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The Selectmen's Corner

Happy winter from the The Board of Selectmen, which consists of First Selectman Carl P. Fortuna, Jr., and Selectpersons Scott Giegerich and Carol Conklin. Even in the winter, Old Saybrook has so much to offer. We thank you for entrusting us with running your local government and re-electing the three of us this past November.

Last issue, I wrote about the State budget crisis. I commented on a variety of problems, one of them being the State workers' concession package. I applauded the workers for coming to the table to negotiate but the agreement, in my opinion, did not go far enough to address the crisis. In addition, the legislature approved the concession agreement on a party line vote, about which I wrote: "The vote was strictly a party line vote which clearly demonstrates to me that this package is unsatisfactory. Neither party has a monopoly on good ideas and until Republicans and Democrats can begin to work together and 'cross party lines,' I am not hopeful of a good long term financial fix for our state." Lo and behold, the two year budget that was passed by the State legislature was a bipartisan budget with veto proof majorities. Good for Connecticut...but with a few caveats. First, I fully expect the State finances will not be balanced over the next two years, and that there will be intra-year deficits to be managed. Second, the next two year budget that will have to be addressed (2019-20 and 2020-21) will have deficits similar if not greater

than the budget just passed. Connecticut is far from out of the woods, but it is a start.

How does the budget affect Old Saybrook? Last fiscal year (2016-17), we received approximately \$540,000 from the State. While planning for this year's budget, I fully expected that less funding would come our way. As a result, we put a State revenue number of \$375,000 in our 2017-18 budget (down from an estimate of \$1,176,110 three fiscal years ago). With the compromise budget signed by the Governor, Old Saybrook is slated to receive about the same amount as last year (\$540,000), which would create surplus revenue for our town. However, it is my steadfast opinion that the State will continue to fall short on its projected revenues and that Old Saybrook, and other municipalities, will receive less than the amounts promised. We must be fully prepared for the day when Old Saybrook receives no dollars from the State of Connecticut. The budget we prepared last spring places Old Saybrook on that path. We will manage this transition smoothly as we enter into the municipal budget cycle.

Continued on page 3



First Selectman Carl P. Fortuna, Jr.

A photograph of a bedroom. In the center is a light-colored wooden bed with a curved headboard and footboard. The bed is dressed in a light blue and white quilted coverlet and several pillows, including a decorative one with a map of Connecticut. On either side of the bed is a matching light-colored bedside table with a lamp. The room has light-colored walls with framed pictures and a striped rug in the foreground.

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A logo for Saybrook Country Barn celebrating its 40th anniversary. The number '40' is large and stylized with radiating lines, and 'TH' is to its right. Below it, 'ANNIVERSARY' is written in a banner, with '1977' and '2017' on either side. The text 'Saybrook Country Barn' is in a serif font, with '2 Main Street - Old Saybrook CT' in a smaller font below it.

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REVALUATION

It's coming... The town will soon commence a revaluation of all real estate in Old Saybrook in accordance with Connecticut state statutes that require the revaluation of real estate every five years. The purpose of revaluation is to reflect current market values for tax purposes. This requirement costs all towns in Connecticut a significant sum of money but it is mandated by State law (this is what towns call an "unfunded mandate"). In Old Saybrook, the revaluation will cost the town approximately \$150,000.

Once the town and Board of Education budget is adopted at referendum, usually in May, the Board of Finance (BOF) must set a mill rate. A tax mill is a number that, when applied to the value of taxable property, distributes the tax burden amongst the town's owners of real estate, vehicles and personal property. (The mill rate represents the tax levied per \$1,000.00 of assessed property value. Real estate is assessed at 70%. The mill rate is, for the most part, calculated by dividing the total amount of required taxes by the net taxable grand list and then multiplied by \$1,000.00.) While revaluation and the consequent change (up or down) in the mill rate affect your property's value, it does not necessarily affect your taxes. Simply put, if Old Saybrook's budget stayed absolutely level year over year, but property values decreased 10%, the mill rate will go up to raise the same amount of money. Your taxes might in fact stay the same because the town would not need more funding

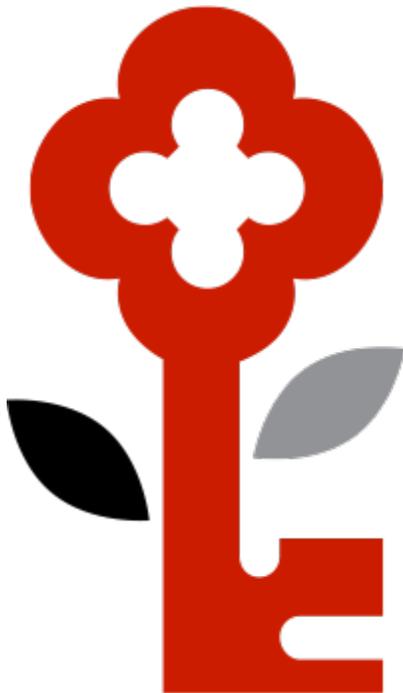
to operate. In 2008-9, the mill rate reflected inflated property values from pre-recession. In 2013-14, the mill rate rose from 15-18 simply to compensate for a 17% reduction in property values in town.

Clearly, both the mill rate and the assessed value are factors in determining property owner's taxes. In summary, revaluation does not increase or decrease your taxes. Increases or decreases to the town budget or increases or decreases to revenue from sources other than property taxes affect the mill rate and property tax bills.

MAIN STREET

All year long, our Main Street looks beautiful. There are many volunteers who step up and help with this, including the Old Saybrook Garden Club and the more informal Wednesday weed whackers. When you see them in the median, or on the sides of the street, please be sure to slow down and say "Thank You." They help so much with making our Main Street look amazing and inviting. During this holiday season, our center median looks extra beautiful with the holiday lights wrapped around the center light poles. I would like to thank our DPW crew for assisting with these decorations. They look great. Our Main Street is great for walking, and shopping local. Please support our local merchants.

continued on page 4



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Selectmen's Corner... continued from page 3

As we move into our winter season, please be patient with winter storm clean-up. The Town crew does a very good job clearing our roads but it is hard work with long hours. Citizens should always feel free to call town hall and let us know if something has been missed and we will be sure to correct it. Thank you in advance and, as always, be safe. There are always good things happening in our beautiful town. I wish all who live, work and play in Old Saybrook a happy and safe winter.

Carl P. Fortuna, Jr., First Selectman

**Assessor's Office Winter Update
 and Reminders**

The Assessor's Office has been busy processing motor vehicle lists for all of the Town's residents as well as the personal property declarations for local businesses. We had a great response from businesses this year, which decreases the need for us to assess penalties for late filers. We have also finished processing and paying all the renters' rebates for the year. This year a 10% reduction was required because of the state budget shortfall.

Looking ahead, by January 15, 2018 all of the real estate, personal property, and motor vehicles will have been checked, valued, and entered into the Town's administrative system to produce the 2017 Grand List which will be signed by the Assessor by January 31.

The Board of Assessment Appeals will meet during March and April. BAA applications are available at our office and must be filled out and returned by February 20. After that date, the board will notify applicants by mail of the day and time to appear. A recent appraisal is required.

Applications for the elderly or disabled program, "Circuit Breaker," will be accepted from February 1 through May 15. Applicants must be 65 years of age as of October 1, 2017 and must also provide a copy of their income tax showing gross income as well as a copy of the end-of-the-year Social Security statement.

FOLLOWING ARE SOME STATISTICS FROM THE PAST YEAR:

Some of the additions to the 2017 Grand List:

1. Village Center Condo's – assessment to date \$4,130,000
2. Post and Main Apts – assessment to date \$18,822,400
3. Saybrook Point Marina – assessment to date \$15,583,500

Based on 177 2017 property sales:

- Shoreline East sales data – up 12 to 15%
- Shoreline West sales data – even
- In Town sales data – up 10 to 14%
- Above Interstate 95 sales data – even
- Conn River Area sales data – even
- North Cove Area sales data – up 2 to 4%

The assessor and assessor's staff wish to thank all of the Old Saybrook taxpayers for their patience and support.

Norman B Wood CCMA II, Assessor
 Rick Pine, Assistant Assessor



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 Christina Antolino, Assistant Town Clerk
 Cindy Kane, Assistant Town Clerk

Office Hours: M-F, 8:30 am – 4:30 pm
 Phone Number: 860-395-3135
 Town Website: www.oldsaybrookct.org

CONGRATULATIONS!

Colin Edge and Katelyn Sullivan	– August 12th	Michael Ondusko, III and Susan Gagnon	– October 7th
Michael DePaola and Karina Malavenda	– August 25th	Jean Poulard and Nicole Wollschleager	– October 7th
James Vancho and Stacey DeLorenzo	– September 1st	Gary Byron and Sharon Sharpe	– October 8th
Nicholas Pisano and Samantha Kelly	– September 3rd	David Plotkin and Meaghan Walton	– October 14th
Michael Lape and Johnna Heston	– September 8th	Matthew Goldberg and Lindsey Taylor	– October 15th
Neil Whiteside and Elizabeth Calderoni	– September 9th	Christopher Belinda and Anne Kearing	– October 21st
Christopher Baumann and Christina Serravalle	– September 15th	Patrick Fee and Jane Walters	– October 28th
Theodore Kerns and Erin Gallant	– September 15th	Joseph Horvath and Jennifer Carlson	– November 11th
Eugene Taraschuk and Cheryl Parisi	– September 16th	Gary Wyszynski and Patricia Collins	– November 12th
Timothy Regan and Jenny Sali	– September 16th	Pranay Patel and Asuka Iijima	– November 17th
Todd Scamporino and Lynn Ferrara	– September 16th	Andrew Vella and Michele Lavoie	– November 18th
Anthony Lapila and Cristina Flynn	– September 23rd		

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Teri Bennett	Angelina DiPietro	Mohindar Khosla	Lois Matthews	Donald Orsillo	Joanne Schrang
Wonda Bessette	Louis Fiorelli, Sr.	Kenneth Klein	Elizabeth Mellen	Joan Patterson	Richard Sieffert
Robert Bowker, Jr.	Jane Giaccio	Mieczyslaw Konarski	Charles Millsbaugh, Jr.	Alexandra Powitz	Joshua Winslow
Patrick Brinkley	Edythe Greenspon	Mary Langley	Kathryn Moisa		

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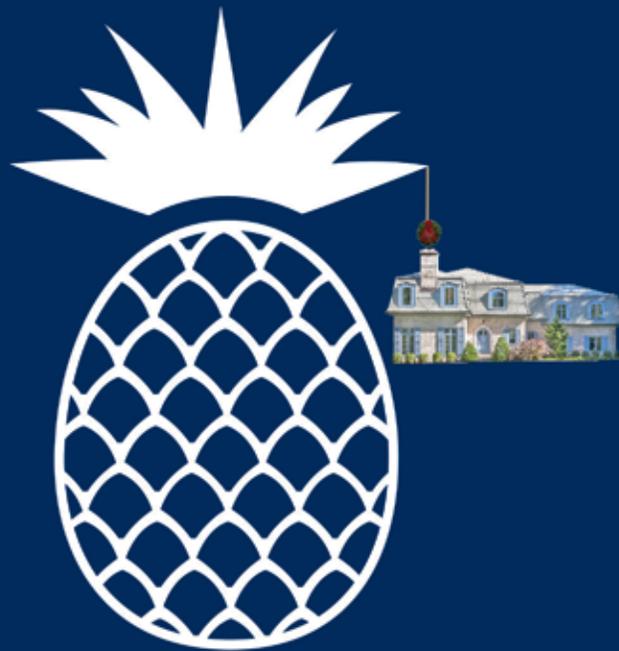
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Gardens Attract Members of Herb Society



The Connecticut Chapter of the Herb Society of America held their September meeting at the General William Hart House on the grounds of the Old Saybrook Historical Society.

