

Old Lyme **events**

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First Selectwoman's Corner

Happy Winter's Eve to our Old Lyme residents! The cold season and holidays are upon us, so we hope you have prepared well to hunker down for winter!

The fall of 2019 was dominated by news of mosquitos carrying the Triple E virus identified in our region, hitting close to home with the announcement that an Old Lyme resident had contracted the disease. Eastern Equine Encephalitis (Triple E) is a serious, often deadly disease that has no cure, and often, for those who survive it, leaves an individual with lifelong medical issues. Both East Lyme and Old Lyme had residents who succumbed to Triple E. Several local towns responded by imposing restrictions on Town property such as athletic fields and parks. Our residents responded positively, understanding the risk, and presumably followed recommendations to minimize the risk. Finally, in late October, the State Dept. of Public Health and Ledge Light Health District lifted the recommended restrictions due to dramatically reduced risk. While impossible to predict, we could face this risk again next year, so it is important to get into the habit of emptying unnecessary standing water, and using mosquito repellent when the critters become a nuisance. Our condolences go out to the family who lost a loved one to this terrible disease.

The Community Connectivity Grant Committee hired BSC Group to design the sidewalks on the west side of Hartford Ave.,

between Bocce Lane and Rte. 156, on Rte. 156 from the Police Dept. to Cross Lane. BSC was the low bidder for the project, and they also were the engineers for the Sound View Improvements Project. The engineers and the Committee have met at Hartford Ave., walked the entire length of the design area, and are assuring that all necessary concerns that might come up are addressed (such as drainage, etc.). Once a design is available, it will be shared with the public for comment. Thanks to Selectwoman Mary Jo Nosal for her leadership on this Committee.



Bonnie A. Reemsnyder
First Selectwoman

Congratulations to Officer Kevin Roche of the Old Lyme Police for his quick thinking and successful action in preventing a suicide in Old Lyme. Apparently, when called to an active scene, Officer Roche was able to calmly talk to the individual who was distraught and hopeless. His actions resulted in the person being transported to a facility for help. Officer Roche was recognized for his quick action and bravery with an award presented at the DESPP Public Safety Complex in Middletown (Division of **continued on page 5**)



The logo for Saybrook Home, featuring the letters 'SH' in a large, white, serif font inside a black square. Below it, the words 'SAYBROOK HOME' are written in a smaller, white, serif font, and 'EST. 1977' is written in an even smaller font at the bottom.

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Charles Shaw, Snow Scene, oil.

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Emergency Service and Public Protection.) Thank you, Officer Roche for your compassionate service!

The draft plans for the Hains Park bathrooms have been submitted and reviewed by the Committee, and some minor changes have been requested. Once the final plans are approved, the committee will go out to bid for construction. We anticipate that the construction will be completed in the spring, and are certain that the new building and orientation will be appreciated by all. In addition, we will be drilling a new well as the current well does not produce enough water for the park usage. As this is considered a Public Water Supply by the State Dept. of Public Health, the permit for the well must be issued by the State DPH. Hopefully, everything will align for a completed project in spring, 2020.

Speaking of spring of 2020, we are on schedule for the replacement of the Mile Creek Road Bridge over the Black Hall River to begin once winter breaks in the spring. While we cannot definitively give a start date at this time, we will announce it once we are certain. Please note that Mile Creek Road will be closed at the bridge, with a detour around the area, which we will make sure is clearly marked. The bridge is expected to be closed for three months, but hopefully it will be less. If you want to be notified of the closure as soon as we know, please subscribe on our website at: www.oldlyme-ct.gov to the News and Announcements. Once we post something, you will receive an email with the information, so you don't have to keep checking our website for updates. Of course, we will announce the closure through traditional means of a press release to appropriate news outlets.

The Board of Selectmen has been quite busy this past fall, as they are looking at several new initiatives. There has been a lot of talk about renovating the screen porch at the Senior Center, but with the need for more space, the suggestion was made by First Selectman Steve Mattson of Lyme that we create a building committee to assess our needs and make recommendations to both towns on what to do. There are nine members on the Lymes' Senior Center Building Committee and they had their first meeting on Oct. 16th. Thank you, Jeri Baker, (Chair of the Senior Center Board) for spearheading this.

In addition, the Selectmen are forming an Exploratory Committee for Affordable Housing, at the suggestion of a resident. The Selectmen approved a charge for the Committee and have begun accepting requests for appointment. There have been a number of requests, so the Selectmen will each make their recommendations for seven members, and consider whether alternates will be appointed as well. This will be a good opportunity to review the state's requirements, the town's current status and potential sites for affordable housing. The

continued on page 6



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Selectwoman's Corner... continued from page 5

committee will make recommendations to the Selectmen in the hopes of working towards increased opportunities for affordable housing in Old Lyme. If you are interested in serving, please go to our website for the "Request for appointment" form, fill it out, and submit it to Michelle Noehren at: selectmansoffice@oldlyme-ct.gov, or drop it off in the Selectman's Office.

Finally, the Selectmen are also considering forming a Climate Change Committee to look at this threat to our community. Rebecca Waldo, a resident from Old Lyme, came to the Board with her concerns, and asked what it would take for Old Lyme to become a 100% renewable town. The Board is currently considering her suggestions and will be deciding about forming a committee in the near future. Thank you, Rebecca Waldo for your advocacy and determination.

Our IT infrastructure has had a major upgrade in light of the many security threats that all towns now face - ransomware, hacked emails, false requests for payment, etc. Some towns in CT have fallen prey to these schemes, and several have had to pay to "unlock" their own data. With this very real and growing threat, the Selectmen and Board of Finance felt it was prudent to fund the upgrades, which provides the best security and monitoring. All employees are now working off the same version of Windows, as well as using the same version of Office. Our data is backed up several times daily, so if we do have a failure, we can be up and running quickly. We know it was the right thing to do, and thank the Board of Finance and the taxpayers for funding this important upgrade.

On Friday, October 11, 2019, Town Hall staff and many, many friends said goodbye to our longtime employee and friend, Catherine Frank. Cathy has worked in the Selectman's Office for 22 years, and was an important cog in the wheel of government here. The entire staff quickly got into the habit of "going to Cathy" when they had questions, puzzles to solve, or unusual challenges to address. She seemed to know everything, and Town Hall is just not the same without her. But her retirement is well-deserved, and we said goodbye with style, a proclamation announcing Oct. 11, 2019 as Catherine Frank Day in Old Lyme, and even a song wishing her the best. It was a sad but fun day, and we truly wish her relaxation and wonderful days ahead.

As difficult as it is to find a replacement for Cathy, we are very lucky to have found Michelle Noehren to take her place. Michelle comes to us with great experience in government, having worked for UConn Health recently, as well as the CT General Assembly for many years. She has quickly adapted to the demands of town hall, bringing many talents with her. Welcome to Old Lyme Town Hall, Michelle Noehren (yes, another Michelle, but her name is spelled with two LL's!).

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In December, the Board of Selectmen will be making appointments to the many Boards and Commissions that we have in our community. Volunteerism is essential in our town, and I encourage you to consider serving in this capacity. We have many openings that we strive to fill throughout the year, and this is a great time to consider giving back to the Town. If you are interested, please email selectmansoffice@oldlyme-ct.gov for a list of vacancies. Thank you to all our current volunteers who have served for many years.

Remember that the Annual Town Meeting is the fourth Monday in January, when we will accept our Annual Town

Report, announce our Citizen of the Year for 2019, and take care of any other business that comes before the town.

On behalf of the Board of Selectmen, I wish you wonderful and safe holiday season, and best wishes for a wonderful New Year.

Bonnie Reemsnyder, First Selectwoman

Editor's note:

Timothy Griswold was elected as the new First Selectman in November 2019 and the next edition of Old Lyme Events will include an update from him.


Town Hours & Holiday Schedule



TOWN HALL WILL BE CLOSED ON THE FOLLOWING HOLIDAYS IN 2019 AND 2020

Wednesday, December 25, 2019	- Martin Luther King, Jr. Day,
- Christmas holiday,	Monday, February 17, 2020
Wednesday, January 01, 2020	- President's Day and
- New Year's Holiday	Friday, April 10, 2020
Monday, January 20, 2020	- Good Friday.

Hours for most departments:






Monday through Friday, 9:00 am - 4:00 pm.



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Town of Old Lyme Tax Collector's Notice

Notice is hereby given the Taxpayers of the Town of Old Lyme that the second installment of a tax of 22.41 mills on the dollar laid on the grand list of October 1, 2018 is due January 1, 2020. Also due on that date are the supplemental Motor Vehicle tax bills.

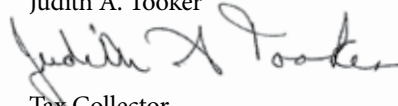
Payments must be made on or before February 1, 2020 to avoid penalty. Any payment made after that date will be charged interest at the rate of 1 1/2% per month going back to the due date. (February interest is 3%)

Questions pertaining to assessments and exemptions should be

directed to the Assessor's Office at: 860 434-1605 ext 218. Tax questions at: 860 434-1605 ext 216.

Payments may be made at the Old Lyme Town Hall, 52 Lyme Street or mailed to the Old Lyme Tax Office, 52 Lyme Street. Old Lyme, CT 06371.

Judith A. Tooker



Tax Collector

Trash and Recycling

Curbside trash removal is performed by Old Lyme Sanitation (860-434-3800.)

There is no trash pick-up on the following holidays: Christmas (Dec. 25), New Year's (Jan. 1), Memorial Day (last Monday in May), July 4th, Labor Day (first Monday in Sept.), and Thanksgiving Day (fourth Thursday in Nov.). Trash normally collected on Thanksgiving will be picked up the next day, along with the regular Friday pickup.

For Christmas and New Year's (Monday holiday), trash pickup moves to the following day, until Thursday and Friday, which remain on schedule. If the Monday holiday falls on your recycling day, Monday will be picked up on Tuesday, along with Tuesday's regularly scheduled pick up, and the rest of the week will remain on schedule. Please be advised that Old Lyme Sanitation DOES NOT take off the same holidays as the Town does.

Please have trash container out at curbside by 6:00 am on your assigned day.

