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The Selectmen's Corner

Happy spring from the Old Saybrook Board of Selectmen, which consists of First Selectman Carl P. Fortuna, Jr. and Selectpersons Scott Giegerich and Carol Conklin. We thank you for entrusting us with running your local government.

As usual, allow me to comment on our State finances. I do this nearly every issue because of the direct and indirect effects that the financial issues at the State level can and will have in Old Saybrook, our surrounding towns and the State as a whole. In late fall, our State legislature passed a bi-partisan biennial budget for 2017-18 and 2018-19 (the State budgets in two year cycles on a July 1 to June 30 fiscal year). That budget is now nearly \$500 million in deficit over a two year period, something the legislature is set to deal with this winter and spring. In January of 2019, after the fall elections, the legislature will begin working on the FY 2019-20 and FY 2020-21 budgets which currently project to be \$4 billion in deficit. Oh boy. In the current budget and over the next few cycles, transportation cuts look inevitable. This comes on the heels of multiple reports which already rank Connecticut's transportation infrastructure as the worst in the country. Due to falling revenues that go into the Department of Transportation's (CTDOT) Special Transportation Fund (STF), CTDOT's ability to fund future transportation projects in the state is at risk. In fact, the STF projects to be insolvent within the five year time period that credit rating agencies' use to determine the

state's credit worthiness. CTDOT relies on bonding for its projects and at the moment, DOT cannot bond. CTDOT is currently borrowing money from another state agency and will have to reduce spending by \$200 million in the next six months to bring expenditures in line with STF revenues. Other draconian cuts to capital and operating projects will be necessary in subsequent years if no new revenue for CTDOT is found. The impact of the decline of the STF could be further exacerbated if there are any cuts to federal transportation funding (CTDOT's projects presume flat federal funding.) DOT is conserving cash and has taken the following measures: All non-concession rest stops in the state will be permanently closed; State funded maintenance such as pothole repair and snow plowing will be cut. CTDOT may close roads during winter storms. Transit operations are immediately vulnerable. Some Shoreline East service could be reduced 50% and transit districts (9 Town Transit) could have their subsidies reduced 15% in FY19 and 50% in FY20. While many of us drive to work, there is a large population that takes rail and other transit. As a state, **continued on page 3**



First Selectman Carl P. Fortuna, Jr.

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Selectmen's Corner... continued from page 1

we are attempting to take more vehicles off the road. Reducing service is not the answer. I believe these potential reductions in spending by CTDOT will have significant economic multiplier effects in the local economies of many communities. Old Saybrook will not be spared. The legislature in the coming session will closely examine implementing tolls or increasing the gas tax, and it is certainly possible one of those things will happen. This should help with DOT's funding problems but there will still be large deficits to overcome both this year and in very near future.


Locally, I have prepared and submitted my 7th budget for the town's consideration. Over those seven years, we have kept our budgets trim but also addressed issues previously neglected. Our town pension was 60% funded in 2012; today it is 89% funded partly due to methodically increasing contributions and partly due to good stock markets. In 2012, the town was spending \$150,000 every year on road paving and maintenance, an exceptionally low figure; next year, we hope to allocate over \$500,000 (still too low a number) for our roads and sidewalks. Prior to 2012, there were no monies being put aside for Fire Department capital purchases; today, that account is fully funded for future purchases. Prior to 2012, there were no funds set aside for public works capital purchases; today there is a healthy sinking fund for new equipment. Prior 2012, there were no designated funds set aside for unforeseen or newly planned capital projects; today the

town has a level funded capital account that allows us to renovate and make necessary improvements to public facilities. Town buildings and infrastructure receive yearly fiscal infusions, which will alleviate the need for any bonding in the foreseeable future. The town's rainy day fund, which stood at 6% when we took office, is over 12% today. All this has been accomplished even as the State has dramatically reduced financial aid to municipalities; Old Saybrook is projected to receive \$900,000 less in State funds in FY '18-19 than we did in FY '15-16. Yet the 2018-2019 budget I submitted on February 20 to the Board of Finance is projected to lower taxes (not just lower the mill rate) which has not occurred in Old Saybrook in 25 years (excepting revaluation years which can significantly adjust the mill rate up or down but which may not result in a reduction in taxes). There are no gimmicks in this budget and there are no cans being kicked down the road. I believe this budget prepares us for a State that continues to be in financial crisis. Our management team has made the necessary adjustments to accomplish our many goals, as noted above, in a State that has not grown its economy since 2008 (in fact, some reports say our State economy has contracted over the last 8 years). We have a lot to be proud of in this town but, for Connecticut to succeed, we must elect a State government that implements policies of economic growth. An over reliance on cost cutting or increased taxation will not get the job done.


continued on page 4

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Wendy W. (Seller)

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Selectmen's Corner... continued from page 3

For the second time in a year and a half, the town refinanced some of its debt. In July, 2016, the town refinanced 10 million dollars of debt, saving one million dollars in interest payments over the next 15 years. This time, the town refinanced 6 million dollars of debt, saving \$200,000 over the next seven years. None of these bonds extend the terms of the debt. This may be the last refinancing for quite some time given the upward trajectory of interest rates. Over the next five years, the town will see its general government debt dramatically decline which should continue to offer budgetary relief.

Finally, the 7 million dollar (federally funded) North Cove dredging project has concluded. This project was difficult for many in our community due to the noise generated by the two dredges. My office worked closely with the United States Army Corps of Engineers (USACE), Don Jon Marine (the contractor) and the Connecticut State Port Authority to make alterations to equipment to lessen the noise. Their drive and determination to get this job done in a reasonable amount of time, while also listening to the concerns of our community, was impressive. I want to thank our citizens affected by the noise (and who lost more than a few nights of sleep) for their understanding and cooperation. This project was and is important to our local economy.

There are always good things happening in our beautiful town. I wish all who live, work and play in Old Saybrook a happy and safe spring.

Carl P. Fortuna, Jr., First Selectman

Assessor's Office

Beginning in early February you may have noticed me or other members of the Assessor's staff including Rick Pine and Luke Parker out and about taking photographs in town while we work to replace the pictures in the Vision System with new pictures of all buildings in Old Saybrook. If anyone has a question about this, please call the Assessor's Office at: 860-395-3137 or send a text to: Nwood@town.old-saybrook.ct.us. I appreciate everyone's cooperation.

In addition to our ongoing updates to the Vision photographs, the 2017 Grand List was recently completed and signed by the Assessor. As usual, October 1, 2017 is the assessment date for this Grand List. Any real estate, business personal property, or motor vehicles that you own on that day are taxable. In conjunction with that, a listing of the top taxpayers in the town is included here for your information.

continued on page 6



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OCTOBER 31ST - NOVEMBER 18TH, 2018

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2017 Grand List Breakdown

	#Accounts	Gross	Exemptions	Net Assessment
Real Estate	6682	2,090,183,400	11,569,195	2,078,614,305
Personal Prop	1040	74,179,123	2,923,090	71,256,033
Motor Vehicle	12525	109,448,064	218,090	109,229,974
Total Taxable	20,573	2,442,615,958	183,515,646	2,259,100,312
Total Taxable 2016 Grand List				2,248,068,375
			Assessment Increase -----	11,031,937

2017 OLD SAYBROOK REAL ESTATE TOP 10 TAXPAYERS

Real Estate	Use	Assessment	# Accounts
GM Saybrook Owner	Apts	18,822,400	1
Old Saybrook Associates LLC	Shopping Ctr	18,550,200	1
Saybrook Point Marina LLC	Marina/Hotel	15,583,500	6
Max's Place LLC	Shopping Ctr	15,167,900	3
Gosin Jacqueline S	Hepburn House	7,832,200	1
Cubsmart LP	Mini Storage	6,772,400	4
Gladeview LLC	Health Care	6,714,300	1
Haviland Nancy P	Fenwick Prop	6,589,800	2
Water III LLC	Fenwick Prop	6,141,300	2
Mill Rick Leasing LLC	Industrial	5,847,100	1

2017 BUSINESS PERSONAL PROPERTY TOP 10 TAXPAYERS

	Assessment	#
Connecticut Light & Power Co	18,931,730	1
Connecticut Water Co	4,186,040	1
Big Y Foods Inc	2,377,570	1
Saybrook Point Inc LLC	2,059,860	1
Stop & Shop Supermarket Co	1,785,220	1
FBM Holdings LLC	1,777,700	1
Southern Connecticut Gas Co	1,359,040	1
Sound Manufacturing Inc	1,334,200	1
Tantor Media Corp	1,270,340	1
Ocean Surveys Inc	1,269,250	1

2017 OLD SAYBROOK MOTOR VEHICLE TOP 10 TAXPAYERS

Owner	Assessment	# Vehicles
Ean Holdings LLC	10,208,960	499
M & J Bus Inc	3,704,670	123
Acar Leasing LTD	1,453,390	70
Toyota Lease Trust	1,137,570	68
Honda Lease Trust	1,126,060	72
VW Credit Leasing LTD	1,017,280	52
Financial Service Vehicle Trust	975,210	34
JP Morgan Chase Bank NA	940,820	58
Hyundai Lease Titling Trust	720,770	56
Daimler Trust	702,080	25

Assistance Programs

In conjunction with the State of Connecticut Office of Policy and Management, the Assessor's Office administers a number of programs for people whose incomes qualify them for financial assistance. Please see below for qualifications and important

deadlines for the Elderly Homeowners Tax Credit and the Renter's Tax Credit which are both available to elderly or disabled citizens who meet specific criteria. Other programs may also be available. **continued on page 8**

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Peg Serapilia
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Star Rueckert
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Linda Nolf
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Joanne Lariviere
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Sangah Jee
860-575-1897



Lara L. Luciani
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Kathryn Lauterbach-Bell
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Bill Ashton
860-510-2620



Bob Fusari
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Assessor's Office... continued from page 6

Please call the office for further information as all program applications are time-sensitive. Anyone who is unable to come to the office to apply should call the Assessor's Office at: 860-395-3137 to make alternate arrangements.

ELDERLY HOMEOWNERS TAX CREDIT

State law provides a property tax credit program for Connecticut homeowners who are age 65 and older or totally disabled and

who meet the prescribed income guidelines. The credit amount is calculated by the assessor and applied by the tax collector to the applicant's real property tax bill. A credit of up to \$1,250 may be granted for married couples and \$1,000 for single persons. Credit amounts are based on a graduated income scale. Applications may be submitted to the assessor's office between February 1st and May 15th.

HOMEOWNERS

Income and Grant Information – 2017 Benefit Year

Filing Period February 1 – May 15, 2018

Income		Tax Credit %		Tax Credit Maximum		Tax Credit Minimum	
Over	To	Married	Unmarried	Married	Unmarried	Married	Unmarried
\$-0-	\$17,700	50%	40%	\$1,250	\$1,000	\$400	\$350
17,700	– 23,700	40%	30%	1,000	750	350	250
23,700	– 29,600	30%	20%	750	500	250	150
29,600	– 35,300	20%	10%	500	250	150	150
35,300	– 43,000	10%	-0-	250	150	150	-0-

RENTERS TAX CREDIT

State law provides a reimbursement program for Connecticut renters who are age 65 and older or totally disabled and who meet the prescribed income guidelines. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. A rebate of up to \$900 may be grant-

ed for married couples and \$700 for single persons. The 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 submitted to the assessor's office between April 1st and October 1st.