The Herb Society, established in 1933, “is dedicated to promoting knowledge, use and delight of herbs through educational programs, research, and sharing the experience of its members with the community. The Society is committed to protecting our global environment for the health and well-being of humankind and all growing things,” and encourages gardeners to practice environmentally sound horticulture.

Elaine Gilmore and Paula Luby, both Old Saybrook residents and members of the Herb Society, coordinated the luncheon and meeting for the Herb Society under beautifully sunny skies. The Old Saybrook Historical Society President Marie McFarlin, and Keeper of the Gardens Linda Kinsella, welcomed the herbalists and provided a tour of the interior of the Hart home. Bonnie Penders, Advanced Master Gardener and herb gardener gave tours of the gardens, in particular, the three Herbs With A Purpose gardens.

The three herb gardens include an herb garden that produces an abundance of herbs specifically grown for weekly donations to the Shoreline Soup Kitchen and Pantry, a teaching herb garden that focuses on educating grade school students and civic



Bonnie Penders with third graders.

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The "Lady Fenwick Garden."

groups about the important role that medicinal and domestic herbs played in the lives of 18th century New England families, and a newly dedicated "Lady Fenwick Garden" that celebrates the life of Lady Alice Boteler Fenwick (1613-1645) who

is the first recorded woman gardener in the thirteen colonies, and the first woman for whom a tombstone was erected in Connecticut.

The plants selected for this garden represent 17th century herbs that were both native to America and those transported by the colonists by root or seed which supported remedies for women's

unique health issues. The historic gardens of the Hart House were initiated in 1974 by twelve members of the Old Saybrook Garden Club. At that time the focus was to create gardens with plants that would have been useful and beautiful during the lifetime of Mrs. Esther Buckingham Hart (1747-1811). Today, dedicated volunteers continue with this effort to restore, develop and maintain the wildflower, children's, rose, perennial, shrub, and herb gardens, as well as an espalier pear tree alongside the home.

The Hart House gardens are open daily dawn to dusk and all are welcome to visit.

Bonnie Penders with Linda Kinsella

Old Saybrook Garden Club

Baby, it's cold outside! But that doesn't mean that the Old Saybrook Garden Club members aren't busy, or we are resting on our laurels. A member's workshop was held in November to fluff the wreaths, replace lights and make all the bows for Main Street holiday decorations. It was picture perfect and we thank the Old Saybrook Public Works Department for

hanging the wreaths. We hope everyone has enjoyed the beautifully decorated Main Street and had a wonderful holiday season.

The Fall Dig & Divide workshop was held in late October. At this workshop members were able to dig up and divide over 180 plants. These plants are now tucked into members' veggie gardens to winter over.

The plants' roots will continue to grow for a bit, and by next spring, when it is time for Gardeners' Market, they should be very well established. It's a huge undertaking, but the results are well worth it.

Also in late October, The Club was honored by The Federated Garden Clubs **continued on page 10**



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Garden Club... continued from page 9



Member home garden - Paula Luby.

of Connecticut, Inc. at the Aqua Turf Club in Southington with the Award of Excellence in Youth for our program, Sprouts. This program was for the first graders at Goodwin Elementary School to encourage youth involvement in projects that have a gardening focus.

Looking forward to the spring months, our members will be

participating in horticulture programs including: How to Start Seeds, Healthy Soil and Fertilizers, and the "How To's" of Digging and Dividing of Plants. In April 2018, Kathy Connolly of Speaking of Landscapes, LLC will be presenting "Ten Gardening Ideas Professional Gardeners Wish Home Gardeners Knew." This program will take place Monday, April 9, 2018 at 2:00 pm, St. Paul Lutheran Church, 56 Great Hammock Road and is open to the public.

May 11-12, 2018 is our May Gardeners' Market held on the Town Green. Mark your calendars!

INTERESTED IN JOINING OUR CLUB?

Please contact our Membership Chair at 860-395-1268. Follow the Old Saybrook Garden Club's activities on Facebook, www.facebook.com/oldsaybrookgardenclub and "like" us.

Old Saybrook Lions Club



The holidays are over and we've made our New Year's resolutions! The Old Saybrook Lions Club's first resolution is to extend its best wishes to all for a happy and healthy 2018!

We have already begun initial steps toward the publication of THE LIONS CLUB OF OLD SAYBROOK 2018 PHONE BOOK. We have quite a few new business owners here in Old Saybrook. Here is an opportunity for you to contact us and to advertise in this, our 14th edition, which is expected to be completed this spring. What are the benefits of advertising in the telephone book? Advertising costs are very reasonable and circulation of the telephone book is extensive. Copies are mailed to nearly 6,000 residences and businesses throughout Old Saybrook. Additional copies are also available at our Chamber of Commerce, Town Hall, Acton Public Library and other public locations throughout town for the returning summer residents and visitors to pick up a copy or two to have near their telephones. We encourage residents to contact the advertisers in the book for needed services or dining pleasures.

Throughout the month of January, we will be contacting businesses and restaurants to give them the opportunity to update and renew their advertisement or for newcomers to advertise for the first time. For advertising information and costs, contact the Old Saybrook Lions Club via email: oldsaybrooklionsclub@yahoo.com, by telephone: 860 924-5459 or by mail at P.O. Box 21, Old Saybrook, CT 06475.

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Public Works Snow & Ice Removal for Winter 2017 - 2018

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

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

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

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

- The post shows dry rot, is unstable or placed too close to the roadway.
- If a mailbox is popped off the cross member, shows no damage,

and is lying there, the mailbox, most likely, was not hit by the plow but the weight of the pushed snow took the box off the support. Mailboxes must be firmly fixed to a durable post anchored in the ground to withstand the impact of thrown snow.

All qualifying mailboxes that were damaged by a Town snowplow need to be reported by March 30, 2018.

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

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

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Larry Bonin,
Director Public Works



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

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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
Rick Pine, Assistant to Assessor		Rick.Pine@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

395-3133

LAND USE

Christine Nelson, Town Planner	395-3131	Christine.Nelson@OldSaybrookCT.gov
Christina Costa, Enforcement Officer		Christina.Costa@OldSaybrookCT.gov
Sarah Lyons, Administrative Assistant		Sarah.Lyons@OldSaybrookCT.gov
Gillian Carroll, Environmental Planner		Gillian.Carroll@OldSaybrookCT.gov

PARKS AND RECREATION

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

PUBLIC WORKS

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

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

TAX COLLECTOR

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

TOWN CLERK

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

TREASURER

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

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

OTHER TOWN DEPARTMENTS

Acton Public Library - 60 Old Boston Post Road

395-3184

Police Department - 6 Custom Drive

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

Probate Court - 302 Main Street

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

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

499 Middlesex Turnpike 395-3187

Youth & Family Services - 322 Main Street

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

www.OldSaybrookCT.org

Flood Insurance

Homeowner's insurance policies do not cover damage from floods. The Town of Old Saybrook participates in the National Flood Insurance Program (NFIP) which allows residents to purchase a separate flood insurance policy. The Federal Emergency Management Agency (FEMA) administers the NFIP and sets the premium rates based on risk from the 100-year flood event, also called the base flood, which has a 1% chance of occurring in any given year. NFIP policies are written by private insurance companies and backed by the federal government. Property owners residing in communities that do not participate in the NFIP are not eligible for flood policies backed by the federal government.

Flood insurance is most commonly purchased because it is a requirement made by a lender in order for a property owner to obtain a mortgage or equity loan. Lenders typically require insurance for the structure only and not the contents. If you have or plan on purchasing a flood policy, make sure that it covers the contents of the structure so that items like washers, dryers, stoves, refrigerators and furniture are covered in the event your home is flooded.

Flood insurance is available to almost everyone, including previously flooded properties and those that are located outside of the designated 100-year floodplain. Flood insurance rate maps (FIRM) depict the 100-year floodplain, termed the Special Flood Hazard Area (SFHA) by FEMA as zones A, AE, and VE.

FIRMs generally indicate areas where flooding may occur but there is no guarantee that a flood event will not extend beyond the flood boundaries shown on the maps. FIRMs do not factor in climate change or sea level rise which additionally may influence the extent of a flood. We learned this in August of 2017 when Tropical Storm Harvey caused devastating floods and structural damage in areas of Texas that were not designated as 100-year or 500-year flood zones. Some areas were not even designated as being in a flood zone at all.

A common misconception is that the 100-year flood will occur only once in a 100-year period. In reality, every year there is a 1% chance that such a flood will occur, no matter how recently a similar event occurred. We learned differently after a combination of high tides, waves and heavy rain pushed waters from Long Island Sound which flooded areas of Old Saybrook during Tropical Storm Irene (August 2011) and Superstorm Sandy (October 2012). These storms were not large enough to be classified as 100-year flood events but structures in Old Saybrook still sustained substantial storm damage.

Flood insurance is also available for residences located in 500-
continued on page 14

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Broker/Owner

Brian@TeamJermainne.com

Leslie Jermainne, ePRO

Realtor

Leslie@TeamJermainne.com



'Twas the night before Christmas and all through the house,
The owners were selling with Brian and spouse.
The listing was signed and explained with care,
The photos were taken and disclosures were there.

The owners were nestled all snug in their beds,
While visions of moving danced in their heads.

Brian and Leslie were working so fine
On the web, in the papers, ads all the time.

When out on the lawn there was placed a sales sign
"Call TeamJermainne" it said, any old time.

And what to the seller's eyes did appear,
But a qualified buyer who loved the house dear.

With a little negotiation, a deal is struck
Now is the time to call a big moving truck.

More rapid than eagles the deposit it came
The inspections were done, not a problem to name.
Now sorting, now packing, now boxing and stacking.
Onto walk thru and closing and conveyance taxing.

To the attorneys they went, ready to sign
Brian, the sellers, the buyers...oh my!

Brian and Leslie were more than just agents,
Friends they'd became over time and with patience.
Better service the sellers never have found.
From Old Saybrook to Essex and all other towns.