Containers should be three feet away from any other objects, such as mailboxes, cars, other containers, planters, etc. Please be mindful not to block breakdown/emergency lane with receptacle. **Clearly mark your address on recycling and trash receptacles** to avoid mix up, removal or displacement of cans. Phone Michele Hayes (860-434-1605, continued on page 10



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A Guide to Recycling

Connecticut now has a universal list of what belongs in your recycling bin and what doesn't. All items should be **empty, rinsed, clean** and **open**. Do **not** shred, box, bag or bundle. To learn more, go to RecycleCT.com

What's IN?

What's OUT?

PAPER

- Cardboard & boxboard
- Food & beverage cartons
- Junk mail
- Magazines & newspaper inserts
- Newsprint
- Office paper
- Pizza boxes

- Gift wrap & gift bags
- Ice cream containers
- Paper cups (hot & cold)
- Shredded paper
- Take-out food containers
- Tissue paper

GLASS

- Beverage bottles & jars
- Food bottles & jars

- Ceramic mugs & plates
- Drinking glasses

METAL

- Aerosol containers (food grade only)
- Aluminum foil
- Cans & bottles
- Foil containers
- Metal lids from cans & bottles

- Aerosol containers (deodorizers, cleaners, pesticides, etc.)
- Foil tops from yogurt containers
- Paint cans
- Pots & pans
- Small pieces of scrap metal
- Spiral wound containers

PLASTIC

- Plastic bottles (with or without caps attached)
- Plastic containers, tubs & lids
- Plastic one-use cups (no lids, no straws)

- Loose bottle caps
- Plastic bags & wrap
- Plastic plates, bowls & utensils
- Prescription bottles
- Single-use coffee containers
- Styrofoam cups, containers & packaging peanuts
- Water filters



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Trash and Recycling... continued from page 8

ext. 212) with any additional trash removal questions that you may have.

Single stream curbside recycling pick-up is provided for clean bottles, cans, #1 - 7 plastics and paper products co-mingled in the green recycling carts every other week. Corrugated cardboard boxes need to be flattened for recycling. A complete list of acceptable single stream recyclables is available on the Town's website at: www.oldlyme-ct.gov - click the trash and recycling link on the Selectman's or Public Works pages or at www.shorelinesanitation.com. Information is also available in the Selectman's Office at the Memorial Town Hall, 52 Lyme Street, and at the Landfill/Transfer Station on Four Mile River Road. Please phone Michele Hayes at: 860-434-1605, ext. 212 with any additional questions you may have.

Curbside recycling is performed every other week by Old Lyme Sanitation (860-434-3800.) There is no recycling pick-up on the following holidays: Christmas Day (Dec. 25), New Year's (Jan. 01), Memorial Day (last Monday in May), July 4th, Labor Day (first

Monday in Sept.), and Thanksgiving Day (fourth Thursday in Nov.). Recycling normally collected on Thanksgiving is picked up the next day, along with the regular Friday pickup. For other holidays, recycling pickup moves to the following day, until Friday, which remains on schedule. Recycling information is available on the Town's website at: www.oldlyme-ct.gov, as well as in the Selectman's Office at the Memorial Town Hall, 52 Lyme Street, or at the Landfill/Transfer Station on Four Mile River Road. Clearly mark your address on recycling and trash receptacles to avoid mix up, removal or displacement of cans. Phone Michele Hayes at: 860-434-1605, ext. 212 with additional questions you may have.

Additional automated trash and recycling containers should be ordered through Michele Hayes (860-434-1605, ext. 212) in the Selectman's Office at the Memorial Town Hall, 52 Lyme Street. Containers cost \$80. Please mark clearly your address on recycling and trash receptacles to avoid mix up, removal or displacement of cans. Homeowners are responsible to replace lost, stolen or broken cans at their expense.

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Transfer Station Information

TRANSFER STATION / LANDFILL HOURS

The Transfer Station is located on Four Mile River Road and is open Tuesday-Friday, 7:30 am - 3:45 pm, Saturday, 8:30 am - 4:00 pm. Closed Sunday and Monday. Taxpayer's vehicles should have a Transfer Station sticker affixed to the right-hand side of windshield. Vehicles without a sticker, should bring proof of property address (i.e., tax bill, mortgage statement or closing papers,) along with a driver's license and registration.

Bulky Waste and Demolition: Vehicles will be charged by weight at \$110/ton. Recyclables should not be mixed in the same load with Bulky Waste or Demolition debris. Loads less than 100 lbs. are charged a minimum fee of \$5.

Brush is charged on a per load basis. No wood or limbs thicker than four inches are accepted. Grass clippings are not allowed at the Transfer Station because of chemical contamination from pesticides

and fertilizers and cannot be deposited in your trash can. Please compost on your property.

Electronics are now accepted at the Transfer Station. Residents are able to bring the following items to the Transfer Station on Four Mile River Road: computers (personal computers, mainframes, med-range computers, laptops); networking equipment (hubs, switches, control cards, etc.); computer monitors, televisions, printers, keyboards, mice, adaptors, stereos, speakers, VCR's, scanners, fax machines, copiers telephones and telephone systems, computer wire and cable; computer drives and storage devices (floppy drives, CD ROMs, hard drives), power supplies, circuit boards, micro-waves, scrap copper (cable, pipe, etc.), scrap aluminum (machine and machine parts, cable extrusions, etc.), fluorescent light bulbs, UPA (uninterrupted power supply) batteries, and related computer and electronic equipment.

Streetlights

Reporting Streetlight Problems:

When reporting a street light outage/problem, please provide exact address, pole number and issue observed. Either phone Michele Hayes at: 860-434-1605, ext. 212, in the Selectman's Office, or report the problem directly to

the following link: <http://tankolighting.com/oldlymemaintenance/>. The Town of Old Lyme can only repair streetlights that are on town-owned roads. Streetlights that are located on private or association roads should be reported to the association. Thank you!



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Town Clerk's Office

Vicki Urbowicz, Town Clerk,
Courtney C. Joy, Assistant Town Clerk

Congratulations!

We congratulate the following on their recent marriages:

July

Jacob Paul Bocian & Brittany Anne Sutera
Daniel Joseph Pegnataro & Tanya Lee Wenke
Aaron Taylor Zrenda & Naomi Harris
William John Harovas & Jodi Lynn Kelly
Dylan Alexander Heim & Christina Anne Pelletier
Niels Giffey & Erin Marie Dinnan
William Atkinson Sadleir Magrath, III & Carolyn Regan Pastel
Patrick Murray DeBiasi & Avery Ann Toppino
Jake Joseph Longolucco & Sarah Anne Melvin Chabal
David Scott Bureau & Nilcilea Luisa da Silva
Christopher Lawrence Jaccoma & Melissa Gene Gatti
Roberto Alvarez Gonzalez, IV & Marguerite Frances Hobbs
Kevin Malloy Montanaro & Ashley Jeannette Crete

August

Kevin Michael Barnaby & Abigail Brooke Stevenson
Luis Antonio Arbelo & Elizabeth Ayala
Steven Richard Cowles & Nancy Lou Cusson
Alexandra Elizabeth Loutsion & Ann Rebecca Goren Rosen

James Michael Harrington & Cristina June Thomas
Michael David Miller & Sarah Pierson Carlson
Timothy Joseph Smith & Karla Rosa Lara
Donald S. Super & Chevala I. DeLorenze
Thomas Warren LeBrun & Kathryn Kross
Matthew Brian Vinci & Gail Elizabeth Butler

September

Anthony Cambio & Jennifer Lee Ward
Travis Hall Knightly & Karen O'Konis Bessette
Whitney Kyle Coleman & Alexandra Barbara Formica
Andrew William Meigs & Sarah Elizabeth Catlett
Laurie Joan Herring-Sylvestre & Holly Jo Thomen
Timothy Scott Crakes & Kenzie June Harrick
Michael Joseph Russo & Sarah Lavoie
Stephen James Exner & Victoria Stewart Serues
Scott Allan Baker & Faith Ruth Johnson
John Steven Larrow & Krista Leigh Baroni
Nicholas Michael SanGiacomo & Brooke Elizabeth Bailey
William Bowe & Loren Marie Malicki
Jonathan Wolf & Stephanie Shuska
Robert Joseph Doughty & Jessica Lee Avolese
Brian Adam Burke & Julie Brady Ramaccia
Jason Robert Harlow & Kathleen Fraser
Matthew Michael Iovanna & April Elizabeth Darling
Thomas Edward Duarte & Caitlyn Elizabeth Driscoll



Jennifer Caulfield
860.388.7710
Jane Pfeffer
860.227.6634
jenniferandjane@wpsir.com



*Source: BrokerMetrics, SmartMLS; *Market Share by Broker, by total dollar volume: closed sales for single family homes in Lyme, 05/01/2015-11/30/2015. While information is believed true, no guarantee is made for accuracy.

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With Sympathy

We would like to express our condolences to the families of recently deceased Old Lyme residents:

July	August	September	
Mary Ellen Donohue-Polin	Jack Barry Hotchkiss	Peter P. Intagliata	Reginald C. LaCasse
John Reuben Leonard	Miles R. Stray	Elizabeth K. Planeta	Theodore B. VanItallie
William J. Nesto, Jr.	Lynn Ellen Roche	Robert John Digby	Gary G. Gnazzo
Edward Francis Zapert		Arthur Cohen	Francis Vesci
			Helen Frances Heap
			Judith Ann Kaan
			Thomas Bancroft Noyes
			Bror Roland Haglund

Town of Old Lyme Social Services Department

HEATING ASSISTANCE

Applications are currently being accepted for the Connecticut Energy Assistance Program (CEAP), which may help income eligible households in paying for their heating costs during the winter months. Households are determined eligible based on state income and asset guidelines. We are the intake site for residents of Old Lyme. Applications are then processed through TVCCA. You may be eligible for benefits even if heat is included in your rent payment (depending on your income and rent amount.)

OL Social Services maintains an emergency fuel fund for residents who need immediate help or may not qualify for

CEAP. We gratefully accept donations to this fund. Checks may be dropped off or mailed to the Town Hall.

For more information, or to schedule an appointment, please contact: Jennifer Datum, Social Services Coordinator at: 860-434-1605, ext. 228 or email: socialservices@oldlyme-ct.gov.

OFFICE HOURS ARE

Mondays 9:00 am - 1:00 pm,
Wednesdays 12:00 pm - 4:00 pm and
Fridays 9:00 am - 1:00 pm or by appointment.

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OLD LYME LIBRARY

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860-434-1684
oldlymelibrary.org

The Library continues to fulfill its mission to inspire lifelong learning and discovery in a welcoming place with exceptional resources, programs, and services. From developing fun, interactive storytimes for babies and toddlers to hand-delivering novels to home-bound patrons, the Library continues to provide opportunities for residents of all ages to learn and grow.