RENTERS

Income and Grant Information – 2017 Benefit year

Filing Period April 1 – October 1, 2018

Income		Maximum Credit		Minimum Credit	
Over	To	Married	Single	Married	Single
\$-0-	\$17,700	\$900	\$700	\$400	\$300
17,700	23,700	700	500	300	200
23,700	29,600	500	250	200	100
29,600	35,300	250	150	100	50
35,300	43,000	150	-0-	50	-0-

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

Town Clerk's Office

Sarah V. Becker, Town Clerk

Christina Antolino, Assistant Town Clerk

Cindy Kane, Assistant Town Clerk

Office Hours: M-F, 8:30 am – 4:30 pm

Phone Number: 860-395-3135

Town Website: www.oldsaybrookct.org

CONGRATULATIONS!

Edward Whitaker & Kristina Knobelsdorff – December 9th

Brandyn Cooper & Jamie Williams – December 16th

Kenneth Kirsch & Laura Davis – December 23rd

John Bennett and Holly Perez – January 1st

Richard Dub and Elizabeth Pienkos – January 16th

Peter McCarthy and Erika Martinez – February 17th

Peter Kochol and Amy McCluskey – February 17th

continued on page 10

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Economic Development Marketing Program

Old Saybrook's Board of Finance provided \$10,000 to the Economic Development Commission in 2017 to create a marketing plan focusing on two aspects of economic development important to the local economy:

- **increasing tourism** in the off-season; and
- **attracting businesses** to fill excess light industrial/office space.

The funds were used to hire SL Media Solutions, an Old Saybrook media company, through a competitive bid process to create a marketing campaign. The campaign had the following elements:

- **Establishing** a foundation for current and future marketing that can be maintained by existing staff with or without support;

- **Positioning** the Economic Development Office as the central contact/liaison and resource for existing and prospective businesses;
- **Minimizing** overhead to allow immediate implementation of the Plan.

THE MARKETING CAMPAIGN FOCUSED ON 4 GOALS DURING 2017:

Goal 1: Access digital marketing platforms (i.e., website, social media, direct mail)

Status: Facebook and Instagram accounts created and regularly updated. Both linked to Website, Linked-In and Constant Contact newsletter.



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Goal 2: Develop a marketing and content calendar to build engagement on social media platforms with a focus on the areas of attracting new business and visitors.

Status: Engagement built to a high of 485 by December 2017 using content calendar and current events.

Goal 3: Test a series of initial content and advertising concepts to establish brand guidelines for use across all marketing platforms and communications.

Status: Advertising concepts created and tested resulting in an easily recognized brand used across all marketing platforms which generated engagement.

Goal 4: Position the Economic Development Office as a market resource for businesses considering a location in Old Saybrook.

Status: All marketing platforms are designed to drive traffic to the website.

Thanks go to Susan Esty for the use of her beautiful beach photo as one of our marketing images as seen in the sample below used in our Constant Contact e-newsletter.



You, your business and your family will THRIVE here in Old Saybrook.

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Trying to Sell Your House?

UNPERMITTED WORK MAY BE A PROBLEM

Increasingly as potential buyers perform their due diligence or lenders and appraisers check property files in Town Hall they discover unpermitted or unapproved work and are refusing to move forward with transactions. What are town officials able to do to help homeowners who find themselves in this position?

At Old Saybrook Town Hall we strive for a friendly experience for our customers. In these cases we are often able to issue an "after-the-fact" permit for the work that was performed so that a homeowner can receive a Certificate of Approval. What does this entail?

Basically the procedure is the same as if the work had not
continued on page 12

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Sell Your House... continued from page 11

already been performed, with a couple of important caveats. Depending on what specifically was done, health and zoning permits may be required in addition to a building permit application. We generally waive the requirement to supply building plans since the work has already been done. You must pay a building permit application fee based on the current fair market value of the work including labor and materials. Please be aware that the Building Official has no authority to issue a permit under a previous code version, so all work must comply with TODAY's building code.

After the permit is issued you will need to request an inspection. Normally the Building Official has the opportunity to see the work at various stages of construction before work is concealed. However, in the "after-the-fact" scenario the Building Official just performs a thorough inspection of everything he can see without destructive testing. He will normally get a good idea of the level of quality and code compliance after this inspection. If the Building Official feels confident that the work is substantially compliant he will issue a Certificate of Approval that includes a notation that rough inspections were not requested or performed.

If code violations are discovered during the inspection they must be corrected before a Certificate of Approval can be



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

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issued. If the Building Official becomes concerned about any of the work that is covered up he will require enough of the finish materials to be removed to satisfy him that the work is code compliant. So why should anyone obtain approvals in advance of doing the work if they can just get an “after-the-fact” permit at a later date?

First and foremost, it is the law. Any person who violates any provision of the State Building Code is subject to penalties as per Section 29-254a of the Connecticut General Statutes. But if you need more personal motivation or are concerned that someday you may have trouble selling your house, consider these points: 1) The “after-the-fact” process can be lengthy. Sometimes health or zoning issues come up that can be time consuming to resolve. 2) If you wait and count on getting an “after-the-fact” permit you may then have to pay for upgrades to comply with today’s code. These costs could easily be more than the original building permit fee. 3) You are going to pay for the permit anyway. Building permit fees are approximately 1% of the value of the improvement, so the fee is not a huge budgetary consideration when planning an upgrade to your home. 4) If you do work without a permit and thus without approval by the Building Official, you may be in a position of increased liability if something goes wrong. Imagine a visitor to your home falls on a set of stairs, gets injured, and decides to

continued on page 14

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SELECTMEN'S OFFICE

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

ACCOUNTING

395-3132

ASSESSOR

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

BUILDING DEPARTMENT

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

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

Pete Terenzi	395-3133	
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LAND USE

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

PARKS AND RECREATION

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

PUBLIC WORKS

Larry Bonin, Director	395-3123	Larry.Bonin@OldSaybrookCT.gov
-----------------------	----------	-------------------------------

REGISTRARS OF VOTERS

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

TAX COLLECTOR

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

TOWN CLERK

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

TREASURER

Robert Fish	395-3073	Robert.Fish@OldSaybrookCT.gov
-------------	----------	-------------------------------

WATER POLLUTION CONTROL AUTHORITY

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

OTHER TOWN DEPARTMENTS

Acton Public Library - 60 Old Boston Post Road

Selma Dautevendic, Director	395-3184	
-----------------------------	----------	--

Police Department - 6 Custom Drive

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

Probate Court - 302 Main Street

Terrance Lomme, Judge of Probate	510-5028	
----------------------------------	----------	--

Social Services - 322 Main Street

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

Transfer Station

499 Middlesex Turnpike	395-3187	
------------------------	----------	--

Youth & Family Services - 322 Main Street

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

www.OldSaybrookCT.org

Sell Your House... continued from page 13

sue. Would you rather go to court and be able to show the judge that the stairs were permitted, inspected, and approved by the Building Official or that you built the stairs without approval or inspection, according to how you thought they should be?

Town officials have rules that are applied

through the departments that constitute the Old Saybrook land use offices. The point of a great deal of the State Building Code is to make our buildings safe to occupy and use. We certainly prefer to see you before the start of a project or before you try to sell your house, but let us help you, even if it is "after the fact."

For questions about the building inspection process in Old Saybrook or to get help with "after-the-fact" issues call the Old Saybrook Building Department at: 860-395-3130.

Tom Makowicki,
Old Saybrook Building Official



Danger Warning!

DO YOU CHARGE YOUR GOLF CART IN YOUR GARAGE?

Old Saybrook is a community where golf carts are a common sight on the roads. The Old Saybrook Fire Department wants to warn residents with golf carts that charging batteries that are low on water or over charging batteries can cause a dangerous build up of hydrogen gas. Hydrogen gas is ODORLESS and COLORLESS. You won't know it's there. When it builds up in your home or garage it can result in asphyxiation, fire, and explosion. People can experience the same sickness symptoms as carbon monoxide poisoning such as nausea, headache, and vertigo. It is very important to follow the

manufacturer's recommendations for maintaining your batteries. The Fire Dept recommends ventilating the garage or room when you are charging your golf cart. Leave the garage window open to the outside or leave your garage door partially open. Expose the batteries by lifting up the seat of the golf cart when charging. Failing to ventilate can allow the hydrogen gas to build up and migrate through small openings, cracks, and crevices into your home. If the concentration of gas finds an ignition source it could cause a fire or explosion. Install a carbon monoxide detector in the garage or room where you charge your electric golf cart immediately.



Information provided by the Old Saybrook Fire Department <http://www.oldsaybrookfire.com>



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Old Saybrook Parks and Recreation Department



EASTER EGG HUNT

Join us on Saturday, March 24th for this fun event to find different pieces of wrapped candy. Three different fields

around the Recreation Center will be used to "hide" the candy for the kids to find, each field will be for a different age group. Age groups will be 2-4 year olds on McMurray Field, 5 year olds-1st graders will be on the Middle School field and 2nd & 3rd graders on the Town Green. Please bring a basket to collect your goodies in and don't forget to bring your camera to take pictures with the Easter Bunny! This event is co-sponsored by Old Saybrook Lions Club.

Hunt Times: 2 - 4yr olds: 11:00 am

5yr - 1st Grade: 11:15 am

2nd & 3rd Grade: 11:30 am

ANNUAL ROCK HUNT AT TOWN PARK

It's time to go rock hunting! This fun annual event will be held at Clark Community Park (Town Park) on Schoolhouse Road on Good Friday, March 30th at 10:00 am (sharp). This event is for all OS residents in grades 4th - 6th. Hunters are invited to search the woods for painted rocks which can be traded in for gift certificates, candy prizes and more. Anyone up for the challenge should

show up on time and bring their own heavy duty bag or bucket to collect all of the colored rocks they find. Please sign up online or in the office for this event to give us an idea of numbers.

RAY DOBRATZ ANNUAL FISHING DERBY

On Saturday, April 28th OSPR will hold its 5th Annual Ray Dobratz Fishing Derby at Crystal Lake in Clark Community Park on Schoolhouse Road. This event is offered to Old Saybrook residents only. Let's see who can claim bragging rights, the children or the adults? Who will get the biggest catch of the day? Children age 5 -15 can be accompanied by a family member and participants 16 yrs and older must have a valid CT fishing license in this great derby which kicks off the fishing season! The lake will be stocked with trout for all to enjoy. The fishing derby starts bright and early at 7:00 am and will run until 10:00 am. Prizes will be awarded for biggest fish caught! Coffee, hot chocolate & donuts will be served in the morning and hot dogs will be available later in the morning. The cost is \$5.00 dollars per person, please register by April 19th.

APRIL VACATION CAMP

Looking for something fun to do during vacation with a bunch of your friends? Look no further, OSPR has you covered with a **continued on page 16**

Mark your Calendars!

It's the Chicken Chat



Saturday March 24, 2018
1 PM to 2 PM

- Free Interactive Poultry Seminar
- A great way to prepare for owning chicks.

LARGE OR SMALL WE FEED 'EM ALL!



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Chick Day **Sat. March 31**
10 am - 2 pm

Easter Bunny Alert! Come for the chicks, stay for the hot dogs, soda, fun!

What's the Buzz..



Breakfast Club
Topic: Preparing for spring

April, 7 2018 9 AM - 11 AM Guest Speaker:
Mark H. Creiton, Connecticut Apiary Inspector

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Parks and Recreation... continued from page 15

full week of camp! Camp will meet at the Rec, 9:00 am - 4:00 pm and is for K-5th Graders. Camp is \$105 for the week. For more information please visit our website at www.oldsaybrookrec.com. Space is limited to, so sign up early!