And now a year later, the owners at home,
Get a call from Brian with a happy tone.
"We've been thinking of you, are you happy there?"
"Yes," said the owners, "you're such a nice pair."
"Our friends need to sell can we refer them to you?"
"Of course you can," said Brian "referrals we do!"
"Oh, one more thing to make this call right,
Happy Holidays to all and to all a good night."



HAPPY

HOLIDAYS!



Flood Insurance... continued from page 12

year flood zones. Even though most lenders do not require flood insurance within 500-year flood zones, many property owners choose to purchase these policies even though they are not mandated to since they are relatively inexpensive.

If you do have a policy, make sure that you do not let the policy lapse. Some primary residences that have had a flood insurance policy in place for many years enjoy the benefits of grandfathered rates. This is always subject to change as FEMA continues to

reform the NFIP. Secondary residences do not have any grandfathering provisions.

If you don't have a policy, consider investing in one. There is a thirty day application waiting period before coverage takes effect so don't wait until the next storm warning to apply. Contact your insurance agent for information on coverage, or visit www.floodsmart.gov to find an agent.

Conservation Tips for Winter

Now that winter is here and we spend more time warm and cozy by the fires, it is easy to forget about our wild neighbors who are trying to survive out in the elements.

HERE ARE SOME EASY TIPS THAT CAN HELP THEM OUT...

1. What to do with the fallen pine needles from the holiday tree – sweep them up and spread them around your rose bushes – they will love the added winter mulch and the needles will
2. What to do with the discarded holiday tree – rather than taking the tree to the dump right now, consider using the tree as shelter from the wind and snow for the birds and animals in your yard. Tie your tree to a garden stake near your bird feeders. It will give shy birds security and will provide cover from marauding hawks. Just make sure to remove any tinsel first.
3. Although we live along the shore – add much wanted acidity to the soil.
4. Providing food and shelter for birds can be a fun activity for youngsters. Easy suet to make is with natural peanut butter, some fat drippings and mixed bird seed. They can be mixed together

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and then frozen in a used suet container or spread into homemade feeders that the birds and squirrels can cling to.

There is still a lot of life happening outside - even in the dead of winter. Take time to spend outside with your family to enjoy the

fresh air and the natural wonders and help your children understand the importance of conservation of our wild heritage.

Conservation Commission Hosting Winter 2018 Film Series

Cozy up this winter with the Old Saybrook Conservation Commission and your fellow community members for an interesting and fun night at Denali, who will host the Commission's educational Film Series this season. The Commission will be presenting a series of four films, one per month, starting in January. The films focus on the local water and oceans include the importance of the maritime tradition in New England, investigation of the astonishing underwater world and predicted impacts associated with climate change. This is an excellent opportunity to view films and hear from experts discussing their work in context of global happenings and share their thoughts and concerns with townspeople. Get involved and come join us!

WINTER 2018 FILM SERIES

All films will be held on Thursdays, at the Denali Outdoor Store, 75 Main Street

- January 25th 7:00 pm - The Sea Around Us; Dr. Syma Ebbin
- February 22nd 7:00 pm - Ocean Frontiers II; Nathan Frohling & CT-DEEP Rep.
- March 22rd 7:00 pm - Rising Tides; Larry Ritzhaupt
- April 26th 7:00 pm - Before the Flood; Larry Ritzhaupt

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

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THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

English in Action: An Authentic Way for Students to Learn

Old Saybrook High School students enrolled in the English in Action course have finished out the first quarter of their EiA journey. At this point, students have reached out to community members through a variety of means and conducted informational interviews with many different people. As a result of these interviews, students have determined service placements for the rest of the year. These placements include, but are not limited to, Goodwin Elementary School, Shoreline Soup Pantry, Old Saybrook Veterinary Hospital, Old Saybrook Youth and Family Services, and Old Saybrook Fire Department.

As students have started to spend time with these organizations, they have developed research questions which will drive their academic research quarter two. They wrote questions that

addressed their broad topics, identified specific audiences tied to their service placements, and selected the subjects they would like to learn more about moving forward. The goal for the end of quarter two is for students to write academic research paper which addresses this research question. In the end, these papers will be shared with various audiences, including students' service placement teams.

Teachers and students feel grateful that members of the community have been so willing to work with them as they tie their academics to meaningful work in the community. This ongoing support kindles student excitement and keeps them invested in the learning process.

OSHS Musical on the Horizon

Save the Dates

March 15 & 16 at 7:30 pm

March 17 at 2:00 pm and 7:30 pm

in the Old Saybrook High School auditorium.

Old Saybrook High School proudly presents the Broadway hit *Beauty and the Beast*. The OSHS Musical has been a tradition in the Old Saybrook community for more than 50 years. We hope to see you there!

Veterans Day

Veterans Day offered a great opportunity for students to interact with the community. Many veterans visited our school and students in grades 6 through 8 were able to interview them. The students generated questions in their classes and had the chance to ask the veterans about their experiences. Veterans were invited to the auditorium for a concert in their honor performed by the grade 5 students. Each veteran left with a handmade thank you card from a student. Later in the day, two eighth grade students read their winning

essays for the veterans at the town celebration at the firehouse. The children did a great job of honoring the sacrifices of the veterans. The veterans in attendance expressed their gratitude for the students' work in honoring them.

"I think that the work of the Old Saybrook Public Schools is so important because in this day and age we can lose sight of some of the history and what the role of the veteran is. My personal feeling is that all schools should be in session. What I

see here in Old Saybrook is an exemplar for the state. I can see it in the eyes of veterans, they have chills when they get a chance to interact with the students and see the programs that are put on in their honor. The children and the adults get to see the importance of the day and its part in history. I can't think of anything that is more heartwarming and moving than this experience," states Robert Bailey, Past State Commander of the Veterans of Foreign Wars.

What's Cool About our Old Saybrook Government?

Students at Old Saybrook Middle School had an opportunity to learn more about our local government. The Connecticut Conference of Municipalities (CCM), an agency tasked with helping local governments learn new skills and improve the quality of life for all of Connecticut's residents, reached out to our school hoping we would support this endeavor.

Students work in their social studies and integration classrooms to learn about our local government and how it supports the town and residents of Old Saybrook. Carl Fortuna met with students to talk about the responsibilities of his role and the inner workings of our town so students could get a baseline for the projects they created. Grade six

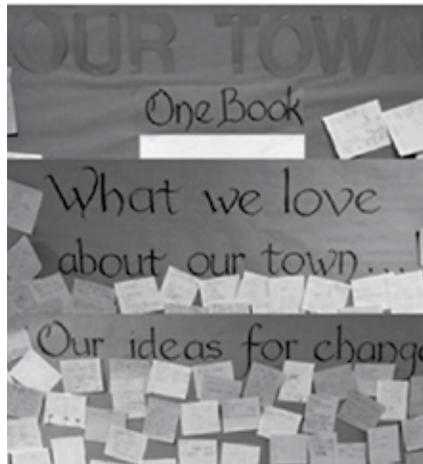
students were able to have a question and answer session with him and eighth graders visited the town hall to learn about the agencies and departments needed to help a town function. Students in grade seven visited the Department of Police Services and spoke with Chief Spera. Students were able to better understand the responsibility of the Police Department and the many things the officers do each day to keep the public safe.

The learning had a central theme, What is cool about local government? Students worked individually or in groups and created photographs, essays, poems, videos, artwork and multimedia projects to represent their new learning.

What To Do With An Idea at Goodwin School

The children of Goodwin School partnered with the Early Childhood Council on a 'one book, one town' initiative that included all private Old Saybrook early childhood programs. The book, *What Do You Do With An Idea*, by Kobi Yamada, was all the motivation children needed to generate hundreds of ideas to better their classrooms, schools, and town. After learning that his book had been chosen by the Old Saybrook Community, Mr. Yamada posted a video message of gratitude which includes a full reading of this special book.

At Goodwin School, first year Library Media Specialist Nelie Brown was a driving force behind sharing the book



with the entire school. Nelie has always celebrated students' voices and was instrumental in creating a nurturing space for all students to share freely about what they care about most. For

several weeks, children have listened to the story, discussed the importance of ideas, and shared their own ideas. These ideas were collected and displayed on a hallway bulletin board for all to read and some were even posted in store fronts throughout main street. These activities ultimately culminated in an "Idea Celebration" on the Town Green. Children, families, and town dignitaries gathered together for a reading of *What Do You Do With An Idea*, by Parks and Recreation Director, Ray Allen. First Selectman Carl Fortuna and Town Planner Christine Nelson ended the event with thanks to all present and commendations to students for sharing their ideas with the Old Saybrook Community.

THE BEACON

THE BEACON

THE BEACON

THE BEACON

THE BEACON



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/#>

Acton Public Library

ACTON PUBLIC LIBRARY REINSTATES SUNDAY HOURS:
Beginning Sunday, January 7, 2018 the Acton Public Library will be open from 1:00 pm to 5:00 pm on Sundays, through May.

Adult Programs

FINANCIAL HEALTH AND WELLNESS: WHY BANK?

Presented by Key Bank. Saturday, January 27th, 2018 at 1 pm.

ACTON GOES TO THE ESTUARY

We will be presenting two movies at the Estuary. Please check our website or call for titles. Friday, January 26th at 1 pm and Friday, February 23rd at 1 pm.

RED TAIL HEART: THE LIFE AND LOVE OF A TUSKEGEE AIRMAN

Join author Kenneth Williams as he brings to life his book of historical fiction and the story of a famed Tuskegee Airman, Roy, and the love of his life, Marie, as they journey in their pursuit of love at a time of war, racial inequality and heroism. Monday, February 5th at 6 pm. (Snow date of Feb. 12th.)

MAPLE SUGARING

Bushy Hill Nature Center will do a presentation on maple syrup production. Saturday, March 10th, 10:30-12 pm.

SPECIAL SCREENING:

OPEN SESAME: THE STORY OF SEEDS.

Friday, March 16th at 1 pm.

ITALIAN CINECLUB

Usually meets weekly on Tuesdays, 1 pm. Screenings of films made in or about Italy with a discussion led by Monica Georgeo.

LIGHTS. CAMERA. ACTON!

Film Series continues in March beginning Friday, March 23rd at 1 pm. Look for screenings at Acton every other month.

GENEALOGY INTEREST GROUP

Thursdays, 10:30 am.

20 MINUTE TECH. TIME

Have a question on your Ipad, phone, software, etc.? Stop by on Monday or Saturdays between 6-7:30 pm to see if we can help you.

NEW FROM THE FRIENDS OF ACTON LIBRARY

Patricia Horn O'Brien, Old Saybrook's Poet Laureate, and the staff of Acton Library, have created a Poetry Corner housing the Library's poetry collection, a poetry display case, along with comfortable seating. The Friends supported this effort by funding the purchase of a lamp to enhance the space. This is one of many ways in which the Friends augment the library's offerings.

The Friends also support library programs, such as the recent Audubon program which included an educational presentation in the library followed by a guided walk in The Preserve.

