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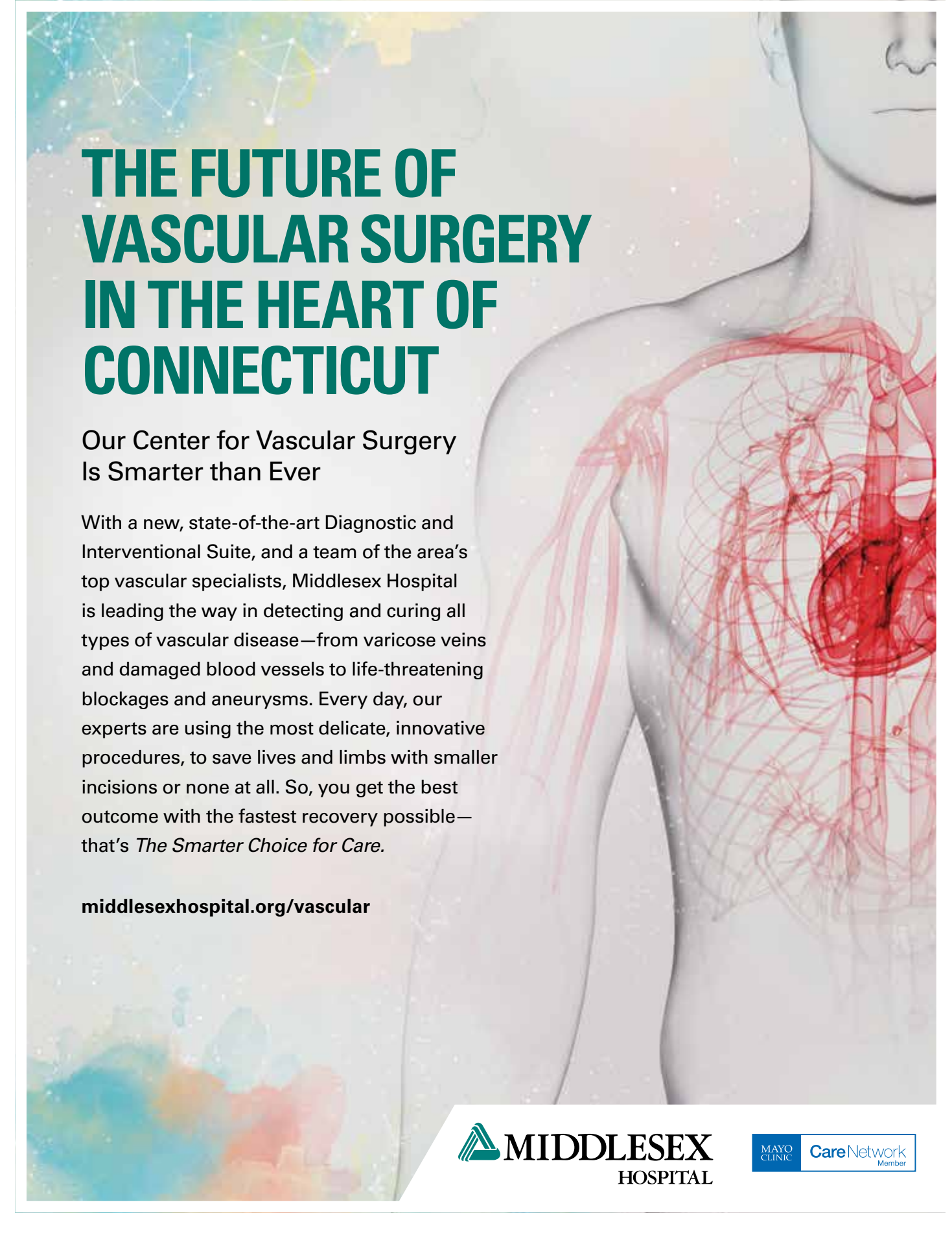
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The Selectmen's Corner

Here comes the sun, and a warm welcome to spring. The Board of Selectmen, consisting of First Selectman Carl P. Fortuna, Jr. and Selectpersons Scott Giegerich and Carol Conklin, encourages you to get out and enjoy the warmer weather and all that Old Saybrook has to offer. We thank you for entrusting us with running your local government.