Teen Center News

The Parks and Recreation Department is serving up some wonderful programming for its 6th through 8th grade students to beat the winter blues! On Friday, February 9th we wrapped up our 5th annual Indoor Soccer Tournament - we had 9 teams with 36 students who brought not only skill and competitiveness, but also creativity to the tournament. Players participated in a Round Robin Tournament on February 2nd to determine seeding for a Single Elimination Bracket Style Tournament. In the end, number one seed, Savage Soccer Squad was named 2018 Co-Ed Indoor Soccer Champions; Savage Soccer Squad got to sign the trophy ball which is displayed in the Teen Center and is signed each year by our Champion Team. Team Esgeti Squad won the coveted Sweet Luna's Team Spirit Award for their creative uniforms. OSPR would like to thank Sweet Luna's for its sponsorship and generous donation to this tournament!

Next up for the Teen Center is our 3 on 3 Co-Ed Basketball Tournament on Friday, March 23rd. All teams must be signed up by Wednesday March 21st; no teams will be accepted at the door. Looking ahead into spring we will be offering a Volleyball Tournament, Home Run Derby, Dodgeball Redemption Tournament and finishing the year off with our annual 8th Grade Goodbye BBQ. There is something for everyone at the Teen Center, stop in and check it out!

Have an idea or suggestion for an event? Stop in to OSPR and let us know! For more information regarding the Teen Center program, please contact Taryn Erb at: Taryn.Erb@OldSaybrookCT.gov or by phone at: 860-395-3152.

OSPR SUMMER CAMPS

Summer will be here before you know it and OSPR has some great camps this year. We have our Pre-K through Kindergarten camp, 1st - 5th grade camp and our 6th - 8th grade camp. Each week campers will have the chance to spend the day at the splash pad, the beach, play a round of mini golf at the point and go on a weekly special field trip! Each day campers will also participate in fun gym games, art-n-crafts projects and have fun with friends. Camp at OSPR is a great way to spend the summer! For our OS resident entering grades 7th - 12th don't forget to check out our Summer Teen Trips!

In addition to our traditional day camps, OSPR has many sport camps we are offering as well. Make sure to check out our basketball, tennis, lacrosse and Adventure Day Camp to name a few. For more information on our summer camps and any programs at OSPR, please visit our website at www.oldsaybrookrec.com or

email Jonathan Paradis at Jonathan.Paradis@OldSaybrookCT.gov. Registration for all of our spring and summer programs starts on Tuesday, April 3rd at 9:00 am. You can register online or in person at the Rec. Center.



SUMMER BASKETBALL LEAGUE WITH OS BASKETBALL CLUB

OSPR has teamed up with Old Saybrook Basketball Club for another year to offer summer youth basketball leagues on the Vin Baker Courts. This pick up style basketball is a great opportunity to work on your game in the off season and get to know your future coaches and teammates before the start of the season. We will have four age groups for boys and girls and each week teams will change. This league will be offered to 4th-8th graders and games will be played on Thursday nights. The league starts Thursday June 28th.



CT Trails Weekend

The first weekend in June has become an outdoor tradition, as OSPR is participating in the CT DEEP and CT Forest and Parks Association's CT Trails Weekend. The State of Connecticut has the largest celebration of trail in the nation. This year Old Saybrook will add three more events. On Saturday we will have a Sandbar Stroll at Harvey's Beach early in the morning followed by a Paddle on the Oyster River, both will be led by Jonathan Paradis. Then on Sunday we will hike The Preserve, led by Judy Preston.

Saturday, bring the family to Harvey's Beach for our 1st ever Sandbar Stroll, 8:30 - 9:00 am, for a leisurely stroll on the sandbars at low tide. We will meet at Harvey's Beach and walk up to the Town Beach and back. This walk will be roughly 1 mile in distance. Dogs are not allowed on the beaches.

Also on Saturday, we have the Paddle Tour of Oyster River. Meet at the Rt 1 launch across the street from McDonalds. You can bring any paddle water craft. Personal floatation devices are required. Additional parking will be at OS High School after you drop your kayak, canoe, etc. off. We will begin at 11:00 am and head out on a 4 mile paddle through the Oyster River, Long Island Sound, the Back Marsh and River and then return on the Oyster River.

The Sunday June 3rd hike at The Preserve will meet at the parking lot off of RT 153 in Westbrook at 8:45am. The hike will take off at 9:00 am sharp.

All of these events are free to OS residents. For more information please visit our website or contact Jonathan Paradis at: Jonathan.Paradis@OldSaybrookCT.gov.

2018 SUMMER CONCERT SERIES

Nothing says summer in Saybrook like our Summer Concert Series. This year we have 11 weeks of music lined up, with 15 shows!! We will have ten Wednesday shows on the Town Green and five shows at Harvey's Beach on Friday nights. The

season will start on Wednesday, June 13th and will run through August 22rd. We have our annual classic shows and added a few new acts to round out the series. As always, pack a picnic, bring you blanket or chairs and enjoy a great evening of great music!

DATE	VENUE	BAND	GENRE	SPONSOR
6/13/2018	Town Green	The Kenn Morr Band	Modern Rock	Yale New Haven Health
6/20/2018	Town Green	Dan Stevens	Blues	OSPR
6/22/2018	Harvey's Beach	Branded Country	Modern Country	OSPR
6/27/2018	Town Green	Deni Bonet Trio	Electric Violin	OSPR
7/6/2018	Harvey's Beach	Caribbean Vibe Steel Drum	Calypso	OSPR
7/11/2018	Town Green	Les Julian	Family Show	OSYFS
7/18/2018	Town Green	The Meadows Brothers	Folk Rock	Middlesex Primary Care
7/20/2018	Harvey's Beach	Four Barrel Billy	Rock n Roll	OSPR
7/25/2018	Town Green	Cold Chocolate	Americana	JM Realty
8/1/2018	Town Green	Happy and The Moonshine	Cover Band	OSPR
8/3/2017	Harvey's Beach	Acoustic Marsh Pit	Cover Band	Denali
8/8/2018	Town Green	Gracie Day	Country Folk	OSPR
8/15/2017	Town Green	Long Island Sound	Big Band	Child & Adult Ortho
8/17/2018	Harvey's Beach	NO Mind	Modern Rock	Yale New Haven Health
8/22/2018	Town Green	Late For Dinner	Classic Rock Covers	TJ's Pizza & OSPR

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The Importance of Hydrating



Hydration is an important part in maintaining a healthy, functioning body. Staying hydrated allows for our cells to get the proper amount of water they need to carry out normal functions.

However when the body lacks water, negative symptoms of dehydration begin to occur. Dehydration, the loss or removal of water, is extremely harmful to the human body.

SYMPTOMS OF DEHYDRATION:

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion

Some causes of dehydration are not drinking enough water, diarrhea, vomiting, excessive sweating, and increased urination. Everyone is at risk for dehydration, but some people are at a greater risk. Some groups of people at greater risk are infants and children, older adults, people with chronic illnesses, and people who work or exercise outside. Serious

injury can occur if you do not take action when experiencing the symptoms of dehydration.

COMPLICATIONS:

- Heat injury
- Urinary and kidney problems
- Seizures
- Low blood volume shock

The most important thing you can do to prevent dehydration is to keep your fluid level at a normal to high level. The easiest ways you can accomplish this is by drink plenty of fluids, and eat foods high in water such as fruits and vegetables. Always seek advice from your health care provider if your fluid levels do not normalize after consuming water.

Now that the weather begins to become warmer, it is important to protect yourself and your loved ones from this dangerous and preventable disease. For more information on managing your health or to receive Home health Services call the Old Saybrook Town Nurse at: 860-510-0035.

Joe Carano, Administrative Intern,
VNA of Southeastern CT

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The 2018 Legislative Session



The 2018 Connecticut legislative session began on February 7, 2018. The even-year sessions are called 'short' sessions due to them only running from the beginning of February through the beginning of May, as opposed to odd-year sessions which run from the beginning of January through the beginning of June. Typically, the

short session is devoted to making adjustments and fixes to the biennium (2-year) budget passed the year prior. This session is no different since the state is facing a budget deficit of about \$240M for the current fiscal year (through June 30, 2018) and higher for the following (July 1, 2018-June 30, 2019), as of early February.

The governor has provided recommendations to erase the deficit in the form of cutting town aid, increases in certain taxes (including the gas tax), and eliminating some tax credits and tax exemptions. His proposal, however, is his recommendation alone. The legislative Appropriations

Committee and Finance, Revenue and Bonding Committee will also have the opportunity to offer their own proposals. I sit on the Finance Committee, so I will be engaged in budget discussions throughout this year.

While the current budget deficit is the focus of the short session, other issues are expected to be debated as well. These issues may include tackling our unfunded pension liabilities, revising the state's education funding formula, tolls, health care, electric vehicles, and increasing renewable energy targets.

I hope to hear from you throughout this legislative session and I can be reached at: 860-240-8700 or at devin.carney@housegop.ct.gov. In addition, you can find more information about the budget and other bill proposals at the Connecticut General Assembly website: <https://www.cga.ct.gov/> or my website at: www.repcarney.com. Finally, the Connecticut Network provides a live feed of many committee meetings, public hearings, and legislative sessions, please go to: <https://www.ct-n.com/> to learn more.

Devin Carney,
State Representative

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Together we are able to make a real difference in the lives of so many. Consider the support provided by the Chuck and Rachel Wiltsie Fund to provide free legal services for indigent veterans living in Middlesex County so they have access to stable housing, affordable healthcare, and suitable income. Or the Preston Family Fund and the Kalayjian Family Fund which provide food and other basic necessities to families in need through support to local shelters and social service agencies.

We celebrate all of you who share the same desire to work in partnership to help our local community thrive today, *and tomorrow.* **We invite you to learn more by calling us at 860-347-0025 or visiting online at MiddlesexCountyCF.org.**

Old Saybrook Garden Club



May Market 2017.

Springtime is the Old Saybrook Garden Clubs busiest time of year. Even though we are enjoying the longer, warmer days, the Club has been busy, busy, busy preparing and planning all our spring events.

New this year, the Club is sponsoring a Preserving Old Saybrook Coastal Environment Poster Project. The poster contest is open to all Old Saybrook school students. The focus is to encourage awareness of keeping Long Island Sound, the Connecticut River and local beaches clean, protecting the estuary/marsh regions for birds, fish, amphibians and mammals, avoiding toxic chemicals on lawns and plant life. The Club will select a winner at each school and the winners will receive an award. A reception will be held at Acton Library for the participants and their guests on April 4, 2018 from 6-7:30 pm. The posters will be displayed at that time.

Also in April, the Club invites the public to a presentation by Kathy Connolly of "Speaking of Landscapes, LLC." Kathy will present a program to help home gardeners create their own beautiful space. She will share ideas used by professionals which can be easily used by the public in their own gardens. Please join us April 9, 2018 at 2:00 pm, St. Paul Lutheran Church, 56 Great Hammock Road. For more information, contact Anne Evola



Cathie Johnston, Civic Concerns Chair, planting her median 2017.

at: amevola@comcast.net.
Donations are welcome.

The Old Saybrook Garden Club's largest event and only fundraiser, the May Gardeners' Market, will be held on May 11th, 3:00 pm - 6:00 pm and May 12th from 9:00 am - 2:00 pm. This yearly event is held on the Town Green, rain or shine, under our big white tent. This is the perfect time to buy your annuals, perennials and herbs, and our stunning member plants. Again this year, our "ReClaim-RePurpose-Re-New" items will be for sale along with our famous baked goods.

Don't forget to pre-order select plants and receive a discount. To receive a pre-order form email osgctt@gmail.com. All funds raised at the Gardeners Market support our Old Saybrook beautification programs including plantings in the Main Street medians, Constitution Garden, Acton Library and the Firehouse Garden as well as providing floral arrangements for the Old Saybrook High School graduation reception and a scholarship for eligible senior students.

