

# Old Lyme



# Events

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Volume 7 • Quarter 1 • 2013



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## Selectwoman's Corner

As we approach the Spring months of the year, I am certain that we are all happy to get be on the other side of the Winter.

**Election Day 2012:** As expected, Election Day was very busy at Cross Lane Fire House. This year, we tried something new – the traffic pattern was designated with one-way signs, and because we anticipated a large crowd, we made sure that there was a police presence. At one point, we had two officers and one of our Old Lyme Rangers directing traffic. We also installed extra lighting for the day to assure safety for the voters. Most people felt the changes made for a more efficient voting day, though there were still lines at different times during the day. Voter turnout was very high, which is a hallmark of our community. Congratulations to the elected officials, and to the voters for taking this responsibility so seriously.

**Veteran's Memorial Dedication:** On Sunday, Nov. 11th at 11 am, the American Legion Post 41 and VFW Post 1467, both of Old Lyme, dedicated a new Memorial "To All Who Served and Sacrificed So We Could Enjoy Lasting Freedom" at the Duck River Cemetery. The ceremony, attended by many veterans, as well as state and local officials took place on a beautiful, sunny morning in front of the flag pole in the cemetery. By next Memorial Day, it will also have blue stone installed around the memorial to protect it from lawn care equipment. If you have not seen it, stop by and take a look. It is stunning in its

simplicity, and the six emblems of the branches of the Armed Services, which are engraved on the top, are impressive. Congratulations to the veterans who worked so hard to make this happen. It is a fitting tribute to those who served so proudly.

**Special Town Meeting on Nov. 14:** The Town of Old Lyme now has two additional town roads, thanks to the voters who turned out on Nov. 14th for a Special Town Meeting. Both Village Lane and Woodcrest Drive were accepted as town roads at the meeting. They are each fairly short roads with cul-de-sacs at the end. In addition, in a special election to fill a vacancy, Steve Spooner was elected to the Regional District #18 Board of Education. Mr. Spooner will serve until the next Municipal election, which is in November of 2013.

**Annual Tree Lighting – A New Tradition:** On Friday, December 14th, the Lyme Old Lyme Chamber of Commerce hosted the first tree lighting right at Town Hall. With a new tree



*First Selectwoman  
Bonnie Reemsnyder*


*continued on page 4*

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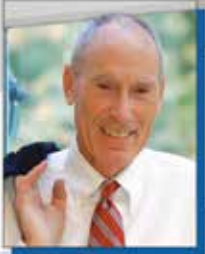
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East Lyme Pediatric Clinic would like to introduce Sonia Stavens, our licensed practical nurse. Since joining our practice in February of 2011, Sonia has participated in a wide-range of patient care from vaccinating our children to advocating and empowering parents in the care of their children. Sonia has a unique passion for pediatrics which is just one of the reasons why she chose to further her education to receive a Bachelor's in Nursing. Sonia strives to meet the needs of our busy parents here at East Lyme Pediatric Clinic. Skilled with an art of distraction, Sonia makes sure our children have a favorable, compassion-filled patient care experience.

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Marian Bairstow  
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# Events

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Cover Photo by AC Proctor

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• *Selectwoman's Corner continued from page 1* •

planted on the South Lawn (it sounds so presidential!), the LOL Middle School Band and High School Select Singers did an awesome job to put us all in the Holiday Spirit. There were at least a 100 people in attendance, and we enjoyed hot chocolate and cookies inside the Meeting Hall after the event. We look forward to watching our new tree grow and provide us with many new memories in the coming years. Thanks to the Chamber for hosting the event.

**Sandy Hook Tragedy:** Like so many other communities in Connecticut, we were stunned in Old Lyme by the events of Dec. 14 in Newtown, CT. Because it was not clear what was unfolding, our Police were dispatched to all of the schools, and remained at each of the schools throughout the day. In the days following the tragedy, police presence continued, and the Board of Ed held a special meeting to discuss the security in our schools. The leaders of both communities continue to discuss security and have made the safety of our children a priority. Many of our volunteer organizations took action to support the Newtown community – the Ambulance Association held a “Fill the Boot” event, collecting over \$10,000 for Newtown; Selectwoman Nosal and Fire Dept. Chaplain Merv Roberts traveled to Newtown to deliver Christmas ornaments signed by our citizens, and vigils were held throughout the community. Surely, everyone’s holiday was dampened by this horrific event, and the loss will never be forgotten.

**Selectman's Front Office Re-design:** After years of waiting and planning, the Selectman's Front Office has a new efficient look. A full wall and cabinets have been installed, creating two separate spaces of the large room. One room serves as a mail room, where departments, and board/commission chairs can get their mail, as well as use the postage machine, printer, copier and fax. The Selectman's Office, where citizens get beach stickers, transfer station permits, etc. has new cabinets and a new counter for transacting business. This new design has been a long time in coming and allows for increased efficiency and security. Stop in and see how wonderful it looks.

**Annual Town Business Meeting:** On Monday, January 28, the Board of Selectmen held its Annual Town Meeting at the Town Hall Meeting Hall. Despite the snowy weather, about 75 people were in attendance to accept the Annual Report. The theme of this Annual Report was “Youth, Caring for Community”, and of course, there were lots of pictures of many of our young people from Old Lyme. The report was accepted, the Citizen of the Year was announced, and then we voted on allocating funds to improve our interagency communications. Officer Thomas Heinsen explained that during the most recent storm events – both Sandy and Irene – our agencies could not communicate directly with one another. By installing antennae on the Mile Creek Cell Tower, all of our agencies – Police, Fire, Ambulance, Public Works, Emergency Management, and even the schools – will be able to communicate with each other. This will assuredly be more efficient and provide better service during urgent or emergency events. The cost for the improvement to the antennae is \$32,500, which was approved unanimously. The last item on the call of the meeting was to elect someone

*continued on page 6*

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• *Selectwoman's Corner continued from page 4* •

to replace Scott Chester on the Board of Assessment Appeals, as Scott has recently moved out of state. George Finley was elected to this position.

**Citizen of the Year:** The Selectmen were delighted to announce that Robert Pierson was selected as the 2012 Citizen of the Year. Bob has been very active with the Fire Department for years, as well as serving on the Planning Commission and other Boards and Committees. Most recently, he serves as Treasurer on the Senior Center Board, and is on the Facilities Committee for the Town Hall. Bob has always been one of those people who is happy to help a good cause. Of course, many people came out to the Annual Town Meeting and waited in anticipation of the announcement. But the person who was most surprised of course, was Bob Pierson! Thank you, Bob, for all you do for the Town of Old Lyme!

**Wastewater Management Task Force:** This Task Force, which had its first meeting in mid-November, has been hard at work developing a Request for Qualifications (RFQ) to begin the study for a Community Septic System for our Shoreline Area. On February 1st the RFQ was published and distributed to interested firms. The Town of Old Lyme has worked closely with the CT DEEP to make sure that the RFQ had all the required elements in order to qualify for grants through the Clean Water Funds. These funds will help to pay for 55% of the study. As we wait for firms to submit their qualifications, the Task Force has been working on developing the strategy to

review the firms in order to choose the best one for the job. The spring of 2013 will be a busy one for this Task Force – thank you in advance for the important work you are doing for our community.

**Budget for FY 2014:** The Board of Finance has begun the process of reviewing the Budget requests for Fiscal Year 2014. The Board meets weekly from about early February through the end of March, inviting various agencies and departments to attend in order to speak to their budget request. It is a grueling process, as the Board members also meet separately with each agency prior to the evening meetings. The Budget hearing is scheduled for Monday, April 22 at 7:30 pm at the Town Hall Meeting Room. Provided the District #18 budget is approved on schedule, the Town Meeting to approve the Budget for FY 2014 will be held on Monday, May 20. All meetings will be properly posted. Thank you to the members of the Board of Finance for their hard work.

**CIRMA Award:** In January, the Town of Old Lyme was informed that we were the recipients of a special award through our insurance agency, CIRMA. The Risk Management award is for making Risk Management an Organizational Priority. This is due to the fact that our Safety Committee, chaired by Don Bugbee, has worked hard to review our policies and procedures regarding safety for our employees. When an organization focuses on Safety of employees, the number of incidents is reduced, because our employees are better informed, trained,

*continued on page 8*



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agents whom they have worked with and evaluate them based upon nine criteria: customer service, integrity, market knowledge, communication, negotiation, closing preparation, finds the right home, marketing of home, and overall satisfaction.

**Check out the full article in the March edition of *Connecticut Magazine*.**

Again this year...thank you to all the respondents who took the time to answer the surveys and phone calls involved in the research. We really appreciate it and will continue to provide the best service to our clients old and new and to look for ways to improve and do more for each every one of them. Your confidence inspires us.

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• *Selectwoman's Corner continued from page 6* •

and aware of risks. Congratulations to the Safety Committee for their diligent work that resulted in this Award!

**Sound View Improvements Grant Funding:** On January 31, we were informed that the DOT Enhancement Grant Application was approved for the Bike Path, Park and Restrooms in Sound View. This was exciting news for the Town and the Sound View Commission, who have worked so hard on this plan. The plan will provide permanent restrooms, a lovely park, and parking for 44 cars within the park. It also reconfigures the parking on Hartford Ave. to improve safety and traffic. The grant will pay for 80% of the improvements, and has been supported by the Board of Selectmen, the Board of Finance, and the Planning Commission, as well as many of the Beach Associations. We are delighted to be a part of some positive change in the Sound View area, and especially delighted to have such substantial grant funding for the project. If you would like to see an overview of the conceptual plans, go to the Old Lyme Town website at [www.oldlyme-ct.gov](http://www.oldlyme-ct.gov), and click on Boards and Commissions, Sound View Commission, and Sound View Proposed Improvements. We will have a Special Town Meeting to approve the funding of the project, so be sure to stay tuned.

**The Winter Blizzard of 2013!** Whether you call it Nemo, Charlotte, or just the Blizzard of '13, it was a memorable weather event that once again put Old Lyme in the dark. Snow totals were impressive, but the initial focus was on the

downed trees, wires and loss of power. All of this was complicated by the frigid temperatures of Saturday night. Our Emergency Operations Center (EOC) was open throughout the storm and into the following week. The Regional Shelter at the East Lyme Middle School opened on Saturday morning, and several of our residents either made their way there on their own, or were aided by our EMS staff or the National Guard. On Sunday, the Respite Center at the Lymes' Senior Center opened to provide hot meals, wi-fi, and warmth! While many people were frustrated because they could not get out of their roads (never mind their driveways!), the town crews were working overtime to clear the roads. This was made difficult by our trucks getting stuck, heavy equipment getting stuck, and subsequent breakdowns of vehicles.

Common wisdom when preparing for an emergency is "Prepare for 3 days to be on your own, without the ability to get out and re-stock on food, water, fuel, etc." By Day Three after the storm, we had made great progress – the electricity was restored to over 99% of customers, road blockages of trees and wires were cleared, roads were plowed, and businesses were open. Many sub-contractors from town provided heavy equipment to move and remove the snow, and by Valentine's Day, we were in good shape.

Having spent much of my time at the EOC throughout the storm, it is only fitting that I acknowledge the tireless volunteer work done by so many in our community. Our Fire Dept. and EMS staff are essential, as they reach out to residents making sure they have what they need in the way of medical attention,

*continued on page 9*

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## The Old Lyme-Lyme Volunteer Connection

The Old Lyme – Lyme Volunteer Connection is a new community online resource for the towns of Old Lyme and Lyme. It is designed to be a centralized database of volunteer opportunities for organizations that either provide services to or are located in the two towns. The website [volunteer.truist.com/ollvolunteer/volunteer/](http://volunteer.truist.com/ollvolunteer/volunteer/) now lists fourteen local organizations including the Old Lyme Phoebe Griffin Noyes Library, Old Lyme Land Trust, Lymes' Youth Service Bureau, and Florence Griswold Museum. The Old Lyme – Lyme Volunteer Connection would like to include many more. If you are the leader of an organization that is either located in or provides services to Old Lyme or Lyme and would like to participate contact Noah Christiano, the high school junior who founded and administers this website, at [ollvolunteer@gmail.com](mailto:ollvolunteer@gmail.com).

Community members can visit the website to browse for opportunities to get involved. The Old Lyme – Lyme Volunteer Connection is a one-stop-shop for volunteer opportunities. Interesting current listings include learning how to hang art exhibitions with Exhibition Manager, Keith Fox at the Lyme Art Association (appropriate for teens to adults), helping out at the Nearly New Consignment Shop managed by Saint Ann's Episcopal Church (appropriate for teens to adults), maintaining hiking trails with the Old Lyme Land Trust (appropriate for adults or families), and serving on any of a number of Boards and Commissions for the Town of Old Lyme, including the Conservation Commission, Senior Center Board, and Water Pollution Control Authority.

• *Selectwoman's Corner continued from page 8* •

safety, etc. Our Public Works crew and our Police stay on the job well beyond their regular shift, and are available at a moment's notice. Several residents expressed concern should there be an emergency on their unplowed road, but between all of our personnel, they will prioritize plowing in an emergency. The plows will lead the way in, with police, fire and ambulance following as needed. And after the storm, the volunteers who help with the shelter and respite center are

essential to provide these much needed services. My heartfelt thanks go out to all those who worked so hard throughout the storm to make people safe and get us back online!