Springtime is budget time for the State and most local governments. The process actually begins in December and usually ends in May. As usual, the State budget will be completed near the end of the legislative session after most municipalities have voted on their local budgets. Given the recent trends with State funding, Old Saybrook is responsibly positioning itself for additional reductions in state aid. As I have written before in this magazine, state finances are such that most municipalities in the state are facing near certain reductions in revenue received from the State. For this reason, I am proposing to the Board of Finance that Old Saybrook should expect to receive approximately \$200,000 less in State revenue in FY 2017-2018, down nearly one-million dollars from just eighteen months ago when, as we were preparing the Town's '15-16 budget, the Town was projecting to receive approximately \$1,200,000 (about 3% of our total revenues) in funds from the State. Governor Malloy's budget address, which occurred on February 8, set off alarm bells in

nearly every community in the State not considered a big city or a distressed community. Not only would the Governor's budget further reduce State aid to our town (and most towns in the State), it would also result in Old Saybrook sending a check to the State for nearly \$800,000, primarily as a result of paying for Old Saybrook's one-third contribution to the Teachers' Retirement account. This is a radical proposal, given that the State, and the State alone, made a promise to pay this obligation decades ago. The State holds and manages the funds, and determines how much teachers should contribute to the retirement fund. Municipalities have never had control over the funding mechanism nor the investments of the Teachers' Retirement. The Teachers' Retirement funding deficit has been known for years but only recently did the Governor and the legislature make efforts to properly fund this retirement plan. Now that this foreseeable crisis is upon us, the State is attempting to make towns a "partner" in the funding. Make no mistake: Requiring towns to fund the Teachers'

Continued on page 3



First Selectman Carl P. Fortuna, Jr.

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Retirement is nothing more than a property tax increase or a devastating reduction in what we as a community choose to spend on local education. I will continue to monitor what is certainly a dire situation at the State level with the hope that the political parties can work together to place Connecticut on a fiscal trajectory that is sustainable. In the meantime, my team in Town Hall will focus solely on steering Old Saybrook through this financial storm.

Staying on the subject of finances, Old Saybrook's yearly municipal audit was completed for the fiscal year 2015-2016 and the results were stellar. Our auditors, Mahoney Sabol, delivered to the Town the cleanest audit that I can remember in all my years serving on the Board of Finance (10) and Board of Selectmen (5). The Town has steadily increased its reserves for capital projects as well as its undesignated reserves. This financial good sense allows the Town to continue to prudently invest in our community and keep our excellent credit rating with Moody's Investors. The State of Connecticut is struggling financially and Southeastern Connecticut feels the pain nearly as much as any region in the State. However, better days will come and our Town will be positioned to reap the benefits. We must continue to be positive about our community and its prospects. The Board of Selectmen has continually presented budgets that sustain current services with little or no growth in recognition of the current economic climate.

As part of our effort to make government leaner and more efficient, we have reorganized our accounting office. We reduced the workforce and will get more done at less cost through the use of technology. Several months ago, the town approved the expense of a new accounting system. This new software will allow us not only to save recurring expenses, but also to better allocate our human resources. The accounting system capital cost was \$170,000 (inclusive of the Board of Education piece). However, we expect a 2-3 year return on our investment in our operations budget just taking into consideration expenses on the town side. The new software will allow us bring payroll in house and to automate many manual systems. Time and money will be saved, and we will be more efficient as an organization. Eventually, this new software will allow us to look at sharing resources with our counterparts in the Board of Education central office.