Final planning is underway for the Street Garden Program which invites businesses to create beautiful gardens in front of their business. Last year, over 80 establishments participated. Also, the Main Street Median Planting committee is busy designing a color scheme and planting time tables for this year's medians. We invite everyone to our April meeting and our May Gardeners Market-spring is the perfect time to plan that garden!

Prospective members are always welcome! If interested in becoming a member of the Old Saybrook Garden Club, call: 860-395-1268. Follow all our activities and keep up to date on Facebook, www.facebook.com/oldsaybrookgardenclub and "like" us.

Conservation Commission of Old Saybrook

Presents the 2018 Winter Documentary Film Series: "The Oceans Around Us"

Thursdays at 7:00 pm at: Denali Outdoor Store, 75 Main Street, lower level.

Join us for a screening followed by discussions led by moderators and special guests. The remaining film in our series is:

**April 26th - "Rising Tides", 2016, produced by Warren Ostergard,
Lloyd Bryan Molander Adams, directed by Jason Auerbach & Scott Duthie**

Light bites and warm beverages will be provided.

For more information, send us an email at: gillian.carroll@oldsaybrookct.gov.

The goal of the series is to educate, engage and encourage environmental action in our community and beyond.

German Wines

Germany is the fourth largest wine growing country in Europe. Even though it is a big grower of grapes, it is small in comparison to the other products that are grown there. Most of the high quality wines are grown on steep slopes above the Rhine river. These vineyards need to be handpicked, which takes many extra hours. Where there are smaller portions of flat land, machines are used for harvesting.

In the 80s Liebfraumilch was one of the largest white wines exported, which brought a lot of new people into drinking wine due to the sweetness. The most popular grapes now are Riesling, Muller-Thugau, and Silvaner.

One of the most difficult things about German wines is understanding the label. One item that is always on the label is the region. There are thirteen winemaking regions in Germany. The four major wine regions are Mosel, Pfalz, Reingau, Rheinhessen.

You might also see words like Kabinett, Spatlese, Auslese, Trocken, Beerenauslese, Trockenbernauslese, and Eiswein. Trocken meaning dry. In a Riesling you get a dry crisp wine if this term is on the label. Kabinett is picked during normal harvest which leads to a semi dry or dry wine.

Spatlese means picked late, hence these wine are a little sweeter. Auslese is a process that the fullest ripe grapes are picked, which results in a fuller, slightly sweeter wine. With the Beerenauslese method the best grapes are hand picked to produce a juicy sweeter wine of slightly better quality. Trockenbernauslese is similar to that of Beerenauslese but the grapes are dried so they become raisiny and hence produces a sweeter and more intense wine, which is usually expensive.

Lastly, one other type of wine is Eiswein. This is a process of freezing the grapes on the vine, they are then pressed while they are frozen which makes for a concentrated wine with sweet fruit, also classified as a dessert wine.

Hopefully this will give you a better understanding of German wines and make it easier to pick out the wine you desire from Germany. With the variety of the wine making processes you can purchase a Riesling from bone dry to intensely sweet. Have fun with your next selection of German wines, as they will prove to be a tasty accompaniment to the upcoming holidays.

Art LiPuma, Manager, SeaSide Wine & Spirits

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Green Up Old Saybrook!

5th Annual Green Up Day! Building off the success of our inaugural event in 2013, Green Up Day is pleased to announce that on Saturday April 28, 2018 (Rain Date Sunday) beginning at 8:00 am, community members will head-out to all parts of town to clean up the roadside litter they find. You can simply walk your neighborhood, head to a desired location or meet up with others to help “green up” our town. Residents can pick up free garbage bags at designated locations and then return their full bags to dumpsters found at one of these same locations. The designated drop off locations include: the Town Hall Parking Lot, Town Park on Schoolhouse Rd., and Town Beach Parking Lot. There will be a “Green Up-Meet Up” send off celebration on Saturday at 8:00 am from the town green and anyone interested in gathering with fellow volunteers is encouraged to come meet, join

with neighbors and disperse from there. Please join us as we take on this critical step in preventing roadside litter from becoming, not only a blight on our town, but also a threat to our waterways and the sound. By simply walking your neighborhood, you could have a significant impact on the litter on our streets, which may eventually find its way to our beaches, rivers, and estuaries. If you are interested in volunteering or just simply want more information about how and where you can help green up, please check us out on Facebook at Old Saybrook Green Up Day, our website: www.osgreenup.weebly.com, or email me at: bcasertano@comcast.net.

Bill Casertano
Old Saybrook Resident



Old Saybrook Education Foundation (OSEF)

The Board of Directors would like to thank all those who came out to support the Evening By the Sea fundraiser this past fall. Together we raised over \$30,000. We would like to once again thank our event sponsors for their generosity.

All Waste - Event Sponsor
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Reed Insurance - Bronze Star Sponsor

The following Old Saybrook Public School System staff were honored as part of OSEF's Holiday Giving Program. Congratulations on being recognized in such a meaningful way.

Goodwin School

Stacie Anderson
Allison Barnes
Jennifer Brodeur
Kate Durie
Joan Eley
Sarah-Jean Fudge
Caren Goodhue
Judy Gulino
Lois Geer
Maria Holub
Lara Karg
Katie Lemieux
Laury Lamarche
Jeanne Meade
Cathy Marble-King
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Lori Polito
Marsha Rosenthal
Dawn Ranaudo

Diane Scully
Katania Trudeau

OSMS
5th grade Team
6th Grade Team
7th grade Team
8th grade Team
All OSMS Staff
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Barbara Cromeenes
Susan Diaz
Kelly DeAngelo
Karen Evans
Everyone at Old Saybrook
Middle School
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Courtney Goodale
Chris Gallerani
James Hespeler

Katelyn Livingston
Linda Romanchok
Michael Riley
Peg Smith
Danielle St. Germaine
Matt Walton

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All OSHS staff
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For more information about the Foundation, events or how you can get involved please visit: www.oldsaybrookeducationfoundation.org or email: oldsaybrookeducationfoundation@gmail.com.

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THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

Strategic Plan Informational Series

Superintendent Jan Perruccio and Curriculum Director Amity Goss have launched a series of community events aimed at educating the public about the Old Saybrook Public Schools' Strategic Plan.

Each evening focuses on a different topic and features a presentation from both administrators and teachers. The first event, which took place on January 18, 2018, was an introductory evening entitled, Learners to Leaders. The community members in attendance viewed a presentation and participated in a question and answer session regarding the current state of the strategic plan and how it is being implemented in our schools. A video recap of that evening can be found at <https://www.youtube.com/watch?v=yX0sX-WiJtI&t=13s>.

The schedule for events is as follows:

- February 21, 2018 - Personalized Learning *(has already occurred.)*
- March 7, 2018 - Customized Classrooms *(has already occurred.)*
- March 21, 2018 - Maps to Success: Goal-Setting *(has already occurred.)*
- The final event, Profile of a Graduate, has not been scheduled at this time

All community members are welcome to attend as many or as few of these meetings as possible. All meetings will be held at 7:30 pm at the Old Saybrook Board of Education Office. Anyone interested in attending should email Linda Warchol at: lwarchol@oldsaybrookschoools.org.

Turning One Boy's Story into Action for Students at Old Saybrook High School

Old Saybrook High School students taking Spanish 5 AP, are reading Enrique's Journey, the story of a Honduran boy looking for his mother years after she is forced to leave for the United States. Enrique travels on his odyssey encountering many dangers along the way. Students in the AP class are building off Enrique's story to research and discuss issues surrounding immigration.

Moved by this topic, students are now interviewing several different

community members and school personnel who play a role in supporting students who are learning English as a second language. The AP students want to focus and bring attention to the needs of students new to the school learning community, but more importantly, to help support this group of language learners at Old Saybrook High School.

Next month, Spanish AP students will be sharing lunches, planning activities and icebreakers to build stronger

relationships with other students.

Furthermore, our AP students will be working with an Independent Study student working through a technology education class to make new signage throughout the school translating important directions, emergency protocols, etc., into Spanish. Students involved in this course feel passionate about making the school's community even more inviting and welcoming to all of our students, parents and guardians.

Old Saybrook Middle School Swing Dance

Old Saybrook Middle School hosted their 17th annual Swing Dance, a culminating event to a Physical Education rhythm and dance unit.

The dance is a staple in the students' experience at OSMS. Throughout the month of January, our 6th, 7th and 8th graders learn basic swing-dance footwork, as well as, several

grade-level skills and moves. Each group also learns a routine that they perform in front of their peers on the night of the dance.

In addition to teaching this traditional dance from the 1920s, the teachers spend a significant amount of time talking about positive social interactions and 21st century skills. There are

high expectations for demonstrating good etiquette, good manners, and showing kindness to their peers. During every class, students practice having face to face conversations, making eye contact, displaying good body language, and being polite by saying “Hello” and “Thank you” to each of their dance partners. This aids in building up confidence and boosting self-esteem.

After four weeks of practice, students are ready to show off their moves (and their authentic 1920s outfits) at the big dance! Ninety-six percent of Old Saybrook Middle School students attended this optional event on Friday, January 26th.

Students spent the night performing, free dancing, taking pictures, and participating in the swing competition. Over 40 students prepared partner routines that consisted of jumps, back flips, and dips as they competed to be the top swing dancer in their grade.

The term “Swing Dance” has become a household phrase in the Old Saybrook community. High School and college kids still reminisce of their days as a middle schooler, attending the infamous Swing Dance and enjoying an event that creates positive experiences for all students in the town of Old Saybrook.

Building a Bridge to Mathematical Understanding at Goodwin School

Bridges in Mathematics, a new math program at Goodwin School, is published by the non-profit called *The Math Learning Center*. Their website reports that, “*Bridges in Mathematics is a comprehensive pre-kindergarten to 5th grade curriculum that equips teachers to fully implement the Common Core State Standards for Mathematics in a manner that is rigorous, coherent, engaging, and accessible to all learners. The curriculum focuses on developing students’ deep understanding of mathematical concepts, proficiency with key skills, and ability to solve complex and novel problems.*”

The mid-year reports regarding the new math program at Goodwin School are in. Teachers and students alike love the daily challenges of the Bridges Math Program. Third grader Wyatt Parker reported that he loves the challenge of solving equations. He also enjoys making predictions. In February, students in third grade will be making predictions about mass and matter. Spencer Rueckert, also a third grader, agrees the

challenges are cool and especially likes longer problems to solve. Mrs. Canavan, a first-grade teacher, describes the program as hands-on and student-centered. “Students are stretched and challenged and must use their oral language skills to share their understanding. Students learn from each other. Often students are so engaged, they don’t even know they are learning. Currently we are learning about Antarctic Penguins and how the heights of first graders compare to the heights of the penguins. Student are not only learning about math, but penguins living at the bottom of the world. They love it!”

Students at Goodwin School recently finished their winter universal screens. Screens are a quick digital assessment which reveals student growth patterns and mathematical understandings in multiple areas. When kindergarten through 3rd grade students returned to school in the fall, 71 percent of students were considered on grade level. Currently 87 percent are on grade level,

with the goal of 100 percent by the end of the academic year.

Recently Bridges released a pre-kindergarten program and pre-school teachers at Goodwin School are beginning a pilot to check for rigor and alignment. Megin Sechen, the Mathematics District Coordinator, shares, “Students and teachers are very excited about our new math program. Students are engaged in daily mathematical discussions that encourage problem solving and critical thinking skills. As I visit and work in math classrooms, I see students, across all grade levels, using consistent math language, models, and strategies. They are encouraged to explore, apply, and justify mathematical ideas and are very excited to be a part of their math class each day. The progress we are seeing this early in the adoption of a new program speaks volumes about the outstanding math learning that is happening in Old Saybrook.”