On behalf of the Board of Selectmen, I wish you a Happy and Early Spring. Be sure to take time to smell the roses.

— *Bonnie A. Reemsnyder*  
First Selectwoman

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## Lymes Senior Center

The Lymes' Senior Center has plenty of activities to offer: Chicago Bridge, Chair Exercise Classes, Tai Chi, Aerobic Exercise Classes, Watercolor Paint Class, Creative Writer's Workshop, Duplicate Bridge, and etc. Please feel free to call for more info. A delicious nutritious lunch is served Monday through Friday at 12:00pm for a small donation of \$3.00. Meals on Wheels is available for any senior who is homebound. Please call 434-4127 for more information. Below are special events...

Mar 06	Senior Club Meeting & Music "Sir Horace"	1:00 pm
Mar 13	St. Patrick's Day Luncheon & Irish Music	12:00 pm
Mar 14	AARP-Tax Aide	9:00 am
Mar 20	Senior Club Meeting & Bingo	1:00 pm
Mar 28	AARP Tax-Aide	9:00 am
May 27	Closed - Memorial Day	CLOSED
Mar 27	AARP 55 Alive Driving Course	1:00 pm
Mar 29	Closed - Good Friday	CLOSED
Apr 03	Senior Club Meeting & Silvertone Chorus	1:00 pm
Apr 11	AARP -Tax Aide	9:00 am
Apr 17	Senior Club Meeting & Bingo	1:00 pm
Apr 25	Balance Class	1:00 pm
May 01	Senior Club Meeting/ Music "Maggie Carchrie"	1:00 pm
May 15	Healthy Cooking Class	12:3 pm
May 22	Senior Club Meeting & Bingo	1:00 pm

— Sherry A. White, Director



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## Junior Women's Annual Art Show

Despite the recent wintry weather, planning for one of Old Lyme's most popular spring events is already well underway and returning to its roots in 2013.

The Lyme-Old Lyme Junior Women's Club (LOLJWC) will host its 26th annual Expressions Art Show, beginning on April 26th, with some changes that should please both newcomers and veteran attendees. For more than a quarter century, the LOLJWC has supported local charities and organizations with money raised from the annual event.

For the first time in several years, the event will be held at the Lyme Art Association (LAA). After successful events at other venues in the area, the time seemed right to return the art show to the LAA. "This is truly an event that incorporates so many elements and resources within our community," said LOLJWC Co-President Susan Redman-Parodi. "It's wonderful to be holding the event again at the Lyme Art Association, one of the true art landmarks in Old Lyme."

Susan Ballek of Lyme Art Association agrees, "Our historic gallery is thrilled to once again be the host site for this special fundraiser. The LOLJWC is a vibrant, energetic organization with a mission of supporting local non-profits. This fundraiser also benefits many talented artists by displaying and selling their work. It's a win-win for everyone!"

The show will hold its opening night reception on Friday April 26th, featuring entertainment from The Side Doors Band,

a live and silent auction, as well as art for purchase from some of the area's most notable artists. As usual, the event will be a true production of the entire community, from the club's members who donate time and resources, to the many local businesses who sponsor the event.

But unlike years past, the show will have an extended run – with potential to raise more money than ever. The art will remain on display and available for purchase until June 9th at the LAA. Additionally that weekend, the Old Lyme Inn will feature a signature cocktail for purchase at the restaurant, with proceeds going to LOLJWC and its beneficiaries.

"It's great to see so many local vendors and businesses want to be involved in this event," said Amy Lippincott, LOLJWC Co-President. "It really makes the give back to the community as a whole that much more meaningful."

Each year, the LOLJWC membership votes to determine the beneficiaries, and this year's recipients represent a wide range of organizations that offer critical need to shoreline communities. The recipients for 2013 are: The Lyme Art Association, Child and Family Agency of Southeastern Connecticut, Safe Futures (formerly the Women's Center of Southeastern CT), The Old Lyme Phoebe Griffin Noyes Library and the Lyme Ambulance Association. For tickets and more information on the event please go to <http://www.loljwc.com>.

— Jennifer Daly-McFadden



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## Clean Out Your Closets for Child & Family Agency

The Lyme/Old Lyme Auxiliary of the Child and Family Agency of Southeastern Connecticut has scheduled its Intake for donations to the Agency's 59th Annual Sale. Donations will be accepted ONE DAY ONLY, on Tuesday, April 9 from 10 am to 4 pm, at the First Congregational Church of Old Lyme, Sheffield Auditorium, on Ferry Road. This will be the only day to bring items for donation in Old Lyme.

Items accepted include men's, women's, and children's clothing; books, records, and CDs; toys and sporting goods; small appliances; household items; linens; jewelry; furniture; and more. All items must be in very good condition, i.e., clothes and linens must be clean with no holes or stains, and appliances must be working.

Child and Family Agency's 59th Annual Sale will be held at Grasso Technical School in Groton, April 18–20. For more info on the sale, call 860-443-2896 or visit [www.childandfamilyagency.org](http://www.childandfamilyagency.org).

Child and Family Agency is a private, nonprofit organization dedicated to the well-being and development of all children and their families, with emphasis on the unmet needs of children lacking physical, emotional, and intellectual care and nurturing. With offices in New London and Essex, and programs in children's health care, child abuse, family violence, teen pregnancy, parent education, and child guidance, the Child and Family Agency is the largest nonprofit children's service provider in Southeastern Connecticut.



*Child & Family Garden Tour.*

### Get Ready for Summer with the 2013 Lyme/Old Lyme Garden Tour

After the winter we've had, we all need a taste of summer: warm breezes sifting through marsh grasses; sailboats rocking gently on a quiet cove; a backyard putting green beckoning you to drop a few putts before the sun sets. The 2013 Lyme/Old Lyme Garden Tour will have all this and more, with the opportunity to tour a half-dozen private gardens—including an estate on Hamburg Cove, a working farm, an architectural gem overlooking the Connecticut River, and a garden with its own putting green!

This year's Lyme/Old Lyme Garden Tour takes place on Friday June 14 and Saturday June 15. Boxed lunches, catered by Old Lyme's own Coffee's Country Market, will be available once again with advance reservation; and the popular Garden Boutique will tempt visitors with an array of unique and distinctive items for home and garden. Educational talks, included in the admission price, will feature gardening experts to answer your gardening questions. Tickets for the 2013 Lyme/Old Lyme Garden Tour will be available soon through the agency's website ([www.childandfamilyagency.org](http://www.childandfamilyagency.org)) and at local outlets.

All proceeds from the 2013 Lyme/Old Lyme Garden Tour will benefit the many services and capital projects of the Child and Family Agency of Southeastern Connecticut, a private, nonprofit organization dedicated to the well-being and development of all children and their families, with emphasis on the unmet needs of children lacking physical, emotional, and intellectual care and nurturing. With offices in New London, Essex, and Groton, Child & Family Agency is the largest nonprofit children's service provider in southeastern Connecticut. For more information, see [www.childandfamilyagency.org](http://www.childandfamilyagency.org). E-mail: [lymecgardentour@sbcglobal.net](mailto:lymecgardentour@sbcglobal.net).



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## Lions Fundraiser

The 9th Annual Lyme-Old Lyme Memorial Day Classic Car Show will be held on Monday, May 27 from 9 am - 2pm on the grounds of the Lyme Academy College of Fine Arts. Thirteen classes, Peoples' Choice. \$5.00 spectator admission, \$10.00 for car registration. Some car owners will be invited to participate in the town's Memorial Day Parade. All proceeds to Lions charities. To pre-register your car for the event, go to [www.lymeoldlymelions.com/onlineregistration.htm](http://www.lymeoldlymelions.com/onlineregistration.htm), or call Jim Graybill at (860) 434-3530. Information about the show may be found at [www.lymeoldlymelions.com/carshow.htm](http://www.lymeoldlymelions.com/carshow.htm).

## Town Clerk's Office

### Congratulations!

We congratulate the following on their recent marriages:

Adam Griswold Burt & Deborah Anne Fix, September 8  
 Peter F. Pacheco & Jessica N. Orts, October 7  
 Jameson Lee Nordberg & Christine Marie Carlson, October 13  
 Thomas E. Smith & Nancy Ginsburg Kushins, October 20  
 Gregory Smith Symonds & Jennifer Whitmore Hazen, November 11  
 Andrew Dean Montanaro & Karen Williams Martocci, November 14  
 Anthony Charles Mea & Karen Lee Reynolds, December 22  
 Robert A. Martin & Susan B. Handy, December 24  
 Richard Bruce Bellisle & Patricia E. Naktenis, December 31  
 Matthew Michael Weber & Donna Lee Bennett, January 11

### With Sympathy

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

Irene Elizabeth Walton Berg	Helen C. Maranda
Jacquelyn Rose Costigan	Velia C. Pucci
Frederick DiScipio	Rose Marie Rand
George Duncan	Frances Sadowski
John Eugene Hickey	Edward William Stankiewicz
Richard Edward Kocielo	Sallie Vanitallie
Stanley L. Kowalczyk	Gertrude Ward
Thomas Eugene Lavoie	

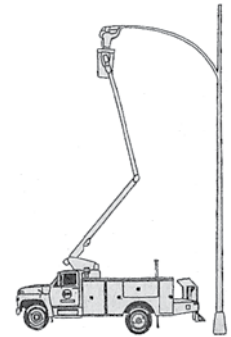
— Eileen K. Coffee, Town Clerk,  
 Vicki Urbowicz, Assistant Town Clerk



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## Chamber Update

Our Annual Tree Lighting took place at the Town Hall in December. Performers from the Lyme-Old Lyme Middle School Band and High School Select Singers helped to spread holiday cheer. We thank Band director Carrie Wind and Choral director Kristine Pekar for sharing the talents of their students! On December 7 & 8, Chamber businesses and local organizations helped to Light Up Old Lyme with activities & events all over town.

Our March Dinner Meeting is scheduled for The Hideaway on Thursday, March 21. Vincent G. Capece, Jr., President and CEO and Harry Every, Senior Vice President of Strategic Planning and Operations of Middlesex Hospital will talk about the Hospital's new Westbrook facility, scheduled to open in 2014. Check [www.visitoldlyme.com](http://www.visitoldlyme.com) for details and to register.

We invite you to step outside and enjoy warmer spring weather in April and May at two special Business After Hours

events. On April 18, join us in the Courtyard at the Old Lyme Marketplace from 5:30 to 7 pm for a spring reception hosted by the Woman's Exchange, Faces Aesthetics & Skincare, and Coastal Cuts. On May 16, come to the Lt. River Center from 5:30 to 7 pm for a reception hosted by Nina Peck Architect and Old Lyme Stone. Plan to catch up with old friends after this long, snowy winter! Register in advance [www.visitoldlyme.com](http://www.visitoldlyme.com) & pay only \$10, or pay \$12 at the door.

Join us in early summer for this year's Taste of the Lymes at the Old Lyme Country Club. Watch for more exciting details!

Our Lyme-Old Lyme Chamber membership is diverse: both brand new & well-established businesses of all sizes & types - gift shops, galleries, restaurants, convenience stores, & more; non-profits, attorneys, contractors, physicians, retirees, etc.

We have been working hard to ensure that our Chamber remains a vibrant organization, supportive of our community and responsive to the needs of our members.

If you are interested in becoming more involved in Chamber activities, please let us know. And, if you are not a member yet, please consider joining us - membership is only \$50. Applications are available online at [www.visitoldlyme.com](http://www.visitoldlyme.com). Don't forget: BUY LOCAL!

— Lyme Old Lyme Chamber of Commerce  
President Catherine Frank

*For town updates & information:*  
**[www.oldlyme-ct.gov](http://www.oldlyme-ct.gov)**

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## Estuary Council

ESTUARY COUNCIL OF SENIORS, INC. has been serving seniors in the nine-town Estuary region for 38 years. Call us to receive our *Gazette Newsletter* or go to [www.ecsenior.org](http://www.ecsenior.org) for our online newsletter, events calendar, menu, and more.

**SAVE THE DATE - APRIL 27. PAINTED CHAIR AUCTION: THE SECOND SEATING.** Artists and sturdy, wooden chairs and small benches and tables wanted. The finished furniture will be auctioned at our event to benefit Meals on Wheels in 10 towns along the shoreline. Call Rhonda at 860-876-7340 if you are interested in donating a small, sturdy furniture piece, or, if you have an interest in turning a wooden piece of furniture into a piece of art to be auctioned.

**"BUY A WHEEL" for \$1 MEALS ON WHEELS FUNDRAISER** During March, National Nutrition Month, local businesses will sell paper "Wheels" for \$1. 100% of the monies raised from the "Buy A Wheel" program will go to our local Meals On Wheels program to feed homebound seniors. Please buy a wheel to provide a meal for a senior citizen in your town.

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

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

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

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

**ESTUARY THRIFT SHOP:** Open 10 am - 4 pm, Monday - Friday; 9 am - 1 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

**DONATE YOUR CAR OR BOAT TO THE ESTUARY COUNCIL** - Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

**VOLUNTEER OPPORTUNITIES:** Call Judy at 860-388-1611.



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**Deadline for the next issue of**

**OLD LYME EVENTS**

**is May 3rd**

## Flood Proofing Your Home Permanently



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*After.*

If you live along the immediate shore south of Route 1, you are seeing houses being lifted and reinforced. In the past two years we have had record setting flood waters caused by two major storm events. Shoreline town officials (and insurance companies) are encouraging homeowners in flood prone areas to consider raising their homes before destructive flood waters cause expensive and frustrating damages.