In our building department, we have also invested in software ("Municipity") that will go live some time before the summer. This software will dramatically reduce the number of phone calls and visits that homeowners and builders make to Town Hall. Permits can be applied for and paid for online, and inspections can be tracked. Another feature to be added in the future will be the ability to schedule an inspection with the building official with the assistance of an online calendar –no more trading phone calls or

Continued on page 4

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Selectmen's Corner... continued from page 3

leaving messages. Again, while the goal is to save time and money with the implementation of the new software, the added advantage with this software is that it makes Old Saybrook far more business friendly to residential and business contractors, who will not be constrained by "Town Hall" time. The Building Office will be virtually open for most functions 24 hours a day. What makes this software conversion even more attractive is that Essex and Westbrook will be implementing the same software system, allowing for uniformity in our shoreline area. That is better for everyone.

As we turn to nicer weather, let us reflect on the great place we live. There are problems everywhere; locally, statewide, nationally and internationally. But all in all, Old Saybrook maintains civility, offers superior services and maintains financial good sense. The Board of Selectmen wishes you a happy and safe spring.

Carl P. Fortuna, Jr.,
First Selectman

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Old Saybrook Garden Club Spring Events and News

Spring is right around the corner with its warm, sunny weather perfect for planting! The Old Saybrook Garden Club members have been busy planning and coordinating our biggest events of the year to help our town residents during the coming months to plan and plant your 2017 gardens.

First, the Club invites the public to the presentation of "Hats Off to Spring" presented by Sylvia Nichols on April 3, 2017 at 2:00 pm at St Paul Lutheran Church, 56 Great Hammock Road. Sylvia is the Director of the Northeast Floral Education Center. She has been active in the floral industry since 1974, a shop owner for over 25 years, a design instructor, and national industry spokesperson. Put on your spring bonnet and be prepared to enjoy a series of springtime designs. Light refreshments will follow. For more information, contact Marsha Finkeldey at mgfinkeldey@aol.com. Tickets are \$10.00.



Cut Flower Holder will be available at our May Gardeners' Market.



From left to right: Members Cathie Johnston, Norma Dyson and Paula Luby with Saybrook Saks Bags made from our ReClaim-RePurpose-Renew Program.

Second, the Club's largest event and only fundraiser will be held May 12-13 on the Town Green, rain or shine under the big white tent! Please stop by Friday, May 12 from 3-6 pm and Saturday, May 13 from 9-2 pm and purchase your summer plants and herbs, baked goods and a variety of garden art. The funds earned at Gardeners'

Market support our Old Saybrook beautification programs including planting flowers in the Main Street Medians, Constitution Garden, Acton Library and the Firehouse Garden as well as providing floral arrangements for Old Saybrook High School's graduation ceremony and scholarships for eligible senior students.

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The May Gardeners' Market will have a wide variety of annuals, perennials, herbs, and members' plants for sale. Check out our new Hosta Collection which our members divided and replanted this past fall. Over 100 of these "Shady Ladies" will be available for purchase. Along with the plant sales, our "Reclaim-RePurpose-Renew" items are for sale including cut flower holders, "Saybrook SaK" bags, Old Saybrook Light House birdhouses, just to name a few.

As a bonus, customers can pre-order select plants and receive a discount! To receive a pre-order form, email osgct@gmail.com.

Finally, the Club hopes everyone enjoys the spring and watches as our beautification projects unfold. Our Main Street Median Planting Committee is busy planning the color scheme and planting time frames. The Street Gardens Program will be in full swing again this year which invites businesses to create beautiful

gardens in front of their business. Last year, nearly 80 local businesses participated.

Prospective members are always welcome to learn more about Club membership by calling 860-395-1268. Follow the Old Saybrook Garden club to keep up to date of all our activities on Facebook, www.facebook.com/oldsaybrookgardenclub and "like" us.

Old Saybrook Historical Society

POPULAR ANTIQUE SHOW RETURNS JUNE 3

Just as ancient hunters and gatherers searched for special objects, this primitive impulse will once again be on display at the Old Saybrook Historical Society's 5th annual Antique Sale and Appraisal Day, at the Gen. William Hart House, 350 Main Street, on Saturday, June 3, 2017 from 9:00 - 4:00.