Middlesex Cancer Center Receives \$20,000 Grant to Help Patients in Need



Middlesex Hospital Cancer Center is the proud recipient of a \$20,000 grant from the Community Foundation of Middlesex County/Barbara Weeks Hart and George H. Hart Memorial Fund, and it will use the money to help patients who face financial hardships as a result of their cancer diagnoses.

Cancer Center social workers will identify patients who qualify for financial support, and the grant money will help the patients with food, transportation, household expenses and other vital needs. This grant is presented in celebration of the Community Foundation's 20th anniversary.

"A cancer diagnosis, and the treatments that follow, present a variety of challenges for many individuals. One of these challenges is often times an increased financial burden," says Justin Drew, the Cancer Center's Director. "The Community Foundation of Middlesex County/Barbara Weeks Hart and George H. Hart Memorial Fund recognizes this. This grant will help so many of our patients, and we are very grateful. We also congratulate the Community Foundation on its milestone anniversary."

Glaucoma: "The Sneak Thief of Sight"

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

TWO MAIN TYPES OF GLAUCOMA

Primary Open-Angle Glaucoma and Angle-Closure Glaucoma. Open-angle glaucoma is dangerous because most of the time a person affected will not notice any symptoms until vision is severely damaged. The vision loss isn't noticed because it often

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

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

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

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

Middlesex Eye Physicians
Offices in Middletown and Westbrook

The Middlesex Hospital Cancer Center is accredited by several leading organizations and offers a comprehensive cancer program at two locations. One is in Middletown; and the other is in Westbrook. Both locations offer services, such as medical oncology, radiation therapy, infusion, genetic counseling, nurse navigators, survivorship services, integrative therapy, and they use the latest technology to diagnose and treat patients who have various types of cancer.

Patients also benefit from Middlesex Hospital's collaborative relationship with Mayo Clinic. Through this relationship, Middlesex doctors can combine their understanding of their patients' unique medical needs with Mayo Clinic expertise so that patients get exactly the care they need, close to home. For more information about the Cancer Center, visit: <http://www.middlesexhospital.org/cancercenter>.

ABOUT THE COMMUNITY FOUNDATION OF MIDDLESEX COUNTY

The Community Foundation of Middlesex County is a nonprofit organization dedicated to improving the quality of life in Middlesex County. Its mission is to work with charitably-minded individuals and organizations to build permanent endowments and other charitable funds and to support local non-profit organizations through effective grant making to address community needs. Since its founding in 1997, the Community Foundation has provided 2,068 grants totaling more than \$6 million to non-profit organizations for the arts; cultural and heritage programs; educational activities; environmental improvements; and for health and human services.

WPCA Update

The Decentralized Wastewater Management District (WWMD) project has progressed throughout the winter, and is on track for completion of Phase II in December. By April, there will be over 1000 upgrade compliant systems in the WWMD.

Benefit Assessment public hearings continue for the remaining Cornfield Point contracts, through to the closing of the Phase II Clean Water Fund grant next year.

The draft report, developed by Wright-Pierce, evaluating upgrade options for the remaining 5 areas in the WWMD, will be finalized this spring with recommendations for Phase III to follow.

As the WWMD implementation continues, the WPCA monitors and enforces the pump out program for the entire town. The Pumpout Ordinance, established in 1998, requires the proper inspection, cleaning, and maintenance of septic tanks. 5" x 7" postcards are mailed to residents quarterly when the 5 years between septic tank cleanings has lapsed and they are due for pumpout. These postcards are reminders that the tank must be cleaned, and the pumpout information recorded by the service provider in the online database called Carmody. This database is maintained by the WPCA, and can be viewed by the

public on our website under the link "Septic System Database: Check Pumpout Status." Note: Although the Ordinance requires 5 year pumpouts, every 3-5 years is recommended, depending on usage.

Enforcement of the Ordinance is supported by the Director of Health, and can include the revoking of the Permit to Discharge or fines as allowed by the Connecticut General Statutes. It is important for homeowners to inspect and maintain their systems, as negligence and abuse can lead to an expensive (or even dangerous) tank collapse or system failure and repair. The pumpout ordinance is available online at: www.oswpc.org.

The WPCA Board and staff attend CAWPCA (CT Association of WPCAs), CAC (DPH Code Advisory Committee), and CIRCA (CT Institute for Resilience and Climate Adaptation), as well as other agencies' and organization's workshops to participate in discussions on legislation, water quality issues in Connecticut, and new wastewater treatment technology.

For further information, we encourage residents to call: 395-2876, stop into our office in Town Hall or attend our monthly meetings held on the 2nd Monday of the month in Town Hall. Or visit our website at: www.oswpc.org.



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A Homeowner's Guide to Septic Systems

If properly designed, constructed, and maintained, your septic system can provide long-term, effective treatment of residential wastewater. Failure to maintain your septic system may result in the need to repair or replace part, or all of the system. A malfunctioning system can contaminate groundwater. (Groundwater in areas north of Route 1 may be a source of drinking water.) And if you sell your home, your septic system should be in good working order.

PROTECT YOUR SEPTIC SYSTEM

1. Inspect your system (every 3 years) and pump your tank as necessary (generally every 3 to 5 years). This is dependent on how many people live in the house and the size of the system. In Old Saybrook, we have the 5-year pump-out ordinance.
2. Use water efficiently. The average indoor water use in the typical single-family home is almost 70 gallons per person per day. Dripping faucets can waste about 2000 gallons of water each year. "Running" toilets can waste as much as 200 gallons each day. The more water a household conserves, the less water enters the septic system.
3. Don't dispose of household hazardous wastes in sinks or toilets.
4. Care for your leaching system. Avoid driving or parking vehicles on your leaching system. Plant only grass over and near the leaching system to avoid damage from roots.
5. Do not flush wipes!

THE SEPTIC SYSTEM

The typical septic system has 4 main components: a pipe from the home, a septic tank, a leaching system and the soil. Microbes in the soil digest or remove most contaminants from wastewater before it intercepts the groundwater. The septic tank is a buried watertight container typically made of concrete, fiberglass, or polyethylene. It holds the wastewater long enough to allow solids to settle out (forming sludge) and oil and grease to float to the surface (as scum). It also allows partial decomposition of solid material. Two compartments and a T-shaped outlet in the septic tank prevent the sludge and scum from leaving the tank and traveling into the leaching system. Effluent outlet filters are also recommended to keep solids from entering the leaching system and are included in all new tanks (after 1991). They should be hosed off back into the tank annually.

The wastewater exits the septic tank and is discharged into the leaching system for further treatment by the soil. Microorganisms in the soil provide final treatment by removing harmful bacteria, viruses and nutrients. Typical pollutants found in residential wastewater include nitrogen, ammonia, phosphorus (Nutrients) and disease-causing bacteria and viruses (Pathogens). According to the EPA, a properly installed and maintained septic system will effectively remove most of these pollutants. More information may be found at: <https://www.epa.gov/septic>.



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MORE SEPTIC TANK DOs AND DON'Ts

- Do not wash or disinfect the septic tank after it has been pumped.
- Do not use special additives. They shorten the life of the system.
- It is okay to use small amounts of drain cleaner in your indoor plumbing. Follow the manufacturer's guidelines, it will not hurt your septic system.
- We need to scrape our plates into the garbage or composter, as appropriate, prior to washing. Our digestive tracts are the first level of waste treatment; our bodies provide the bacteria colonies responsible for primary septic treatment.
- Do not allow large volumes of water (such as several large laundry loads) to enter the system on a single day. Always wash full loads of laundry or dishes to reduce the amount of wastewater.
- Do not dispose of plastics, diapers (even disposable ones), cloth or other non-biodegradable articles in the septic system. Those moist toilettes should not be flushed; they belong in the trash.
- Never flush cigarette filters or cat litter down the drain.
- Do not put grease or oil down the drain.
- Paper towels, cellophane wrappers, adhesive-bandages and cotton balls should be discarded with the household trash.
- Do not connect "clear water" wastes such as footing drains, roof drains, water softeners or dehumidifiers to the septic system.
- Do not plant trees or shrubs in the vicinity of the leaching system or reserve area. The roots will seek water and nutrients, potentially clogging the system.
- Do not drive automobiles or other heavy equipment across any part of the system.
- Direct all surface drainage, roof drains and other such discharges away from the area in your yard where the leaching system is located.
- Fix all leaking fixtures and toilets immediately. A constant small flow to the system will significantly shorten its life.
- Consider installing water-conserving fixtures. Not only will less water go into your septic system, but you will also save on electricity.
- To provide for proper operation of your leaching system, do not place fill material or construct out-buildings, room additions, garages, above-ground pools or driveways over the leaching system or the reserve area.
- An area next to the original septic system (for future expansion or repairs) has been reserved in case a replacement system is needed. You should not place any permanent structure in this area.
- The most effective cover for a leaching system is a grassy lawn. Never plant a food garden over the leaching system.

PREPARE AND RETAIN A SITE PLAN OF YOUR PROPERTY SHOWING THE LOCATION OF THE SEPTIC SYSTEM COMPONENTS.

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kgiugno@actonlibrary.org

Children's Programs

Spring 2018 (April 1 - June 18)

Story Times run continuously through May.

WIGGLE BOOKWORMS

Wednesday mornings, 10:30 - 11:00 am.

Drop in and share stories, songs, and simple rhymes together.

A program for children ages birth through age 2 and their families. Stay and socialize after the story time with our special toddler toys.

STAY AND PLAY

Wednesday mornings, 11:00 - 11:30 am.

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

FANTASTIC FRIDAYS

Friday mornings, 10:00 - 10:30 am.

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

Our Story Time Goals:

- To foster a love of language and books.
- To develop early literacy with stories, movement, and music.
- To provide young children with an early group experience.
- To foster parent connections through shared story and play experiences.

All story times are drop-in and free and open to all. No registration is required. Although each program is designed for the specific developmental needs of its intended age group, siblings are welcome to attend with their parent or caregiver.

ABC AMIGOS

On the 1st Friday of every month from: 10:30 - 11:00 am.

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

CREATIVE DANCE WORKSHOP, FOR AGES 3 TO 5

The 2nd Friday of every month from: 10:30 to 11:00 am.

Presented by Eastern Connecticut Ballet. Free. Please register; space is limited.

MUSIC WITH MISS MARTHA

The 3rd Friday of every month, 10:00 - 10:45 am.

Join Miss Martha from the Community Music School for a wonderful musical story time! For ages 3-5 and siblings. Free. No registration required.

CHILDREN'S DISPLAY CASE

Kids, showcase your collection in our children's display case! Schedule an available month by dropping in or calling the Library to sign up. Some past collections have included LEGOs, Matchbox cars, student artwork, Beanie Babies, student photography, dinosaurs, and My Little Pony, to name a few. We would love to hear from you!

ACTON PUBLIC LIBRARY'S SUMMER READING PROGRAM FOR CHILDREN 2018: LIBRARIES ROCK!

Make your summer sizzle with our summer reading program for children from infant to grade 5. Beginning on June 15th, track your reading time with SUMMER READER, the statewide online summer reading log! Follow the link on our website at: www.actonlibrary.org or come into the library to track your reading time, write book reviews, and claim prizes. Remember! All reading counts, including being read to, or reading to someone else.

Acton Reading Bucks: Earn a "buck" for every 20 minutes of reading. You can "spend" your Reading Bucks at Acton's General Store on prizes, OR

Read To Feed: "Spend" some or all of your Reading Bucks at the library towards pet food in our challenge to support the Valley Shore Animal Welfare League.