Unfortunately, it is not easy or cheap to raise a house out of harm's way. There are some grants and loans available through FEMA, but they come with strings attached and rules to follow. Below are the five major steps that are involved in raising your house:

**Permits:** Depending on your location, you may need permits from DEEP, Zoning, Building, Wetlands, & Zoning Boards of Appeal. Each of these permits may require specialized information and documentation that must be prepared by engineers, surveyors, & professional contractors.

**Engineering:** The type of foundation that is required depends on your proximity to the water, soils under your house; depth of water table, type & construction of your house, and other variables.

**Lifting the house:** This is actually the easy part of the job; easy, not cheap. The house can be raised as high as needed to get construction equipment under the house, and then lowered onto its new foundation. Some people want their houses high enough to park cars underneath.

**Foundation:** Engineering will tell you what kind of support you need; options include pile driven wood piers, helicoils, cement piers, or a more traditional concrete foundation.

**Access:** Now that your house is several FEET higher off the ground than it was, how do you get into the house with those groceries, and where does the grille go? This part of the project may require some real lifestyle planning and special permissions from your town.

Many homeowners will go through this process in the coming years, whether they want to or not. Prudent planning and retaining competent, experienced professionals will make this a more palatable experience.

— Mark J. Reeves, Mark Reeves, Builder

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Learn how you can help at:

**[www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org)**

## Annual Plant Sale



The Annual Plant Sale put on by the Duck River Garden Club of Old Lyme will be May 10 & 11 this year. The sale is located at the Old Lyme Shopping Center on Halls Road. Hours are Friday, May 10 from noon to 7 pm and Saturday, May 11 from 9 am to 1 pm.

The sale will feature member-grown plants, perennials, annuals, vegetables and herbs, gorgeous hanging baskets and more ideas for Mother's Day gifts. (Mother's Day is Sunday, May 12.) Geraniums can again be pre-ordered for pick up on Friday morning. For more information about geraniums and to pre-order, call Agnes O'Connor at 860-434-9094 by May 8.

The Duck River Garden Club of Old Lyme holds meetings at the Lymes' Senior Center from September through June. In the summer months, club members tend seven planting sites around town and the club members also create 19 large wreaths to decorate our public buildings during the holiday season.

For more information about membership in the Duck River Garden Club of Old Lyme, please call Kathi Green, President, at 860-434-7106 or check the club's web-site at [www.oldly-meduckrivergc.org](http://www.oldly-meduckrivergc.org).

## Lymes Senior Center Summer Concert Series

Come and enjoy a summer evening at the Lymes Senior Center, 26 Town Woods Road for "Summer Sounds" a four week musical series.

- Thursday, July 11th: High Society, Jazz unit of the Westerly Band. Dixieland and Music of the 1920's.
- Thursday, July 18th: Waterford Community Band
- Thursday, July 25th: TBA
- Thursday, Aug, 1st: The Old Lyme Town Band

All concerts start at 7:00 pm. Concerts will be held rain or shine. All ages welcome.

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**ACTIVE LEARNING FOR ONES PLAYGROUP.** Thursdays, 10:00-11:15 am. Celebrating your toddler's desire to play! Parents and children come together to explore, discover, and exercise your child's newest skills. Group activities will support your child's emerging curiosity, language, problem solving, motor skills, and cooperation in the gentlest manner. Circle time includes lap play, face time, movement, finger-play, & nursery rhymes. No group on 3/28 & 4/18.

**PLAYGROUP FOR TWOS!** Fridays, 9:30-10:45 am. Mimi's Place has a new room-scape for early childhood programs & caregivers! Areas include; a Cozy Corner for quiet play. A Group Area; for children and adults to come together and celebrate circle-time music, movement, rhythmic play, emergent literacy, and communication play such as story time. A Messy Area including a rice table that changes with the seasons, snacks, and art/crafts activities. As well as, ample space for block, kitchen, active, and dramatic play. Areas for nursing mommies too! Children will gain social and literacy skills while enjoying circle time, free play, snacks, crafts and outdoor time at Mimi's Place adjacent playground for children up to age 5. Siblings always welcome. Each week the groups will explore a new theme.

**BABIES FIRST.** Mondays, 9:30-10:45 am. LYSB's group for new and expectant parents. Join us for social time and parenting discussions. Designed for parents of children up to age 12 months and is casual, comfortable, and informative. Weekly topics are based on parent's concerns and interests including feeding, sleeping, infant massage, babysitters and childcare, and more. Nursing and diaper changing are always welcome! Call LYSB for more info at 860-434-7208 [www.lysb.org](http://www.lysb.org)

**HOLISTIC MOMS NETWORK.** "Living Healthy, Living Green." Meets the second Tuesday of the month at 7 pm at LYSB. HMN connects parents interested in holistic health and green living. Each month we explore a new topic. Check the LYSB website ([www.lysb.org](http://www.lysb.org)) for current topics and guest speakers. Not just for babies, HMN is for parents at all stages of parenting.

03/12: Keeping Clutter at Bay with Small Children, guest speaker Ellen Madere - 7 pm

04/10: Boo-boo Bunny Crafting & Spring Fun with The Tots - 10 am

05/14: CT Farm Fresh, guest speaker Deb Marsden - 7 pm

06/11: Garden Experiences; Composting & Rain Barrels, speaker TBA - 7 pm

**MIDDLE SCHOOL AFTER SCHOOL PROGRAM.** Meets Tuesdays and Thursdays from 2:15 to 4:00 pm. Come hang out with LYSB and participate in a variety of crafts, games, and fun activities. Students can walk to LYSB after school and passes for the Late Bus will be provided. This is a drop in program open to any LOLMS student. Registration fee of \$25 and permission form required, available on our website [www.lysb.org](http://www.lysb.org)

**3rd, 4th, & 5th GRADE AFTER SCHOOL PROGRAM.** Every Wednesday 3:00 to 5:00 pm. Come to LYSB's Activity Center with your friends to play games, enjoy crafts, snacks, and more. Fun is guaranteed! Students from Center School will be escorted to LYSB. Students from Lyme School will take the bus directly to LYSB. Fee is \$100 for the year. Pre-register by calling LYSB at 860-434-7208 x0.

**CHANGE HAPPENS: A PROGRAM FOR CHILDREN OF DIVORCE.** Wednesdays, 4:30-5:30 pm. Change Happens is LYSB's program for children and

*continued on page 19*

• *Youth Service Bureau continued from page 18* •

adolescents whose families are going through divorce, separation, remarriage, and custody issues. This program was designed to assist children through the continuum of family reorganization, change or upset. We will address self-esteem, issues of loss, communication and transition. Hands on activities will help young people express themselves. All young people who are managing the emotions and hurdles of family transitions will benefit from this program which will be held at LYSB and led by a licensed clinical social worker. Fee: \$90 for six week sessions. Pre-register by calling LYSB at 860-434-7208 x0. All calls are confidential.

**1-2-3 MAGIC: Effective Discipline for Children 2-12.** Parents! Who's in charge at your house? Two Tuesdays: April 2 & 9, 2013, 7:00-9:00 pm. \$20 per family - Pre registration necessary - 434-7208 x 0. A humorous look at parenting, a serious look at discipline.

In this two part workshop you will learn:

- How to discipline without arguing, yelling or spanking.
- How to control obnoxious behavior.
- How to handle the 6 kinds of testing and manipulation.
- 5 tactics for encouraging good behavior.
- What to do about bedtime, messy rooms, lying & chores.
- Homework, practicing and more.
- How to strengthen your relationship with your child.

Pre-register by calling LYSB at 860-434-7208 x0

**GUITAR LESSONS After School at LYSB.** On Tuesdays and Thursdays after school at LYSB. 45 minute private lessons are taught by teachers from Corner Music. Group lessons may also be available. For grades K-12. Guitars available for rent if needed. For more information contact Corner Music at 860-395-3500 or info@corner-music.com.

**ENGINEERING FUNDAMENTALS WITH LEGOs® FOR HOMESCHOOLERS:**

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**SITTER SAFETY CLASS.** Four Mondays: March 4, 11, 18 & 25, 2:15 to 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 \$40 and includes supplies, snacks, and guest speakers. Call LYSB to pre-register at 860-434-7208 x0.

**MOTHER/DAUGHTER WORKSHOP.** Tuesday, April 30, 2013, 6:00-8:00 pm. Open the lines of communication with your daughter! Designed to give girls a better understanding of the changes that her body will go through during puberty. Topics will include the importance of a positive body image and how to deal with difficult situations. A fun and educational night out for girls in 4th and 5th grade and their mothers. Cost is \$40 per pair and includes resource materials, goodie bags and a pizza dinner. 860-434-7208 x0

**LET'S GET SEWING WORKSHOPS:**

**Spring Sewing.** March 7, 14, 21 4:00 to 6:00 p.m., 8 and older, Fee: \$80. After a long dark winter, let's get a jump on Spring with bright, colorful fabric creations. Sew a beautiful patchwork tote bag, zippered wallet/phone case and, time permitting, project of your choice. Machine and hand sewing will be taught. Pre-register by calling LYSB at 860-434-7208 x0.



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**A Local Family Owned Business**

*continued on page 20*

• *Youth Service Bureau continued from page 19* •

**Domestic Diva Sewing.** April 4, 11 & 25, 4:00-6:00 pm., Ages 8 and older, Fee: \$80. Look chic in the kitchen wearing one of a kind aprons you'll design, sew and decorate. Choose colorful fabric, ribbons and buttons to complete your creations. Machine and hand sewing techniques will be taught as well as embroidery and applique stitches. Learn how to "quilt" potholders and kitchen accessories. New and experienced sewers are welcome. Pre-register 860-434-7208 x0

**Let's Sew A Quilt.** May 2, 9, 16, 23, 4:00-6:00 pm., Ages 8 and older, Fee: \$90.

**Let's get quilting!** Learn all about sewing a small quilt from fabric selection to patchwork design and quilting techniques. Machine and hand stitching will be taught as well as applique and embroidery. Pre-register 860-434-7208 x0.

**GIRLS CIRCLE.** A three week empowerment program for girls! Middle School session (gr 6-8): Three Mondays April 1, 8 & 22, 2:10-4:00 pm. Elementary session (gr 3-5): Three Mondays May 6, 13 & 20, 3:30-5:30 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

Call LYSB to register 860-434-7208 x0. More info at [www.lysb.org](http://www.lysb.org).

**BABYSITTING DAY.** Friday, April 26, 6:00-10:00 pm. Ready for a night out? Drop off your kids with us for the evening and enjoy a night to yourself! (Yes! That's the same night as the LOLJWC Art Show). \$15 per kid includes a full evening of games, crafts, movies, snacks & fun! The babysitters are high school students with plenty of experience. As always, an adult will be present. To Register: Call LYSB at 860-434-7208 x0

**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 throughout the year. All high school students in L/OL are welcome to join us any Wednesday night! For questions call 860-434-7208 x0.

**ACTING UP!** LYSB's prevention drama troupe for any high school student living in L/OL. Mondays from 6-8 pm, starts March 2013. Dinner provided. The purpose of Acting Up! is to provide high school students with the necessary tools to "dramatically" improve their lives and self esteem through the art of acting and writing, and to positively influence the lives of middle and elementary school students through performance. Working with an acting coach, Acting Up! members will write and perform their own sketches for middle and elementary students about the problems they may face. Topics may include peer pressure, underage drinking, drug use, bullying/teasing, internet safety, eating Disorders, etc. For more information about Acting Up!, call LYSB at 860-434-7208 or visit our website [www.lysb.org](http://www.lysb.org). Fun is guaranteed! This program is funded by a grant from Southeastern Regional Action Council ([www.sectrac.org](http://www.sectrac.org))

**CASFY: Community Action for Substance Free Youth.** Meets the First Monday of the month at LYSB at 7 pm. CASFY is the prevention coalition for Lyme and Old Lyme and our goal is to reduce substance use among youth through a variety of strategies. We are fortunate to have a strong group of citizens who care about this issue. Please join us at an upcoming meeting. Newcomers are most welcome! To learn more about our work, visit [www.lysb.org](http://www.lysb.org) and click on CASFY.

**YOGA FOR TEENS & ADULTS.** Thursdays, 7 pm – 8 pm year round. Relax and restore your mind, body, and spirit. Wear comfortable clothing and bring a mat. \$10/class, drop in. Taught by Joanie Fitton.

**JOB BANK.** Do you need help with your lawn? Need a new babysitter? Have odd jobs waiting for attention? Call the LYSB Job Bank for names of area youth interested in working for you. (860-434-7208). Kids who want to be listed in the Job Bank need to register at LYSB with a parental permission form available at [www.lysb.org](http://www.lysb.org). For middle and high school youth ages 12 to 18.

**DRUG TAKE BACK DAY.** Saturday, April 27, 10-2 at Lyme Street Fire House. National Prescription Drug Take-Back Day is a great opportunity for you to safely dispose of unwanted and unused prescription drugs. Abuse of prescription drugs is on the rise both nationally and locally. Let's keep these drugs out of the wrong hands. Drop off your medications at the fire house and we will safely dispose of them. Co-sponsored by LYSB, CASFY and the Old Lyme Police.