Renovations to the Library building and grounds are scheduled to continue through the winter. While we plan to remain open during the renovation, we do anticipate some disruption to library services. The following events are scheduled; please note that some will take place at locations other than the Library. We may add more events, construction schedule permitting. Please visit the Library's website for the most up-to-date information.

Children's Events

SWEET BEATS FAMILY MUSIC

**Wednesdays, November 13, December 11, January 8,
5:30 - 6:30 pm**

Fun for kids and adults of all ages. Children will be singing, dancing and playing musical instruments at the Roger Tory Peterson Estuary Center, 90 Halls Road, Old Lyme. No registration required. Dates are subject to change. Please check the library website for updates.

FOODS OF GRATITUDE: An All Ages Storytime Celebrating Food & Culture:

Tuesday, November 19, 10:30 - 11:00 am

Join in celebrating Native American history month with a reading of *"Fry Bread"* by Kevin Noble Maillard. Sample some fry bread and take home the recipe to make your own. Feel free to bring a copy of your family's favorite celebration recipe to share with the group. Make a festive placemat for your holiday table. Registration is requested but not required for this event.

WINTER WONDERLAND! All Ages Storytime at the Roger Tory Peterson Estuary Center:

Tuesdays, December 3, 10, 17, 10:30 - 11:00 am

Welcome the approach of the winter solstice as we share stories to snuggle up with on a cold winter's day! Story will be followed by a related craft and snack. Registration is requested but not required for these events.

Teen & Tween Events

Looking to earn community service hours? Want to find out more about the fun projects we're working on? We're always up to something new and creative! Stop in and introduce yourself or submit an application on the Teen page of the library's website: www.oldlymelibrary.org/tlcapp.

TO BE READ (TBR) BOOK CLUB FOR TEENS

Wednesday, January 29, 6:00 - 7:00 pm

Looking for the next hot read? Something so new it's not yet on the shelves? At TBR, Kathy showcases the most exciting books coming out in the next few months. You'll even get to take home exclusive and free copies of these fresh reads! For readers in grade 8 and above; registration requested.

SUMINAGASHI PAPER MARBLING

Friday, February 7, 4:00 - 5:00 pm

Experiment with a traditional water based marbling technique. All materials provided, but bring your own unique papers to test! For Teens and Adults! Program limited to 10, registration required, location TBD.

THE SELECTIVE SLICE: Book Club for Teens

Wednesday, February 12, 2:10 - 2:45 pm

The Selective Slice is a new teen book club covering every genre with your choices, every time! We meet every other month right after school, in the L-OL High School Library. Every meeting features a new genre and participants can read any book that suits the theme. And, we will have pizza! For our February meeting, choose a "dystopian classic." Such as *1984*, *Handmaid's Tale*, *Fahrenheit 451*, *Lord of the Flies*, *Slaughterhouse Five*, or *A Wrinkle in Time*... Registration is requested and is a way for us to keep in touch! We hope to add movie nights and "reader advisory" meet-ups for readers to both recommend and find new favorites.

Adult Events

**CONTEMPORARY CLASSICS WITH MARSHA BANSVAGE
Evenings at 7:00 pm, usually on the first Monday of the month.**

The selection for the December 2nd meeting is *Educated* by Tara Westover.

Phoebe's Morning Book Chat: The second Thursday of the month at 11:15am. The selection for the December 12th meeting is *Save Me the Plums: My Gourmet Memoir* by Ruth Reichl.

Phoebe's Bookcellar

ANNUAL HOLIDAY BOOK SALE

**Friday, December 6, 4:00 - 7:00 pm and Saturday, December 7,
9:00 am - 2:00 pm at 44 Lyme Street.**

Join us for our Annual Holiday Sale-stop by after the Town tree lighting on Friday evening or when you visit the Child & Family Cookie Walk on Saturday. All books, DVDs, and CDs are ½ price. All proceeds benefit the Library. The BookCellar is a highly successful used book store - Old Lyme's only book-store - managed by the volunteer Friends of the Library.

The BookCellar is temporarily relocated to 44 Lyme Street (across the street from the Library.) Please direct all donations to the temporary space during this time. For complete

details, including hours of operation, please visit the Library's website.

In the meantime, we welcome you to drop by the Library lobby to browse the on-going sale of books located near the Circulation Desk. We look forward to welcoming you to the new and improved BookCellar in early 2020.

Every dollar earned at the BookCellar goes directly to support the Library's programs, collections and equipment.

Lyme Public Library

Please call the Lyme Public Library at: 860-434-2272 or email programreg@lymepl.org to register for these events:

THE BOBCAT

"Connecticut's Secretive Wild Cat"

Thursday, December 5 at 6:30 pm

Wildlife conservationist Paul Colburn will give a presentation at the Library that focuses on current research about the natural history and behavior of bobcats in Connecticut.

COOKBOOK CLUB

Saturday, December 14 at 2:00 pm

Copies of *100 Best Holiday Appetizers* will be available at the Library's circulation desk to take home and make a recipe of your choice. Then come sample the culinary delights on December 14 with your fellow participants in the Library's Community Room!

STAR WARS TRIVIA

Saturday, December 28 at 2:00 pm

Brush up on your Star Wars knowledge and join us at the Library for an afternoon of trivia and Star Wars-themed refreshments! Prizes will be awarded.

BEYOND THE BICEP

The Real Story of Rosie the Riveter

Saturday, January 25 at 2:00 pm

Dr. Amanda Goodheart Parks from the New England Air Museum will uncover the real-life "Rosies" who not only inspired that infamous bicep, but whose work in wartime industries also helped secure an Allied victory during WW II.

DR. MARTIN LUTHER KING, JR., AND HIS FAMILY
A Lecture by Prudence Allen

Saturday, February 15 at 2:00 pm

Prudence Allen was secretary to Coretta Scott King during the Civil Rights movement. She will share stories of her time spent with the King family.



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JAN 12	Mihae Lee's 10th Anniversary Concert with Violinist Ani Kavafian and Eleven Fenton Brown Emerging Artists Alumni
FEB 16	Jeff Barnhart/Jim Fryer International All-Star Jazz Band Stu Ingersoll Jazz Concert
MARCH 8	LINÛ Guitar Duo With rising stars Jiji and Gulli Bjornsson Fenton Brown Emerging Artists Concert
MARCH 29	BeethovenFest Celebrating Beethoven's 250th Anniversary with seven world-renowned artists

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Old Lyme Municipal Departments

<u>Department</u>	<u>Contact</u>	<u>Phone</u>
Animal Control	Lynn Philomen	434-1605 x244
Assessor	Melinda Kronfeld	434-1605 x218
First Selectmen	Timothy Griswold	434-1605 x211
Board of Selectmen	Mary Jo Nosal	434-1605 x212
Board of Selectmen	Chris Kerr	434-1605 x212
Building Official	Mark Wayland	434-1605 x230
Emergency Management & Fire Marshal	David Roberge	434-1605 x231
Finance Director	Nicole Stajduhar	434-1605 x232
Harbormaster	Harry Plaut	434-1605 x212
Ledge Light Health District		434-1605 x214 860-448-4882
Parks and Recreation	Don Bugbee	434-1605 x235
Police		434-7080
Probate Court	Hon. Jeffrey McNamara	739-6052
Public Works	Ed Adanti	434-1605 x243
Registrar of Voters	Catherine Carter & Marilyn Clarke	434-1605 x226
Senior Center	Stephanie Lyon Gould	434-1605 x240
Social Services	Jennifer Datum	434-1605 x228
Tax Collection	Judith Tooker	434-1605 x216
Town Clerk	Vicki Urbowicz	434-1605 x220
Treasurer	Michael Reiter	434-1605 x232
Zoning Enforcement		434-1605 x225
	<i>OTHER AGENCIES</i>	
Library/Passports	Katie Huffman, Director	434-1684
School District #18	Superintendent of Schools	434-7238
Youth Services Bureau	Mary Seydner, Director	434-7208

The Rationale Behind Proposing an Artificial Turf Field for Lyme-Old Lyme Schools

If you have attended any of our recent athletic contests, you may have noticed that Lyme-Old Lyme High School has two of the finest grass playing surfaces in the area. These surfaces are maintained without the use of any pesticides and with the added burden of supporting daily practices by multiple athletic teams as well as our physical education programs.

Despite being so close to the Connecticut River and Long Island Sound, our greatest challenge in maintaining our playing fields is our limited water supply. Even with a newly-drilled well, we continue to find that our water needs, which support regular water usage (cooking, toilets, sinks, etc.) for our main campus, town hall, the fire department, LYSB, and the Old Lyme Historical Society, combined with the need to irrigate our playing fields, have exceeded our water system capacity. It was this water supply issue that pushed the Region 18 Board of Education to develop a special committee to review and research the current state of our athletic fields and develop a long-term plan to

Old Lyme - Community Listings

USEFUL NUMBERS

- CAMP CLAIRE(860) 434-0368
- CONSUMER PROTECTION(860) 566-2294
- LYMES' YOUTH SERVICE BUREAU(860) 434-7208
- SENIOR CENTER.....(860) 434-1605 x240
- OLD LYME VISITING NURSE(860) 434-7808
- OLD LYME HISTORICAL SOCIETY(860) 434-0684
- 9 TOWN TRANSIT.....(860) 510-0429
- LYME/OLD LYME JR WOMEN'S CLUB(860) 501-9773
- DEMOCRATIC TOWN COMMITTEE(860) 434-2271
- REPUBLICAN TOWN COMMITTEE.....(860) 434-0740
- LYME ART ASSOCIATION.....(860) 434-7802
- VETERANS OF FOREIGN WARS –
- LYMES' POST 1467(860) 434-4207
- AMERICAN LEGION – POST 41.....(860) 664-0047

SCHOOLS

- SUPERINTENDENT'S OFFICE DISTRICT 18.....(860) 434-7238
- MILE CREEK SCHOOL.....(860) 434-2209
- CENTER SCHOOL(860) 434-7838
- MIDDLE SCHOOL(860) 434-2568
- LYME/OLD LYME HIGH SCHOOL.....(860) 434-1651
- MULTICULTURAL MAGNET
(NEW LONDON).....(860) 437-7775

COLLEGES

- LYME ACADEMY COLLEGE OF FINE ARTS.....(860) 434-5232



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Lyme-Old Lyme High School has two playing fields and one practice field, on which multiple athletic teams play.

address our water issues. This committee recommended utilizing a two-pronged approach to address water usage and the demands of our athletic and physical education programs.

