

**MUSIC WITH MISS MARTHA ON THE LAWN**

Join Miss Martha of the Community Music School on the third Friday of the month for a special outdoor musical story time! We will hold these story times on the lawn, weather permitting. In the event of inclement weather, we will offer a rain date. Best for ages 2 to 5.

**October 5 - 10, 10:00 am - 5:00 pm**

**SPRING BULB KITS FOR CHILDREN, Ages 6 to 9**

The Old Saybrook Garden Club will be distributing kits that will include a collection of bulbs to be planted during the month of October. The children can enjoy learning about the different types of flowers that will appear in the spring as a result of their efforts. Kits can be picked up through Acton Public Library's curbside service upon registration. There is no charge for a kit.

**Saturday, December 5 - 11:00 am to 12:00 pm**

**FOOD EXPLORERS: FUDGE, TWO WAYS!**

Kids ages 8 and above! Join Miss Katie, of Food Explorers, to learn to make homemade fudge, two ways. You will need to get the following ingredients: 1 cup chocolate chips; 1 cup white chocolate chips (optional); 2 cans of sweetened condensed milk; peppermint candies or candy canes; sugar; vanilla; and flour. No special equipment is required.

## **From the Director's Desk**

**ARE YOU A FAN OF PODCASTS?**

If not, maybe you might give them a try. A podcast is an audio program that you can stream through your computer, phone or car. Podcasts come in so many varieties these days; there is much to choose from. Sometimes it's a great diversion from the news and there are so many different topics available. If you are interested in health, history, business, true crime, you name it, there is probably a podcast for the topic that interests you at the time. Personally, I have found some amazing podcasts through Stitcher and Spotify, but there are many other platforms to get this free content.

As librarians, we enjoy hearing about, you guessed it, books! Right now, a great book-related podcast is aptly named 'The Book Review' put on by the *New York Times*. It is a weekly podcast that gives you some in-depth discussion of books,

most often with the author. Another great book-related podcast is, 'Booked'. This podcast has been around for close to ten years and they boast over 80 years of book review knowledge.

So, whatever you're in the mood to listen to on your commute, during a workout, or when you just want something different to focus on, give a podcast a try!

Amanda Brouwer,  
Director

## The Friends of Acton Library

The Friends of Acton Library held a very challenging Annual Meeting in May. Their main purpose is to augment the library's offerings, mainly in the area of programming and they were faced with a serious problem. Due to the impact of the coronavirus, no income is expected from book sales this year. We normally have very lucrative sales in March and July and also an ongoing sale on the a-frame rack by the circulation desk. All of that is curtailed until the virus is under control. Fortunately, we had a very good response to our Annual Membership Drive and have received almost \$5000 to date. And we have carefully maintained reserve funds in case of an emergency. In 2020/2021, we are going

to give library support in these ways: \$5000 for programming, \$1000 for Museum Passes, \$300 for prizes for the Poetry Contest in April, and \$500 for the guest speaker in May at our next Annual Meeting.

You may be surprised to see the funding for Museum Passes. Yes, many museums have been closed and have limited hours for visitors but as they are able, they are opening up. And many are creating activities outdoors for visitors and patrons. Check out passes the same way you check out books and other materials. Look for a list of museum passes on the website [Actonlibrary.org](http://Actonlibrary.org) and take advantage of the many special offers. If you would like to help us in our effort to fund the library's offerings, your donations can be sent to the Friends of Acton Library at 60 Old Boston Post Road in Old Saybrook 06475. Your employer might match your gift because we are a 501c3 organization. We thank you in advance for your financial support.

If you are interested in knowing more about the Friends of Acton Library and how you can become involved, please contact me, Sheila McPharlin, President ([sheilamcp@gmail.com](mailto:sheilamcp@gmail.com)) 860.395.5554, Friends of Acton Library See our website at: [www.actonlibrary.org](http://www.actonlibrary.org) to register or for more information, or call the library at: 860-395-3184.