To support these endeavors The Friends hold various fund raisers during the year, of which, our book sales are a major income source. The next book sale will be in March in the gallery on the first floor of the library. Children's books, paperbacks, trade paper books, and audio/visual materials will be included.

The dates and hours of the March Mini-Sale are as follows:

Thursday, March 22, 4 - 8 pm, Friday, March 23, 10 am - 4 pm, Saturday, March 24, 10 am - 3 pm.

Children's Programs

Story Times

WIGGLE BOOKWORMS

Wednesday mornings

10:30 - 11:00 am

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

STAY AND PLAY

Wednesday mornings

11:00 - 11:30 am

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

FANTASTIC FRIDAYS

Friday mornings, the 2nd and 4th of every month

10:30 - 11:00 am

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

ABC AMIGOS

The 1st Friday of every month

10:30 - 11:00 am

Free and drop-in preschool bilingual story time on the first Friday of every month beginning January 5 from 10:30 am to 11:00 am. Sing songs, play games and listen to stories in both English and Spanish. This series is open to children regardless of Spanish-speaking ability.

MUSIC WITH MISS MARTHA

The 3rd Friday of every month

10:30 - 11:00 am

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

Other Children's Programs

TAKE YOUR CHILD TO THE LIBRARY DAY



Saturday, February 3, 2018

Take Your Child to the Library Day: Music from the Continents

Saturday, Feb. 3
1:00 to 2:30 pm
Ages 4 - 11

Join us for an educational program that allows kids, ages 4 to 11, to interact with instruments, along with songs and movements from around the globe. Presented by instructors from Face Arts Music in Deep River. Free and open to all, but please register online or call 860-395-3184.



Take Your Child to the Library Day: Critter Encounter!

Saturday, Feb. 3
3:00 to 4:00 pm
Ages 6 and up

The Denison Pequotsepos Nature Center will be bringing live frogs, snakes, and turtles for a hands-on educational program for kids ages 5 and up. Free. Please register online or call 860-395-3184



Meet Moana, Story Time!

Saturday, February 17
from 10:30 am to 12:00 pm
Come to the Library for a special story time led by one of our favorite characters, Moana! She will have a story, games, and glitter tattoos for you. This program is best for children between ages 3 and 10. This event is free, but please register as seats are limited.

Image provided by Kaleidoscope Art & Entertainment

Gray School of Irish Dance: Irish Dance Demonstration

Saturday, March 17 from 3:30 to 4:30 pm

Join us for a lively demonstration of authentic Irish dance performed by the talented students of the Gray School of Irish Dance. This event is free and open to the public; no registration is required.

Teen Programs



LYRIC WRITING WORKSHOP

Saturday, January 6, 1:00 - 2:00 pm;
Saturday, January 13, 1:00 - 2:00 pm;
Saturday, January 20, 1:00 - 2:00 pm.
For young adults ages 12 to 18 only.
Register for each workshop separately.

A minimum of 8 and maximum of 12 participants must be registered for these workshops to occur. Join Joe Flood for one of these 3 songwriting workshops focused on lyric writing. Learn how lyric writing differs from poetry, the function of rhyme, and how lyric writing has evolved over the years. (Broadway writing versus rock writing, folk song vs. "standards," singer/songwriters vs. rap.) Experiment with exercises in writing for different musical forms. Explore ways of approaching writing to an existing tune or writing words before there is music. Bring a song you've started to share and discuss, or generate an idea and turn it into something.

About Joe: Joe Flood songs have been recorded by the legendary rock group The Band as well as artists as diverse as the Blues Traveler, roots rockers The Bottle Rockets, alt country chanteuse Laura Cantrell, and the New Orleans jazz group The Flying Neutrinos, among many others. Joe's songs have been licensed for use in major motion pictures, cable and network television, and ad campaigns in the U.S. and abroad.

NOTE

Please check our event calendar online for the latest events and programs at actonlibrary.org for specific dates and times or call 860-395-3184. Registration is requested for most events. Though not required, it gives us the means and opportunity to contact you in case of cancellation of an event.

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Old Saybrook Parks and Recreation Department

OLD SAYBROOK
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PARKS AND RECREATION



BERGERON WINS STATE LEADERSHIP AWARD

OSPR is pleased to announce that on November 21, 2017 Abby Bergeron (left) was awarded the Connecticut Association's (CRPA) Youth Leadership Award. She was presented this award at the Mohegan Sun Convention Center during the CRPA Annual Conference. Abby was the recipient of the Old Saybrook Parks and Recreation (OSPR) Teen

Leadership Award this past spring for her community service with OSPR for the past three years. Abby volunteered over 125 hours with the department. OSPR would like to thank Abby for her dedication to our department and our community!

TEEN CENTER WINTER 2017

As the year 2017 comes to an end, we have some fun events planned for 2018 in the Teen Center. To ease into the New Year, we will be holding a movie night on Friday, January 19th at the Rec. On February 2nd & 9th, our Soccer Tournament returns for its fifth year. The first night will consist of a Round Robin to determine seeding for our bracket-style tournament the following week. Participants can put together co-ed teams of 4 and construct creative names and costumes, for a chance to not only sign the coveted Soccer Ball, but win the ever popular Spirit Award, sponsored by Sweet Luna's! As we head into March, we'll gather up some March Madness and host our annual 3 on 3 Tournament. Student-picked teams will compete on Friday, March 23rd in a bracket competition to win it all. For more information about the Teen Center, see Taryn Erb at the Rec!

WINTER BASKETBALL

Winter basketball with OSPR starts next month, we have a seven week season taking place January 8th through February 24th. We will have two leagues for three different age groups, 2nd and 3rd grade, 4th and 5th grade and 6th through 8th grade for boys and girls. The league is sponsored by Mike's Barbershop and OSPR would like to thank them for their continued support. Games will take place on Friday evening and all day Saturday. If you are planning to use our gym on Saturday, please be aware of the game schedule. All league information can be found online at www.oldsaybrookrec.com.

FEBRUARY VACATION CAMP

Looking for something fun and exciting for your child to do

during our mid-winter break? OSPR will be offering a three day camp starting on Monday, February 19th through Wednesday the 21st. Camp will start at 9:00 am and go until 4:00 pm. Campers will play games in the gym, hang out in the teen center and enjoy crafts and other games throughout the week. OSPR will air a movie during the week on the large projector screen! Camp is just \$75 for the three days. Vacation camp is open for those in K-5th Grade. Registration starts on Tuesday, January 2nd. Space is limited, so make sure to sign up early! To register, please visit our website.



CRPA HOTSHOTS CONTEST

On Saturday March 3rd Old Saybrook Parks and Recreation will be holding the Connecticut Recreation and Parks Association's HotShots Contest. The Connecticut

Recreation and Parks Association HotShots Contest is a statewide event. This event is offered to boys/girls, ages 9-15. Each player will have one minute to shoot from "hotspots" placed on one half of the court. Starting at the center of half-court, the player dribbles into shooting range. The contest challenges a player's speed, shooting, dribbling and rebounding ability. Three one-minute rounds constitute the duration of play for each player. The top scorer in each division will move on to the next level of the contest. The HotShots Contest is a recreational program designed to promote basketball enthusiasm as much as basketball skill, fun, physical fitness, friendship and good sportsmanship. Regional winners will play at the state championship level.



OSLL SPRING TRAINING W/ OSPR

Every March, OSPR teams up with Old Saybrook Little League to offer a four week spring training program. This year we are offering four programs, a softball pitchers and catcher training for 10-12 year olds,

minor league baseball for boys, ages 6 & 7, minor league softball for girls, ages 6 & 7 and Minor League Baseball II for boys, ages 8 & 9. These programs range in duration from one to two hours long for four weeks. All of these programs are just \$5.00! OSPR would like to thank all of the volunteers from OSLL who make these programs possible!

For more information regarding these articles, registration or programs with OSPR, please visit our website, www.OldSaybrookRec.com or contact Jonathan Paradis via email at Jonathan.Paradis@oldsaybrookct.gov.

Estuary Council Regional Senior Center

220 Main Street, Old Saybrook
860-388-1611

The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational classes, exercise programs, and socialization activities. We have been promoting healthy and active lifestyles through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at www.ecsenior.org for additional information or call us at 860-388-1611.

CLINTON CAFÉ NOW OPEN!

Please join Café Manager Lisa and her volunteers for a hot lunch every Thursday at noon in our Clinton Café. Meals are served at the Town Hall Annex Community Room located at 48 East Main Street in Clinton. Reser-

ervations must be made by 11 am the day before by calling 860-388-1611 x216. Menus are listed in our monthly newsletter and online at www.ecsenior.org.

Cost: \$3.00 for ages 60 and better. \$13.93 for under age 60. Meals are supported by Senior Resources with Title III funds available from the Older Americans Act.

ESTUARY GYM IS SILVER SNEAKERS APPROVED!

If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness classes. Check eligibility by contacting the Estuary at 860-388-1611.

THE MARSHVIEW FITNESS CENTER

Stay healthy and strong by working

out in our gym. Membership Options: \$50 for 3 months, \$90 for 6 months, \$150 for a year. Stop by the Office for a tour and learn how to become a gym member.

ESTUARY THRIFT SHOP

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

Volunteers are always welcome at the Estuary Council Senior Center. Help pack or deliver Meals on Wheels, work in our Thrift Shop, serve on our Board of Directors, and so much more. Please contact Judy at 860-388-1611 x213 for details.

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Celebrating **10** Years

College Students & Disabled People Save on 9 Town Transit

While local bus fares have always been affordable for most, for many, the cost is now even lower.

The shoreline's disability community have long advocated for a discounted fare in the valley-shore region. The majority of bus systems statewide have long provided discounts for people with disabilities, understanding the unique financial challenges many of these individuals face.

In January, 9 Town Transit (9TT) introduced a disabled fare for the first time. People with disabilities can now ride any 9TT bus route for just \$.85, less than half the regular rate of \$1.75. Frequent travelers can save even more with the purchase of an unlimited use monthly pass for just \$31. To qualify, riders must show their Medicare card or a statewide reduced fare I.D. Details on obtaining a reduced fare I.D. can be found at www.9towntransit.com

Another often financially strapped group is college students. While 9TT has transported many students to Middlesex Community College and the Lyme Art Academy for years, they have had to pay the full fare. As of this school year, students at Middlesex Community College, Lyme Art Academy, Gateway Community College, Three Rivers or Southern Connecticut University can ride any 9TT route at no charge. Lyme Art Academy students can ride by showing a valid school I.D., and students at all other schools can obtain a U-Pass from the college or university.

For more information about 9 Town Transit routes and schedules, visit www.9towntransit.com or call 860-510-0429.