In June 2019, we installed a pump system that allows us to use a limited amount of water from the pond on our property to supplement our irrigation water supply.

At their October 2017 meeting, the Board of Education approved the committee's second recommendation to pursue the concept of submitting an artificial turf field project to the Town of Old Lyme

commissions for approval. The construction of such a playing surface would be funded from the Board's sinking fund for capital projects and therefore would not impact the annual budget.

As we move forward with this project, we welcome your input. At the Dec. 4, 2019 Board of Education meeting, Milone and MacBroom presented information regarding this project to the Board. As the project proceeds, we encourage you to learn more about the process as well as ask questions of the design firm.

-Region 18 Board of Education

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Teen Dating Violence Awareness & Prevention Month

WHAT IS TEEN DATING VIOLENCE AWARENESS AND PREVENTION MONTH?

February is National Teen Dating Violence Awareness and Prevention Month (TDVAM). This is an issue that impacts everyone - not just teens - but their parents, teachers, friends and communities as well. Together, we can raise awareness about teen dating violence and promote safe, healthy relationships.



At a time when an estimated 1 in 10 teens will experience dating violence we all must take this opportunity to amplify our efforts and shine a spotlight on this important issue.

WHAT IS THE IMPACT OF TEEN DATING VIOLENCE?

Nationwide, youth age 12 to 19 experience the highest rates of rape and sexual assault. Studies show that approximately 10% of adolescents report being the victim of physical violence at the hands of an intimate partner during the previous year. Girls are particularly vulnerable to experiencing violence in their relationships and are more likely to suffer long-term behavioral and health consequences, including suicide attempts, eating disorders, and drug use.

Adolescents in abusive relationships often carry these unhealthy patterns of violence into future relationships. Indeed, children who are victimized or witness violence frequently bring this experience with them to the playground, the classroom, later into teen relationships and, ultimately, they can end up the victims and perpetrators of adult intimate partner violence.

TALK TO TEENS!

Everyone can make a difference by reaching out to young people in simple ways. As we interact with teens in our work or personal lives each of us can act on President Obama's call to stand against teen dating violence by:

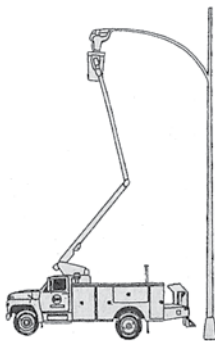
- Discussing the warning signs of dating abuse (all kinds, not just physical abuse.)
- Creating a positive connection to the issue - talk about



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- the characteristics of healthy teen relationships, not just abusive ones - and use statistics sparingly.
- Talking about how the media portrays healthy and unhealthy relationships. For example, many popular movies, TV shows, commercials, books, and magazines portray stalking as romantic or harmless when it is actually very dangerous.
- Getting involved even if you don't have a lot of resources

- an information table, classroom discussion, or school announcement can get the conversation started.

For more information about this topic please visit: youth.gov and search for "Teen Dating Violence Awareness and Prevention Month."

National Blood Donor Month - January 2020

Blood donations typically drop off during and immediately after the winter holidays, which makes National Blood Donor Month in January a critical time for the American Red Cross.

Busy schedules, holiday breaks from school, inclement weather and winter illnesses contribute to fewer blood and platelet donations. During December, severe winter weather has previously forced the Red Cross to cancel dozens of blood drives, leaving hundreds of donations uncollected. This poses quite a challenge since the need for blood

doesn't take a holiday nor diminish because a snowstorm hits.

The Red Cross needs to collect more than 13,000 donations every day to keep the blood supply ready and available to meet the needs of about 2,600 hospitals, clinics and cancer centers across the country. They rely on voluntary blood donors like you.

Eligible blood and platelet donors are urged to schedule a donation today by using the Red Cross Blood Donor app, visiting: redcrossblood.org or calling

1-800-REDCROSS (1-800-733-2767.)

Help even more people by inviting your sister, daughter or other family members, friends and colleagues to donate too.

Although there is no upper age limit, there is a minimum age requirement. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood.

Information provided by redcross.org.

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“Stop the Bleed” Training

In February and October 2019, Old Lyme Volunteer Ambulance Association conducted a 90-minute “Stop the Bleed” Training Session for 100 administrators, teachers, custodial, maintenance, security, and technology staff members working in the five Lyme/ Old Lyme Public Schools. Old Lyme Ambulance recognizes that the number one cause of preventable death after a serious injury is bleeding.

With the assistance of a grant from the Kitchings Family Foundation, Old Lyme Ambulance is working on several initiatives to both educate the public and provide resources in key areas with the goal of preventing death and serious injuries from bleeding injuries. The Kitchings Family Foundation was established in 1961 to support charitable organizations that benefit the public welfare.

Old Lyme Ambulance is also excited to be partnering with The Region 18 Schools on an initiative to educate students in “Stop the Bleed” and provide material resources to all five public schools in the coming months.

Claire Haskins

The Woman's Exchange

All you procrastinators THE WOMAN'S EXCHANGE of Old Lyme, 86 Halls Road will be open Monday through Saturday 10:00 am to 5:00 pm in December. On December 24th we will open from 10:00 am to 1:00 pm. We will be glad to help you with your Christmas List. Come see our fantastic selection of handmade Christmas ornaments, wooden puzzles, jewelry, ladies' shawls & scarves, beautiful children's clothing, toys and so much more. SEE'S candy is in for all the chocolate lovers on your list. The store will be closed after Christmas, and will re-open the middle of January.

We wish everyone "Happy Holidays." The Ladies of The Woman's Exchange.

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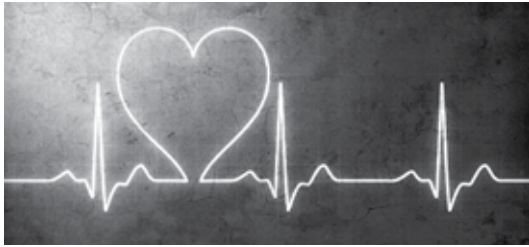
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National Heart Month - February

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.



Heart disease-and the conditions that lead to it-can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking.)

YOU COULD BE AT RISK

Many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages:

- **High blood pressure.** Millions of Americans of all ages have high blood pressure, including millions of people in their 40s and 50s. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.
- **High blood cholesterol.** High cholesterol can increase the risk for heart disease. Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.
- **Smoking.** More than 37 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.

4 WAYS TO TAKE CONTROL OF YOUR HEART HEALTH

You're in the driver's seat when it comes to your heart. Learn how to be heart healthy at any age.

- **Don't smoke.** Smoking is the leading cause of preventable death in the United States. If you don't smoke, don't start. If you do smoke, learn how to quit.
- **Manage conditions.** Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol.
- **Make heart-healthy eating changes.** Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about how to reduce sodium.
- **Stay active.** Get moving for at least 150 minutes per week. You can even break up the 30 minutes into 10-minute blocks. Learn more about how to get enough physical activity.

Information provided by CDC.gov.

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Old Lyme Visiting Nurse Association, Inc.



Established in 1922, the Old Lyme Visiting Nurse Association, Inc. offers a variety of health services to local residents.

WE'VE HAD A BUSY FALL

Above, the annual Flu and Wellness clinic was held in October at the Lymes' Senior Center. Over 300 residents participated,

receiving the flu vaccine and visiting wellness stations for eye, hearing, skin, podiatry, blood pressure, youth services and balance.

Our Town Nurse, Karen Veselka, RN, holds office hours at the Lymes' Senior Center each Monday to Friday, from 11:00 am to 1:00 pm. These visits are free and no appointment is necessary. Karen also provides free house calls to residents who require assessment at home, and she works with the Visiting Nurse Association of Southeastern Connecticut to coordinate a full range of skilled care.


The OLVNA Board of Directors and Associates are all volunteers and we welcome your participation and ideas! From September to June, we meet on the second Monday of each month at Town Hall at 1:00 pm. If you are interested in learning more, we hope you'll get in touch with us at: 860-434-1222 or oldlymevna@gmail.com.

What affects your mood?

Do you ever ask yourself why you are in a certain mood? Is it really about getting up on the wrong side of the bed? Some days we seem to feel a certain way - angry, annoyed,

happy, confident - with no idea why. These days, people identify themselves as hangry - angry and irritable because they're hungry. There's an easy solution once we recognize

that's what going on. But what about other times? We know that our environment can have a profound effect on our mood. Certain smells trigger sensations from



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long-forgotten memories. Some of us find the smell of the ocean soothing, while others find it atrocious! A stranger's look or mannerisms hit us in a certain way due to subtle reminders of someone familiar. Our mood is affected by the food we eat, the medicines we take, the quality of the air we breathe, and the amount of restful sleep we got. Did you know that room color can

affect how you feel? Some of these are factors we control, such as nutrition and sleep. Others we don't control, but we can still be aware of them and their effects. That awareness allows us to make a conscious decision about our reactions. We don't have to be at the mercy of these environmental factors, but can choose instead to check our moods and decide how to respond. Mood is often

easily altered, once we bring it to conscious thought. Just like we eat a snack to stop feeling hangry, we can change our mood by recognizing the subtle factors influencing our emotions, and choosing to change our response.

Nancy Randall, Psy.D.,
East Lyme Psychological Associates

Mental Health Parity Signed Into Law



Earlier this year, Governor Lamont signed into law "The Mental Health Parity Act," which unanimously passed the legislature. I was an early co-sponsor of this legislation because it will ensure that insurance companies treat and cover mental health and substance use disorders just as they do for physical illnesses.

The Act prohibits insurance policies from placing more stringent limits on mental health and substance abuse use benefits than for medical and surgical benefits. This provision applies to individual and group health insurance policies delivered, issued, renewed, amended, or

continued in Connecticut on or after January 1, 2020 that cover basic hospital expenses, basic medical-surgical expenses, major medical expenses, or hospital or medical services - including those provided under an HMO plan.

In addition, the act requires health insurers to annually report that they are compliant with state and federal mental health parity laws.

This legislation was in response to an independent study that showed Connecticut had some of the worst disparities for access to affordable mental health and substance abuse services. The study found that patients often had no choice but to use costly out-of-network coverage for mental health much more than for other **continued on page 24**

Learn more:
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----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Adult Programs

Drop in to our fitness, pickleball and tennis programs!