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# Old Saybrook Rotary Club News

## WHAT IS ROTARY?

The Old Saybrook Rotary Club was founded in 1926 to develop fellowship & support the promotion of community betterment endeavors through helpfulness to others. In other words, Rotary is your friends & neighbors who through meaningful service projects improve the quality of life for those in the community.

The Old Saybrook Rotary Club sponsors "Student of the Month" programs recognizing outstanding students in diverse areas of study in Old Saybrook, Old Lyme and Westbrook High Schools. The club promotes the D.A.R.E. program to help students resist the temptation to become involved with drugs & alcohol. Scholarship recognition through monetary grants support students who need financial assistance to further their lives academically. Our club also promotes international projects to assist less fortunate lives abroad through clean water, building projects and better health promotion such as the eradication of polio.

More recently the Old Saybrook Rotary Club has donated funds to provide personal protective equipment (PPE) to the emergency responders in the towns of Old Saybrook, Old Lyme and Westbrook. Area restaurant gift cards were donated through the Rotary Foundation totaling over \$9,000.00 and given to the towns Social Services offices to distribute to residents who have lost their employment due to the COVID-19 pandemic in Connecticut.

You have seen us under our Rotary tent at the Annual Chamber of Commerce Arts Crafts Show on the Old Saybrook Town Green, giving out hot chocolate and snacks at the yearly Old Saybrook Torchlight parade and at our well attended "Wine/Beer/Auction" at the Saybrook Point Inn which has become one of the most popular yearly activities in town. Our dedicated drivers are delivering meals-on-wheels to senior citizens who are home bound, and we donate turkeys at Thanksgiving and provide H.E.A.T. assistance to help keep families warm in the winter.

The Old Saybrook Rotary Club services the towns of Old Saybrook, Old Lyme and Westbrook Connecticut. For more information about the Old Saybrook Rotary Club please contact any member or visit our website at: [www.osrotary.org](http://www.osrotary.org). Your support and participation are welcome. Thank You !

## Sustainable Saybrook CT

Old Saybrook has been a bronze-certified Sustainable CT community since 2018.



Sustainable CT is a state-wide, voluntary certification program that provides a wide-ranging menu of strategies which guide communities to be thriving, resilient, collaborative and forward-looking. There are ten action categories; we will highlight one action in each article in this series.

### THIRD STRATEGY FOR SUSTAINABILITY-Action 3

Vibrant and Creative Cultural Ecosystems Recognizing the importance of the arts and our cultural assets is essential for fostering a sense of community, acceptance and pride. To do so, the Town partners with local and regional organizations to implement specific tactics, such as:

- **Map Tourism and Cultural Assets.** These maps can provide an inventory of the positive and valued aspects of a community for residents and visitors, including

historic, recreational, and cultural assets, and can also include dining and lodging.

- **Support Arts and Creative Culture.** Experiencing the arts can be uplifting and helps us to understand others regardless of their culture. Municipal and community support allows the arts to thrive, demonstrates that the community values and invests in arts and culture, and recognizes its positive impact on the economy, quality of life, and civic vitality.
- **Develop a Creative Placemaking Plan.** Creative Placemaking is “the use of arts and culture by diverse partners to strategically shape the physical and social character of a place in order to spur economic development, promote enduring social change and improve the physical environment.” \*
- **Provide and Arts and Culture Program for Youth.** According to Sustainable CT, “celebrating arts and culture is essential to educating the ‘whole child.’ By finding the middle ground between

cultural groups in a friendly and supportive setting, you support understanding that can alleviate community stress. Arts and heritage celebrations foster a sense of community and personal pride, and are often a meeting ground between generations. The conversations that arise in these events often support other partnerships between the school and the community.”

\*(Markusen, Ann and Anne Gadwa. 2010. *Creative Placemaking*. National Endowment for the Arts. Washington, D.C., Nowak, Jeremy. 2007. *The Power of Placemaking: A Summary of Creativity and Neighborhood Development Strategies for Community Investing*. The Reinvestment Fund. Philadelphia, Pennsylvania.)