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Social Services Help Day

Provided 4th Thursday of Every Month in Old Saybrook

SNAP, HUSKY, MSP
CT FOOD BANK TRUCK
DENTAL CLINIC

Social Services Help Days are sponsored by Old Saybrook Social Services and held at Grace Church Hall, 336 Main Street in Old Saybrook every 4th Thursday of the month. We provide help for state applications for SNAP and HUSKY from 10 am - 2 pm and The CT Food Bank truck mobile pantry will come between 1:30 and 2:30 to provide food for all who need it; please bring a bag. Dieticians from St. Joseph University will be teaching folks how to eat healthy on a SNAP food stamp budget providing education and recipes.

We offer ongoing health screenings for blood pressure and cholesterol as well as health education with CRAHD, CT River Area Health District, our town RN and Big Y Pharmacy. We also are working with American Job Center to bring employment job opportunities to our residents in need of a job or training to obtain a job. We have added a mobile pregnancy testing and ultrasound van that will provide services for free to expectant mothers in need through ABC Women's Health.

THE OLD SAYBROOK DATES AND EVENTS ARE:

December 28th, with a DENTAL CLINIC and FLU SHOTS from 9 am - 3 pm
January 25th, with Energize CT, Energy Audit, Weatherization, 10 am - 3 pm
February 22, with Mobile Pregnancy Van, free testing 10 am - 3 pm

March 22, with American Job Center, Employment Help 10 am - 3 pm

Additional Shoreline CT Food Bank stop is at Clinton Town Hall annex building parking lot on the first Mondays of the month:

January 1 New Years Day - No CT Food Bank Truck
February 5 CT Food Bank Food Truck 12-1 pm
March 5 CT Food Bank Truck 12-1 pm
April 2 CT Food Bank Truck, 12-1 pm

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

Apply for Energy Assistance

If you need help with fuel expenses you may qualify for this program. If you fall under the following income guidelines you may be able to apply for help:

Household Size 1,	under	\$34,366
Household Size 2,	under	\$44,941
Household Size 3,	under	\$55,515
Household Size 4,	under	\$66,089
Household Size 5,	under	\$76,633
Household Size 6,	under	\$87,237
Household Size 7,	under	\$89,220
Household Size 8,	under	\$91,203

There is an asset limit of \$15,000 for homeowners and \$12,000 for renters after which assets are added to income for total income qualification. Residents must fall below the income/asset limits to apply. This is for help through the state programs Connecticut Energy Assistance Program, CEAP and Connecticut Heating Assistance Program, CHAP administered by the Community Renewal Team, CRT.

Help is available for all types of heat. The program has tiered levels of help depending on income and family size and the amounts awarded will help families struggling with high heating costs keep warm this winter. This program begins on November 15, 2017 for fuel assistance and will run through March 15 of 2018 but applicants should apply as early as possible in the heating season. This program may be subject to budget cut changes after this notice has gone to print. Please call ahead for full information including any changes. You can also call us here in the Old Saybrook office for help through Operation Fuel and our local HEAT program if state funds are expended or the program cuts benefits and you are almost out of fuel.

Appointments need to be scheduled in advance and information on what documentation you should bring will be provided. Please contact Susan Consoli, MA, LPC, Social Services Coordinator, at 860-395-3188 or by email to susan.consoli@oldsaybrookct.gov.



Essex Winter Series
Mihae Lee
Artistic Director

JANUARY 7
New York Woodwind Quintet with Mihae Lee, piano
The world-renowned ensemble, joined by Mihae Lee, performs music for winds and piano by Mozart and Poulenc, along with other delights for wind quintet.

FEBRUARY 18
Vince Giordano and the Nighthawks
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MARCH 4
David Pittsinger, bass-baritone
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APRIL 8
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Notice of Changes to the Medicare Savings Program

Effective Date: JANUARY 1, 2018

The recently passed state budget lowers the income guidelines for the Medicare Savings Program (MSP). This program assists individuals with the monthly cost of the Medicare B premium. For those that qualified for Qualified Medicare Beneficiary Program (QMB), the program also paid all Medicare copays and significantly reduced the cost of prescription copays.

Effective January 1, 2018, many individuals will lose coverage through this program due to the new income guidelines. Below are the new income limits.

New Income Guidelines			
MSP Program Tier	Program Coverage	New Income Limit (Individuals) Effective 1/1/2018	Old Income Limit (Individuals)
QMB	Medicare B Premium	\$12,060 - annually	\$25,447 - annually
	All Medicare Deductibles	\$1,025 - monthly	\$2,120.58 - monthly
	Medicare Co-Insurance		
SLMB	Medicare B Premium	\$14,472 - annually \$1,225 - monthly	\$27,859 - annually \$2,321.58 - monthly
ALMB	Medicare B Premium	\$16,281 - annually \$1,377 - monthly	\$29,668 - annually \$2,472.33 - monthly

WHAT DO THESE CHANGES MEAN FOR YOU IF YOU NO LONGER QUALIFY FOR MSP?

- The Department of Social Services will mail letters to all who are impacted by these changes starting next week.
- You may begin to see the monthly cost of your Medicare B premium, average cost from \$104.90 to \$134.90, deducted from your Social Security check starting in January 2018.
- You may begin to pay out of pocket for your Medicare D prescription drug plan. Costs vary for prescription drug plans.

Old Saybrook Youth and Family Services

GET TO KNOW YOUR LOCAL YFS

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

School Programs

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

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

You may be covered under LIS until January 2019 before losing this.

- You may want to enroll in a Medicare Part C or Advantage Plan to assist with the increased out of pocket medical costs that you will incur due to these changes. Costs vary per plan. Medicare Open Enrollment ended Dec. 7, 2017 for 2018 coverage.

WHO DO I CONTACT WITH QUESTIONS OR TO ASSIST ME WITH ENROLLING IN A PLAN?

Old Saybrook residents can call Social Services at: 860-395-3188

CONTACT YOUR ELECTED OFFICIALS AND LET THEM KNOW HOW THIS WILL IMPACT YOU!

CALL - WRITE - EMAIL

State Legislators

Senator Art Linares

Legislative Office Building, Room 3701
Hartford, CT 06106
Phone: 800-842-1421
Email: Art.Linares@cga.ct.gov

Senator Paul Formica

Legislative Office Building, Room 3400
Hartford, CT 06106
Phone: 800-842-1421
Email: Paul.Formica@cga.ct.gov

State Representative Devin Carney

Legislative Office Building, Room 4200
Hartford, CT 06106
Phone: 800-842-1423
Email: Devin.Carney@housegop.ct.gov

Health Class - OSHS

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

Lunch Bunches - OSMS & Goodwin during lunch

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

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

Monthly multimedia discussion of pertinent topics to teenagers.

Zen Club - Goodwin, during lunch

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

Youth Groups & After School Programs

AFTER SCHOOL CLUBS AT THE MIDDLE SCHOOL - THROUGHOUT THE SCHOOL YEAR

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

Youth Action Council (YAC) - 1st & 3rd Thursday/month
Positive youth action, activities, and skill-building to promote leadership, community service, and community engagement.

Junior Youth Action Council (JAC) - monthly
Bridge the gap between middle school and high school through relationship building.

E3 (Encourage, Empower, Engage) - twice monthly
A peer facilitated group that focuses on making healthy choices. State sponsored through Governor's Prevention Partnership.

Community Programs

Early Childhood Council
Monthly, Goodwin Elementary,
Starts 1/29, 5:30 - 7pm (dinner included)

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

Essential Life Skills for Kids: A New Parenting Program

Date TBA

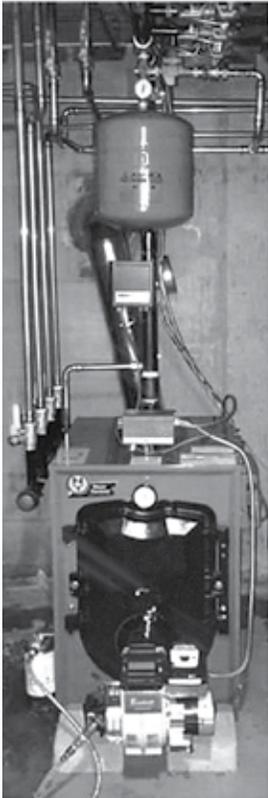
Open dialogue and information provided to support parents/guardians in raising confident, competent children with grit. For parents/guardians of children 3-12 years old.

Essential Life Skills for Teens

1-2 Mondays/month, 7-8:30 pm, Varying locations and experts TBA
New teen program offers practical skill-building and pertinent information from expert professionals. Topics include car maintenance, financial literacy, problem solving, citizenship, household maintenance, health & wellbeing, and more. Varying locations and experts every month, TBA. On 1/29/18 - Problem Solving Class: Dr. Alicia Farrell, Pavilion at Saybrook Point

Parents/Grandparents of Children Diagnosed with Asperger Syndrome/High Functioning Autism

continued on page 26



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Youth & Family Services... continued from page 25

2nd Thursday/month, 12:30 & 5:30

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

Social Service Help Day

Monthly, Grace Church Hall at 336 Main Street

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

Counseling Services

INDIVIDUAL, COUPLES, & FAMILY

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

COUNSELING INTERNSHIP PROGRAM

Provides training, supervision, and active experience for

Masters-level interns to better assist our community and to support the need for effective care and professionalism.

FROM INTENTION TO ACTION

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

- **Through counseling**, educational programs and support services, individuals can gain a better understanding of themselves and their situations and take the necessary actions to resolve the problems they encounter.
- **Through our prevention programs**, young people can learn new life skills, take leadership roles and build self-esteem, which are essential ingredients to their positive development and successful future.
- **As a planning and coordinating agency**, Youth and Family Services works closely with the schools, police, agencies and organizations to assess community needs, develop strategies and implement effective programs.

News from Old Saybrook Youth and Family Services



STICKER SHOCK CAMPAIGN



Sticker Shock, an annual OSYFS campaign to raise awareness about the dangers of underage drinking, took place on November 16th with the active participation of six Old Saybrook Youth Action Council (YAC) members. With support from 100% of Old Saybrook liquor stores, YACers were able to spread awareness by placing 1,300 stickers on various products at these establishments. The stickers inform purchasers of the legal drinking

age, as well as the legal consequences for providing alcohol to minors.

Chelsea Graham LCSW,
Youth and Family Clinician/Youth Action
Council Coordinator

SUPPORT GROUP FOR PARENTS / GRANDPARENTS OF CHILDREN DIAGNOSED WITH ASPERGER SYNDROME / HIGH-FUNCTIONING AUTISM

An Individual with High-Functioning Autism (formerly Asperger Syndrome):

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

The impact of these differences on the child's social interactions of all kinds (neighborhood, extended family, school, house of worship, even a simple shopping

trip) can multiply stress in every aspect of a parent's/grandparent's life.