<p>Strength & Balance M/F, 10am, W/ 8am</p> <p>Stability Ball Mon, 8am</p> <p>Circuit Training Wed, 10am Fri/Sun, 8am</p> <p>Cardio & Strength Fri., 8am</p>	<p>Adv. Beginner Tennis Drills Tue., 9-11am</p> <p>Point Play Drills Tues/Thurs/Sat -Please Call</p> <p>NTRP Tennis Drills Sat., 10:30am-12pm, All levels</p> <p>Drop-in Pickleball Mon. & Thurs., 12:30-3:30pm Beginners Welcome</p>
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Parity Act... continued from page 23

medical issues. These issues affect nearly every family in the State of Connecticut and people will now have greater access to the care they need, which will save lives. It goes into effect January 1, 2020.

As always, please don't hesitate to contact me about this or any other issue at: devin.carney@housegop.ct.gov or (860) 240-8700. The 2020 legislative session begins on February 5, 2020, so please be on the lookout for upcoming office hours and future publications from my office. I wish you and your family a wonderful holiday season and Happy New Year!

Devin Carney, State Representative

Middlesex Health: Helping Women at Risk for Breast Cancer

Middlesex Health Cancer Center's Comprehensive Breast Center helps identify women who may be at high risk for breast cancer due to family history or benign breast disease. It also monitors and treats women who have an established high risk for breast cancer and helps patients in treatment or recovery.

Women who are identified as being high risk, or who think they might be at high risk, are encouraged to either make an appointment with the center directly or ask their primary care physician for a referral. Within the center, the scheduling of diagnostic tests and a meeting with a breast surgeon can happen on the same day.

Middlesex Health Cancer Center is accredited by the National Accreditation Program for Breast Centers. The Comprehensive Breast Center is located at 540 Saybrook Road in Middletown. The same services are also offered at the Middlesex Health Shoreline Medical Center in Westbrook. To contact the center, call 860-358-2780.

All Abilities Horse Camp this Summer

THE HORSE-HUMAN CONNECTION GOES FAR BEYOND THE BARN

At High Hopes, we have the privilege of seeing those connections made day after day. Sessions with our exceptional herd of 25 horses and ponies are designed to meet the individual needs of all of our campers, both able-bodied and those with physical, cognitive, or emotional disabilities. Children ages 3-12 yrs., learn new skills, have fun, make friends, and enjoy Camp.

Activities include daily riding lessons, gymnastics on horseback,



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carriage driving, grooming & tacking, and arts & crafts in our air-conditioned classroom. What could be better for your child than spending an extraordinary week this summer learning to ride and look after the horses at High Hopes' beautiful 120-acre farm in the heart of Old Lyme? Our specially trained horses are ideal for beginners and more advanced riders. Whether your child is non-disabled or has a disability, has ridden before, or never been near a horse, they will have a camp experience like no other.



Due to the generosity of our donors, High Hopes also offers subsidized camps for Youth-at-Risk and the children of veterans and active service families.

Camp runs for five individual weeks between 9:00 am and 1:00 pm. Each week caters for a different age-specific group. Still, because of our high volunteer to camper ratio, we can work with families to accommodate siblings of different age groups. Check our website at highhopestr.org for more information.

ARE YOUR CHILDREN GETTING TOO OLD FOR CAMP?

We are always looking for camp volunteers (and although not necessary) we love returning campers - must be aged 14 or older.



SUMMER CAMP DATES

- Week 1 July 6-9, 2020
- Week 2 July 13-16, 2020
- Week 3 July 20-23, 2020
- Week 4 July 27-30, 2020
- Week 5 August 3-6, 2020
- August 10-13, 2020 Horse Sense Camp
- August 17-20, 2020 Vet Kids Camp



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Lymes' Senior Center

Membership is now open to seniors 55 Years Young & Better
26 Town Woods Road, Old Lyme

We are now on Facebook listed as Lymes Senior Center. Follow and like us to keep up to date on upcoming events!

Call 860-434-4127 to register or for more information on becoming a member.

Visit southeastern Connecticut senior center website for upcoming events at: <http://seniorcenterct.org>.

Upcoming Classes - To Sign Up Call: 860-434-4127

MUST BE A MEMBER TO SIGN UP - ALL CLASSES MEET ONCE A WEEK

CLASS	DATE OF FIRST CLASS & TIME / DURATION	COST
Exercise with Kathy (MON)	Drop in and ongoing at 10:30 am	\$5.00 a class
Sit n Be Fit (TUES)	Drop in & ongoing at 10:00 am	FREE
Exercise with Kathy (WED)	Drop in and ongoing at 10:30 am	\$5.00 a class
NEW Foundations Yoga Class (SAT)	Drop in and ongoing from 9:00 - 10:15 am	\$10.00 a class
NEW Chair Yoga for Pain (WED)	*December 4,11,18 Drop in Classes	\$5.00 a class
Chinese Brush Painting (FRI)	December 13th & 20th from 1:00 - 3:00 pm	\$25.00
NEW Tai Ji Quan - Move for Better Balance (FRI)	Jan. 3,10 at 9:15 am / Drop In Try It Class	\$5.00 each
High Energy/ Lo Impact Dance(FRI)	Jan. 3,10,17,24, and 31st at 10:30 am / 5 Weeks	\$25.00
Beg. Country Line Dancing (FRI)	Jan. 3rd at 2:30 pm /5 Week Session	FREE
Latin/Ballroom Line Dancing (FRI)	January 3rd at 1:00 pm / 5 Week Session	\$30.00 - \$35.00
Slow and Steady Yoga (MON)	January 6th at 8:15 am / 8 Weeks	\$40.00
Ballet at the Barre (TUES)	January 7th at 9:15 am / 8 Week Session	\$40.00
Fitness Fusion (Tues)	January 7th at 5:00 pm / 8 Week Session	\$40.00
NEW Chair Yoga for Pain (WED)	January 8th at 9:00 am / 8 Weeks Session	\$40.00
Yoga Fundamentals & Meditation (WED)	January 8th at 4:00 pm / 4 Week Session	\$21.00
Slow and Steady Yoga (THURS)	January 9nd at 8:15 am / 8 Week Session	\$40.00
Beginner Tap Class (THURS)	January 9th at 10:00 am / 5 Week Session	\$20.00
Intermediate Tap Class (THURS)	January 9th at 10:45 am / 5 Week Session	\$20.00
NEW Tai Ji Quan - Move for Better Balance (FRI)	Jan 17th at 9:15 am / 8 Weeks	\$40.00
Chinese Brush Painting Landscaping	Feb 21st & 28th from 1:00 - 3:00 pm	\$25.00
NEW Aging Mastery Program (MON)	March 2nd- May 4th at 10:30 am / 10 Weeks	FREE

UPCOMING AMERICAN HISTORY LECTURE SERIES with Jared Day, PHD

Pragmatist or Visionary	Friday, January 3rd at 1:00 pm	FREE <i>for members</i>
US War of 1812	WEDNESDAY, February 5th at 1:00 pm	FREE <i>for members</i>
Andrew Jackson	WEDNESDAY, April 16th at 1:00 pm	FREE <i>for members</i>

UPCOMING CURRENT EVENTS LECTURE SERIES with Jared Day, PHD

Illiberal Democracy	Friday, January 10th at 1:00 pm	FREE <i>for members</i>
US Military Bases Around the World	WEDNESDAY, February 19th at 1:00 pm	FREE <i>for members</i>
Lecture TBA	WEDNESDAY, April 22nd at 1:00 pm	FREE <i>for members</i>

Services - Call to schedule appointment times

Haircuts	Second Wednesday of the Month	\$10.00
Hearing Clinic	January 15th and First Wednesday of Feb. and March	FREE
Vision Screening & Minor Eyeglass Repair	February 6 and April 2	FREE
Mini Facials	Jan. 2, & the second Thursday of Feb. and March	\$15 for 15 min.
Foot Clinic	Third & Fourth Wednesdays of the Month	FREE
Blood Pressure Clinic	Daily (Mon-Fri) from 11:30 am - 1:00 pm	FREE
Reflexology	January 7, February 4, March 3	First time free
Medicare Enrollment Help	People turning 65 or new to Medicare - Set up by app.	FREE
Memory Screening	TBD	FREE

*Classes have begun. Call or check website for more information.

The following are already scheduled free special events / lectures (unless noted otherwise) that will take place at the Lymes' Senior Center from December 8, 2019 - March 26, 2019. PLEASE CALL 860-434-4127 TO REGISTER. Please check our website at: <http://seniorcenterct.org> for additions and changes to the events listed below.