The popular one-day show draws hundreds of enthusiastic buyers and browsers to examine the assorted goods displayed by 75 quality
continued on page 8



Antiques Show and Appraisal Day



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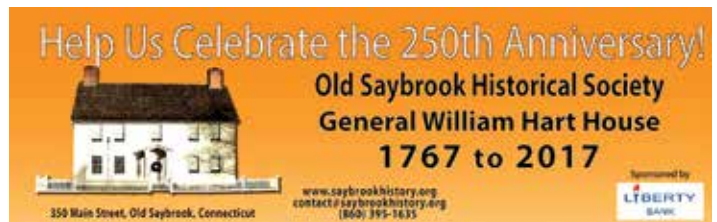
Historical Society... continued from page 7

merchants. While next to impossible to tell what will be available, show-goers can count on seeing objets d'art, Americana, fine art and prints, mid-century items, books and ephemera, country and primitive objects, glass and pottery, rugs, nautical and military items, jewelry, and furniture. For those who have their own prized or puzzling possession of unknown value, several expert appraisers will be available to provide information and verbal estimates of value at the modest fee of \$7 for one item or \$20 for three items. This service will be available from 10:00 to 1:00.

Garden plants will be offered from the Hart House non-pesticide heritage gardens. Food will be provided by CHOW of Clinton who will be serving BBQ sandwiches and lemonade at affordable prices and additional refreshments will be offered by the Boy Scouts.

The Antiques Sale and Appraisal Day is sponsored by the Old Saybrook Historical Society, with generous support from Lorensen Auto Group and Saybrook Recycle Furniture. There is no admission charge and the event will be held rain or shine.

For further information, contact general chairperson Karen Emack-Dolson of Saybrook Recycled Furniture at 860-662-0245 or call the Historical Society at 860-395-1635.



250th Anniversary Hart House banner

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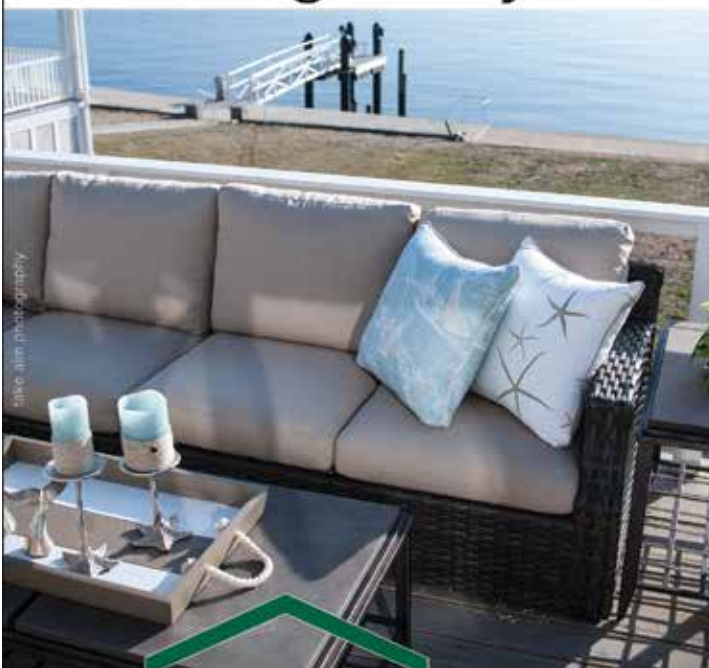
It was two hundred and fifty years ago when 21 year-old William Hart married Esther Buckingham and they moved into the new home he built on Main Street in Saybrook. Since that time the house has served many purposes and today its rooms showcase historic mementos and resonate with memories from its long and useful life.

Maintained as a meeting place, museum and exhibit gallery by the Historical Society, the General William Hart House is one of the town's premier tourist attractions and highlights the long and illustrious history of its inhabitants and life in the community.