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

Winter 2018 meeting topics include:

- | | |
|------------|---|
| January 11 | Conditions that Often Co-Exist with Asperger's Syndrome/HFA: Depression, Anxiety, OCD |
| February 8 | Social Struggles: Your AS/HFA Child's Preference for Adults over Peers; Helping our AS/HFA Children Develop "Small Talk" and Telephone Skills |
| March 8 | PPTs & IEPs: Communicating your AS/HFA Child's Needs to School Personnel |

April 12 Stresses on the Neurotypical Sibling; AS/HFA Individual's Hobbies and Obsessions

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

Joanne Deal, M.A.,
Youth & Family Clinician/Group Facilitator

Essential Life Skills Series for Teens

Old Saybrook Youth & Family Services is excited to offer a new teen education series.

Each month, a different Essential Life Skills Series Class will offer high school students information and practical skill-building to increase competency and confidence in important foundational life skills. Each class is distinct, taking place in different locations and taught by expert professionals from our community. Some classes can accommodate parent attendance, and many classes will be open to all Shoreline teenagers, 14-18 years old. The Essential Life Skills Series offers nine classes throughout the school year: Car Maintenance, Financial Literacy, Employment Skills, Safety & Emergencies, Problem Solving, Healthy & Budget-Friendly Cooking, Household Maintenance, Health & Wellness, and Citizenship.

IN 2018, WE WILL OFFER THE FOLLOWING CLASSES:

January 29th:

Problem Solving – presented by Dr. Alicia Farrell
Learn conflict resolution and communication skills through dynamic group problem-solving activities

February:

Car Maintenance – presented by Cardone & Daughter
Hands-on & Informational: change a tire, check fluids, general maintenance & more

March:

Health & Wellness – presented by Dr. Charlayne McStay of Wildwood Pediatrics

Caring for your physical health: the basics, medical history, insurance, medication management, self-care

March:

Financial Literacy – presented by financial experts (TBA):
Banking basics, credit cards, debt, loans, budgeting, and saving

April:

Household Management – presented by Betsy Groth, APRN
The connection between self-care & mental health; learning helpful routines, sewing a button, laundry, ironing

May:

Citizenship – presented by Selectman Conklin

continued on page 28

Old Saybrook Events • Quarter 4 • 2017

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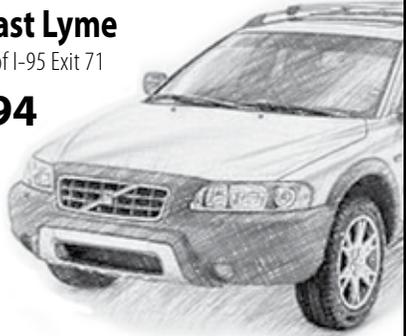
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Happy New Year!

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

Practical applications of rights & responsibilities, representation, taxes, and laws

Essential Life Skills for Kids

A new parenting class to help you raise confident, competent kids with grit.

Old Saybrook Youth & Family Services will be offering this parenting education class to assist parents/guardians in teaching

their kids age-appropriate life skills to increase their resiliency, confidence, self-efficacy, and overall mental health.

We want our children to be confident in their ability to manage life challenges and to grow into competent, happy adults. This class will provide parents with a fuller understanding of how to raise children with basic life skills: self-management,

personal responsibility, time management, financial literacy, self-care, interpersonal skills, and home management skills.

Betsy Groth, APRN and OSYFS clinician Samantha Steinmacher MA, EdS, will co-facilitate this class for parents and guardians of children, 3-12 years old.

Samantha Steinmacher, MFT, Youth & Family Clinician/Group Facilitator

Vista Supports USVI Family Impacted by Hurricanes



Members and staff of Vista Life Innovations, a community-based organization that supports the personal success of individuals with disabilities, recently mailed care packages to a family in the U.S. Virgin Islands struggling due to the impacts of Hurricanes Irma and Maria. After hearing about the devastation wrought by these two powerful storms, members of Vista's Connect day program researched ways in which they could aid hurricane

victims. Through social media, they were turned on to Adopt a Family USVI, a grassroots initiative that pairs families in the U.S. Virgin Islands affected by the hurricanes with supporters.

Once the Connect program was matched to a family in need, members and staff spearheaded a collection drive—which yielded enough supplies to fill eight care packages. Items included canned goods, personal hygiene products, diapers, batteries, snack foods and more.

Giving back is a key component of Vista's philosophy. From hosting American Red Cross blood drives to volunteering with programs like Meals on Wheels, Vista students, members and staff actively seek opportunities to support their communities throughout the year.

With campuses in Madison, Westbrook and Guilford, Vista has been providing services and resources to individuals with disabilities for over 28 years.

Help! I've Fallen & I Can't Get Up...



These are dreaded words for most senior

citizens. The good news is that falls can be prevented with a multilevel approach. By taking some simple steps one can both identify and lower the risk factors for falling. As in most circumstances the starting point should be a good physical evaluation by your primary health care provider. A review of functional abilities including overall strength and flexibility is a major point in that evaluation. The stronger and more flexible you are, the better you are able to change positions and ambulate safely. Balance is also a key indicator to safety. Poor balance can be a result of

muscle weakness, medication side effects, and other medical conditions. By identifying these risk factors you can make a plan for prevention.

Simple adaptations to your living space such as non-skid strips in the tub and on the stairs, grab bars next to the toilet and in the shower, stable chairs with arms, carpets and rugs securely laid, and clutter free walkways are just a few suggestions. Personal adaptations to your life such as wearing low heeled shoes and changing to two pair of glasses one for near and one for far instead of bifocals can go a long way to preventing falls. Once a senior has experienced a fall the worry of a repeat

event can cause them to stay home. This can cause a cascade effect as one becomes less active, loses muscle strength and is a greater risk for a fall. It's always best to be proactive if possible to prevent falls and isolation.

For referrals to the Old Saybrook Town Nurse call 510-0035 and ask for the Intake Nurse. Funds are available for those who are uninsured or inadequately insured.

Mary L. Lenzini, BSN, MA, CHCE
President, Visiting Nurse Association
of Southeastern CT

Nightingale Scholarship

OLD SAYBROOK PUBLIC HEALTH NURSING BOARD
Town Hall, 302 Main Street, Old Saybrook, CT 06475

Nightingale Scholarship

The Old Saybrook Public Health Nursing Board is offering Scholarship(s) to graduating seniors residing in Old Saybrook, entering an approved college which prepares the student for professional practice in nursing. Other career pursuits that would be considered are the therapies, (physical, occupational, respiratory and speech), medicine and social work. Because this is a nursing scholarship, the PHNB will consider first the applicants entering the nursing profession.

The criteria for the award are the goal of a career in the health services field, acceptance at an approved school, academic achievement and motivation. Applications may be obtained from the Guidance Department at St. Bernard's, Mercy, Old Saybrook, Hopkins, Williams and Xavier High Schools. Completed applications must be returned to the Old Saybrook Public Health Nursing Board mailbox in the Old Saybrook Town Hall, Administration Office by April 30, 2018. The award is made possible from annual contributions to the Old Saybrook Public Health Nursing Board Nightingale Fund Appeal.

NIGHTINGALE SCHOLARSHIP CRITERIA

1. The scholarship recipients must be residents of Old Saybrook, CT
2. The award of the scholarship is based on career choice, academic achievement, community service, and motivation. This is not a need based scholarship.
3. Since the basic purpose of this scholarship is to educate and train nurses and increase the number of nurses available in the workforce, nursing applicants will be given preference. The therapies (physical, occupational, speech and respiratory), social work, psychology, medicine, physician's assistance,

pharmacy and health administration, will be considered second.

4. The number of scholarships granted will be determined annually by a vote of the members of the PHNB and that vote will be influenced by the level of donations to the Nightingale Scholarship Appeal that year.
5. Scholarships are given to graduating high school seniors entering an accredited college nursing program or other accredited college programs in the aforementioned health fields (#3). The Nightingale Scholarships are given to high school seniors, because it is under this premise that the annual Nightingale Appeal is made.
6. Incomplete scholarship applications will not be accepted (See application requirements). Applicants may be required to have an interview by the scholarship committee.
7. The scholarship is paid in full after the recipient completes his/her first full year of study and the first and second semester transcripts are received and approved by the OSPHNB. The deadline for submitting the un-official transcripts is May 30th. If transcripts are not received by May 30th the scholarship payment will be forfeited. Although the transcript does not have to be "official" it must be generated from the college and have the student's name and College information printed on it. Also by May 30th, the board must receive a letter or second year class registration form from the college, stating that the student remains in their selected nursing/health program.
8. The scholarship recipient must maintain a C or better grade in all courses or Pass (in a Pass/Fail course), and provide proof to the PHNB that in the second year of college, they will continue in their selected nursing/health program.

QUESTIONS CONTACT:

Elizabeth Owen, Scholarship Coordinator @ owen36@comcast.net or Diane Aldi, Board Chair at dldepaolo@snet.net.

The CT River Area Health District (CRAHD) Recognizes: National Blood Donor Month!

JANUARY IS NATIONAL BLOOD DONOR MONTH (NBDM)

NBDM is an awareness campaign created by The American Red Cross to promote blood donation. January has been designated NBDM since 1970, and it takes place during this time because blood is usually in short supply during the winter. The extreme weather, busy schedules during the holidays and increased illnesses can keep even the most dedicated blood donors from donating blood. On top of that, the weather also increases the incidence of traumatic injuries like vehicular accidents.

According to the American Red Cross, in the U.S., about 36,000 units of blood are needed every day in hospitals and emergency medical treatment facilities for patients with diseases, organ transplantation procedures and to help save the lives of victims of accidents. Local Red Cross chapters need about 650 blood donors each day in order to meet the needs of patients in hospitals. However, there is usually a 10-20% decrease in blood donations during winter.

The NBDM awareness campaign encourages those who are at least 17 years of age and

meet other donor requirements to donate blood. This way, local blood inventories will be sufficient to cover the increase in traumatic injuries due to icy roads and other unsafe conditions and activities during winter. This is why it is important to encourage everyone to donate during this time. To find a local blood drive near you, please visit the American Red Cross website at www.redcrossblood.org.

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Middlesex Brings Cancer Services to Shoreline

Getting the best possible care close to home is essential for people fighting cancer. Middlesex Hospital recognizes this and has expanded its cancer services to better meet the needs of Connecticut shoreline residents.

In October, Middlesex Hospital Cancer Center opened a second location at the Shoreline Medical Center in Westbrook. This new, state-of-the-art facility offers the same services found at the Cancer Center's Middletown location, including medical oncology, radiation therapy, infusion, genetic counseling, survivorship services and integrative therapy.

The difference: the new center means easier access to care for patients who live in Connecticut shoreline towns. Cancer treatments can sometimes make patients tired or nauseous, and it can be difficult for them to travel. The Westbrook Cancer Center location will make their lives, and the lives of those who support them, a little easier.

Middlesex Hospital is known for its expert and dedicated staff. Highly skilled medical professionals treat patients like

people—not numbers. They focus on providing compassionate, personalized treatment experiences, and specially trained advance practice nurse navigators guide patients through the treatment and rehabilitation process. This is the high-quality care that patients now receive at both Middlesex Hospital Cancer Center locations.