For more information visit Sustainablect.org. To get involved locally, call the Land Use Department at 860-395-3131.

## Old Saybrook Historical Society

*Dedicated to Preserving, Protecting & Promoting the History of Old Saybrook*

### SUMMER AT THE HART HOUSE

#### GARDEN

The Old Saybrook Historical Society's Hart House Gardens has looked exceptionally lovely throughout the summer, thanks

to our all-volunteer staff of gardeners. A spectacular display of old garden roses in July added sweet fragrance to the air while the vibrant colored perennials and pretty nasturtiums created a harmonious feeling

of calmness. It makes a gardener wonder if plants sense human discord and try to exert some healing with their beauty.

All events scheduled for the campus were cancelled due to the quarantine. But visitors **continued on page 38**

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## Historical Society... continued from page 37

are still welcome to enjoy the gardens on their own. Many come daily for a peaceful walk. Mid-day visitors bring a bagged lunch, so we placed three umbrella tables in the "Dingle" for the public to use.

This year many people turned to outdoor activities to escape the angst of the pandemic / quarantine. People who never before pulled a weed or planted a seed, suddenly put their energies into gardening. Whether it was a window box, a patio plant or a backyard vegetable plot, everybody was interested in talking about gardening, (with three master gardeners in our group, we answered a lot of questions.)

The Old Saybrook Garden Club held its summer meeting here in July. It was a very happy occasion, as most members had not seen each other since the quarantine began. Bonnie Penders, our herbalist, is also a member of the garden club. Bonnie gave an informative talk and tour of the three specialty herb gardens she has developed



Persimmon tree damage.

since joining the Hart House gardeners.

Tropical storm named Isaias arrived on August 4th and blew through the shoreline damaging trees and causing days of power outage for thousands of CT residents. There are several mature trees on the Society's campus. The strong winds whipped their branches and widely scattered them over the property. One of our four treasured persimmon trees was severely damaged during the storm. The American Persimmon tree (*Diospyros Virginiana*) is not commonly grown in the North. Visitors frequently ask about



Bonnie Penders explains medicinal use of herbs to tour group.

the attractive square bark of these tall, stately trees. The tree's fruit is the size of a large cherry, (unlike the apple size fruit of the popular Asian persimmon.) An American Persimmon can produce 300-500 pounds of persimmons annually. When a mature 60+ foot tree, loaded with hundreds of pounds of fruit, has its canopy snapped-off by gale-force winds, it makes an awful big mess to clean up. A great thank you to our facility manager, Ed Armstrong, who worked tirelessly with a chain saw cutting the huge limbs into manageable piles and to the gardeners who helped pick up branches. And a thank you to Tom Lemire for carting away the debris and raking the area.

The Garden Keeper

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# The “Taste” of Wine

What makes a wine takes all kinds of flavors although it could be made of one or two grapes. Simply put, it is your taste buds (pockets of cells that are on the sides, top and tip of your tongue,) and mostly your olfactory (sense of smell.) The receptors of smell are located in the region of the nasal cavity. All these receptors including temperature, taste and aroma, send messages to your brain which are crucial to our enjoyment of the wine.

The sense of smell is so important, hence when you have a cold, things don't taste as good, or if you get a bad wine your nose usually detects it before you taste it.

The components of taste are: sweet, sour, salty and bitter; all things you can also find in wine. Although perception is somewhat personal, it can be persuaded by power of suggestion. Did you ever taste a wine and someone tasting with you says “Hey, I taste some black cherries in this wine?” Even though you didn't get that flavor at first, you then take another sip and declare “yes I do too?” Your taste can also be affected from what you have just eaten changing how you perceive the wine. Example; if you just finished eating something spicy this could overpower and affect some of the nuances and subtleties of that wine.