**THE BIZZ 2013!** Friday, May 3rd at 7:00 pm. At LOLHS auditorium. Tickets \$8 at the door. AUDITIONS: Monday, April 8th, 5:00-7:00 pm. at LOLMS, OR Wednesday, April 10th, 4:00-7:00 pm. at LOLMS by appointment. Call LYSB to schedule your audition appointment at 860-434-7208 x0.

Visit our website for audition rules and information. [www.lysb.org](http://www.lysb.org).

## Town Hall Schedule

Town Hall will be closed in observance of the following Holidays:

Friday, March 29 – Good Friday

Monday, May 27 – Memorial Day

Thursday, July 4 – Independence Day

Monday, September 2 – Labor Day

Monday, October 14 – Columbus Day

Monday, November 11 – Veterans Day

Thursday & Friday, Nov 28 & 29 – Thanksgiving

Wednesday, December 25 - Christmas

## Lyme Art Association

March 1 to April 20. **On Holiday: The Artist Travels and Holding Still: An Exhibition of Still Life Works.** Travel and vacation scenes by member artists, as well as a special exhibition still life works. Opening reception on March 8, 6-8 pm. Gallery hours are Monday-Saturday 10 am-5 pm, Sunday 1 pm - 5 pm. Admission is free but a \$5 donation is suggested. Lyme Art Association, 90 Lyme Street. (860)434-7802; [lymeartassociation.org](http://lymeartassociation.org)

April 26 to June 9. **92nd Annual Elected Artist Exhibition.** Annual showcase of the best new works by Elected Artist members of the Lyme Art Association. Opening reception on May 3, 6-8 pm.

Gallery hours are Monday-Saturday 10 am-5 pm, Sunday 1 pm - 5 pm. Admission is free but a \$5 donation is suggested. Lyme Art Association, 90 Lyme Street. (860)434-7802; [lymeartassociation.org](http://lymeartassociation.org).

## Rogers Lake Dam Repair

Town representatives met with the CT Department of Energy and Environmental Protection (DEEP) Fisheries Unit and the CT River Watershed Council to review the preliminary Rogers Lake fish ladder plans and to establish the process for applying for a grant from the National Fish and Wildlife Foundation. The grant has since been awarded and will be used to cover the costs of building the fish ladder during the dam repair project.

The Rogers Lake Dam repair project team met with representatives from CT DEEP Dam Safety Unit, CT STEAP grant program and the engineering firm Nathan L. Jacobson and Associates at the dam site on Town Woods Road. The purpose was to obtain verbal approval of the design prior to submitting the drawings to CT DEEP for formal approval.

Nathan L. Jacobson and Associates called a meeting with the Town to review the status of the project development. Progress drawings were reviewed, adjoining easements were discussed, the hydraulic analysis was presented and details of the requirements for the CT DEEP permitting process were explained.

The dam construction permit application was submitted to the CT DEEP in November and we are awaiting formal approval so we may proceed with the repairs to the dam and the installation of the fish ladder. We expect to put the project out to bid in March, award the contract in April and begin construction in June. Assuming all goes well, the project should be completed in October.

— *Ellie Czarnowski and Tim Griswold,*  
*Rogers Lake Dam repair project team*

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## Spring is in the Air at Lyme Academy College

We are writing on the heels of the Blizzard of 2013 and so the College grounds are piled high with snow and the winter chill is keeping us all inside. But cabin fever is starting to set in and here at Lyme Academy College of Fine Arts, we cannot wait for the onset of the warmer temperatures and longer days of spring. We will greet the season with a program of events and classes at the College designed to suit a wide variety of ages and interests in the community.

Our exciting Continuing Education program began in mid-March, but if you are interested in joining any of the following classes, call our Continuing Education Director Adam Nowakowski at 860.434.3571, ext. 127 and he will provide registration details:

- Introduction to Intaglio Printmaking
- Intermediate Painting Composition
- Basic Water Color Techniques
- Introduction to Figure Painting
- Introduction to Figure Drawing
- Open Studio Figure Drawing

The 37th Annual Juried Student Exhibition opened in early February with a lively, very well attended reception. The show is currently on display in the Chauncey Stillman Gallery through Saturday, March 30, and the gallery is open to the public at no charge from 10 am to 4 pm Mondays through Saturdays.

The final event in our *Inside My Studio: The Artist Revealed* Winter Lecture Series will be held on Thursday, March 28, when Tula Telfair, a professor of art at Wesleyan University, will speak. Telfair exhibits her work in galleries and museums in New York, Los Angeles, Chicago, Houston, Philadelphia, Germany and France and her paintings are in numerous collections including Barclay Bank, General Electric, Metropolitan Life and the Federal Reserve Bank. The lecture starts at 7 pm and is preceded by a reception with heavy hors d'oeuvres at 6 pm.

All are welcome, but advance registration is required since these lectures have proved extremely popular. A \$5 donation is requested at the door. Call Ann de Selding at (860) 434-3571 ext. 117 to register. The College acknowledges the support of Brenda and Sheldon Baker, Pam and David Thompson, and Robert G. Manice towards this series.

Mark your calendars for Friday, April 12, when the perennially popular Senior Studio Exhibition opens with a reception from 6 to 8 pm, which is free and open to the public. This exceptional exhibition reflects the year-long, capstone, senior studio experience, which allows students to develop a body of work that reflects their individual interests, skills and aesthetic sensibilities. Students conceive their own project and, with ongoing support and input from the faculty and their student peers, execute and present it within a set amount of time. The majority of works are for sale and this exhibition represents an excellent opportunity to purchase paintings, drawings, sculpture and illustrations by emerging artists.

On the subject of our seniors, three have recently been selected to receive the Wardlaw Prizes for Artistic Excellence.



*The College campus is especially attractive during the warmer months.*



*Two students shared the Wardlaw Prize for Artistic Excellence in Painting. Senior Jeremy Horseman, whose work, "Galaxy Fishers," is shown above, is one of them along with fellow senior Emma Kindall.*

Lyme residents Dr. Stephen Wardlaw and his wife Lynne, who are long-time supporters of the College, established these awards. Lucian Goff is the recipient of the Sculpture prize of \$5,000, while Emma Kindall and Jeremy Horseman will share the Painting prize of the same value. The recipients were chosen based on the quality of their artwork, academic standing, and merit of their written statements.

Saturday, April 13, is Accepted Students Day at the College, when our Admissions Department will host all applicants who have been accepted for our four-year Bachelor of Fine Arts (BFA) or one-year Post-Baccalaureate programs starting in August 2013. Although our priority deadline is past, we are still accepting applications as we have a rolling admissions policy. If you know of anyone who is interested in attending either of these programs, contact our Admissions Department at (860) 434-5232.

*continued on page 23*



## Help Wanted - Bookkeeper

Full time. Must have experience with QuickBooks, record daily transactions, A/R & A/P, customer invoicing, sales tax and payroll, month end close, reconciliation, filing and other tasks as needed. Hours 9-5:00. Please forward resume to [wcminn@essexprinting.com](mailto:wcminn@essexprinting.com).

• *Lyme Academy College continued from page 22* •

Later in the month on Sunday, April 22, there will be a roundtable discussion at 4:30 pm titled, "What Were We Thinking?" when our seniors will share insights about their work and future plans. A reception along with an opportunity to visit the senior studios will follow at 5:30 pm.

We're also busy at the moment planning for our upcoming major fundraiser, ArtsBall 2013, which takes place this year on Saturday, June 1, starting at 6 pm. The theme this year is ArtsBall Miami: Art & Attitude. The gala will celebrate the arts and luxe life at the international crossroads of the art world and feature cocktails, hors d'oeuvres, a full dinner, open bar, a fabulous silent auction and dancing into the wee hours. Tickets for last year's gala sold out in advance of the event, so early reservations are suggested. All net proceeds from the ball benefit student scholarships.

A warm-up event for the ArtsBall to get your toes tapping and hips swinging is a Salsa Night being held at the Old Lyme Inn on Thursday, April 25, from 5:30 to 7:30 pm. Call Ann de Selding at 860.434.3571 ext. 117 to reserve your tickets for either – or both! – events now.

Our Summer Continuing Education (CE) and Pre-College programs are being finalized as we go to print. The CE program is for all ages and abilities while the Pre-College program is designed especially for high school students who wish to explore and expand their artistic abilities. Visit our website to view details of the schedule under the CE and Pre-College tab or call Adam Nowakowski at (860) 434-3571, ext. 127.

The College continues to welcome volunteers as valued members of our community. Diverse volunteer roles are available, which can be tailored to fit many interests and schedules. We are especially looking for volunteers to help us with handling events at the moment. Contact Ann de Selding at (860) 434-3571, ext. 117, to explore the possibilities.

Finally, Commencement for the Class of 2013 will take place on Saturday, May 18, when our seniors will receive their Bachelor of Fine Arts degrees. We are thrilled to announce that our Commencement speaker will be the nationally acclaimed illustrator Tim O'Brien, whose work regularly appears on the cover of *Time* magazine. This ceremony marks the departure of the seniors from the College as they step out on their own or, in many cases, onto graduate school, to stake their place in the art world – we congratulate them heartily and wish them every success in the future.



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# Report from the Old Lyme Conservation Commission

Old Lyme resident David Nelson chose the topic of eliminating lawn chemicals as his speech of persuasion to the Toastmaster's Club, where he is a member. Giving a Speech of Persuasion is one of the steps towards becoming a Competent Communicator. ([www.3940.toastmastersclubs.org](http://www.3940.toastmastersclubs.org))

## The Dangers of Fertilizing our Lawns

By David Nelson, Old Lyme

Welcome Toastmasters & Guests,

I live in a neighborhood near Rogers Lake. Along with my neighbors, I am happy to use the lake for recreation such as boating and swimming. Fishermen agree that Rogers Lake is a renowned trout lake. Other folks, "gazers," simply enjoy the view. But all residents of Old Lyme must appreciate that the fresh water in their wells comes from Rogers Lake.

Yet, the lake is in danger. Our lake's water quality is diminishing. Blooms of green algae covered parts of the lake's surface this past summer. There are more invasive plants such as milfoil, fanwort and even phragmites, all of which are spreading rapidly and choking off nutrients that keep the water quality high.

What is going on? If you look beyond the boundaries of the lake itself, you may already know that the areas surrounding the lake – Lyme, East Lyme and Old Lyme – are part of a large watershed. Water flows from the hills and from several

springs through our residential and commercial properties and into the lake. This above-ground and below-ground water picks up septic leaks, fertilizers, pesticides, animal waste and road runoff with vehicle fluids and winter road salt. Added together, you can see that, collectively, our parcels of land plus our own actions add up to a huge, on-going and often negative influence on Rogers Lake.

But, if we want to reduce this impact, one simple thing we can do to protect our lake is to stop fertilizing our lawns.

Having a healthy, pleasant-looking lawn looks great in magazines, but what price do we pay in reality? Lawn fertilizers contain nitrogen whose purpose is to promote plant growth. As this nitrogen runs into the lake, it provides a hospitable home for invasive and non invasive plants alike. As non-native plants proliferate, it upsets the balance of beneficial native plants. The extra nitrogen diminishes the level of oxygen and leads to hypoxia, or eutrophication, with plants and fish alike starving for the oxygen they require.

In addition to creating nutrients for unwanted plants, our lawn fertilizers also add the usual ingredients of harmful pesticides to kill lawn weeds and insects. A publication of the Connecticut-based Environment & Human Health titled *Risks From Lawn-Care Pesticides* taught me a great deal. For example: Fertilizer is used more densely on lawns than even on farms. People and pets exposed to these chemicals often develop health problems. Children are more susceptible to the toxins. Fish and amphibians such as frogs are affected. Chemical residues are long-lasting and can linger in bodies of water. Pesticides can make their way into our wells from which come our drinking water. Even deep wells can be contaminated. Although there are many regulations for pesticides on farm crops, there are fewer state regulations for lawn pesticides. Many of these chemicals are banned in other countries!

But, if you feel you must rely on lawn fertilizers, use only organic fertilizer without pesticides. The Old Lyme Conservation Commission suggests other approaches for both a healthy lawn and a healthy life:

- Plant more grass seed which will crowd out weeds...or,
- Plant clover seed mixed in with the grass seed. Clover is hardy, adds nitrogen naturally into the soil, requires no watering, and remains green even in dry conditions.
- Plant more shrubs and trees, which will also attract more song birds.
- Allow your lawn to free itself from its dependence on chemicals. It will establish deeper roots, which will help the lawn to survive dry conditions, as it recovers its natural balance.

Our Conservation Commission also offers ways to reduce water runoff and the need to water the lawn, and allow the soil to retain and filter more water:

- Plant ground cover, rain gardens, or barrier plantings,
- Install diversion swales, berms and a buffer zone at the lake shore.



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Estuary Transit District

*continued on page 25*

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Go to the following link, print out the Town of Old Lyme Special Needs Registration form, complete and return to the Town Hall.

[http://www.oldlyme-ct.gov/Pages/OldLymeCT\\_Emergency/Emergency%20Needs%20Registration%20Form.pdf](http://www.oldlyme-ct.gov/Pages/OldLymeCT_Emergency/Emergency%20Needs%20Registration%20Form.pdf)

• *Conservation Commisssion continued from page 24* •

You can learn how to do these things at [www.RogersLakeWSA.com](http://www.RogersLakeWSA.com). I hope you will join me in this one simple action to protect our water: Don't fertilize.