Join us

- **Sunday, December 8th at 2:00 pm** for Old Lyme Town Band Holiday Concert. All our welcome to attend!! Come get into the holiday spirit with us. This is open for all so bring your friends, neighbors, spouse, kids, and grandkids with you as we all get in the holiday spirit!
- **Tuesday, December 10th at 1:00 pm** for "Perky Pairing: A Coffee / Hot Chocolate & Chocolate Pairing" by Chocolatier Kim Larkin of Klassic Kreations Gourmet. Limited seating please call early to register.
- **Wednesday, December 11th at 1:00 pm** for the Lymes' Senior Center Dance Performance. This is a wonderful mixture of all our dance classes including pieces from our tap classes, our Ballroom / Latin Line Dance Class and our Country Line Dance Class. All are welcome and encouraged to attend and support the hard work of our Seniors!!
- **Monday, December 16th from 12:45 pm - 3:00 pm** for Christmas Caroling to our Shut In's. Come get in the holiday spirit with us as we go caroling to the Shut In's. No musical experience needed. We will meet here at 12:45 pm and carpool to our destinations.
- **Tuesday, December 17th at 1:00 pm** as Tim Baffaro one of Old Lyme's own, performs a Holiday Show featuring a trumpet, songs, props, and fun! Audience participation greatly encouraged.
- **Wednesday, December 18th at 11:30 pm** Ugly Sweater Luncheon. Break out your ugliest sweater, or your most festive holiday get up and head to the party! Anyone who dresses for the occasion will get a free lunch and be entered to win a gift card plus, we'll be giving away prizes for the ugliest sweater and the most festive outfit! Call 860-434-4322 to sign up! Lunch will start at 12:00 pm!
- **Wednesday, December 18th at 12:45 pm** we will be having enjoying a Yankee Swap. For those of you who are not familiar with this, here is what you need to know to participate. Everyone wanting to participate brings a wrapped gift worth \$5.00. Be creative, it should be a gift that others would like to own.
- **Thursday, December 19th at 12:00pm** for the Holiday Luncheon & LOL High School Select Singers' (Show Choir's) Holiday Performance. This group of performers are truly amazing! You won't want to miss this! (\$3.00 donation, pre-sign up was needed before Dec. 5th). Call 860-388-1611 to sign up for our luncheon.
- **Tuesday, December 24th at 12:00 pm** for FREE Pizza Party and Movie. Sign up by December 20th required. Call 860-434-4127 ext. 1 to sign up. We will be showing the movie "ELF"
- **Wednesday, January 8th at 1:00 pm** Braiden Sunshine will be here to perform. Come enjoy the music of our local superstar from "The Voice."
- **3 Part Vision Board Program January 9, 16, and 23rd at 10:30 am.** On the 9th we will be watching the Movie: The Secret followed by 2 weeks of Designing your own Vision Board. Materials will cost \$10.00. Please call to sign up.
- **Wednesday, January 15th at 1:00 pm**, Susan Jerome Susan J. Jerome, Collections Manager at the University of Rhode Island Historic Textile and Costume Collection. will present "Downton Abbey Style: Influences on Fashion, 1912 -1925." In this lecture she will explore the social, technological, and political developments of the early twentieth century as reflected in the notable evolution of women's and men's clothing. This power point presentation will look back at what was fashionable, or not, as a way of understanding why people wore what they did. We will look at some of the influential designers and other persons involved in the years spanning the series. Time will be given for questions and discussion, which are encouraged. Please call to sign up.
- **Wednesday, January 22nd at 12:45 pm** we will be having a special showing of the newly released movie "Downton Abbey." After tips from the January 15th lecture, participants are encouraged, but not required to dress in Downton Abbey attire. Please call to sign up.
- **Tuesday, January 28th at 12:45 pm** for a showing of the 2019 Movie: Judy, which is based on Judy Garland's life. * *Please note: If movie is not released to DVD before this date, this program will be postponed until after the release date and another movie will be shown in its place.*
- **Wednesday, January 29th at 1:00 pm** Bill Benson, singer, songwriter and musician performs an acoustic version of "Singing your Memories" with such songs as Sunshine on my Shoulders, Sweet Caroline, Country Roads etc.
- **Wednesday, February 12th at 1:00 pm** for Harpist Rebecca Swett. With over 30 years of experience, Rebecca will entertain us with music from Gershwin, Cole Porter, Rogers & Hammerstein and more.
- **Tuesday, February 25th at 12:45 pm** for a showing of the movie: Harriet. This movie is based on the life of Harriet Tubman. * *Please note: If movie is not released to DVD before this date, this program will be postponed until after the release date and another movie will be shown in its place.*
- **Wednesday, February 26th at 1:00 pm** Jerome Riley, original member of The Platters will be performing a show showcasing The Platters' music as well as music from the 50s, 60s, and 70s.
- **Last Thursday in February at 11:00 am.** The Reminiscing Reading Circle - for individuals with memory impairment and their caregivers. This will be a great way for caregivers and the care-given to connect and reminisce through reading. This program is co-sponsored with the Phoebe Griffin Noyes Library and continue the last Thursday of every month. This program will be held at the Senior Center and caregivers are required to attend. For more information or to sign up please call 860-434-1684. In addition, feel free to enjoy lunch with us that day at 12:00 pm for \$3.00 for persons 60 and over. Lunch reservations need to be made in advance. Call 860-388-1611 and tell them you wish to make lunch reservations for the Old Lyme Site.
- **Monday, March 2nd - Monday, May 4th at 1:00- 2:30 pm** Join us continued on page 28

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Lymes' Senior Center... continued from page 27

for a 10-week Aging Mastery Program which can help you improve your health, financial security, and overall well-being. This free program is a \$150.00 value thanks to a grant through Anthem Blue Cross and Blue Shield and the Connecticut Healthy Living Collective.

- **Tuesday, March 3rd at 1:00 pm** Healthy Perspectives to our Aging Bodies presented by RN Laura Gene.
- **Wednesday, March 4th at 1:00 pm** for Airborne Band. They are the proclaimed "Musical Peacemakers" of Contemporary Jazz sends out an Inspirational Message of Hope to the World. Airborne has a beautiful trademark jazz sound of Island Passion and Urban Emotion. The band's hot rhythms and inspiring melodies smoothly cruise on a cool atmosphere of music and voices.
- **Thursday, March 12th at 12:00 pm** Saint Patrick's Day Luncheon & Entertainment. Call by March 2nd to sign up.
- **Wednesday, March 18th at 1:00 pm** I'm Turning 65... Now What? Representative from Senior Resources will discuss Medicare, Social Security, etc.
- **Thursday, March 26th at 6:00 pm**, Agemy Financial Strategies will be presenting "How to Max your Social Security Benefits."

2020 IS THE 100TH ANNIVERSARY OF THE WOMEN'S RIGHT TO VOTE For Women's History Month we will be celebrating women and their right to vote!

Listed below are programs we hope you will join us for. Please register ahead.

- **March 10th at 1:30 pm** Tea with Susan B Anthony one woman show presented by Sheryl Faye
- **March 11th at 1:00 pm** The 19th Amendment presented by Mariann Millard
- **March 17th at 1:00 pm** Gray's Irish School of Dance Performance
- **March 24th at 1:00 pm** CT Women's Hall of Fame will be presenting Women & War.
- **March 25th at 1:00 pm** Performance from the amazing singers Brittany & Jenna Lynn

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20 Old Hamburg Rd, Lyme List \$1,295,000

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13 Oakland Ave, Lyme List \$1,350,000

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3 Rose Lane, Old Lyme List \$550,000

SOLD SOLD SOLD



1 Hawthorne Rd, OL List \$449,000

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179 Grassy Hill Rd, Lyme List \$599,000

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7 Clarks Lane, Old Lyme List \$674,900

SOLD SOLD SOLD



82-1 Boston Post Rd, OL List \$499,000

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Register for all programs at: www.lysb.org.

HOLIDAY GIVING PROGRAM

The holiday season is a time for caring and sharing, but can be especially difficult for families facing extreme financial challenges. It is the generosity of individuals and organizations that makes our community a special place. If you would like to help struggling neighbors in our community during the holidays please contact LYSB at: 860-434-7208. Donors can “adopt” a family or make a general contribution toward the program.

LYSB HOLIDAY PARTIES

Sunday, December 8, 5:00 - 7:00 pm

Thirty two simultaneous neighborhood parties in Lyme and Old Lyme raise funds for LYSB youth programs while gathering neighbors to start the holiday season. If you did not receive an invitation for your neighborhood’s party, call us at: 860-434-7208 to add your name to the list.

PICTURES WITH SANTA

Saturday, December 7, 10:00 am - 12:00 pm

At Old Lyme Town Hall

Come see Santa and have your picture taken. Write a letter to the North Pole. Voluntary donations to the Youth Advisory Council Scholarship.

GINGERBREAD HOUSE FAMILY WORKSHOP

Sunday, December 8, 12:30 - 2:30 pm

An annual tradition at LYSB. We’ll supply all the ingredients, you bring your camera and leave the mess with us!. Fee \$10 per participant. Space is limited. Register at: www.lysb.org

BABYSITTING NIGHT

Saturday, December 14th 5:00 - 10:00 pm

PLAYGROUPS AT LYMES’ YOUTH SERVICE BUREAU

LYSB offers a variety of playgroups based on child’s age and interest. Our winter schedule includes Crafty Kids Group, Make It & Take It Group, Music & Movement, Sensory Group, and more. For a full description of all our groups and to register visit: www.lysb.org.

BABIES GROUP AT LYSB

Mondays, 10:00 - 11:00 am, free

For new and expecting parents of children up to 12 months. Register at www.lysb.org.

YOUTH ADVISORY COUNCIL (YAC)

Every Wednesday 7:00 - 8:00 pm

YAC is a high school community service club that participates in a variety of fun projects and activities throughout the year. All high school students in L/OL are welcome to join us any Wednesday night! Just show up, fun is guaranteed! Register at: www.lysb.org.

MIDDLE SCHOOL AFTERSCHOOL PROGRAM

Every Tuesday & Thursday 2:15 - 4:00 pm at LYSB

This is a drop in program and a permission slip is required. Come hang out with your friends while listening to music, playing ping pong, games, Wii, crafts & snacks. Students can walk to LYSB from the Middle School, and may get a pass for the LOLMS late bus. Registration fee: \$30/year. Register online at: www.lysb.org.

STRIVE LEADERSHIP CLUB

Meets Every Other Tuesday 2:15 - 3:45 pm at LOLMS Cafeteria

Looking to find your own voice? STRIVE is a leadership group focused on developing communication, inspiration, problem-solving and creativity to advocate for yourself and others. Free. Register at: www.lysb.org.

GIRLS CIRCLE

A four week empowerment program for girls! For Grades 6-8 Mondays, January 13, 27, February 3 & 10, 2020, 2:15 - 4:00 pm

“The shortest distance between isolation and belonging is a Circle.” Join us each week for a new theme and activity designed to increase girls’ self esteem, body image, and social support.

During this program girls will:

- Develop connections and feel included
- Build strong interpersonal skills
- Strengthen self-care and well-being, even under stress
- Dissolve barriers to respect, confidence, and empathy
- Nurture friendships

This program is free. Register at: www.lysb.org.

SITTER SAFETY CLASS

Four Mondays: March 2, 9, 16, 23, 2020 2:15 - 4:00 pm

An intense sitter safety and training course appropriate for babysitters, big brothers and sisters, and children staying home alone for the first time. This course touches on a variety of safety skills such as basic first aid, fire safety, and 911 skills. Fee is \$50 and includes supplies, snacks, and guest speakers. Call LYSB to pre-register at: www.lysb.org.

CPR FOR BABYSITTERS

Monday, March 30, 2020, 2:15 - 3:45 pm

Add this valuable class to your LYSB babysitter’s course and learn how to save a life! Learn CPR and how to clear a blocked airway in children and infants. Parents want to hire babysitters who know CPR and can help kids who are choking. Instructors will

teach you everything you need to know to provide lifesaving care during a cardiac or choking emergency in this 2-hour class. Class cost is \$55 and awards a Certificate of Completion.

ENGINEERING AFTER SCHOOL WITH ENGINEERING IMAGINATIONS LLC ASPIRING YOUNG ENGINEERS!