Additionally, Middlesex Hospital is a member of the Mayo Clinic Care Network. Middlesex collaborates with Mayo Clinic and is using its resources to tackle patients' most complicated medical cases in a variety of areas, such as cancer care, pulmonary medicine and urology, among others.

Like the Cancer Center in Middletown, the Westbrook location also uses the latest technology to diagnose and treat patients and is accredited by leading organizations, including the American College of Surgeons Commission on Cancer and the National Accreditation Program for Breast Centers.

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

Glaucoma National Awareness Month

January is National Glaucoma Awareness Month. Glaucoma affects 60 million people worldwide and more than 3 million people in the United States. Glaucoma is often called the "thief of sight" since often there are no symptoms and glaucoma related vision loss is permanent. As much as 40% of vision can be lost without a person noticing. If not diagnosed and treated, 1 in 10 people go blind from glaucoma. Glaucoma affects people of all ages, even infants.

There are two main types of glaucoma: Primary Open-Angle Glaucoma and Angle-Closure Glaucoma. Open-angle glaucoma is dangerous because most of the time a person affected will not notice any symptoms until vision is

severely damaged. The vision loss isn't noticed because it often starts with your peripheral vision and the brain makes up for what you don't see. The inner eye pressure (IOP- intraocular pressure) rises because the correct amount of fluid can't drain out of the eye. This occurs usually deep into the drainage canals. Closed-angle glaucoma occurs when the drainage canals get blocked or covered. Angle-closure glaucoma is dangerous because, while there are often symptoms of pain including headaches, nausea, and eye pain they happen rapidly and without warning.

It is very important to get an annual dilated eye exam. As you age or if you have a family history of glaucoma you may have the visual field test

performed. This test checks your peripheral vision and the loss of your side vision is one of the first signs of glaucoma. If you are diagnosed with glaucoma there are ways to manage it. In the early stages you might be prescribed eye drops or have laser surgery performed. Other ways to manage glaucoma are done by performing filtering surgery or a drainage implant.

Dr. Mascarenhas at Middlesex Eye Physicians is our Glaucoma Specialist. She is Yale educated specialist and trained in Trabectome glaucoma surgery.

Middlesex Eye Physicians
Offices in Middletown and Westbrook

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How a Bill Becomes Law in Connecticut



The 2018 legislative 'short' session will begin on February 7th and end on May 9th. In order for any idea to become state law, either individual legislators, committees, or the governor must introduce a bill. In the long session, legislators can propose virtually anything, but in the short session an individual legislator is constitu-

tionally limited to introducing bills related to budgetary, financial, or revenue matters. Should a committee choose to move forward on a legislator's proposal, that bill will become a 'committee' bill and be drafted in full statutory language.

Committees, themselves, are allowed to introduce bills on any topic in both the long and the short session (so long as the committee has cognizance) – these are 'raised' bills. While individual legislators are limited in the short session, we still can recommend certain topics to committees to consider as raised bills.

Finally, the governor is allowed to propose bills through the legislative leaders within their party. The governor's bills are typically budgetary in nature. Once bills are statutorily drafted, committees hold public hearings. At these public hearings, anyone can come and testify in support or against legislation – or offer recommendations as to how to make the legislation better. For tips on how to testify, please check out this website: <https://www.cga.ct.gov/asp/content/yourvoice.asp>.

After a public hearing, committees can vote on legislation, make adjustments, or simply not move bills forward. Bills that are voted out of committee are then placed on the House or Senate calendar and are able to be voted on by each chamber and, if successful, signed by the governor to become law.

As always, if you have questions, concerns, or ideas, please feel free to contact me at 860-240-8700 or devin.carney@cga.ct.gov.

I hope you and your family have a wonderful holiday season and a healthy New Year.

State Representative,
Devin Carney

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Saybrook Probate District Elects New Judge



Attorney Jeannine Lewis was elected to serve as the next judge of probate. Photo by Laura Matesky Photography.

The recent election means a new face will soon be seen at Old Saybrook Town Hall. Essex resident and attorney, Jeannine Lewis, was recently elected to succeed Terence Lomme when he retires in July as the district's probate court judge.

Attorney Lewis currently works at the law firm of Hudson & Kilby in Essex where her practice focuses on estate and probate matters. She has dedicated her entire legal career to matters related to probate, and has in depth legal knowledge in many of the areas the probate

court oversees. Workable outcomes for families that provide dignity and security are a priority in Attorney Lewis's daily work. She devotes extensive time and thought to making decisions that affect the lives of others; treating clients with the same respect she would extend to her own close family members.

Having lived in the district for 17 years, Attorney Lewis is vested in the well-being of her community and actively contributes to community interests as: a present board member of the Shoreline Soup Kitchens and Pantries (SSKP), a SSKP meal site server for the past

10 years, a community lecturer on end-of-life issues, the pro bono attorney for Sister Cities Essex Haiti, a church youth leader and teacher, and as an involved parent of a middle schooler. Attorney Lewis also regularly donates her time and energy to organizing legal education programs for attorneys and probate judges in her role as chair of the Continuing Legal Education Committee of the Elder Law Section of the Connecticut Bar Association.

Attorney Lewis recently stated, "I am overjoyed to be selected to serve as the next judge of probate for District 33. I am committed to serving our community in a dignified and memorable way that will continue to bring pride to our shoreline court. The position begins on July 28, 2018, and I will work with Judge Lomme and the court staff in the interim to ensure a smooth transition so that the court's service to the public remains uninterrupted. Thank you for the honor of serving in this vital community role. I am grateful to those who supported me in this endeavor, and hope to earn the support of our entire 9-town community through dedicated service over the coming years."

The Saybrook Probate Court is located on the second floor of the Old Saybrook Town Hall and serves the nine towns of Chester, Clinton, Deep River, Essex, Haddam, Killingworth, Lyme, Old Saybrook, and Westbrook.

Events Presents ~ Saybrook Country Barn



Furniture? No problem. Rugs? They've got that. Window treatments? Lighting? Bedding and bath? Yup, all that too. And don't forget hardware, and even apparel. Where could you possibly find all that? Saybrook Country Barn (SCB), of course.

What started with a pioneering grandmother (Clara Zirkenbach) in the mid-1970s and her indomitable "I can do that" attitude has continued into two more spirited generations. The family has spearheaded three expansions that have broadened product offerings and catapulted showroom space from 2,000 to

42,000 square feet. This October marked the 40th anniversary of SCB.

It's a true family affair. Keith Bolles (who started with emptying waste bins when he was 4) represents the third generation. He's now in charge of marketing. Mother Jane heads up the home and apparel side. Father Keith is President and oversees everything - from executive duties to showroom upkeep.

How has the SCB family become so successful? "Customers would say I wish there were a rug shop or a curtain shop" says Bolles. "We said: 'We can do that.' We listen to our customers so that we can provide exactly what they want."

The family's customer-focus makes for an inspiring shopping experience. Customers say SCB is the most beautiful place they've ever been to. SCB displays the furniture and accessories as they'd look in customers' homes. Ninety percent

of what SCB does for its customers is customized. And if that isn't enough, SCB visits customer homes for in-home design consultation. That way customers can get exactly what they want. That's the point.

Through the success, the family remains humble. "There's only so much Mom and Dad and I can do on our own," said Bolles about the SCB employees. "Without them, we'd be nothing." And as to customers? "We don't always get the chance to say 'thank you.' We are here because you want us here. We appreciate it."

Looking forward, there's no reason to change the formula. "People enjoy the experience of shopping and that person-to person experience," says Bolles. "It's where our future lies. Great products, great atmosphere, and top notch customer experience. If we do those three things, we'll be just fine."

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- Direct mail is personal and leaves a “deeper footprint”
- Millennials find direct mail more effective than email

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Old Saybrook Land Trust

Things don't slow down for the Old Saybrook Land Trust (OSLT) during the winter months. There are stewardship projects every month as well as a highly popular wintertime hike and scavenger hunt, sponsored by OSLT's Outdoor Adventure Kids (OAK) youth group. For more information, visit OSLT's website at www.oslt.org or "friend" the Old Saybrook Land Trust page on Facebook.

Here are the dates for OSLT's wintertime activities:

STEWARDSHIP

January 20: at OSLT's Main Street property, meet at the parking lot behind 162 Main Street, to remove brush and collect any trash.

February 17: at OSLT's Rocky Point property, across from #2 Rocky Point Road, to remove English ivy vines from large trees.



A lunch break at a recent OSLT stewardship event.
Photo by Bob Lorenz.

March 17: at OSLT's 15-acre property in the northwest corner of town, adjacent to The Preserve (access from the Essex entrance to The Preserve), to remove brush along the property's southern boundary.

April 21: at OSLT's Oyster River property, access through the driveway at 66-70 Ingham Hill Road, to remove brush, clear paths, consider possible future activities.

All are welcome to work, watch, or just walk around at any of these events.



Kids comparing color swatches with colors in nature on a recent OAK hike.
Photo by Barbara Guenther.

WINTER HIKE / SCAVENGER HUNT

Join OAK for a fun winter hike and scavenger hunt on Sunday, February 11, at 1:30 pm, Town Park, Schoolhouse Road. During the scavenger hunt, kids are encouraged to become nature photographers and create art. Families will be given a list of items to find in nature and capture in photographs. Kids will have the opportunity to display their photos at the Acton Library. After the hike, we will enjoy yummy treats and hear about what we found! For more information, or to be added to our email list, please contact OAKHikes@gmail.com.

Welcome to Old Saybrook, Connecticut, where the Connecticut River Meets the Sound.

We are one of the oldest towns in the state, incorporated on July 8, 1854. We have a long history dating back to 1635 when we began as an independent colony known as the Saybrook Plantation. The colony was started when a company of English Puritans headed by Viscount Saye and Sele and Lord Brook, and led by one John Winthrop, Jr. erected a fort to guard the river entrance.

We are the site of the Pequot Conflict (war) in 1636.

Yale University was founded in Old Saybrook as the Collegiate School for the education of ministers in 1700. The Saybrook College of Yale University Seal is used as the Town logo on its letterhead and town-owned vehicles.

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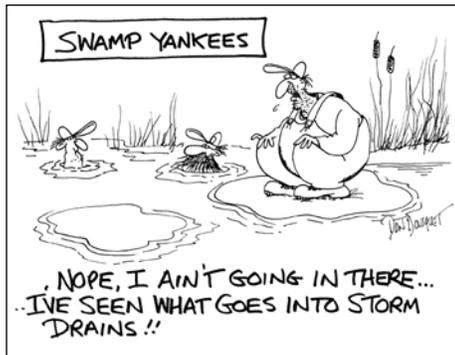
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WINTER STORMWATER: Know Where It Goes

A NON-TOXIC NEW YEAR

It's tough to think about the New Year without thinking about New Year's resolutions. If you don't have any resolutions in mind this January, consider this one: Don't pour it out!