In conclusion, preparing this speech persuaded me to make some changes. If you are already doing the right things, I congratulate you. If I have persuaded you to make some changes, I say thank you for your informed decision to eliminate harmful chemicals around your house and to control water runoff.

Thank you, neighbors, Toastmasters & guests

**References:**

Old Lyme Conservation Commission – [http://www.oldlyme-ct.gov/pages/oldlymect\\_bcomm/conservation](http://www.oldlyme-ct.gov/pages/oldlymect_bcomm/conservation).

Rogers Lake West Shores Association – <http://www.rogerslakewestshores.com/>

Environment & Human Health, Inc. [www.ehhi.org](http://www.ehhi.org).

The Huffington Post – <http://www.huffingtonpost.com/news/pesticides>.

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## Old Lyme Visiting Nurses

The Association distributed close to 400 doses of influenza vaccine to our town residents during this year's immunization program. Town Nurse Linda Camarra, R.N. is in her office at the Lymes' Senior Center for consultations, blood pressure checks and other health care services each weekday on Monday and Wednesday from 11 am to 1 pm and on Tuesday, Thursday and Friday from 12 noon to 1 pm. Any resident age 65 or older that has not received the pneumonia immunization and would like to do so please call the nurse to make the necessary arrangements. Also, should in-home nursing care or other health related therapies or services be needed please ask for us by name from your doctor or referring hospital as the Old Lyme Visiting Nurse Association through Interim Health Care or call us directly at 860-434-7808.

The Lyme - Old Lyme Junior Women's Club and the Old Lyme Visiting Nurse Association will be sponsoring the annual Pre-Kindergarten Audio-Visual Screening Clinic on Tuesday, May 21 from 8:00 am to 12:00 pm at the First Congregational Church of Old Lyme Parish House, 2 Ferry Road, Old Lyme. This clinic is offered as a free community service to all incoming kindergarten students to both Mile Creek and Lyme Consolidated Schools in Regional District 18. Parents may make appointments at the time of registration at the two schools or anytime thereafter by calling the OLVNA Administration phone line at 860-434-5241, Monday to Friday during normal business hours.

The Old Lyme Visiting Nurse Association, Inc. Scholarship and the Mary Hubbard Noyes Memorial Scholarship are awarded each year to graduating students who are accepted to an accredited institute of higher learning and have declared majors in courses in health-orientated fields. Application is through the Guidance Department at Regional District 18 High School for students attending there. Eligible senior students attending other high schools, who are Old Lyme or Lyme residents, please call the OLVNA Administration at 860-434-5241, before April 30th, for further application information.

A Bike Rodeo will be held on Saturday, June 1 for youngsters from kindergarten through eighth grade age. The children's riding skills are tested while teaching safety measures and the rules of the road in a fun and relaxed atmosphere. The Old Lyme Police Department co-sponsors this event. Complete details will be made public closer to the event date.

The Old Lyme Visiting Nurse Association, Inc. expresses gratitude to the Essex Bank for including us on their ballot to share in their Community Investment Program. We ask that those persons who are eligible to vote at the bank during this year's campaign give our Association consideration. All of the donations that we receive are used to support our public health services and programs.

— Muriel Drugan, Executive Director – Administration

## Three Cheers for *Events* Magazines!

*I've always enjoyed reading your Events Magazine. I've lived and worked on the shoreline most of my life and love to see what's going on and look at the ads for local businesses. I think it's important to shop local and support our fellow businessmen and women.*

*As a graphic designer, the look of the magazine is clean, stylish and classy. Keep up the good work.*

— Bette McLean, L.E. Designers, Inc., Old Saybrook, CT

## A Brief Look at Alzheimer's Disease

More than 5.4 million Americans suffer from Alzheimer's disease, the most common form of memory illness known as dementia. This means millions of spouses, adult children, friends and other family members are suffering alongside the Alzheimer's patient as they progress through the different stages of the disease. It also means no one travels through dementia alone, and family and friends are needed now more than ever.

Spouses or other relatives may be the first to notice warning signs of memory loss beyond what is considered normal, such as a change in someone's ability to concentrate or work with numbers, taking much longer to do things than before, confusion of time and place, or even complications having a conversation. (Visit the Alzheimer's Association at [www.alz.org](http://www.alz.org) for more information on early signs and symptoms of memory loss that may help determine if there should be concern).

These signs may not necessarily mean someone has dementia. There can be medical reasons for them, such as depression, or the result of an infection, or even dehydration. If there ever is any doubt about changes in memory, all families are encouraged to seek a proper diagnosis from a qualified geriatrician or physician with specific geriatric experience.

If the diagnosis is indeed a memory illness, you can work together as a team to prepare a care plan that works for everyone. It is ideal for those suffering from memory-related illnesses to be in a safe environment that also offers stimulation and engagement throughout the day. Sometimes that can be done in a home setting if they don't wander, or at an adult day care center, or at an assisted living community with a memory care specialty.

Regardless of where a person with dementia lives, it is very beneficial for them to have interaction with those who know and love them. For family and /or friends who may be uncomfortable around people with Alzheimer's, it is important to realize that although these memory-impaired folks don't recall your name or relationship, they often sense that you are a significant person to them. By talking about people and places from their past, you not only act as their memory, you validate their sense of self.

Life with dementia is a challenging one, but does not have to mean the end of a relationship with your loved one.



*Oversized murals help engage patients with Alzheimer's disease.*

Families dealing with this illness are encouraged to seek out educational events as well as educational reading material, to join a support group, and to view your relatives as your care partners during this journey. You may be surprised by how many special moments you will continue to enjoy and treasure with your loved one.

— Kathy Ryan, Executive Director,  
The Saybrook at Haddam

### Old Lyme People in the News

Raeann Groves, owner of Silkworm in Essex, is the youngest of the "best and the brightest...40 under 40" featured in the January issue of Connecticut Magazine. Congratulations, Raeann!

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## Old Lyme Historical Society

### A Drive Back In Time, The Post Road in the Mid-1950s

The character of Old Lyme began to change in December 1948 when the Baldwin Bridge replaced a two-lane 1911 drawbridge and the Blue Star Highway (before I-95) opened not long after, becoming the most direct route to the Gold Star Bridge in New London and consequently removing all New York-Boston traffic from the Post Road (Route 1). Over the next ten years, many of the businesses that had depended on that traffic either changed their focus or closed. Let's go back to the mid-1950s and take a three mile ride along the Post Road from the Baldwin Bridge to Rogers Lake to see how much things have changed.

Coming off the exit ramp and turning left onto Neck Road, we would have passed under the Blue Star Highway and turned right onto Cross Road (now named Hall's Road). On the corner, where today's pale blue office condo is found, was Hall-Mark Ice Cream, selling only their own homemade ice cream products and foil-wrapped candy bars. In the same building was Polecats, Inc., a small company that manufactured lally columns for homes. A little further up the road, just before where Treasures is today was Roger Heaps metal fabricating company that made small boxes and drawers for the aircraft industry. On adjacent land Saybrook Oil Company had bulk oil storage tanks. There was no other commerce on Cross Road until you reached near the other end. The A&P, post office, drug store, hardware store, and liquor stores were all located on Lyme Street. There were also no banks in Old Lyme, and at the far end of Cross Road in the building where Webster Bank is today, was Saunders' Garage/Pontiac. Next to it stood a small Mobil gas station, housed in an old ferry terminal building that had been relocated from site of the 1911 drawbridge.

At the intersection of Cross Road and Lyme Street there were stop signs and on the corner, as we turned left, we would have found the Lyme Art Association just as it is today and across the road, on the right where today's Old Lyme Inn stands was a restaurant called the Barbizon Oak, named after the old nearby tree. Next, on the left, we would have found the Florence Griswold House, not yet a museum, showcasing the legacy of Miss Florence and the impressionist painters who boarded there. Further down on the left after the Florence Griswold House was the Bee and Thistle which at that time was run as an upscale seasonal boarding house not open to the general public. It was operated by Henrietta Greenleaf, an interior decorator whose husband, Dr. Linsley was Old Lyme's only dentist, practicing in the house next door. Diagonally across the street, in the large white home that sits close to the road, was the White Farms Restaurant.

Moving along the Post Road, we would have reached the corner of Griswold Avenue, where Mr. Coward ran a small Cities Service gas station in a building typical of the 1930s that still stands today but is no longer recognizable as a gas station. Two houses farther on was a small florist shop in what is now a home. Much past that near the corner of where



*Janes Waffle House.*

Queen Ann's Court is today was Treckman's Shell Station that included three repair bays and a few tourist cabins out back. Then just before Sill Lane, on the left, was a small auto body repair shop. Where All-Pro Auto Service is now located there was Langworthy's Esso with two repair bays in a building that has since been demolished. Just past Langworthy's was Elmer Blackwell's place. Mr. Blackwell bought and sold the skins of animals caught by local trappers. Behind his place were more tourist cabins.

Coffee's Country Market and Laysville Hardware was, in the mid-50s, the Corner Grocery. It was sort of a convenience store run by Gladys and Gus Heeder, who had taken the business over from her parents, the Morgans. This building had most likely also been a house at one time. There were gas pumps under a canopy out front and to the side was an in-ground grease pit, popular with teenage boys for changing the oil in their cars.

Across the street where Hains Park is located stood the Lake Breeze Inn, a popular bar and restaurant that was destroyed in a fire in 1956. There were tourist cabins near where the boat house is today and a pier where summer residents would arrive by boat to shop at nearby stores. By 1954, across the street, Tuckers' Store had become Sam's, another convenience store that sold gas and also beer! After selling the convenience store to Sam Carbone, the Tuckers decided to open a liquor store nearby. While waiting a few years for the liquor license, they ran a donut shop in what is today the Rogers Lake Liquor Shop. The last business on the left side of the road, just before Grassy Hill Road, was the popular Jane's Waffle House.

Many of these businesses are long gone, even from the memories of folks who have lived in town for fifty years. Most of them were victims of the decline in through-traffic as well as the change in habits of local residents. Those that survived were able to adapt to the changing times.

— Mark Lander & the Old Lyme Historical Society

## ARE YOU PREPARED FOR THIS?



## REGISTER NOW FOR EMERGENCY ALERTS

[www.ct.gov/ctalert](http://www.ct.gov/ctalert)

Click on the blue button REGISTER FOR ALERTS. You can choose to be notified through email, home phone, cell phone or text message.

[www.oldlyme-ct.gov](http://www.oldlyme-ct.gov)

Click on the blue button EMAIL SUBSCRIBER at the bottom right of the page. Click on social media links to follow up-to-the-minute Old Lyme emergency info.



Register for local assistance in case of emergency:

[www.oldlyme-ct.gov/Pages/OldlymeCT\\_Emergency/index](http://www.oldlyme-ct.gov/Pages/OldlymeCT_Emergency/index)

## BUILD A KIT and MAKE A PLAN NOW

Visit these links for the best planning guidance:

[www.ready.gov/](http://www.ready.gov/)

[www.oldlyme-ct.gov/Pages/OldlymeCT\\_Emergency/index](http://www.oldlyme-ct.gov/Pages/OldlymeCT_Emergency/index)

Our beautiful Connecticut shoreline is vulnerable to high winds and flooding. After a catastrophic storm, your street could be flooded or blocked by debris; your power and phone lines could be down; the nearest cell tower could be destroyed. Have you got the recommended supplies on hand to get you through the worst until emergency crews can arrive? Do you know how to secure your home and possessions before the storm hits? Does your family know where to go and how to connect? What will you do with your pets?

**ACT NOW- THERE'S NO BETTER TIME!**

# High Hopes

## Volunteers

High Hopes is seeking volunteers 14 years or older to assist with all aspects of our program. No matter your interest or skill, we have a place for you at High Hopes! Love horses? Volunteer by assisting in the riding program as a leader or sidewalker, or help care for our horses. Have office experience? Help file, type, answer phones and more. With special events all year round we always need volunteers to help with planning and supporting our annual June major benefit, our fall holiday market and numerous receptions and demonstrations. If you have experience as a photographer, videographer or IT skills we need you too!

**Volunteer Orientation and Training Dates:** Sat. March 23rd (3:00 - 5:30 pm); Wed. April 24th (4:00 - 6:30 pm); Wed. May 1 (4:00 - 6:30 pm); Sat. May 11 (3:00 - 5:30 pm); Wed. June 12th (4:00 - 6:30 pm); Sat. June 15th (3:00 - 5:30 pm). For more information contact Courtney Bernard at [cbernard@highhopestr.org](mailto:cbernard@highhopestr.org) or 860-434-1974 ext. 121.

## Events

**May 18-24:** Horse Show Days. This very special week celebrates the achievements of riders and provides them with an opportunity to demonstrate the skills they have worked hard on all semester. Open to families, friends and the public, the week includes riding and driving demonstrations, awards, and special activities:

- Awards for our participants
- Refreshments & goodies for riders, families and friends
- A teacup raffle of goods and services
- VIP guests, ribbon presenters and the opportunity to highlight rider skills for families, neighbors, teachers and friends
- A commemorative program filled with a schedule of the week's events along with the good wishes of individual and business horse show supporters.

Show classes run from Monday thru Friday from 9:30 am - 7:30 pm and Saturday from 9:00 am - 4:00 pm at High Hopes. This is a free event!