This is where pairing wine with food comes into play. Some wines

hold up well to grilled meats which enhance the flavors. Try a full rich Cabernet Sauvignon with a delicious juicy steak or a red from the southern Rhone area with grilled ribs. Another aspect of the difference in taste is the saltiness and minerality. Shellfish would go well with a Muscadet for an inexpensive wine and perhaps, for a more expensive wine, a French Chablis-both having similar attributes.

Other factors that contribute to the different styles of wine are: where the grapes are grown (the types of soils), whether they are fermented in oak, stainless steel, or concrete, or if the wine is aged in oak. The process of fermentation will also determine the taste. For example using malolactic fermentation breakdowns malic acid to softer lactic acid giving the wine a richer and slightly buttery taste.

This just shows how the grapes can be manipulated to form different tasting profiles. Even though each person has their own unique taste, so much goes into developing a wine that will be a favorite to many. Enjoy finding your own tantalizing favorite or favorites!

Cheers,  
Art LiPuma, Seaside Wine & Spirits

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## OS Conservation Commission

### POLLINATOR GARDENS

Since its 2008 inception in Seattle, the Pollinator Pathway project has consistently gained momentum across the US. The purpose is to create pollinator-friendly habitats which help bees, butterflies, hummingbirds and many other pollinators find the food and shelter they need throughout the year. These habitats, with primarily native plantings, would ideally be connected no more than 750 meters apart since that is the range of most native bees creating a corridor of properties where pollinators can thrive.

Here in CT, a local pollinator pathway project started in Wilton in 2017 and now includes at least 60 towns with public and private properties participating in the project. Old Saybrook currently isn't listed as a town that is participating but the Conservation Commission would like to change that status. The Commission is currently looking at a property along Main Street to enhance with native plantings for pollinators this fall and again in the spring of 2021.

If you want to help pollinators there are many things you can do as a home-owner. Including native plantings on your property, managing invasive species, leaving some dead wood and fall leaves for the winter months - all will help the nesting native bees and the overwintering eggs of pollinating insects.

And finally, avoid using pesticides and herbicides on your property. You can find a list of native plants and other great information at: [www.pollinator-pathway.org](http://www.pollinator-pathway.org). You can also submit your property on this site and "Join the Pathway."

## The Kate Honors Cher with Spirit of Katharine Hepburn Award



Cher  
Photo by Machado Cicalo.

After months of postponed or canceled events, the Kate held a virtual gala on Saturday, October 3rd at 7:30 pm where Cher received the 5th annual Spirit of Katharine Hepburn Award. This year's gala theme was 'Believe' in honor of Cher's biggest multi-platinum No. 1 hit of the same name and the Kate's positive belief in the future of the arts. The event streamed online from the Kate's YouTube channel and was free-of-charge with donations being accepted during and after the event.

Cher, an Oscar, Grammy, Emmy and Kennedy Center honoree has enjoyed enormous success in the realms of film, TV, music, Broadway and as a global performer. A long time humanitarian, Cher most recently formed CherCares which helps supply much needed equipment to underserved communities. She has often cited Katharine Hepburn as an inspiration throughout her career.

The award is given annually to an individual who embodies the bold spirit, fierce independence and distinctive character of the legendary Hepburn. Cher will receive a graceful statuette in the likeness of Ms. Hepburn sculpted by artist Kimberly Monson. She joins past recipients Dick Cavett (2016), Glenn Close (2017), Ann Nyberg (2018), and Christine Baranski (2019).

For additional information, visit [www.thekate.org](http://www.thekate.org) or call 860-510-0453.



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# Old Saybrook Garden Club

Some things NEVER change! Even in these unprecedented times, the Old Saybrook Garden Club continued its yearly tradition of maintaining Main Street with "The Big Dig Out." More than 20 members put their medians to bed for the winter sleep. Special thanks to the Old Saybrook Police Department and Old Saybrook Public Works Department for their assistance in keeping us safe and helping with the cleanup of the debris. The medians, as well as the Constitution Garden, are now ready for next year's spring planting. Next on our timeline, holiday wreaths will be prepped and new bows added and, in a blink of an eye, Main Street will be transformed into a Winter Wonderland. Members also created and delivered small fresh greens holiday gifts to special members and friends.