We're talking about toxic chemicals, such as drain and oven cleaners, paint, and paint thinner, to name only a few. When these are poured down household drains, storm drains, toilets, or on the ground, those chemicals end up in nearby waters.

An easy way to reduce the number of chemicals that you have to dispose of is to try to use non-hazardous products when you can. Lemon juice, vinegar, hot water, borax, soap, and baking soda are good alternatives, and there are many recipes online. Our favorite is this all-purpose cleaner that you can prepare and use by adding to a spray bottle: ½ cup vinegar and ¼ cup baking soda mixed into ½ gallon of water. You also might find that these non-toxic cleaners are not only easier on local waters but also are easier on your wallet.

If you do have household chemicals to dispose of, check out the schedule for the Lower Connecticut River Valley region's Household Hazardous Waste collection center in Essex at www.rivercog.org/hhw.html.

HAVE A HEART – KEEP PAVEMENTS CLEAN

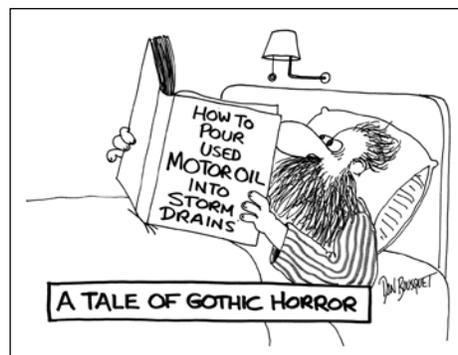
Valentine's Day might be just for lovers,

but February is the month for everyone to show that they have a heart for our water resources.

Currently, most Connecticut towns are increasing their efforts to reduce the effects of polluted stormwater runoff, which is the water you see flowing down the street when it rains. This month you can adopt two rules-of-thumb that will help minimize stormwater problems in our town:

- Keep as much water as possible off of paved surfaces.
- Keep the water that does run off, as clean as possible.

There are a few simple steps that you can take at home to keep stormwater off pavement, such as diverting rooftop runoff to a rain barrel or directing downspouts onto the lawn instead of the driveway, sidewalk or storm drain. Washing your car at a designated car wash or on the grass – not in the driveway – and using a broom, instead of a hose, to sweep up, also can help.



To keep the water that does run off clean, you can sweep spilled fertilizers, grass clippings, and soil off sidewalks and driveways and back onto the lawn. Never put household chemicals down storm drains or indoor drains, and keep dog waste off the sidewalk and street.

SPRING CLEANING SWEEPS IN

Lions, lambs, college basketball, and spring

cleaning are what come to many people's minds when they think of the month of March. And since we don't have much to say about weather forecasts or tournament predictions, we thought we'd share some of our stormwater-friendly spring cleaning tips instead.

If you plan on doing any cleaning outdoors, please remember to use a broom rather than the hose to remove any leaf litter or debris from your driveway or nearby sidewalks. When you use a hose, that water simply flows to the nearest storm drain or directly to the nearest water body, carrying with it all the dirt you were trying to get rid of!



If you plan on cleaning out old cans of paint or household cleansers such as oven cleaner or paint thinner, please don't pour them out! When poured on the ground, those toxic chemicals are carried by stormwater directly to our local water resources. And who wants to swim or fish with paint? Instead, you safely can dispose of unused paint by bringing it to a paint drop-off location such as Sherwin-Williams in Old Saybrook and to dispose of household chemicals, check out the schedule for the RiverCOG's Household Hazardous Waste collection days at www.rivercog.org/hhw.html.

From www.uri.edu/riss.

Adapted with permission from University of Rhode Island Cooperative Extension and RI NEMO.

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WPCA Update

Significant progress has been made in implementing the Decentralized Wastewater Management Project. There are now over 950 upgrade compliant septic systems. We are presently upgrading septic systems in Cornfield Point which is the last area we plan to upgrade with conventional septic systems. All of the preliminary contract work has been done and 5 of the 8 expected contracts have been awarded to installers. Construction will continue through the winter, weather permitting, with the expected completion date on December 31, 2018.

Benefit Assessment public hearings for the completed Cornfield Point upgrades are being scheduled over the winter. At least 4 or 5 public hearings will be held for Cornfield Point this fiscal year.

In December, we are expecting the draft report from Wright-Pierce engineering, summarizing their evaluations of options to upgrade the remaining 5 areas in the Wastewater Management District; Plum Bank, Great Hammock Beach, Saybrook Manor, Indiantown and Chalker Beach. Once the draft has been submitted to the WPCA, it will also be reviewed by the CT DEEP. In 2016, the Town hired the firm GZA to evaluate and report on the impacts of Sea Level Rise on Old Saybrook. Wright-Pierce has been applying GZA's data to review and assess the various wastewater treatment options in relation to sea level rise. Information acquired will be incorporated in their recommendations.

According to the Connecticut General Statutes, and recent bills introduced in the legislature, any projects in the planning process must consider sea level rise. This legislation requires the CT DEEP to take sea level rise into account when establishing funding priorities for eligible water quality projects. This means that our plans must show that any solution to the community pollution problem in the Wastewater Management District includes coastal resiliency considerations in order to receive Clean Water Fund monies from the State.

The WPCA Board and staff regularly attend CAWPCA (CT Association of WPCAs) and CIRCA (CT Institute for Resilience and Climate Adaptation), as well as several other organization's workshops and meetings to stay abreast of and participate in discussions on water quality issues in Connecticut.

For further information, we encourage residents to call 395-2876, stop into our office in Town Hall or attend our monthly meetings held on the 2nd Mondays in Town Hall. Or visit our website at www.oswpca.org. Have a safe and happy holiday season and best wishes in the New Year!

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Essex Printing and Events Magazines Honored as 2017 Business of the Year by Old Saybrook Chamber of Commerce

Essex Printing and Events Magazines is proud to announce that it has been named the 2017 Business of the Year by the Old Saybrook Chamber of Commerce. The announcement was made at the Chamber's Annual Awards Evening and Silent Auction held at The Kate in Old Saybrook on December 6, 2017.

"This is such a special honor for us. The company has been serving this community for many decades now. We always strive to do our best for our customers and the community. And no matter what we do, we always are looking to do more and we will continue to do so," said William McMinn, the company's President. "For our company and our employees, this is a moment to cherish. We look forward to continuing to serve this community, building on existing relationships, and fostering new and exciting partnerships



going forward. We are also grateful to the Old Saybrook Chamber of Commerce and the important role it plays in so many ways for so many of us."

Essex Printing and Events Magazines is a full service commercial printing and publishing company. Its skilled staff

provides top quality service with respect to projects ranging from business cards to books and from graphic design, digital and large format printing to marketing consultations. The company has won 13 major print awards in the past 5 years, including the "Benny" award - an international award that is universally recognized as the symbol for excellence in the printing industry.

The company also produces and publishes Events Magazines. These magazines are published quarterly in 16 Connecticut towns and have been a trusted source for local news for 22 years. They are mailed directly to every home and business in these 16 towns and are a "must read" for residents and are widely recognized as a cost-effective advertising vehicle for businesses.



Tamera "T.J." Jackson
Owner & Team Member

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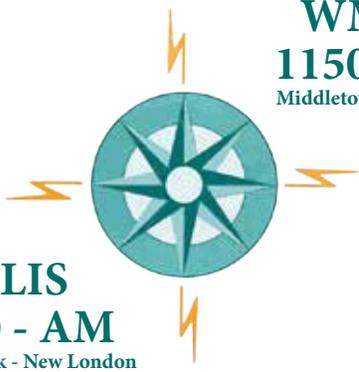
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**Thanks for a Great Year
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BROWNFIELDS ASSESSMENT

The Brownfields Assessment conducted with a \$155,000 grant from the Connecticut Department of Economic & Community Development wrapped up in November 2017. Tighe & Bond, the environmental consultants for the project, wrapped up the assessment with a presentation to the public on October 19. The conclusion: although there are areas of contamination on the properties that need remediation, the cost of the remediation should not be a deterrent to redevelopment. A summary of the assessment results and an Opinion of Probable Cost for remediation is available from the Economic Development Office and on the Economic Development webpage under "Mainer's Way."

BROWNFIELD AREA-WIDE REVITALIZATION (BAR) PLANNING PROJECT

The BAR project wrapped up on December 5 with a public presentation of the final report from CivicMoxie, the consultants on the project. The project had the following goals:

- Test assumptions from the 2014 Mariner's Way Plan;
- Review the existing corridor infrastructure and conditions;
- Analyze the current real estate and business market;
- Gather input and discuss what Old Saybrook residents, businesses, and property owners want in the redeveloped Mariner's Way corridor.

The final report summarizes the results of this 18-month study and offers recommendations for encouraging redevelopment of the area as a gateway to Old Saybrook based on public input, market realities and existing conditions. A grant of \$200,000 from the Connecticut Department of Economic & Community Development with a match of \$20,000 by the Town paid for the study.



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Cappella Cantorum registration/rehearsal

Cappella Cantorum Masterworks Chorus registration and first rehearsal for its spring concert will take place Monday, Jan. 15, 7 pm, at Trinity Lutheran Church, Main Street, Ivoryton. Auditions are not required. The concert will feature Haydn's "Creation" and will be performed April 29. Simon Holt of the Salt Marsh Opera will direct. Rehearsals after Jan. 15 are Mondays at John Winthrop Middle School, Deep River, at 7:30 pm. Registration is \$40; music is extra. Late registration will be the following Monday, Jan. 22, 7 pm, at John Winthrop Middle School.

For more information visit www.CappellaCantorum.org or call 860-526-1038.



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The Kate Rolls Out the Red Carpet for Oscar Night Party March 4



Celebrate like a star at the Katharine Hepburn Cultural Arts Center's annual Oscar Night Party on Sunday, March 4 at 7 pm! Proceeds from this popular event benefit arts and culture programming at the Kate. Now in its 8th year, this event honors the Kate's 12-time Oscar Nominated, 4-time-winning namesake and makes for a unique

party. Guests will walk the red carpet and can pose for a photo with a real Oscar statue. The Oscars ceremonies will be telecast live on the Kate's big screen and a silent auction will offer an array of fun and interesting items. For the past nine seasons, the Kate has presented quality arts programs, spanning several genres, for patrons of all ages. In addition to more than 250 events each year, the Kate also offers arts education programs year-round that include Kate's Camp for Kids and Missoula Children's Theatre. As a non-profit organization, the Kate is thankful for contributions

from fundraising events, corporate sponsors, and individual members which help to support these programs and much more.

The Oscar Night Party is just one of many events in a busy winter schedule at the Kate.

January and February lineups include:

- John Sebastian - January 6;
- "Celebrating Lilith Fair" - January 12;
- Mary Fahl - January 27;
- Bettye LaVette - February 10;
- BeauSoleil avec Michael Doucet - February 11.

Tickets for the Oscar Night Party and upcoming shows can be purchased online at www.thekate.org or by calling: 877-503-1286.

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

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