**June 8:** High Hopes Presents A Night in New Orleans. High Hopes is pleased to present A Night in New Orleans, featuring Grammy award winning musician Terrance Simien and the Zydeco Experience. For more than two decades Terrance has been leading his Zydeco Experience Band and become one of the most respected and internationally recognized recording artists in roots music today. The concert takes place in our magically transformed riding arena and attracts an audience of over 500 guests.

For more information and to be on our invitation mailing list contact Alicia Barrows at 860-434-1974 x123 or email [abarrows@highhopestr.org](mailto:abarrows@highhopestr.org).

## Summer Camp

Come spend a week at High Hopes in Old Lyme and learn how to ride and care for a horse! High Hopes summer camp brings together children with and without disabilities and offers a chance to participate in riding and many other equine-related activities. Campers will explore the great outdoors on



our 120 acre facility with miles of trails and our herd of over 20 horses and ponies. Weekly activities will include a daily riding lesson as well as lessons in vaulting, carriage driving, grooming, tacking, arts and crafts and team building games and activities.

Four unique sessions are designed to meet the needs of our campers serving ages 3-14 and a variety of riding skill levels. Sessions are held Monday to Thursday 9:00 am to 1:00 pm.

- July 8th - July 11th, ages 3-6 that have little or no riding experience.
- July 15th- July 18th, ages 5-7 with some riding experience.
- July 22rd – July 25th, ages 8-12 with some riding experience.
- July 29th – August 1st, ages 8-14 who are learning to control their horse independently at the walk and trot.

Please contact Camp Director and Special Programs Coordinator Sarah Carlson at [scarlson@highhopestr.org](mailto:scarlson@highhopestr.org) or (860) 434-1974 ext. 115 for more information or visit our website [www.highhopestr.org](http://www.highhopestr.org) for information and registration forms. The deadline for applications is May 3, 2013.



## *New Beginnings for Economic Recovery*

The 2013 session of the General Assembly has begun. As state residents continue to struggle with job losses, smaller household budgets and increased costs for fuel, groceries and school tuition, it is the work of government to create a plan for fiscal reform and recovery by promoting policies that support prosperity

- Keep spending aligned with revenues. Reduce spending to what we can reasonably anticipate in revenue without assessing new taxes.
- Maintain state funding commitments to towns in the areas of education, public safety, transportation, and public health. Cuts in state spending should shrink the size of government, not shrink government's commitments to its core functions.
- Fund projects by competitive grants that are awarded based upon return on investment, i.e., job creation and economic development.

Long-term solutions and planning are necessary to cut state spending and to support a robust business climate for job creation. As citizens, you deserve a lean, agile government.

When job losses signal a sharp downturn in many family and personal finances, increasing taxes would hurt more than help our already weak economy. It is critical to reduce the size and cost of government. Towns should be relieved of excessive state mandates.

### *Mills Elected to Middlesex United Way Board*

William "Jay" Mills, financial advisor for The Oakley Wing Group at Morgan Stanley in Essex, was elected to the Middlesex United Way Board of Directors at the organization's annual meeting Jan. 29.

After graduating from Hobart College in 2008 with a double major in economics and environmental studies, Mills began his career as a financial advisor in at Merrill Lynch in New York City, with a focus on helping everyday people understand complex economic, market, and financial planning issues in a language that makes sense. In 2010 he moved his practice to Essex to join a wealth management team that shared his values, and to be a part of a small, tight-knit community to which he could contribute. Mills also serves as treasurer of the Old Saybrook Chamber of Commerce.

Middlesex United Way is a locally based organization dedicated to strengthening lives, helping people, and improving community conditions in the fifteen towns in Middlesex County. Middlesex United Way serves the towns of Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Old Saybrook, Portland and Westbrook. To learn more, visit [middlesexunitedway.org](http://middlesexunitedway.org) or [facebook.com/middlesexunitedway](https://www.facebook.com/middlesexunitedway).



Connecticut has the assets and creativity to actively reshape our state's economic performance, and it is essential that we do so. Nothing less than our economic vitality is at stake.

– State Representative Marilyn Giuliano

State Representative Marilyn Giuliano represents the towns of Lyme, Old Lyme, Old Saybrook and coastal Westbrook in the Connecticut General Assembly.

## **SPOTLIGHT!** Our Newest Old Lyme Events Customers

- Clark Veterinary Hospital*
- Erik Olsen Home Improvement*
- Fulton-Theroux Funeral Home*
- QC Home Care Solutions*
- Bombaci Mulch • Davis Pools*
- Eco Steam • Essex Limo*
- Jennifer & Jane Associates at*
- William Pitt/Sotheby's*

## *News Briefs from Town Hall*

Curbside trash removal is performed by Shoreline Sanitation (860.434.0052). There is no trash pick-up on the following Holidays: New Year's Day (Jan. 01), Memorial Day (last Monday in May), July 4th, Labor Day (first Monday in Sept.), Thanksgiving Day (fourth Thursday in Nov.), and Christmas Day (Dec. 25). Trash that would normally be collected on Thanksgiving will be picked up the next day, along with the regular Friday pickup. For Monday holidays, garbage pickup will move up a day, except on Thursday and Friday, which will remain on schedule. This does not affect the curbside recycling program.

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 when positioning your container not to block breakdown/emergency lane or obstructing walkers and/or cyclists. Thank you!

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 ([www.oldlyme-ct.gov](http://www.oldlyme-ct.gov)), trash and recycling link on both the Selectman's and Public Works pages, as well as on Shoreline Sanitation's website ([www.shorelinesanitation.com](http://www.shorelinesanitation.com)) and in the Selectman's Office at Memorial Town Hall on Lyme Street, or at the Landfill/Transfer Station. Please phone Michele Hayes-Finn (860.434.1605, ext. 212) with additional questions.

Curbside recycling is performed every other week by Shoreline Sanitation (860-434-0052). There is no recycling pick-up on the following Holidays: New Year's Day (Jan 1), Memorial Day (last Monday in May), July 4th, Labor Day (first Monday in Sept.), Thanksgiving Day (fourth Thursday in Nov.), and Christmas Day (Dec. 25). Recycling that would normally be collected on Thanksgiving will be picked up the next day, along with the regular Friday pickup. For Monday holidays, recycling pickup will move up a day, except for Friday, which will remain on schedule. Recycling information is available on the Town's website ([www.oldlyme-ct.gov](http://www.oldlyme-ct.gov)), in the Selectman's Office at the Memorial Town Hall on Lyme Street, or at the Landfill/Transfer Station. Please phone Michele Hayes-Finn (860.434.1605, ext. 212) with additional questions.

2013 Household Hazardous Waste located at the Estuary Region Hazwaste Facility on Dump Road, Essex. Directions from Route 9 driving north: Take Exit 4, go straight across Route 154, over the railroad tracks and up the hill.

2013 Electronic Recycling is now being accepted at the Old Lyme Transfer Station. Covered and non-covered electronic devices (CEDs) including computers (personal computers, mainframes, mid-range computers, laptops); networking equipment (hubs, switches, control cards, etc.); computer monitors, televisions, printers; keyboards; mice; adaptors; stereos;

speakers; VCRs; scanners, fax machines; copiers; telephones and telephone systems; computer wire and cable; computer drives and storage devices (floppy drives, scrap aluminum; (machine and machine parts, cable extrusions, etc); fluorescent light bulbs; UPS (uninterrupted power supply) batteries; and related computer and electronic equipment.

For a complete list of acceptable and unacceptable materials and 2013 dates visit [www.rivercog.org](http://www.rivercog.org) or call 860.581.8554.

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, microwaves, 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.

Additional automated trash and recycling containers should be ordered through Michele Hayes-Finn (860.434.1605, ext. 212) in the Selectman's Office at the Memorial Town Hall on Lyme Street. Containers cost \$80, checks made payable to the Town of Old Lyme.

Transfer Station/Landfill Hours. The Transfer Station is open: Tuesday-Friday, 7:30 am-3:45 pm, Saturday, 8:30 am-4:00 pm. Closed Sunday and Monday. Their phone number is 860.434.2337. Feel free to call Michele Hayes-Finn (860.434.1605, ext. 212) with any questions you may have.

**Bulky Waste and Demolition:** Vehicles will be charged by weight at a \$110/ton rate. Recyclables should not be mixed in the same load with Bulky Waste or Demolition debris. Load of less than 100 lbs. will be charged a minimum fee of \$5.00.

Brush will be charged on a per load basis. No wood or limbs thicker than four inches will be accepted.

Grass clippings will not be 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.

Phone Michele Hayes-Finn in the Selectman's Office at the Town Hall (860.434.1605, ext. 212) to report a streetlight outage and/or trash or recycling problem. When reporting a streetlight, please make note of the pole location and pole number.

Beach Stickers are available beginning in May at the Selectman's Office, Monday through Friday, 9am - 4pm. Car registration must be shown and additional proof of property ownership may be required at time of purchase. Please phone Michele Hayes-Finn (860.434.1605, ext. 212) with additional questions. Thank you!

## *Subaru Share the Love and Meals on Wheels Holiday Campaign Celebrates Shoreline Seniors with Christmas Gifts*

After four weeks of participation by the ten shoreline first selectmen, local rotary clubs, VISTA volunteers and Reynolds Subaru family and staff delivering meals to seniors, area students took their turn at bringing holiday cheer to shoreline seniors on December 19th.

Area Boy Scout and Girl Scout troops along with Old Saybrook and Westbrook Interact Club students gathered at the Estuary Council of Seniors in Old Saybrook to prepare for their distribution of holiday gifts. The students delivered meals to 250 Meals on Wheels Shoreline seniors along with holiday cards made by them. They also presented the residents with poinsettias and other holiday plants donated by Grove Gardens and Clinton Nurseries of Clinton, VanWilgens of North Branford, Riggio's of Essex and the Old Saybrook Walmart store.

Estuary volunteers and staff, including Executive Director, Paula Ferrara, Bill McLaughlin from the Old Saybrook Rotary Club, VISTA volunteers and Westbrook First Selectman Noel Bishop were on hand to serve hot chocolate and donuts to the students and to thank them for their time and effort in making the holidays a little brighter for shoreline seniors.



*Names L to R: standing Hudson Roarick; Connie Cliffe; Bill McLaughlin; Mike Neville; Brad Morrison; Lydia Murphy. Kneeling: Morgan Wilderman; Mahlah Givehand; Sophia D'Ambrosi*

## *Complete Care for Lung Cancer Patients*

Although lung cancer is a very serious type of cancer, if it is detected in its earliest stages and appropriate and coordinated treatment is provided, a cure is possible.

The Middlesex Hospital Total Lung Care Center, offers a coordinated, intelligent approach to providing everything patients with lung cancer need – including improved screening, increased surveillance involving the one-to-one services of a specially trained nurse navigator and appropriate treatment options, including minimally invasive surgery, chemotherapy and radiation therapy.

**Screening.** The Total Lung Care Center offers screening for lung cancer using low-dose CT scanning. Studies have shown that these low-dose CT scans have the potential to catch lung cancer in its early stages (Stage 1 or 2), which means that it is more likely to be cured. Low-dose CT scans can detect lung cancer in its early stages (Stage 1 or 2). They are recommended for people at high risk for lung cancer (smokers and ex-smokers who are 50 years old or older). For a cost of \$125 (not covered by insurance) the test takes only ten minutes and there is no preparation needed beforehand.

**Surveillance.** When any abnormal lung screening result is discovered on a patient at the Hospital, the report is sent directly to the lung nurse navigator at the Cancer Center. From there, the nurse navigator informs the patient's primary care physician if the finding looks serious, and then recommends a consultation with a pulmonary physician or thoracic surgeon to review the findings further. The clinicians then refer to what

is called the "Fleishner Society" guidelines to assess the lung nodules. The Fleishner Society comprises a group of thoracic surgeons who developed standard guidelines to follow for appropriate actions to take based on the differences in lung tumors, i.e., size, whether or not the person is a smoker, has a history of lung disease, etc.

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

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

### **Town Offices**

**52 Lyme St, Old Lyme, CT 06371**  
**Ph: 860-434-1605 • Fx: 860-434-1400**

### **Town Hall Hours**

**Monday - Friday: 9:00 AM - 4:00 PM**

## Old Lyme Phoebe Griffin Noyes Library

Attending a program? Please register! It's simple and easy to sign up online at [www.oldlyme.lioninc.org](http://www.oldlyme.lioninc.org) under the Events tab. Having difficulty with registering? Call the Library at 860-434-1684 for staff assistance. New programs are posted monthly on the website and in the monthly printed calendar. Sign up for the email newsletter on our website for convenient delivery to your Inbox. The Library does not share your emails with other businesses or marketing agencies.

### Children's Events

**Monday April 1, 3:30-5:00 pm, CrAfter School.** This program series will take place on the first Monday of every month through the end of the school year. Join us in making a themed craft the first Monday afternoon of each month through June. Materials will be provided. CrAfter School is for children in grades three through five. Registration is not required.

**Tuesdays April 2, May 7, June 4, 6:15-7:15, Lullaby Nights.** This program series will take place on the first Tuesday of every month through June (4/2, 5/7, 6/4). Join Eleanor Robinson, owner of Sweet Beats, to sing lullabies before tucking in for the evening. With our voices, her stringed instruments, and percussive instruments to share, we will enjoy a melodic close to the day. Miss Eleanor has taught music and movement classes for over a decade in libraries, nursery schools, community centers, and churches. She has performed in classic rock and bluegrass bands.