SUMMER WEEKDAY PROGRAMS FOR CHILDREN

Join us again this summer for some more weekly fun that will include: Crafternoons, ABC Amigo Story Times, and It's Theater Time! drama workshops with Judy Potter. Look for more details in the upcoming Summer Issue of Saybrook Events.

FAMILY NIGHT PROGRAMS

Thursday evenings June 21 - August 2, at 6:30 pm.



Hooked on Llamas:

June 21, 6:30 to 7:30 pm.

A llama is coming to the library! Meet a real llama, listen to a llama story and learn all about llamas and their fiber products. Everyone will have a chance to pet the llama.

Mr. Gym Show: Thursday, June 28 at 6:30 pm.

"Mr. Gym" uses his guitar, vocals, and puppets to engage his



audience in learning and dancing as his performance focuses on movement based music for elementary age children. (Best for ages 3 - 8)

All summer programs are sponsored by Friends of Acton Public Library. Look for more Family Nights to come in the next issue of Saybrook Events!

Adult Programs

PASSPORT TO CONNECTICUT LIBRARIES: Contest Dates: April 2 - 30.



This year, the Acton Public Library is proud to participate in the CT Library Association's annual Passport to Connecticut Libraries program during the month of April

Libraries all over Connecticut are participating in this exciting program to make people of all ages aware of the power of their library card. Take your library card and passport to at least five libraries on the list to be eligible to win a \$150 gift card for adults or a \$100 gift card for children. Each library visited will stamp their visitors' passports and give each visitor a token gift. The gift giveaways at the Acton Public Library are sponsored by the Friends of Acton Public Library.

This program is open to adults, teens, and children, and the hope is that it encourages residents to explore the amazing diversity of our public libraries. Ask for your Passport today and begin participating on Monday, April 2nd !

20 MINUTE TECH ASSISTANCE

Mondays, 6-7:45 pm; Saturday 1:00 - 3:00 pm.

Stop in for assistance with USBs, Wi-Fi connections, document creation or saving, e-book use, or simple device questions.

ITALIAN FILM CINE CLUB WITH MONICA GEORGO

Most Tuesdays at 1:00 pm.

Join Monica as she shows a featured Italian film followed by a discussion

GENEALOGY INTEREST GROUP

Most Thursdays from 10:30 am - 12:00 noon.

Designed for those interested in pursuing their genealogy using Ancestry Library Edition and other free online sites, as well as documenting the process.

CIVIL WAR ROUND TABLE

Tuesday, April 3, 6:30 - 7:30 pm.

Civil War Monuments in Connecticut by members Tim and Loretta Fisher

BOOK DISCUSSION GROUPS

Open to the Public, No Registration

- **Wednesday Book Discussion:** April 4 at 10:30 am.
Anything Is Possible, by Elizabeth Strout
- **Mystery Book Discussion:** Wednesday, April 25 at 1:00 pm.
Deja Dead, by Kathy Reichs

continued on page 32

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Celebrating **10** Years

Acton Library... continued from page 31

WATER SAFETY

Thursday, April 19, 6:00 pm.

Join author, Ben Rayner, as he discusses water safety for all.

POETRY NIGHT CELEBRATION

Wednesday, April 25, 6:30 to 8:00 pm.

The winning poets of the 24th Anniversary of Acton Public Library's poetry competition will read their poems and receive their awards at this event. The public is invited. Light refreshments will be served. Following poetry night, all poems will be on display in the Library through May.

MONEY MATTERS WEEK:

Budgeting, Managing Debt, Savings and Investing

Monday, April 23, 6:00 pm.

As the final installment for our Financial Health and Wellness series, Key Bank representatives will hold a workshop on major parts of managing your money.

ACTON GOES TO THE ESTUARY

Friday, April 27, 1:00 pm.

Estuary Senior Center, 220 Main St., Old Saybrook

Join us for a recently released film presented at the Estuary.

ART OF THE HOLOCAUST

Sunday, April 29, 2:00 - 4:00 pm.

Distinguished Holocaust lecturer, Gay Clarkson M.S., will give an illustrated presentation entitled "Art of the Holocaust" at the Acton Public Library. A facilitated discussion of the human response to social and political intolerance will follow. Free and open to the public, this program is supported by the Bernstein Bequest. Refreshments will be served. (May not be suitable for children.)

MEDICARE 101 AND BEYOND

Monday, April 30, 6:30 pm.

Introduction to Medicare with Lou Pelletier.

CIVIL WAR ROUND TABLE

Tuesday, May 1, 6:30 - 7:30 p.m.

The Third Leg: The Cavalry of the Army of the Potomac Comes of Age and the Union Starts to Win by member Dave Smith.

AN EVENING WITH ABIGAIL ADAMS

Monday, May 7, 6:30 pm.

Join us as we visit with Abigail Adams, former First Lady and wife of John Adams. Carol Bielefeld will be here to do a wonderful rendition of this personable woman of the 18th century.

CONNECTICUT'S REMARKABLE JEWISH WOMEN

Monday, May 21, 6:30 pm.

May is Jewish History Month. We will have a presentation of notable women of Jewish ancestry who have impacted or come from Connecticut, such as Mrs. Auerbachian (G. Fox) and Sophie Tucker amongst others. Presented by Connecticut Women's Hall of Fame.

continued on page 34

Thank You to all of my Connecticut Clients for their business throughout the year!



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Acton Library... continued from page 32

LIGHTS. CAMERA. ACTON

Monday, May 25, 1:00 pm.

Join us for a recently released movie. Check our website or call.

CIVIL WAR ROUND TABLE

Tuesday, June 5, 6:30 - 7:30 pm.

Shiloh by member Linda Megrelia

SALT MARSH OPERA PRESENTATION

Saturday, June 9, 10:30 am.

This is the first of two performances by this local company. Check our website or call for further details not available at the time of this publication.

ACTON GOES TO THE ESTUARY

Friday, June 22, 1:00 pm.

PLEASE NOTE: Location will be at the Estuary Senior Center, 220 Main St, Old Saybrook. Join us for a recently released film presented at the Estuary as part of our Outreach Services.

Friends of Acton Library

Late winter and spring are busy seasons for the Friends of Acton Library. Our Membership drive for 2018 was inaugurated with a mailing in February to all current members. Those who did not receive a letter can find donation envelopes at the circulation desk and on our \$3 book shelf. Membership in the Friends gives patrons and fans of the library an opportunity to support the work we do in enhancing the offerings of the library.

Approximately one third of our annual income is from membership donations. Each year we fund speakers, events for children and families, the Poetry Contest, and passes for museums. In 2017, we had six weekly programs during the summer on a variety of topics which were well attended by children and families. Also, the reading program rewarded participants by donating food to a local cat shelter—based on the number of books each participant read, cans of food were donated.

The Mini Book Sale was held March 22 - 24 in the gallery on the first floor of the library. It featured children's books, paperback books, and trade paper books along with many CDs, DVDs, and audio books.

Our Annual Meeting on May 24 at 6:30 pm will feature Ellen Palmer on "Practical Strategies for Health and Happiness." She is an Integrative Holistic Health and Life Coach, with an international coaching practice, online courses and a private practice in Avon CT. She is regularly invited to speak on topics such as Food as Medicine and Ideal Life Design.

Sheila McPharlin, President,
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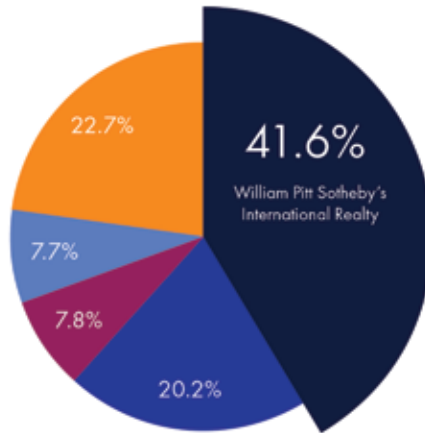
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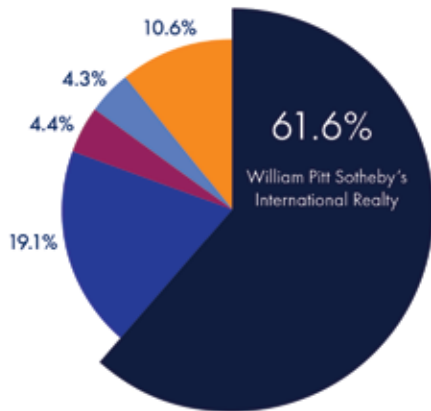
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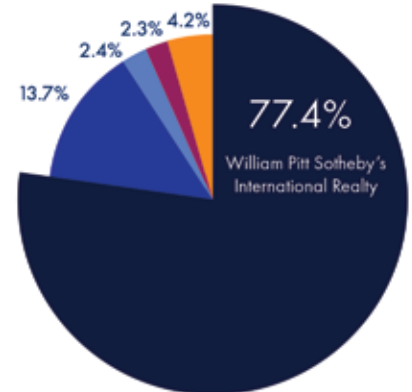
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*Source: BrokerMetrics, SmartMLS; *Market Share by Broker, by total dollar volume; closed sales for single family homes, Essex and Old Saybrook, 1/1/17 - 12/31/17. While information is believed true, no guarantee is made for accuracy.

Old Saybrook Youth & Family Services

GET TO KNOW YOUR LOCAL YFS

We always have new and exciting seasonal happenings, along with our regularly scheduled weekly and monthly events. Old Saybrook Youth and Family Services works to serve our town, with programs that enrich the social, emotional, and developmental wellbeing of every community member.

Below, you'll find the many spring programs that Old Saybrook Youth & Family Services offers to our community. Please call: 860-395-3190 for more details and for registration.

School Programs

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

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

Health Class - OSHS

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

Lunch Bunches - OSMS, weekly during lunch

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

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

Monthly multimedia discussion of pertinent topics to teenagers.

Zen Time - Goodwin Elementary School, weekly, during lunch

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

Youth Groups & After School Programs

AFTER SCHOOL CLUBS AT THE MIDDLE SCHOOL THROUGHOUT THE SCHOOL YEAR

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

Youth Action Council (YAC) - 1st & 3rd Thursday/month

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

Junior Youth Action Council (JAC) - monthly

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

E3 (Encourage, Empower, Engage) - twice monthly

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

Youth Summer Stock Theater - Program Dates & Details TBA

A two-week immersion theater experience for kids! Mark your calendars!

5/10 - Pre-Production Workshop - 2:30 pm - 4:30 pm,
Location TBA.

YOUTH COMMUNITY SERVICE PROGRAMS - JULY 2018

Each 4 - day project assists students in meeting their school's community service requirements, while learning, growing, and having fun! Cost: \$50/project.

7/9-7/12 - Hunger Awareness Project, 10:00 am - 2:00 pm,
Shoreline Soup Kitchen and other Community Locations.

7/16-7/19 - Environmental Stewardship Project,
10:00 am - 2:00 pm, Various Community Locations.

Community Programs

EARLY CHILDHOOD COUNCIL - Monthly,
Goodwin Elementary, 5:30 pm - 7:00 pm (Dinner included.)

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

3/6/18 - Celebrating Failure, 5:30 pm - 7:00 pm,
Goodwin Elementary School, Babysitter Provided

5/5/18 - Free Library Launch, 10:00 am, Town Beach

COMMUNITY TREASURES VARIETY SHOW - Friday, 5/4

Preview dates: 4/9 & 4/11. Showcases the diverse talent in our community with performers of all ages. Contact OSYFS to schedule your preview.