To commemorate this significant anniversary, the Old Saybrook Historical Society, with support from Liberty Bank, is celebrating with several special community-wide events.

continued on page 10

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Historical Society... continued from page 8

June 25, 2017

Official launch of the 250th Anniversary Celebration of Gen. William Hart House, at the Gen. William Hart House campus, 350 Main Street, Old Saybrook, CT.

1:00 pm. Opening ceremonies hosted by OSHS President Marie McFarlin, comments by Connecticut State Historian Walter Woodward, music by the U.S. Coast Guard Brass Quintet.

12:00 – 4:00 pm. American Revolution encampment, CT 6th Regiment. Fife and Drum Corps.
Exhibit Gallery opens: "A House for the Ages." Public invited, family friendly. No charge.

July 9, 2017, 4:00 - 5:30 pm.

Concert in the Garden

Gen. William Hart House campus, 350 Main Street
US Coast Guard Dixieland Band
Public invited, no charge. (Bring a chair and picnic snack)

September 9, 2017, 5:00 - 8:00 pm.

Harvest Time at the Hart House: A Farm to Table Dinner.
Food from Killam & Bassette Farmstead, South Glastonbury.
Music by the Old Fiddlers Club of Rhode Island. Annual fund raising event for the Old Saybrook Historical Society. Contact



US Coast Guard Dixieland band

the Historical Society for further information, 860-395-1635.

Throughout the summer, the Hart House Exhibit Gallery, will open Wednesday afternoon and weekends, 12:00 - 4:00 pm, and be featuring an exhibit titled "A House for the Ages." This exhibit highlights some of the inhabitants who have called this property their home and the momentous times in which they lived. It also gives visitors a glimpse into 18th-century craftsmanship and the dramatic changes that this house underwent over the years.

Maintained by the Historical Society since 1974, this year's exhibit will present some of the Society's work to restore the house and gardens to reflect the era of its original owner, General Hart. With **continued on page 12**

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Equal Housing Opportunity

Historical Society... continued from page 10



Photo of Gen. Hart House when obtained by Historical Society in 1974.

the support of its members and friends, the Hart House & Heritage Garden has become the headquarters for many of the Society's events, programs, and collections. In celebrating this history, the exhibit also showcases the Society's

current philosophy of preservation, in which an appreciation for the past is fused with a vision of the future to ensure that this "House for the Ages" continues to serve the community of Old Saybrook for the next 250 years. Through archival images, the exhibit showcases a retrospective of the Society's preservation efforts since 1974 and explores the importance of preserving historic places and, in particular, how preserving the Gen. William Hart House has made its past part of the future.

Note: To join OSHS, volunteer, contribute or assist with the 250th Anniversary Celebration of the Gen. William Hart House, contact the Old Saybrook Historical Society: 860-395-1635.



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Assessor's Office

In addition to setting the values for property and real estate in town, the Old Saybrook Assessor's office maintains a computer for the public's use in researching town properties as well as facilitating a number of state programs for eligible town residents. As we prepare to begin a new year, many of these programs will again be accepting applications. It is important to file your application during the designated period. The information, including filing deadlines, for the main programs for the 2017 benefit year are listed below. If you have questions about other exemptions or rebates, please call our office at 860-395-3137.

HOMEOWNERS' - ELDERLY/DISABLED (CIRCUIT BREAKER) TAX RELIEF PROGRAM

State law provides a property tax credit program for Connecticut owners in residence of real property, who are elderly (65 and over) or totally disabled, and whose annual incomes do not exceed certain limits (\$35,200 for single filers, \$42,900 for married couples). The credit amount is calculated by the local assessor and applied by the tax collector to the applicant's real property tax bill. The amount of the credit that may be granted is up to \$1,250 for married couples and \$1,000 for single persons. Credit amounts are based on a graduated income scale. Application may be made with the Assessor's Office between February 1 and May 15, 2017. For additional eligibility

questions, please contact Patrick Sullivan at the state Office of Policy and Management (OPM) at 860-418-6406 or Patrick.j.Sullivan@ct.gov.