Children in jammies welcome! Favorite stuffed animals too! This series is great for families ages birth to five. Registration is encouraged. Register online at [www.oldlyme.lioninc.org](http://www.oldlyme.lioninc.org) under the "Children's Program" tab or call the Library at 860-434-1684.

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**Tuesday April 9, 4:30-5:30 pm, Owls of Connecticut.** SNAPSHOT DAY SPECIAL EVENT! Educators from the Denison Pequotsepos Nature Center in Mystic will present a special program for families called Owls of Connecticut. Find out what owls call Connecticut home, learn more about their fascinating adaptations and the environment they live in. Meet a live owl and dissect a real owl pellet! Registration is required. Register online at [www.oldlyme.lioninc.org](http://www.oldlyme.lioninc.org) or call the Library at 860-434-1684.

**Friday April 19, 2:00-4:00 pm, Vacation Week Drop in Make Your Own Birdseed Ornament for Earth Day.** Just in Time for Earth Day! Drop in during school vacation week to make your own birdseed ornaments in fun shapes. Take them home and hang on a tree or bush outside to feed the birds. This program is a great way to teach your child to give back to the earth. Children in grades kindergarten through grade 5 are welcome to attend. Materials will be provided. Snacks will be served. Persons with allergies are advised we will be using bird seed and coconut oil. Registration is not required. Materials will be provided.

**Monday May 6, 3:30-5:00 pm, CrAfter School.** This program series will take place on the first Monday of every month through the end of the school year. Join us in making a themed craft the first Monday afternoon of each month through June. Materials will be provided. CrAfter School is for children in grades three through five. Registration is not required.

**May 10, 3:30-5:30 pm, Decorate Your Own Flower Pot and Plant a Flower...for Mom!** Mother's Day is here! Children grades kindergarten through grade 5 drop in to the Library to decorate a flower pot with yarn and ribbon and plant a flower for Mom! Materials will be provided. Registration is required for materials planning purposes. Register online at [www.oldlyme.lioninc.org](http://www.oldlyme.lioninc.org) under the "Children's Programs" tab or call the Library at 860-434-1684.

\*Flowers are generously provided by the Duck River Garden Club, visit their flower sale this weekend at the Florence Griswold Museum and buy some flowers to spruce up your garden beds.\*

**Friday June 7, 3:30-5:00, Make Your Own Marshmallow Launchers!** Grades 3-8 are welcome to attend this one, children and teens in separate areas for construction. Come to the Old Lyme Phoebe Griffin Noyes Library to build your own Mini Marshmallow Launcher. Materials will be provided. Using PVC pipe, elbows, tees and caps you will learn how to assemble a marshmallow launcher. Target and distance competition will take place after assembly is complete. Space is limited. Registration is required for materials planning purposes. Snacks will be served. We hope to see you there. Register online at [www.oldlyme.lioninc.org](http://www.oldlyme.lioninc.org) under the "Teens/Children's Programs" tab or call the Library at 860-434-1684.

### Teen Events

**April 22, 2:30-4:30 pm, Teen Scene Earth Day Make Your Own T-Shirt Scarves and Necklaces.** Bring Your Own T-Shirts all other materials will be provided. Come to the Library to "upcycle" your favorite T's into flirty and fun new spring accessories! Beads and feathers and other fun stuff will be provided for you to use. What will you create? Snacks will be served. Grades 6 and up are welcome to attend. Registration is requested, but not required. We hope to see you there.

**Coming in April!** An Author Talk with Lili Peloquin, in house at the Old Lyme Phoebe Griffin Noyes Library. Lili is the Author of the highly acclaimed young adult book series The

*continued on page 35*

• *Library continued from page 34* •

Innocents. Learn how Lili came up with this concept, how she weaves her New England upbringing into this book and just how the town of Old Lyme comes into play! The Innocents book 1 is available now to read, and it is recommended that you read the book before you come to the author talk. Come with questions specific to the book, or come as a potential author. Come to learn more about the craft. Discussions involving plot and character development, imagery, writing processes and exercises that were helpful to this young author in the start of her career will take place. Check our website for details coming soon. We hope to see you there! Grades 6 and up are welcome to attend.

**Wednesday May 8, 2:30-4:00 pm, Teen Scene Make Your Own Lace Decorated Glass Votive.** Just in time for Mother's Day! Teens grades 6 and up are welcome to come to the Old Lyme Phoebe Griffin Noyes Library to make a lace candle votive for mom. Candle votives and craft materials will be provided. Candles will not be provided. Snacks will be served. Registration is required for materials planning purposes. Materials to make a Mother's Day Card will also be available. We hope to see you there! Register online at [www.oldlyme.lioninc.org](http://www.oldlyme.lioninc.org) under the "Teens Programs" tab or call the Library at 860-434-1684.

**Friday May 17, 4:00-6:00 pm, Teen Scene Henna Tattoo.** Back by popular demand! Come to the Old Lyme Phoebe Griffin Noyes Library and experience the art of henna with a henna artist available to draw designs on your hand, arm, or foot. Grades 6 and up are welcome to attend. Materials will be provided. Registration is required. Space is limited. Register online at [www.oldlyme.lioninc.org](http://www.oldlyme.lioninc.org) under the "Teen Scene Programs" tab, or call the Library at 860-434-1684. \*Henna art can stay on the skin for up to 6 weeks\*.

**Friday June 7, 3:30-5:00, Make Your Own Marshmallow Launchers!** Grades 3-8 are welcome to attend this one, children and teens in separate areas for construction. Come to the Old Lyme Phoebe Griffin Noyes Library to build your own Mini Marshmallow Launcher. Materials will be provided. Using PVC pipe, elbows, tees and caps you will learn how to assemble a marshmallow launcher. Target and distance competition will take place after assembly is complete. Space is limited. Registration is required for materials planning purposes. Snacks will be served. We hope to see you there. Register online at [www.oldlyme.lioninc.org](http://www.oldlyme.lioninc.org) under the "Teens/Children's Programs" tab or call the Library at 860-434-1684.

**Coming in June: Teen Scene Tie Dye Mania!** Teens grades 6 and up are welcome. Bring your shirts, scarves, pillow cases, socks and whatever else you want to add some color to for this fun project. Please bring your own materials, dye and instruction will be provided, Bring a large plastic bag to put each of your items in to bring home to finish the drying process. Registration is not necessary. Please wear clothes that you won't mind getting stained tie-dyeing can be messy.

**Coming this Summer: Live Concerts on the Library Lawn!** A terrific free of charge event for all ages. Check the Library website for more information on this monthly concert series. Concerts are generously sponsored by the Bring Our Music Back Foundation.

**Adult Events**

**Tuesdays 10:00 am – 12:30 pm, Advanced Watercolor Classes with Joan Bernard.** Instructor Joan Bernard, a local watercolor artist, will guide students through composition, color mixing and other basic elements of painting. Each participant will have time to learn and have feedback from Joan on their compositions and progress. Joan has studied fine art at Syracuse University, the Silvermine Art Center and the Lyme Academy College of Fine Arts. She has been painting in watercolor for 40 years. She is a resident of Old Saybrook and volunteers on the Art Exhibition Committee at the Library.

Next session starts on March 19. Fee is \$140 for six classes, payable to Joan Bernard. Consult the website for new sessions beginning every 6 weeks. Registration required.

**Tuesdays 1:00 pm-3:00 pm, Beginning Water Color Classes with Joan Bernard.** Instructor Joan Bernard, a local watercolor artist, will guide students through composition, color mixing and other basic elements of painting. Each participant will have time to learn and have feedback from Joan on their compositions and progress. Joan has studied fine art at Syracuse University, the Silvermine Art Center and the Lyme Academy College of Fine Arts. She has been painting in watercolor for 40 years. She is a resident of Old Saybrook and volunteers on the Art Exhibition Committee at the Library. The six week session begins March 19. The fee is \$140 payable to Joan Bernard. Consult the website for new sessions beginning every 6 weeks. Registration required.

**Tuesdays 1:00 pm-3:00 pm, Mah Jongg with Joanie Fitton.** Mah Jongg is a popular game craze that is enjoyed by adults of all ages. It is a fun, challenging and competitive game that was brought to America in the early 1920s from China where it originated. It is commonly played by four players with a set of 136 tiles based on Chinese characters and symbols. Mah Jongg is a game of skill, strategy and calculation and involves a certain degree of chance. Learn how to play and focus on the skills that will make you a patient and avid player while keeping the brain active and agile. Enjoy socializing with others in the community while acquiring a new hobby. Beginners and more experienced players are all welcome.

Joanie Fitton is a well-known Old Lyme instructor of both yoga and Mah Jongg. All classes will take place in the Community Room. Take a break from your routine and join us for an energizing new pass time that you can play all year long! Walk-ins welcome! Class fee is \$10 per class payable to the instructor.

**Mondays March 4, April 1, May 6, June 3 7:00-8:30 pm, We Have Issues: Victorian Secrets, Marsha Bansavage, Facilitator.** We Have Issues spring series features four classics of Victorian literature to become reacquainted with and to reconsider their timeless themes. Local resident and popular discussion leader, Marsha Bansavage, will facilitate the discussions. In Victorian England, the status and role of women were subjects of political debate, literary discourse and pictorial representation. From the idealization of The Angel in the House (the domestic guardian of morality and virtue) to the imprisonment of The Madwoman in the Attic (the closeted hysteric), various images of women suffuse Victorian literature

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• *Library continued from page 35* •

and art. Through discussions of four great novels of the period, we will consider the depiction of women in an age in which women were both worshipped and subjugated. Supported by the CT Humanities.

**Thursday, March 28 7:00 -8:30 pm, Meet the Author: Rick Koster.** Well-known journalist for the New London Day, Rick Koster covers music, books and dining and is an online video columnist as well as host of the paper's online Behind the Scenes feature. Rick's first novel, POPPIN' A COLD ONE, a comic crime story set on the Mississippi Gulf Coast, debuted in December 2012. He will discuss his career as a journalist and author including the path to getting published. Rick will share readings from his latest work, anecdotes and allow time for a Q & A session. This event is sure to be fun, entertaining and informative! Copies of the author's non-fiction works Texas Music and Louisiana Music will be available for purchase and signing. Complimentary beverages and snacks.

**Wednesdays April 3 & 10 6:00 pm -9:00 pm, How to Read a Film: An Evening with Grace and Marilyn.** Marsha Bansavage, Facilitator. The two part series will reexamine why two films, Alfred Hitchcock's Rear Window starring Grace Kelly and Billy Wilder's Some Like It Hot featuring Marilyn Monroe are considered iconic cornerstones of film. The program will include three parts: a pre-discussion to focus the audience on certain aspects of the film, the screening of the movie, and a discussion. Facilitated by Marsha Bansavage participants will explore themes, characterization, set design, visual effects, music, setting, the importance of place and how these films created themes and patterns that influenced future films, literature and art. In 2000, the American Film Institute listed Some Like It Hot as the greatest American comedy film of all time. Rear Window is considered by many filmgoers, critics and scholars to be one of Hitchcock's best. The film received four Academy Award nominations and was ranked #42 on the American Film Institute's 100 Years...100 Movies list. Refreshments at intermission will be served to fuel a lively discussion about timeless movies and iconic stars!

**Opening Reception Thursday, April 18, 5:00 -7:00 pm, Spring Art-Shine Exhibition: Randall Anway, Photographer.** Artist statement: I'm very interested in the forces shaping the landscape, our surroundings. Of course I include my fellow humans in there, but people rarely make it into these images. For the most part, these digital photographic prints represent a personal effort to bring a sense of landscape closer to the surface of ordinary experience. To visualize at least some of what often goes unseen. While I find the natural world beautiful and compelling and while we - as a culture - have invested heavily in trying to understand ('stand under') all we can know about it, there are encompassing mysteries and edges surrounding our beliefs and visions of being in nature. I love being near the sea, and out in the forest. There's an auditory quality to these places that's virtually impossible to capture visually - it's not exactly silence, but that's what it feels like; an inner reverence that arises from being a part. I feel blessed to have the opportunity to dwell in that place and to cultivate a sense of ease and harmony with it.

Randall is a registered architect in Connecticut and New York. He received his Master of Architecture degree from the

University of Illinois, Urbana-Champaign and a Bachelor of Fine Arts from the University of Connecticut, Storrs. An avid amateur photographer, he is currently Principal at New Tapestry, LLC.

**April 23 World Book Night.** World Book Night is an annual celebration dedicated to spreading the joy of reading, person to person. Each year on April 23, tens of thousands of people go out into their communities and give half a million free World Book Night paperbacks to light and non-readers. In 2012, World Book Night was celebrated in the U.S., the UK, Ireland, and Germany.

World Book Night is about giving books and encouraging reading in those who don't regularly do so. But it is also about more than that: It's about people, communities and connections, about reaching out to others and touching lives in the simplest of ways—through the sharing of stories. Time and place to be announced.

**Thursday April 25 at 7:30 pm, Connecticut River Film Forum: The Conformist.** The final screening of the series concludes with The Conformist that debuted in 1970 by Italian Director Bernardo Bertolucci. The conformist is 1930s Italian Marcello Clerici (Jean-Louis Trintignant), a coward who has spent his life accommodating others so that he can "belong." Marcello agrees to kill a political refugee, on orders from the Fascist government, even though the victim-to-be is his college mentor. The film is a character study of the kind of person who willingly "conforms" to the ideological fashions of his day. In addition to its strong storyline, the film is critically revered for the astonishing production design by Nedo Azzini, which, together with Vittorio Storaro's camerawork, recreates the atmosphere of Fascist Italy with some of the most complex visual compositions ever seen on film, filled with highly stylized uses of angles, shapes, and shadows. ~ Hal Erickson, Rovi, Rotten Tomatoes. Walk-ins welcome for a \$5 fee to help cover the costs of the program.