The Club's regular monthly meetings took place via ZOOM over the summer and into the fall. One meeting even offered a virtual floral design courtesy of one of our members. Plans are being made to have speakers



Garden Club Median 2020



continue to educate our members virtually.

Our Youth Committee sponsored a bulb workshop. Children, ages 6-9, picked up a collection of bulbs as well as information about planting and the different types of flowers they will see in the spring. Registration was provided through the Acton Library.

As we look forward to normal activities resuming again, we are anxious to plan our traditional May Market. It may look

different than past years BUT we will be working out a system to get plants to our customers in a safe manner. After all, gardening lifts the spirit!

Prospective members are always welcome! If interested in becoming a member of the Old Saybrook Garden Club, email: velaine.gilmore@comcast.net. Follow all our activities and keep up to date on Facebook, www.facebook.com/oldsaybrookgardenclub and "like" us. Check out our newest members on our Facebook page.

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## New Questions; Some Silver Linings

by Morgan McMinn

The COVID-19 pandemic has turned our lives inside out. We went from the normalcy of work and school, attending events, going to gyms, restaurants and bars to a state of emergency, social distancing and new protocols. As we continue to grapple with the struggles that have come with the pandemic, it is important to reflect upon what we have learned to date. Uncertainty remains, but perhaps we are better prepared for what may lie ahead.

### THE HEALTHCARE INDUSTRY RESPONDS TO CHALLENGING TIMES



We have been living amid constantly evolving information about just what COVID-19 is? Is there immunity from the virus? Will the virus mutate? How is the virus transmitted? "We are always

learning new information" notes Amanda Falcone, Public Relations Director for Middlesex Health. "As of today, there is still much that is unknown. There's no clinical playbook - no established standards of care for this virus. Knowledge changes rapidly."

COVID-19 has altered what "normal" health care entails. Insurance has, at least for an interim period, approved telehealth visits. Telehealth is an important option especially for those who may lack mobility, access to transportation or the time for typical health care appointments. Middlesex Health stresses the importance of keeping up with your medical care. "Putting off annual exams and important tests and procedures can have unintended long-term consequences," states Falcone.

Organizations like Middlesex Health are working to find out more about COVID-19. Middlesex Health is a part of a national initiative, led by the Mayo Clinic, that is investigating the use of convalescent plasma. Middlesex Health is also part of a study on Remdesivir, which, according to Falcone is the only medicine so far to show even a moderate benefit with respect to treating COVID-19.

Early on the healthcare industry faced worldwide supply shortages with respect to items such as personal protective equipment and cleaning supplies. Middlesex Health quickly made adjustments in how care is provided (additional cleaning, masks, care areas segregated based on COVID-19 status, additional safety equipment, etc.)

"We are actually using our pandemic plan as we work," states Falcone. "When things get better, we will take a close look at our emergency and pandemic plan and adjust accordingly so that we are even more prepared should we ever need to use them again. Over the past several months we've learned a lot. We are now more knowledgeable and more prepared as we move forward, and we recognize that we will be dealing with this virus for a long time to come. It will likely be a moving target for a while yet to come."

### A RETURN TO NATURE?

With families and individuals confined to their homes across the globe, our planet was able to take its own breath and get slightly healthier. Startling images show clear waters in the Venice canals and the India Gate War Memorial in New Delhi became more visible as air pollution decreased (above right).



Some studies indicate that, while pre-pandemic levels of daily emissions were rising steadily every year, COVID-19 restrictions brought numbers comparable to 2006, mainly due to a reduction in surface transportation, power and industry (cars, electricity, fossil fuel, etc.).