RENTERS' - REBATE FOR ELDERLY/DISABLED RENTERS TAX RELIEF PROGRAM

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits (\$35,200 for single filers, \$42,900 for married couples). Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies. Application may be made at the Assessor's Office between April 1st and October 1, 2017. We continue to require a Form SSA1099 or its equivalent for each renter applicant. For additional eligibility questions, please call the renters' rebate hotline at 860-418-6377.

Applications for all programs can be made at the Assessor's Office from 9:00 am to 4:00 pm, Monday through Friday. If you are **continued on page 14**

LYME CENTER FOR ARTS PROGRAMMING

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APR 6 | Dr. Barbara Zabel: Wired: Calder and Portraiture
MAY 4 | Dr. Karen L. Schiff: Abstraction in the Public Sphere

Please note new times:

Reception at 5 p.m. Lecture at 6 p.m. | \$15

Limited Seating. Reservations Required. RSVP: kbrady@lymefs.newhaven.edu

SENIOR STUDIO EXHIBITION

APR 7 | Opening Reception, 5 - 8 p.m.
Exhibition on view through May 13 | Mon. - Sat., 10 am - 4 pm

BRIDGING THE ARTS

Curated Film Series at the Kate

APR 11 | Tina Barney: Speaking of Art
MAY 9 | Jeff Koons: Whitney Retrospective (2014)

Tuesdays at 5:30 p.m. | the Kate | 300 Main Street | Old Saybrook

Curated film series co-sponsored by Lyme Academy College of Fine Arts and the Kate, which feature films by Checkerboard Film Foundation, Inc.

Purchase tickets in advance:
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Assessor's Office... continued from page 13

unable to come to the office to apply, please call the office at 860-395-3137 and alternate arrangements will be made.

QUICK UPDATE ON RECENT ASSESSMENTS

During 2016 many new construction programs began in town as a result of tear-downs and remodeling. In addition, this year the town has 3 remodeled and 9 new condos known as the Village Centre Residences as well as a new 186-unit apartment complex known as Post & Main. As usual the assessment on these properties will be based on what existed on October 1, 2016. Any changes to the assessments on those properties will be made based on the date of the Certificate of Occupancy or on the date of their completion.

As a result of these improvements, among other things, the Old Saybrook net taxable grand list increased by 36,504,043, while total real estate assessments increased by 32,375,563, total personal property assessments increased by 1,216,520, and total motor vehicle assessments increased by 2,911,960.

A note about this year's motor vehicle assessments: The Town's motor vehicle list this year includes 440 extra M & J vehicles that were assigned to us in error due to technical issues at the Department of Motor Vehicles. If DMV finds the proper locations for those M & J vehicles, the motor vehicle assessments will be

reduced by approximately \$8,000,000. Currently the Town's motor vehicle list includes those vehicles.

The following are the 2016 top ten highest taxpayers in Old Saybrook:

REAL ESTATE

Old Saybrook Associates LLC	18,550,200
GM Saybrook Owner	15,828,200
Saybrook Point Marina LLC	15,471,900
Max's Place LLC	15,167,900
Haviland Nancy P	8,009,450
Two Seventy Three Water Street LLC et.al.	7,832,200
Cubsmart LP	6,772,400
Gladeview LLC	6,714,300
Water III LLC	6,141,300
Mill Rock Leasing LLC	5,736,300
Total	106,224,150

BUSINESS PERSONAL PROPERTY

Connecticut Light & Power Co.	17,915,330
Connecticut Water Co.	4,210,700
Hilex Poly Co Inc (Fortune Plastics)	3,057,700
Big Y Foods Inc	2,700,500
Saybrook Point Inn LLC	2,347,500
Stop & Shop Supermarket Company	1,625,780
FBM Holdings LLC	1,509,740
ECS North America LLC	1,380,400
Southern Connecticut Gas Company	1,332,050
Ocean Surveys	1,272,780
Total	37,352,480