**May 15 6:30 pm-7:30 pm, Little Known Secrets to Maximize Your Social Security Benefits!** Guest Speaker Tom Perrone of New England Consulting Group of Guilford, Inc. If you are between ages 60 and 66 you can benefit from this informative presentation! Tom Perrone, a local specialist explains little known, "Switch and Timing Strategies" which can increase benefits by 32% or more, up to lifetime benefits of \$100,000 more. You will learn this and more: How to receive benefits from former spouse or deceased spouse's earnings, the key question you need to ask to maximize your retirement income, and not lose out on other benefits, how savvy social security recipients increase their benefits by thousands of dollars just by knowing about "SWITCHES".

This workshop will strip away the conventional wisdom and myths of social security retirement benefits. Learn how to use social security timing, how you can eliminate risk and guarantee yourself that you will not run out of retirement income, learn three ways to increase benefits and reduce taxes on benefits and receive a free Timing Analysis Report for attending.

Tom Perrone is the owner and founder of New England Consulting Group of Guilford, Inc., a 42+ year planning firm. Tom has authored many white papers on subjects such as asset protection, tax free planning, income tax strategies, college

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## *Six Ways to Add Good Years to Your Life*

You might not be able to stop the clock but why not choose a healthy lifestyle to make your senior years all about living life to its fullest potential. Here are a few suggestions.

**Stay Sharp:** Turn off the TV and pull out the crossword puzzle. Giving your brain a workout can ward off dementia and cognitive decline. Stimulate your mind by learning to play a musical instrument, a new language or taking up a new hobby. Stay engaged with your community and up-to-date with current events in order to have meaningful conversations with others.

**Get Moving:** Remaining physically active helps you ward off chronic illness, decrease the chances of obesity and remain independent. This does not mean you exercise as strenuously as a professional athlete, but most everyone can exercise at

their own level. Most experts recommend that adults get at least 30 minutes of physical activity 5 days each week. This can be in the form of group exercise classes such as aerobics, yoga or a swimming class. Or take a walk around the block or in the woods. Just keep moving. One can move arms and legs quite vigorously from the safety of a chair.

**See the Doctor and Dentist:** Regular visits to your doctor can help manage any chronic problems and catch some potential issues before they arise. Develop a good relationship and do not be afraid to ask questions. Dental hygiene is also very important. See your dentist regularly.

**Mix and Mingle:** Social interaction can be as important as exercise and medical appointments. Stay connected with your friends. Entertaining can be as easy as picking up a

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• *Library continued from page 36* •

funding, and a variety of other reports. He has also contributed to Insurance Selling Magazine, and published A Worry Free College Funding Book. Free and open to the public.

**Saturday May 18 9 am -1 pm, Introduction to Basic Photography with Steve Nadler.** Have you just bought or are in the process of buying a new digital camera? Are you doing a lot more travelling and want to make sure you capture all those once in a lifetime images? Have you been taking more photos of your children or grandchildren playing sports and find them blurry? Do you find the User's Guide incomprehensible? Would you just like to take a good picture without being anxious about which button to press and which setting to use?

You are not alone! Most of us want to get it right the first time. This 4 hour class will serve as an introduction to the Basic Photography course that will take place in May and June. The class will consist of an overview of camera settings and common terms found in your User Guides. Aperture, shutter speed and ISO will be discussed. Lighting and composition also be examined. The class will be held in the Community Room. Bring your camera and Users Guide. The cost of the class is \$75.00. Registration required by May 4 and payment required one week prior to class. Checks payable to Steve Nadler.

**Wednesdays May 22, 29, June 12 & 19 5:00-7:30 pm, Basic Photography with Steve Nadler, Fine Arts Photographer.** This course is designed to allow photographers to obtain the skills they will need to achieve their individual photographic visions. This course is for students who want to photograph what they are seeing and improve their intended results. If you want to end the frustration of under or over exposed images, blurred or off color photos and scenes that never quite have the impact you were looking for, then this course is for you!

Through extensive in field photo taking with hands on individual instruction students learn to create high visual impact landscape, portrait, close up and action images. Each photographer's individual vision will be reflected in the scenes they capture. Defining a good image and consistently capturing and processing that image are the skill sets you will be acquiring.

Understanding composition, lighting, exposure, color balancing and how your camera works are the keys to good image capture. All these elements are explored through both in field and classroom sessions. Classes meet once a week for a period of four weeks. Each class will consist of 1½ hours of infield photo taking and 1 hour of classroom critique. Field work will be at various locations throughout southeastern Connecticut and all class work will be in the Community Room. Learn to love your camera and make new friends with others who have similar goals! Required: Any Single Digital Lens Reflex or Point and Shoot Camera.

Registration required as class size is limited to 8 participants. Fee is \$100 for four classes payable to Steve Nadler one week prior to the start of the course (June 5) which can be mailed or dropped off at the library. Register by calling 860-434-1684 or go online at [www.oldlyme.lioninc.org](http://www.oldlyme.lioninc.org) under the Events tab.

**Coming in May! Bird Watching with Naturalist Bill Burt.** Want to learn more about the bird population and how to identify them in their habitat? Join us for bird watching in Nehantic State Forest during the spring migration season. William Burt, local naturalist, photographer, and author of three books on birds will lead the walk. Walk the forest road, through woodland wet and dry, in search of migrant warblers and other songbirds. Please wear appropriate clothing, boots and bring bottled water and your own binoculars. Registration preferred for planning needs. Participants will meet at the library and carpool to the state forest. Additional details to be announced.

**Thursday June 6, 6:00 pm, Marine Fisheries Talk with Potapaug Audubon Society.** Since 1978, Potapaug has been presenting a wide range of topics related to nature and environmental issues at their programs and special events. Audience members are treated to experts, authors, and artists who educate as well as entertain. The Library is excited to partner with Potapaug again this year to bring a new nature presentation to our patrons. Registration required by calling 860-434-1684 or online at [www.oldlyme.lioninc.org](http://www.oldlyme.lioninc.org) under the Events tab.

# Social Services

It is the mission of the Town of Old Lyme Department of Social Services to enhance the quality of life and self-sufficiency of people in need of EMERGENCY financial services. We provide advocacy, planning, resources and deliver these services in partnership with public and private organizations. No one is discriminated against due to race, color, natural origin, religion, sex, age, disability or marital status.

Donations to the Town's Emergency Fund are always welcome. We have established a small local food bank, so donations of non-perishable food items will also be welcome. The Lyme Old Lyme Chamber has agreed to collect a canned good from each member at each Chamber event to help us support our local families.

It was a long and difficult winter and we are all looking

forward to a warm and sunny spring. For the Social Services Office that also means it is time to file for Renters Reimbursement. The filing dates have been expanded: April 1st to October 1st.

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies. Applications may be made in the Social Services office from April 1 through October 1.

### Renters - Income and Grant Information – 2012 Benefit Year Filing period April 1 – October 1, 2013

Income		Maximum Credit		Minimum Credit	
Over	To	Married	Single	Married	Single
\$-0-	\$ 16,700	\$900	\$700	\$400	\$300
16,700	22,500	700	500	300	200
22,500	28,100	500	250	200	100
28,100	33,500	250	150	100	50
33,500	40,900	150	-0-	50	-0-

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## Old Lyme Town Hall • 860-434-1605 www.oldlyme-ct.gov

### Old Lyme Municipal Departments

Department	Contact	Phone
Animal Control		434-3047
Assessor	Walter Kent	434-1605 x218
Board of Selectmen	Bonnie A. Reemsnyder	434-1605 x211
Board of Selectmen	Mary Jo Nosal	434-1605 x212
Board of Selectmen	Skip Sibley	434-1605 x212
First Selectwoman	Bonnie A. Reemsnyder	434-1605 x211
Building	John Flower	434-1605 x230
Emergency Management	David Roberge	434-1605 x231
Finance	Doris Johnson	434-1605 x215
Finance Director	Nicole Stajduhar	434-1605 x232
Fire Marshal	David Roberge	434-1605 x231
Harbormaster	Michael Moran	434-1605 x212
Health	Vijay Sikand, M.D.	434-1605 x214
Information Technology	Ruth Roach	434-1605 x237
Town Historian	John Pfeiffer	434-8829
Land Use	Kim Groves, Kim Barrows	434-1605 x236
Parks and Recreation	Don Bugbee	434-1605 x235
Police	TFC Gary Inglis	434-7080
Probate Court	Hon. Jeffrey McNamara	739-6052
Public Works	Ed Adanti	434-2461
Registrar of Voters	Sylvia Peterson & Don Tapper	434-1605 x226
School District #18	Superintendent of Schools	434-7238
Senior Center	Sherry White	434-4127
Social Services	Ruth Roach	434-1605
Tax Collection	Judith Tooker	434-1605 x216
Town Clerk	Eileen Coffee	434-1605 x221
Treasurer	John Bysko	434-3632
Zoning Enforcement	Ann Brown	434-1605 x225
<b>Other Agencies</b>		
Library/Passports	Mary Fiorelli, Director	434-1684
Youth Services Bureau	Mary Seidner, Director	434-7208

## 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) 434-4127
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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• *Six Ways to Add Good Years continued from page 37* •

prepared meal and adding your own fresh salad. Social interaction can promote a healthier diet, exercise and sleep habits. Isolation can lead to cognitive decline and depression.

**Eat to Live:** "We are a wonder being. To be alive is a gift. Don't miss out by partaking in foods that are subpar. Keep a watchful eye on eating a moderate diet that balances the food groups. Think in terms of fresh foods with fewer processed foods. Experiment with grains, legumes and nuts to create whole proteins. The same holds true with generous amounts of fresh fish and vegetables. With the diet above, fewer meats will be consumed. Above all, enjoy the ritual of eating with

joy in mind. Again, it is a gift to be able to do it." – Chris Pardue, Executive Chef, Chester Village West.

**Relax:** Take time to reflect on the world around you. Take some deep breaths during the busy day. According to the Mayo Clinic, the benefits of relaxation can lower blood pressure, reduce muscle tension and increase energy levels and concentration. Try yoga, tai chi or meditation. Or set aside some time each day to simply curl up in a favorite chair and read a book.

All these recommendations are a part of our Healthy Life™ Services program at Chester Village West.

– Marian Bairstow, Chester Village West

• *Social Services continued from page 38* •

**Eligibility.** Recipient or spouse must be 65 years of age or older, or be 50 years of age or older and the surviving spouse of a renter who at the time of the renter's death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of the renters' death, or 18 years of age or older and permanently and totally disabled. Must meet a one year state residency requirement.

**Documentation.** Recipient must provide documentation for all sources of income and assets, checking & savings accounts, pension income, IRA and CD accounts, Social Security

payments. Copies of your last 2 checking account statements are needed, along with your bills for utilities, electric, oil and or propane for the full year of 2012. You will also need your lease agreement showing how much your rent was for each month in 2012.

Please call Ruth Roach (860 434-1605 ext. 228) with any questions about what to bring and to make an appointment to file your application. The Social Services office is open Tuesday and Thursday from 9am to noon and Wednesday from 1 to 4 pm.

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MLS: M9136198 \$2,100,000



**EXQUISITE VILLAGE COLONIAL**

Old Lyme: Designed by noted architect Alice Washburn, this village residence is sited on 2 secluded and high acres with stunning long views. A complete custom restoration, renovation and expansion in 2005 has brought this gracious home to mellow perfection!

MLS: M9137286 \$1,645,000



**CUSTOM COLONIAL**

Hadlyme: This custom built Shingle style residence on three acres in the historic Hadlyme Ferry District overlooks Whale Bone Cove, and features vaulted ceilings, walls of windows, stunning chef's kitchen, fabulous stone terraces surrounded by stonewalls.

MLS: M9129629 \$849,000



Jennifer Caulfield  
860.388.7710

Jane Pfeffer  
860.227.6634

**Jennifer & Jane  
Associates**



**A TRUE GEM!**

Old Lyme: Exquisite ca.1800 Colonial sited on two private acres overlooks the Mill Pond and is close to the village of Old Lyme. A first-floor master suite with marble bath and vaulted ceiling and a spacious living room open to the magnificent pool area. MLS: M9136040 \$795,000



**HAMBURG COVE**

Lyme: This dramatic waterfront home has a contemporary flair with views and access to an inlet of Hamburg Cove, perfect for small boat activity. Sunlit rooms and an open floor plan are hallmarks of a unique and beautifully built home. MLS: M9124803 \$695,000



**LIEUTENANT RIVER VIEWS**

Old Lyme: Perched on a beautiful rock outcropping overlooking the Lieutenant River and Long Island Sound, this residence, designed by Raoul Loring in 1954, was the first mid-century modern home constructed in Old Lyme. MLS: M9138601 \$695,000

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We know Mom is receiving the care she needs because we worked with the nurses and caregivers to prepare her individualized care plan. Her apartment is large and bright, she's getting lots of exercise (for mind and body), and she's even baking again in the Country Kitchen.

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*Resident Mae Gaudio with her son Bud, and wife Marge.*



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