Mr. Robert Klee, Lecturer at the Yale School of Forestry and Environmental Studies, notes that "clean air is important and this is a link to the pandemic being a respiratory pandemic - those who suffer from dirtier air and depressed or compromised health from dirty air are more susceptible to the likes of COVID-19. There are correlations with bad air quality and higher incidents."



People are taking walks, running, hiking, biking, kayaking, etc. The pandemic "reconnected people in interesting ways," observes Klee. "People locked in the house go on walks, hike on a trail, want to go out and experience nature."

Cities like Bogota, New York, Paris and Berlin, along with local communities, have made new street spaces for safer individual mobility (walking, cycling etc.). Will this lead to more permanent change? "Part of the question as we restart our economy is what are we restarting it for and to? What is our goal?" And don't forget climate change is still an existential threat and a huge crisis and we can't forget about it for one moment."

### MENTAL HEALTH – RESILIENCE AMID UNCERTAINTY

COVID-19 has taken an emotional toll. "There is so much uncertainty. It's unprecedented," observes Nancy Randall, a psychologist at East Lyme Psychological Associates. "People are more isolated than they have been. People are stressed about going back to work. They are anxious about the reopening and not sure what it will look like. The anxiety is really the biggest thing. Not knowing what's coming next."

Is there a silver lining? "We adapt pretty well to things." she says. Many are enjoying nature, adopting pets, finding time for relationships and hobbies. People connect via facebook groups or Zoom. They have found ways to make a difference, whether sewing face-masks or checking in on others. "People are resilient," notes Randall. "We've found ways to adapt and try to find the positive in things. Things we learned we can take with us. That doesn't have to go away."

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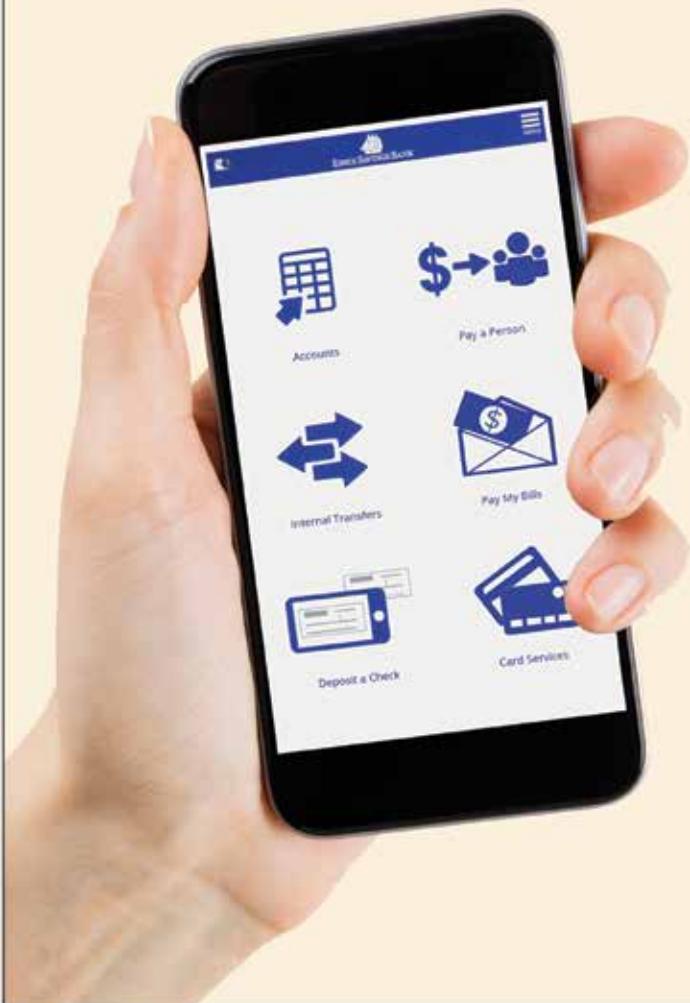
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