RED CROSS BABYSITTING COURSE - Saturday, 5/12,

9:00 am - 4:00 pm, Vicki Duffy Pavilion at Saybrook Point. Offered to students, ages 11-15, to learn babysitting basics for infants and children, including first aid, safety, child behavior, professionalism, and business. Cost: \$110 and registration required.

CAN WE TALK? SERIES - Throughout the year, TBA

Open dialogue and helpful information on topics relevant to parents and guardians in our community. Topics include social media and our teens, healthy relationships, and parent-child communication.

ESSENTIAL LIFE SKILLS FOR TEENS - 1-2 Mondays/month,
7:00 pm - 8:30 pm, Varying locations and experts TBA

New teen program offers practical skill-building and pertinent information from expert professionals. Topics include car maintenance, financial literacy, problem solving, citizenship, household maintenance, health & wellbeing, and more. Varying locations and experts every month, TBA

3/5/18 - Car Maintenance, 7:00 pm - 8:30 pm,
Cardone & Daughter

3/21/18 - **Culinary**, 11:30 am - 12:10 pm, during x-block at OSHS.
4/30/18 - **Financial Literacy**, 7:00 pm - 8:30 pm, Experts & Location TBA.
May - Household Management, Health & Wellbeing, & Citizenship

PARENTS/GRANDPARENTS OF CHILDREN DIAGNOSED WITH ASPERGER SYNDROME/HIGH FUNCTIONING AUTISM - 2nd Thursday/month, 12:30 pm & 5:30 pm.
Monthly meeting to discuss diverse, pertinent topics impacting families; resources provided.

SOCIAL SERVICE HELP DAY - Monthly, Grace Church Hall at 336 Main Street
Provides monthly assistance with state applications for SNAP, HUSKY and Medicare Savings Plan, as well as offering varying services, such as medical screenings, school supplies, and dental clinics.

Counseling Services

INDIVIDUAL, COUPLES, & FAMILY

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

COUNSELING INTERNSHIP PROGRAM

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

FROM INTENTION TO ACTION

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

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

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News from Old Saybrook Youth and Family Services

Essential Life Skills Series for Teens

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

Each month, a different Essential Life Skills Series Class will offer high school students information and practical skill-building to increase competency and confidence in important foundational life skills. Each class is distinct, taking place in different locations and taught by expert professionals from our community. Some classes can accommodate parent attendance, and many classes will be open to all Shoreline teenagers, 14-18 years old.

The Essential Life Skills Series offers nine classes throughout the school year: Car Maintenance, Financial Literacy, Employment Skills, Safety & Emergencies, Problem Solving, Healthy & Budget-Friendly Cooking, Household Maintenance, Health & Wellness, and Citizenship.

UPCOMING CLASSES

Spring, OSHS X-Block: Culinary - co-facilitated by Lindsay More. Learn to cook quick, delicious, and inexpensive meals to increase your confidence in the kitchen or dorm room.

April 30: Financial Literacy - presented by financial experts

(TBA): Banking basics, credit cards, debt, loans, budgeting, and saving

MAY

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

Health & Wellbeing - presented by Dr. Charlayne McStay of Wildwood Pediatrics. Caring for your physical health: the basics, medical history, insurance, medication management, self-care

Citizenship - presented by Carol Conklin

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

Modern Parenting: Life Skills for Our Kids

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

Old Saybrook Youth & Family Services will be offering this parenting education class to assist parents and guardians in teaching their kids age-appropriate life skills to increase their **continued on page 40**

Events Presents ... MJ Martin Design



Mike Martin, Linda Nuzzo and Dave Rioux

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MJ Martin Design Woodworking opened its doors in 1994 as custom cabinet makers. Mike Martin prides himself as being a detail-oriented company with an emphasis on superior products and service to its customers.

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Our new showroom was opened in Old Saybrook in 2016. We invite you to stop in and see our custom cabinetry and the Mouser line of high quality product.



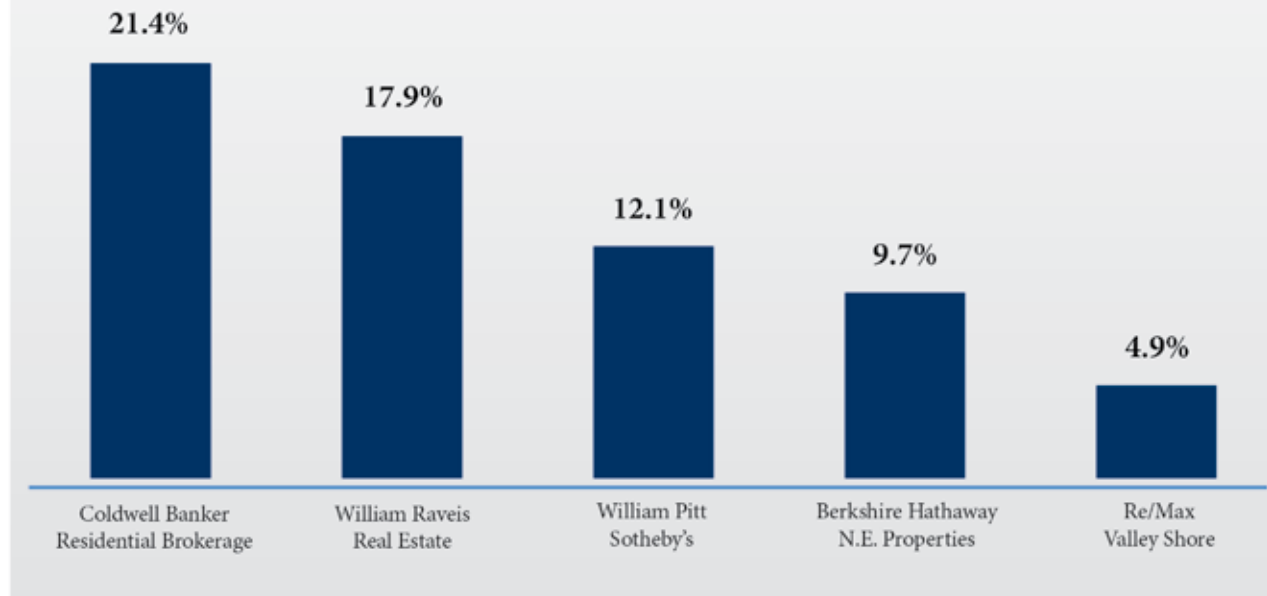
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News - Youth & Family Services... continued from page 38

resiliency, confidence, self-efficacy, and overall mental health. Attendees will gain a fuller understanding of how to raise children with basic life skills: self-management, personal responsibility, time management, financial literacy, self-care, interpersonal skills, and home management skills. Betsy Groth, APRN and OSYFS clinician, Samantha Steinmacher MA, EdS, will co-facilitate this class for parents and guardians of children, 3-12 years old.

The Connecticut Prescription Monitoring and Reporting System (CPMRS)

Prescription drug misuse, diversion and abuse cut across all sectors of our community, from young teens to adults to our elderly. Because prescription drug abuse is an increasing problem that endangers public health and safety, the Connecticut Department of Consumer Protection Prescription Monitoring Program (PMP) has partnered with healthcare practitioners across the state to develop the Connecticut Prescription Monitoring and Report System (CPMRS).

Connecticut has become the fourth state, following New York, Maine, and Virginia, to mandate electronic prescribing of all opioid medication. The CPMRS allows prescribers and pharmacists to electronically share valuable patient information in a matter of minutes. This secure online system was designed as a tool for

prescribers and pharmacists to provide better data, better care for their patients, and to reduce addiction, overprescribing, overdose, and paper prescription abuse. Ultimately, the CPMRS serves as a control measure to help prevent the opioid epidemic in our community. This is why it is crucial to educate local health professionals on the importance of the CPMRS and to encourage them to engage other community providers to use the online system.

*Courtesy of the Old Saybrook Local Prevention Council
860-395-3190.*

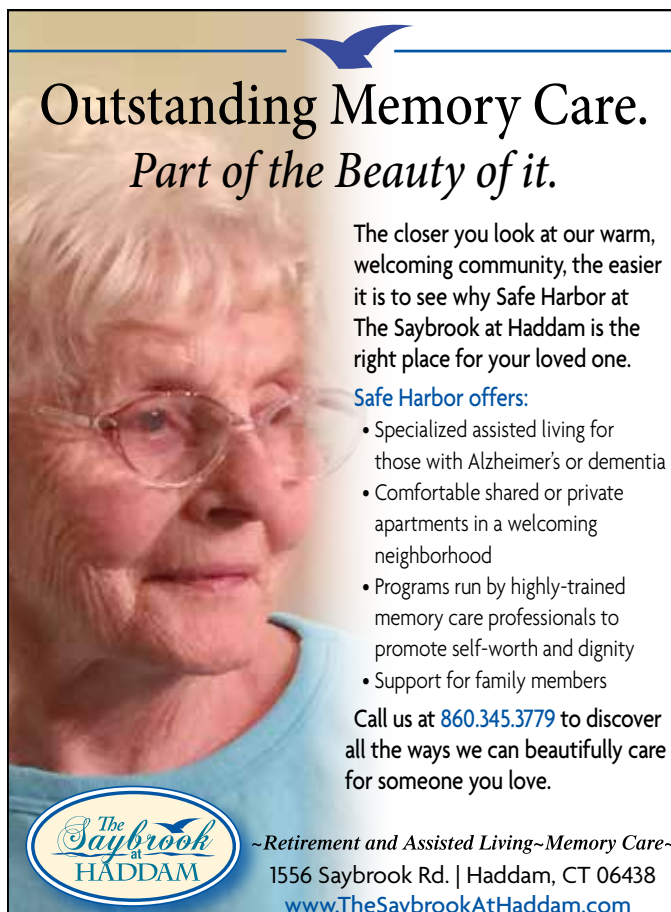
Stewardship Camps in Old Saybrook this summer

Look for us in town this summer! You will recognize us immediately by our enthusiasm for the environment and food security, our matching YFS shirts, and of course our colorful bus!

Yes, OS Youth and Family Services Summer Stewardship Camps are back! This summer, we will lead students entering 7-12th grade on a summer learning adventure to give back to our community.

Environmental Stewardship Program: July 16-19,
10:00 am - 2:00 pm.

During the Environmental Stewardship program, students learn




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how to live “off the grid” at David Brown’s Hay house. They work in the Preserve clearing out trails and understanding why this piece of land is so valuable to our community. We spend the day cleaning up fishing areas and beaches, and then work with the Conservation Commission to build bat houses for our parks.

Hunger Awareness Program: July 9 - 12, 10:00 am - 2:00 pm. During the Hunger Awareness program, students go on a label scavenger hunt at Shop and Stop to understand why having a limited budget can often mean unhealthy choices for food. They work at Common Goods community garden and deliver the vegetables they harvest to the pantry where they then stock the shelves for a day. They help prepare and serve a meal at the Shoreline Soup Kitchen and learn what a valuable resource this is in our community. Finally, they pack lunches for Meals on Wheels and learn how to make nutritious, healthy and low cost meals with nutritionist Kathy Cobb.

Each camp is limited to only 10 students, so don’t delay. Sign up today! The cost is only \$50 for each 4- day program of learning! Program Coordinator, Jodi Kelly, leads the group through this educational and fun adventure and students earn 12 community service hours for their participation. So if you see us shoveling, or gardening, or recycling, please stop by and say hello! For more information, contact Jodi Kelly at OSYFS 860-510-5051.

Little Free Library Launch at Town Beach

Have you noticed that cute, little, colorful house at Trask Park?

No, it’s not a birdhouse; it’s a Little Free Library! Take a book, leave a book. We want you to read, read, and read some more!