Ages 9-14: January 23, 30, February 6, 13, 27, March 5

(NO class on February 20) 4:00 - 6:00 pm

Ages 5-8: March 19, 26, April 2, 9, 23, 30

(NO Class April 16 and April 18) 4:00 - 6:00 pm

Discover the spectacular world of engineering through hands-on, minds-on activities! Students apply problem solving and critical thinking skills to explore our S.T.E.A.M. (Science, Technology, Engineering, Architecture, Mathematics) based curriculum. Participants will use a variety of mediums such as recycled materials, salvaged motors and gears, balsa wood, LEGO®, and more. With activities ranging from bridges, to rockets, to green engineering, participants are sure to have a blast while learning fundamental engineering terms and concepts along the way! Students can take the bus from Mile Creek and Lyme Schools directly to LYSB. Fee \$120/ six week session. Register at: www.lysb.org.

MENTORING PROJECT

LYSB and the Lyme-Old Lyme Middle School are looking for adult mentors to work with middle school students on a weekly

basis in the school setting. If you are interested in making a difference in the life of a young person, please contact LYSB at: 860-434-7208 to learn more about the mentoring project.

LYME-OLD LYME PREVENTION COALITION

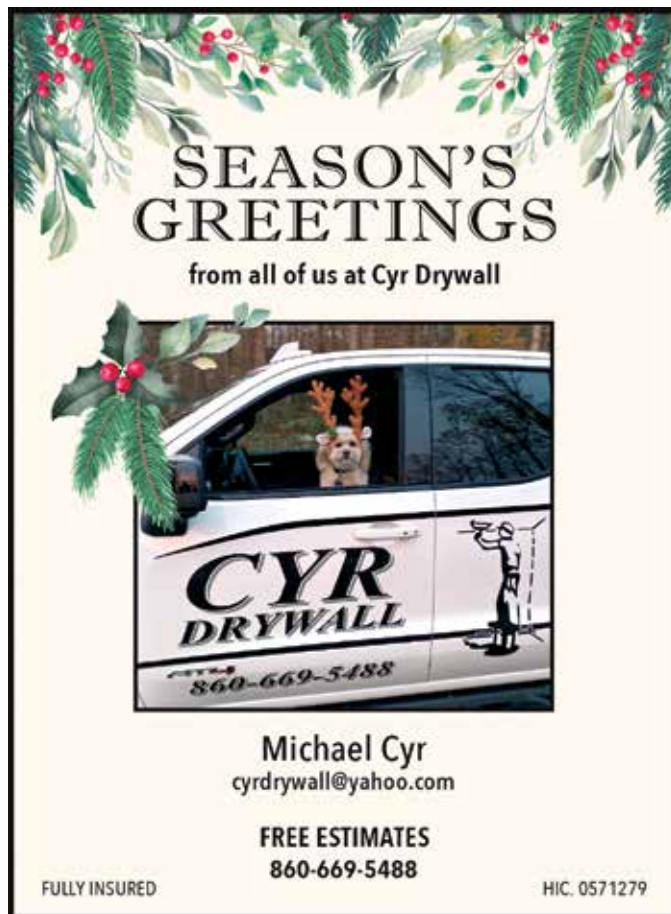
Our mission is to prevent and reduce alcohol and other drug use among youth by collaborating with the community to raise awareness, modify social norms, educate youth and adults, initiate policy change and promote healthy activities. Our group includes parents, youth, school administrators, police, and community members. Join us at our next meeting! Visit: www.lolpc.org.

SURVIVORS OF SUICIDE LOSS SUPPORT GROUP OF SOUTHEASTERN CONNECTICUT

Meeting times: 1st & 3rd Thursday of each month at 6:30 pm at LYSB, 59 Lyme Street, Old Lyme, CT.

Joining hands as we walk on this journey together towards healing one breath at a time. We are a group of survivors, together to offer support, comfort, and understanding.

Our group provides an atmosphere of acceptance for exploring feelings that are often not understood by others. It offers a chance to share helpful resources, and to give and get support through the long grief process.



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Florence Griswold Museum



THE MUSEUM'S WINTER EXHIBITION

New additions like these below and right, to Miss Florence's Artist Trees bring the total to 212 painted palettes!

What a special year this is for the Museum's Magic of Christmas celebration! They try to make every Christmas magical because it was Miss Florence's Birthday, but this year, their namesake would be especially pleased. Every year since 2004, artists from all over the country have added to



Birds of a Feather, 2019
by Elizabeth Foster
of Nashville, TN.

the palettes on Miss Florence's Artist Trees which are displayed in the Kriebel Gallery. This year they have finally reached over 200 palettes - 212 to be exact - so many that it will take four delightfully-decorated trees to present all of them. To commemorate the event, they have published Miss Florence's Artist Trees: Celebrating a Tradition of Painted Palettes, which showcases each of the works of art on its own page. Look for it online and in The Shop. Family events and Christmastime Teas round out the celebration. Look for the full calendar on FlorenceGriswoldMuseum.org.

The Museum recently opened a timely and thought-provoking new exhibition, "Nothing More American: Immigration, Sanctuary, and Community-An Exhibition by Matthew Leifheit, which will be on view through May 24, 2020. Once a symbol of New England colonists' pious ambition to establish a new society, the "meetinghouse" merged religion, government, and community into a powerful civic ideal that prevailed for two centuries. "Nothing More American" brings together depictions

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of Old Lyme's renowned First Congregational Church by 19th- and early 20th-century painters such as Childe Hassam with photographs by contemporary artist Matthew Leifheit that contemplate the meetinghouse's evolving symbolism.

The title, *Nothing More American*, comes from artist Lorado Taft's description of Hassam's painting *Church at Old Lyme* as "nothing more American on all the continent," a sentiment that resonates with the historic image of the church and immigration's relationship to the American dream. The exhibition and



Glad Tidings, 2019 by Matt Greene of Lisbon, CT.

related programming explore the intersection between the fraught topic of immigration and the history of this local landmark as both an iconic artistic subject and a place of "sanctuary."

Leifheit's photos of the church's neoclassical spaces and architectural details encourage viewers to approach it with reverence as a sanctuary, as well as with a sense of history. The artist then expanded his portrait series to include depictions of families aided by the Old Lyme Refugee Resettlement Committee, a coalition of three religious congregations in town—the First Congregational Church of Old Lyme, Christ the King Church, and St. Ann's Episcopal Church. It assists people who have fled war, persecution, or natural disasters in places such as Syria, Democratic Republic of Congo, or Puerto Rico, and who are now building new lives or pursuing paths to citizenship with support from the local church community. Leifheit's images relate people and architecture, pairing their stories to help us understand larger issues by considering them on a human scale.



The opening of "Nothing More American."

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Lyme Art Association

On View from November 22 - January 3
DECK THE WALLS 2019.

The Lyme Art Association's annual member show and sale featuring more than 200 works of art in all themes, sizes and mediums, well priced for holiday gift giving. Even if you are not shopping, the gallery is a lovely, peaceful place to take a break from the holiday frenzy and we always welcome visitors in to enjoy our exhibitions. This year, during the run of the Deck the Walls show, student work from the Association's new Select High School Program will be on view in the Mile Brook Gallery. The Opening Reception is on Friday, December 6, 5:00 - 7:00 pm. Gallery hours are Wednesday through Sunday, 10:00 am - 5:00 pm, and by appointment. Admission is free but a \$5 donation is suggested.

Lyme Art Association, 90 Lyme Street, Old Lyme, 860-434-7802; lymeartassociation.org.



Left to right: Deck the Walls: Barbara Maiser, Last Light, oil and New Elected Artist: Howard Park, Ghosting In, oil.

On view January 17 - February 28, 2020 FIRST IMPRESSIONS: ASSOCIATE ARTIST AND NEW ELECTED ARTISTS

This juried show is open to the Lyme Art Association's Associate Artists: members who are regular exhibitors but not yet Elected Artists. You will find landscapes, sculpture, still lifes, and portraits, works in various styles and mediums. Work from the most recent inductees to Elected Artist, John Traynor, Deborah Quinn-Munson, Howard Park,

Diana Roberts-Paschall, Thomas Adkins, and Robert Perkowski, will also be on display. All work is for sale. The Opening Reception is on Sunday, January 26, 2:00 - 4:00 pm. Gallery hours are Wednesday through Sunday, 10:00 am - 5:00 pm, and by appointment. Admission is free but a \$5 donation is suggested.

Lyme Art Association, 90 Lyme Street, Old Lyme, 860-434-7802; lymeartassociation.org.

Roger Tory Peterson Estuary Center



90 Halls Road, Old Lyme, CT 06371 | 860-598-4218 | www.ctaudubon.org/rtpcec

The Connecticut Audubon Society's Roger Tory Peterson Estuary Center is dedicated to the conservation and preservation of the Connecticut River Estuary ecosystem and watershed, through science-based research, education and advocacy.

BIRDING ACTIVITIES

Owl Prowls

Tuesdays, January 14, 21, 28, February 4, 11, and
Monday, February 17; 5:30 - 7:00 pm
Lay Preserve, Old Lyme

Perhaps no other group of birds harbor as much mystery and intrigue as owls. These nocturnal hunters are perfectly adapted to life in darkness, from their silent flight to their unique eyes and ears. Join us at the newest and largest Old Lyme Land Trust property as we search for these incredible birds, and learn about what makes them such perfect nighttime fliers.

WINTER WATERFOWL WALK

Saturday, January 18; 9:00 - 10:30 am
Griswold Point, Old Lyme

As the lakes and ponds of the northeast freeze over, many species of waterfowl head to the coast, to open water. Sea ducks, loons, grebes and more call the coast of Connecticut home during the winter and the mouth of the Connecticut River, on Long Island Sound, is the perfect place to spot these winter species gathering just offshore. Bring your binoculars, and layer up! We will provide a spotting scope, an essential piece of equipment for waterfowl watching.

Family Programs

WREATH-MAKING

December 14, 10:00 am - 12:00 pm
RTP Estuary Center, Old Lyme

Enjoy the season and learn how to create a wreath using natural materials! We will also learn about wintering birds, seeds, and more. Have a chance to try your hand at making bird seed ornaments and feeders! All ages welcome!

FAMILY WINTER WALK

February 22, 9-10:30am

Watch Rock Preserve, Old Lyme

Shake off your cabin fever, head outside and join one of our teacher-naturalists for a winter walk. We will look for tracks, listen for birds and enjoy the beauty of the woods in winter. Keep warm, by trying to complete our winter scavenger hunt!