MOTOR VEHICLE

Ean Holdings LLC (Lease)	4,152,660
Toyota Lease Trust	1,273,890
Honda Lease Trust	1,048,440
VW Credit Leasing LTD	1,025,910
Acar Leasing LTD	1,006,220
Financial Ser Veh Trust	853,870
JP Morgan Chase Bank NA	838,490
Daimler Trust	743,220
Hyundai Lease Titling Trust	723,550
Total	11,666,250

The Assessor's Office would like to thank Old Saybrook property owners for their cooperation, patience, and support throughout the year. Please feel free to contact our office at 860-395-3137 with any questions concerning the assessment process or regarding the application process for exemptions. You can also find a lot of useful information on the Assessor's webpage at www.oldsaybrookct.org.

Norman B. Wood CCMA II, Assessor
Town of Old Saybrook, CT 06475

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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
Elaine Seaforth, Administrative Clerk		Elaine.Seaforth@OldSaybrookCT.gov
Lee Ann Palladino, Finance Director	395-3127	leeann.palladino@OldSaybrookCT.gov
Larry Hayden, IT Manager	510-5000	Larry.Hayden@OldSaybrookCT.gov

ACCOUNTING

Sharon Migliaccio, Accounting Supervisor	395-3132	Sharon.Migliaccio@OldSaybrookCT.gov
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ASSESSOR

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

BUILDING DEPARTMENT

Don Lucas, Building Official	395-3130	Don.Lucas@OldSaybrookCT.gov
Kathleen Marshall, Administrative Secretary		Kathleen.Marshall@OldSaybrookCT.gov

ECONOMIC DEVELOPMENT

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

Donn Dobson, Fire Marshal	395-3133	Donn.Dobson@OldSaybrookCT.gov
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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
Sandy Prisloe, Environmental Planner & GIS		Sandy.Prisloe@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
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REGISTRARS OF VOTERS

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

TAX COLLECTOR

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

TOWN CLERK

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

TREASURER

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

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

OTHER TOWN DEPARTMENTS

Acton Public Library - 60 Old Boston Post Road

Michele Van Epps, Director	395-3184	mvanepps@actonlibrary.org
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Police Department - 6 Custom Drive

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

Probate Court - 302 Main Street

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

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

499 Middlesex Turnpike	395-3187	
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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

9 TOWN TRANSIT



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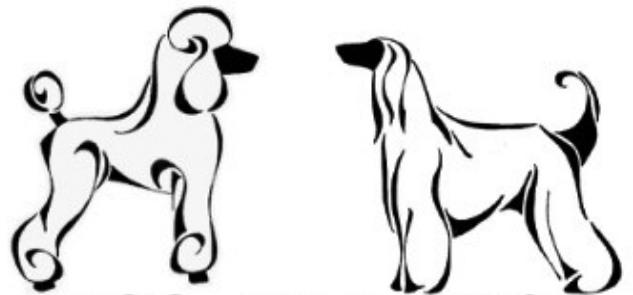
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Town Clerk's Office

Sarah V. Becker, Town Clerk

Christina Antolino, Assistant Town Clerk

Cindy Kane, Assistant Town Clerk

Office Hours: M-F, 8:30 am – 4:30 pm

Phone Number (860)395-3135

Town Website: www.oldsaybrookct.org

CONGRATULATIONS!!

Tanner Grove and Erika Marks – November 25th

Diego Armijos and Angelita Rivadeneira – November 26th

Stephen Cerbarano and Sarah Kling – December 16th

James VanKuren and Donna Trikoulis – January 14th

Antonio Torres and Margaret Paccione – February 4th

Theodore Constantinou and Suzanne Gagne – February 19th

WITH SYMPATHY

Daniel Adanti, Jr.

Mary Aery

Kathleen Brookson

Gloria Cahill

Rosemary Chmielewski

Angela Cote

Diana Cusano

Mario DePalma

John DeSimone

Jeanne Desmond

Marian Falvey

Dawn Guite

Marjorie Haeussler

Elizabeth Horn

Elizabeth Jensen

Robert Klomp

George Kinsella

Betty Kroher

John Kudla, Sr.