This idea was brought to you by the members of the Old Saybrook Early Childhood Council. And so far, it has been a great success! We have refilled our library with over 400 books throughout the winter months!

Now it is time to open our second Little Free Library at Town Beach! Come down to the beach on May 5th at 10:00 am and help us celebrate as we cut the tape on our new structure. (And don’t forget to take a book while you are there!)

Thank you to the members of the Early Childhood Council, especially Heston Sutman who built our “libraries,” and to the Friends of the Library for the donation of books.

For more information about this project, please contact Jodi Kelly at Jodi.kelly@oldsaybrookct.gov.

For more information about Little Free Libraries, please go to <https://littlefreelibrary.org/>.



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Social Services Help Day

A PROGRAM OF OLD SAYBROOK SOCIAL SERVICES

Provided 4th Thursday of Every Month in Old Saybrook

**SNAP, HUSKY, MSP, CT FOOD BANK TRUCK, DENTAL CLINIC,
 JOB WORKSHOPS**

Social Services Help Days are sponsored by Old Saybrook Social Services and held at Grace Church Hall, 336 Main Street in Old Saybrook every 4th Thursday of the month. We provide help for state applications for SNAP and HUSKY from 10:00 am - 2:00 pm and The CT Food Bank truck mobile pantry will come between 1:30 pm and 2:30 pm to provide food for all who need it; please bring a bag. Dieticians from St. Joseph University will be teaching folks how to eat healthy on a SNAP food stamp budget providing education and recipes.

We offer ongoing health screenings for blood pressure and cholesterol as well as health education with CRAHD, CT River Area Health District, our town RN and Big Y Pharmacy. We also are working with American Job Center to bring employment job opportunities to our residents in need of a job or training to obtain a job.

The Old Saybrook dates and added events are:

March 22 Help with Diapers from OSPD Diaper Drive , 9:00 am - 3:00 pm.

April 26 American Job Center, Resume Writing Help, 9:00 am - 3:00 pm.

May 24 Grow Your Own Pizza Garden, Raising Chickens for Eggs,
 9:00 am - 3:00 pm.

June 28 DENTAL CLINIC from 9:00 am - 3:00 pm.

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

April 2 Food Bank Food Truck 12:00 pm - 1:00 pm

May 7 Food Bank Truck 12:00 pm - 1:00 pm and American Job Center,
 Resume Writing

June 4 Food Bank Truck, 12:00 pm - 1:00 pm

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



Shoreline Job Fair

May 17, 2018, 10:30 am - 2:30 pm,

60 Boston Post Rd, Old Saybrook

Old Saybrook Social Services with American Job Center

and Workforce Alliance are bringing over 30 local employers to our host site at Gladeview, for the Job Fair in Old Saybrook! We will also have a LinkedIn Photo shoot and help available.

Please also join us at one of the following Pre-Job Fair Workshops for help preparing and updating your Resume:

- April 26 11:00 am - 3:00 pm, Old Saybrook Grace Church Hall
- May 3 11:00 am - 3:00 pm, Westbrook Town Hall
- May 7 11:00 am - 3:00 pm, Clinton Social Services

Contact Susan Consoli, MA, LPC, Social Services Coordinator, at: 860-395-3188 or by email at: sconsoli@oldsaybrookct.gov for additional information or for employer participation. Registration is not needed and walk-ins are welcomed!

Estuary Council Regional Senior Center

220 Main Street, Old Saybrook
860-388-1611

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

CAFÉ

Lunch is served Monday to Friday. Meals are prepared fresh by our Estuary Chef and his team. Please call: 860-388-1611 x216 to reserve no later than 11:00 am the day before. Lunch is served at Noon. Please join us! Meals supported by Senior Resources with Title III funds available from the Older Americans Act. Lunch is a Suggested Donation of \$3 for those aged 60+ and costs \$13.93 for anyone under 60.

ESTUARY GYM IS SILVER SNEAKERS APPROVED!

If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness classes. Check eligibility easily by contacting the Estuary at: 860-388-1611 x202.

THE MARSHVIEW FITNESS CENTER

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

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

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

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Historical Society

PUBLIC PRESENTATION SAYBROOK FORT PROJECT



Earliest known drawing of Saybrook Fort.

The Old Saybrook Historical Society has received a \$43,000 grant from the National Park Service, American Battlefield Protection Program, to “help local communities preserve and protect America’s significant battlefields.” Grant funds will support the development of preservation and educational programs and materials to increase awareness of the significance of the Saybrook Fort site and the fighting that occurred there during the Pequot War, 1636-1637.

To share information about the program and to introduce project consultants to the public, the Historical Society is hosting a meeting at the Saybrook Pavilion, Sunday, April 8, 2018 at 2:00 pm. A brief review of earlier work completed by researchers from the Mashantucket Pequot Museum and Research Center, and the plans for next steps, will be presented. Comments and questions will be especially welcomed and all are welcome to attend.

THE PROJECT HAS TWO MAJOR COMPONENTS

Preservation Initiatives will consist of developing materials and activities that will encourage the preservation of sites associated with the siege and battles of Saybrook Fort and the Pequot War, including the preparation of a listing for the National Register

of Historic Places. The lead consultant for this work is Dr. Kevin McBride, director of research at the Mashantucket Pequot Museum and Research Center, along with associates David Naumec, military historian and Dr. Ashley Bissonnette, senior researcher.

Educational Initiatives will consist of developing elementary and secondary curriculum materials and a publication for the general public about siege and battles of Saybrook Fort and the Pequot War. The lead consultant for educational work is James Powers, principal of the consulting firm Exploring the Past, a former Guilford educator, co-founder of the Dudley Farm Museum in Guilford, and author of two books based on his experiences, *Farm: A Journey through Time, Place, and Redemption*, and *Seeing the Past: Stories on the Trail of a Yankee Millwright*. He has conducted archaeological investigations and programs in Guilford, Branford, Essex and elsewhere.

Actions associated with the six month Pequot siege of Saybrook Fort (September 1636 – March 1637) were the first time the English and Natives in New England fought each other in a sustained conflict and the sites associated with the siege are the earliest recorded in New England. Archaeologists and historians from the Mashantucket Pequot Museum and Research Center have conducted earlier archaeological work related to the battles at Saybrook Fort and the current project will build on their work.

The long-term goal of the project, according to Tedd Levy, the Historical Society’s project director, is to increase awareness and



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understanding of the significance of the siege and battles of Saybrook Fort and the Pequot War. The achievement of these goals will contribute to the larger cultural and economic development of Old Saybrook and Connecticut. To learn about the Battlefields of the Pequot War Project, visit: pequotwar.org. For questions about the Old Saybrook Historical Society and this grant, email the Historical Society at: contact@saybrookhistory.org.

PUBLIC DISCUSSION - Siege and Battles of Saybrook Fort

Sunday, April 8, 2018 at 2:00 pm at the Vicki Duffy Pavilion, Saybrook Point

What Archaeologist Found and Now What

Project plans for the "Siege and Battles of Saybrook Fort,"

Meet the consultants, Questions and Discussion, Public Meeting - All Welcome.

FABULOUSLY MAGNIFICENT GREATEST ANTIQUE SHOW ON (this part of the) EARTH

Old Saybrook Historical Society Antiques Show

Saturday, June 2, 2018

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CHAPMAN LECTURE PRESENTATIONS

Chapman Lectures feature presentations by outstanding authorities on important topics of Connecticut history and are held in cooperation with the Acton Public Library, 60 Old Boston Post Road, on Thursday evenings, 6:00 pm. There is no charge and all are welcome. The program for this season includes the following:

March 22 *Morton F. Plant and the Connecticut Shoreline: Philanthropy in the Gilded Age*, by Gail B. MacDonald, journalist and associate professor in residence in the journalism department at UConn. Gilded Age financier Morton F. Plant inherited his father's transportation empire determined to improve his community. A dreamer eager to invest in innovative technology and grass-roots community causes alike, Plant's influence ran deep on the Connecticut shoreline prior to World War I.

April 26 *Connecticut Pirates & Privateers: Treasure and Treachery in the Constitution State*, by Wick Griswold. Wick Griswold is a writer and teaches at the University of Hartford. He has been a short-order cook, commercial fisherman, construction worker, truck driver, dock pounder and non-profit executive. He is commodore of the Connecticut River Drifting Society. The waters, inlets and islands of Connecticut once swarmed with fabled corsairs like Captain Kidd and Blackbeard who may have buried their booty in Constitution State soil. In colonial times and through the nineteenth century, over one hundred privateers used the Connecticut River and waterways as a home port, influencing the geopolitics of the time.

May 17 *Gillette Castle: A History* by Erik Ofgang. Erik Ofgang is an award-winning writer, musician and magician whose work has appeared in dozens of magazines and newspapers and Connecticut Magazine, where he is a senior writer. He teaches writing and journalism at Western Connecticut State
continued on page 46

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Historical Society... continued from page 45

University and at Mercy College. During his career as an actor, William Gillette portrayed world-renowned character Sherlock Holmes in more than 1,300 performances. His career as a playwright and actor afforded him the opportunity to purchase a 184-acre estate, where he also built a twenty-four-room medieval-style castle overlooking the Connecticut River.

May 24 Scott Carson, Upper Cemetery

Scott Carson is a member of the Old Saybrook Municipal Cemetery Committee and has done extensive research on the Municipal, or Upper, Cemetery, including plot diagrams, headstones and footstones, their makers, the fence and boundaries and, most of all, the individuals who are buried there. He has a degree in History from the Univ. of Texas; served for 30 years in US Marine Corps Reserve and US Government as Federal Investigator and Security Specialist and retired as Lt. Colonel. He is a history buff, particularly interested in the Civil War and WW II.

And, on May 27, 2018 join us as Scott Carson leads a tour of the Upper Cemetery, North Main St., Sunday, 4:00 pm. Admission \$5, children accompanied by an adult free.

If you seek further information, have historic items to donate, or wish to volunteer contact the Old Saybrook Historical Society at: contact@saybrookhistory.org or call: 860-395-1635. Frank Stevenson Archives are open Tuesday and Thursday from 9:00 to 12:00. There is no admission charge and volunteers are there to help with your questions.



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Famed poet Maya Angelou once said, "You can't use up creativity. The more you use, the more you have." The Katharine Hepburn Cultural Arts Center (the Kate) couldn't agree more and that is why we are dedicated to presenting quality arts education programs for our youngest audience members. Through Missoula Children's Theatre and Kate's Camp for Kids children and youth work with professional teaching artists, exploring the potential for their own creative abilities, as well as their imagination.



Photo by Stephen Fritzer.

Local young thespians take the stage during residencies by the award-winning Missoula Children's Theatre (MCT), which produces a fun, high energy musical on the Kate stage twice a year. MCT strives to use participation in the performing arts as a vehicle to develop skills, boost self-esteem and promote teamwork. In just one week, MCT auditions cast members, rehearses, and produces two performances of each show. The spring production of "Snow White and the Seven Dwarfs" takes place March 24 and children and teens can audition for the summer production of "The Snow Queen" on June 25.

Kate's Camp for Kids is presented in collaboration with Community Music School for children ages 5 to 10 who want to explore the performing arts. A professional teaching staff inspires creativity, confidence and a sense of community through the practice of music, dance, theater and visual arts. This year, a spring mini-musical camp will run on Wednesdays from March 21 through May 9 with the show "It's Saturday." Five unique, week-long sessions of summer camp run between July 9 and August 10. Theme weeks include "Squirm: A Wiggly, Giggly, Squiggly Musical," "Pirates: The Musical," and "Project Fairytale."

For more information about these programs and all upcoming shows at the Kate, visit: www.thekate.org or call: 877-503-1286.

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