All programs require pre-registration. We also host a variety of nature hikes, bird walks, citizen science opportunities and more throughout southeastern Connecticut. For more information be sure to visit our website at: www.ctaudubon.org/rtpcec or stop by and visit us Monday-Friday at 90 Halls Road between Walgreens and Big Y.

Rogers Lake Authority News

The Rogers Lake Authority is asking for your assistance in reporting unsafe activity occurring on Rogers Lake anytime of the year. To report any unsafe activities, please use the form that is available on the Rogers Lake Authority website at: www.oldlyme-ct.gov/rogers-lake-authority. Click on "Report Boating Violation." For situations that require immediate action dial 911. Thank you for your assistance.

Reminder that the horsepower limit for any vessel on Rogers Lake is 135 HP.

DO NOT FEED THE WATERFOWL

The Connecticut Department of Energy and Environmental Protection indicates waterfowl are wild birds that can locate natural food sources throughout the year.

Supplemental feeding by people is unnecessary and can lead to malnutrition and disease transmission.

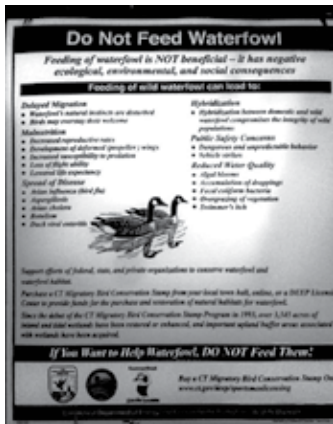
Connecticut State law 12-155 prohibits the use of a fertilizer containing phosphorous less than 20 feet from any body of water. A \$500 fine is imposed on violators. If you have questions on the phosphorus legislation or soil testing, call the UConn Home & Garden Education Center at: 877-486-6271.

Conservation Commission

In Partnership with Roger Tory Peterson Estuary Center

NOTES FROM THE FIELD - How do birds stay warm during winter?

They have a number of strategies: they fluff up their feathers, creating a thermal layer much like a down comforter; they bulk up on fat-rich foods; they tuck their legs up under insulating feathers; they find shelter in dense shrubbery and evergreens, or tree cavities and empty birdhouses and they sometimes roost closely together for body warmth.



On the Connecticut River you frequently see waterfowl standing on ice floes. These birds have a distinctive "counter-current" heating system that protects their feet from frostbite, thanks to a unique leg circulatory system in which the arteries (delivering warmed blood) and veins (returning cooled blood) are located close enough together to minimize overall heat loss. The upshot: their feet are still cooler than the rest of their body, but they are much warmer than you or I could tolerate. So the next time you see waterfowl on an ice floe, looking comfortable and cozy, remember that they're staying warm as a result of their specialized circulatory system and their thermal feather layer. But, just keep in mind - no matter the weather or the temperature, do NOT feed the waterfowl.

Keep on birding and supporting the birds all year 'round by participating in our programs at the Roger Tory Peterson Estuary Center. To learn more about who we are, what we do, and our programs and activities, visit us at 90 Halls Road in Old Lyme, call us at: 860-598-4218, or visit us online at: <https://www.ctaudubon.org/rtp-estuary-home/#sthash.s3KRZoT8.dpbs>.

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Open Space Commission



The Town of Old Lyme and the Open Space Commission completed the purchase of roughly 300 picturesque acres of the McCulloch Farm on September 3rd.

The property has now become the town's "McCulloch Family Open Space." Since the closing, the Open Space Commission has been working, with generous cooperation from the Old Lyme Land Trust, to blaze, mark and map three public trails within the scenic property. The "Tree in the Gap" trail will run east from Whippoorwill Road to the adjacent Lay Preserve. One other future trail will run north from Flat Rock Hill Road to the Lay Preserve, and a third trail adjacent to the Ames Open Space parking area will run east to Flat Rock Hill Road. Each trail offers its own unique scenic beauty, which all may view when the Open Space is open to the public.

The Open Space Commission is also at work constructing parking areas for the public, a process that involves various town, Nature

Conservancy and state approvals; making kiosks to display trail maps and land use guidelines; removing old farm fencing; and planning for the eventual installation of a composting public sanitary facility.

Beyond hiking and more active pursuits, the Commission hopes the beautiful new open space will serve as a quiet expanse for contemplation, plein air painting, nature observation and bird watching. A wooden bench has been installed overlooking a pond on "Rook's Meadow" where natural wild flowers are growing. The lovely meadow was named in honor of Rook and Warren McCulloch who assembled the property in 1929, with an eye to its preservation. Subsequent generations of the McCulloch family served as loving stewards of the property, fulfilling their vision.

The acquisition furthers two important Open Space goals - assembling "greenways" or unbroken chains of forest, meadow and water course, and the future completion of a town-wide hiking trail system. Greenways are particularly significant as they offer unobstructed regions for wildlife to safely move about without human conflict while feeding and seeking shelter. Certain species, like pileated woodpeckers, a delight for bird watchers, prefer large tracts of forest.

As soon as all preparatory work is completed, the Open Space Commission hopes to begin welcoming visitors to the McCulloch Family Open Space.

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Old Lyme Historical Society



55 Lyme Street
Drawing by
Edie Twining Design.

Located in the former Grange Hall at 55 Lyme Street, OLHSI is an all-volunteer organization dedicated to researching, preserving, and sharing the history of Old Lyme.

Give the gift of Old Lyme History this Holiday Season! Books on local history, the 2020 Old Lyme

Community Calendar, tea towels, note cards, and other gift items are available at our holiday book sales, held Saturday, December 7, 14, and 21; 9:00 am - 1:00 pm at the Post Office on Halls Rd.



Our summer/fall lecture series was well attended, and we look forward to a new series this spring. Please check our newly redesigned website or follow us on Facebook for further details of these and other upcoming Historical Society events.

Old Lyme Historical Society, Inc.
55 Lyme St., P.O. Box 352, Old Lyme, CT 06371
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The Hartford Whalers – Forever and Always

by Sigrid Kun



Longtime Whalers radio broadcaster Chuck Kaiton leads pre-game ceremony with Whaler Alums at Yard Goats Alumni Weekend. Photo courtesy Hartford Yard Goats.



The iconic logo is omnipresent. There are Hartford Whalers hats, t-shirts, and sweatshirts seemingly everywhere. It doesn't take much to get the conversation going. Bumping into someone with Whalers' gear spawns a trading of stories, a bonding moment full of laughs and nostalgia. Why do we still care so much, yearn for the past, and continue to hope for the future?

Alums like Chuck Kaiton, the beloved voice of the Whalers and John Forslund, former Whalers PR director/television broadcaster and now television broadcaster for the Carolina Hurricanes and NBC, provide some answers.

They fondly recall the Whalers as a pioneering organization that focused its efforts around the community and the fans. Together, they can compile a number of firsts: the first National Hockey League (NHL) team to earmark a charity as its own (the UConn Children's Cancer Fund); the first NHL team to have a team store right in the arena; the first NHL team to boast a blimp that dropped prizes and gift certificates to the crowd. Kaiton points out that the Whalers came up with the idea for a skills competition for the 1986 All-Star game held in Hartford. The team spearheaded youth hockey development that ultimately evolved into today's local elite programs. "We were ahead of our time," explains Kaiton. "Speaking engagements, school visits. It cemented the relationship between the team and the community. The 1980s were a great period with a lot of innovation that has carried into today."

Forslund agrees. The tradition continued into the 1990s with events like the "Tip-a-Whaler" fundraiser (soon after adopted by the Kings) and Casino Nights (also later in vogue). "When we had PR and marketing meetings, we talked about programs with high schools and boys and girls clubs. It was grass roots." The community connection remains, he says, due to the hands on nature of the team.

The history is also special - beginning with the upstart World Hockey Association (WHA) to become the only U.S. based WHA team to enter the NHL in 1979. There are so many names and moments. Gordie Howe, of course. The playoff run in 1986. And there were the low moments. The Ron Francis trade in 1991. The ultimate heartbreak? The move to Carolina.

The Whaler passion endures. For the past three years, the Hartford Yard Goats host a Whalers Alumni Weekend. "It's terrific," says Kaiton. He, among other Whalers, attends every year. The weekend kicks off with tradition - visiting patients at the UConn Health Center. A luncheon on Saturday precedes the first pitch that is thrown out by the Whalers alumni. There is an autograph session.

The Whalers Booster Club continues a presence. Once down to 30 or so members it is 140+ strong.

The club meets monthly. It provides for an annual scholarship for a CT student, organizes a trip to see at least one NHL game a year, and continues to hope for a Whalers return. "We do what we can to try to bring back a team," says Mark Anderson, a member since 2011. "Since we can't do it with money, we keep the name out there. We keep the spirit alive."

There are Whalers, too numerous to mention, still making a hockey impact. A few examples include; Joel Quenneville (Florida Panthers' coach), Dave Tippett (Edmonton coach), Ron Francis (Seattle GM), Mike Liut (agent), Ray Ferraro (broadcaster), and Mark Johnson (University of Wisconsin women's coach).

Both Kaiton and Forslund refer to the Whalers in terms of "we." Kaiton was there for the NHL start. "I was the luckiest person to be chosen and to broadcast from day one. I will never forget it. The relationships with management, the players, the fans ... so passionate. I really cherish the memories. 18 years - I wish it were 28 or 38." Forslund joined the Whalers shortly after the Francis trade. "We were doing damage control," he recalls. The ticket base went from over 11,000 to around 6,000." But there were still high moments. "We got through a lot of adversity. The fans came back. We wanted to be more competitive. The team was good enough to make the playoffs."

Forslund vividly recalls broadcasting the last Whalers game. It took him until a few years ago to actually watch. He wasn't sure he had done the moment justice. "It was the toughest thing I've ever done in my career," he notes. "How do you go on the air for the last game? There's no playbook for closing a franchise and leaving a city. How do you present that so it makes sense... is poignant? No one wanted to see it happen. We did [the broadcast] in the right way. You could feel the emotion of the fans."

As Kaiton puts it the Whalers years "were special years and it was a special place." The same goes for Forslund. "That's the one thing to convey, how special that time was... It was like family."



Ulf Samuelsson signing a hockey puck at the "Tip-a-Whaler" fundraiser. Photo by Diane Sobolewski Photography.



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