Crescenzo Lettieri

Bertha McGhee

Kathleen O'Donnell

Clayton Palmer

Paula Palmieri

Constance Paolino

Carl Pelott

Rita Pratt

Doreene Scherb

Chanh Souriyamath

Ann Sudarsky

REMINDER: FISHING SEASON opening day April 15, 2017.
FUN FAMILY ACTIVITY. Be sure to get your FISHING
LICENSE and regulations booklet (online or come to our office)

DOG LICENSES will be issued in JUNE.....check that your
dog's rabies vaccination is current. We will be mailing reminders
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Request for Letters of Interest on a Town Agency

The Old Saybrook Board of Selectmen invites electors of the town interested in serving as members of the following agencies to submit a letter with a brief description of your interest and any experience you have to share in filling any of the following vacancies:

Conservation Commission
Inland Wetland Commission
Lower Connecticut River Valley
Regional Agriculture Council
Planning Commission

Shellfish Commission
Water Pollution Control Authority
Zoning Board of Appeals
Zoning Commission

Please clearly address your Letter of Interest to:

Office of the First Selectman
Town Hall
302 Main Street
Old Saybrook, CT 06475

Springtime Stormwater: Know Where It Goes

LOOKING ON THE BRIGHT SIDE OF RAIN

April showers bring May flowers, but how do you deal with all that rain in the meantime? Currently, many Connecticut towns are working to reduce the effects of polluted stormwater runoff, which is the water you see flowing down the street when it rains. One way Old Saybrook residents can help is by diverting rooftop runoff away from pavement.



Did you know that the amount of rain that flows off an average roof over the course of a year in Connecticut would fill more than 500 bathtubs? Instead of allowing that rain to flow down your driveway or sidewalk to the nearest storm drain, it's possible to divert the rain in at least three ways:

- Consider using downspout extenders to direct the water onto a landscaped area.

- Purchase a rain barrel, and direct downspout water directly into it. You'll not only reduce stormwater, but you can also conserve water by using what you capture for irrigation.
- Investigate a rain garden, which is a natural or hand-dug shallow depression designed to soak up water. Rain gardens are created with highly absorbent soil and the proper mix of plants to facilitate collecting water and infiltrating it back into the ground. There's a good example of one at the Acton Public Library.

A SMART LOOK FORWARD TO SUMMER GARDENING

For many people, May is the true beginning of summer gardening. And while achieving a lush green lawn, beautiful flowers, and hearty summer vegetables are understandable gardening goals, some gardening and lawn care practices can

continued on page 18

LEW THE PLUMBER

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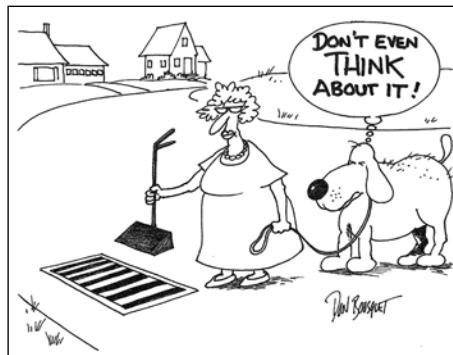
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Stormwater... continued from page 17



have detrimental effects on our local water resources. In keeping with our town's efforts to reduce the effects of stormwater pollution, here are a few gardening tips that will minimize the impact on local waters:

- Fertilize sparingly. If you must fertilize, September is the best month. And be sure to use slow-release fertilizer.
- If you must fertilize more than once, don't fertilize in the spring until you have mowed the lawn three times.
- Check the weather forecast before fertilizer or pesticide applications, and don't apply lawn chemicals when rain is predicted. It increases the chances of those chemicals washing right into local waters.
- If any lawn chemicals or yard debris get on the sidewalk or driveway, sweep them back onto the lawn to prevent them from washing into storm drains. Grass clippings and excess leaves don't belong in our streams and rivers.



“RUNNING OFF” TO THE BEACH

The month of June signals the end of the school year and the start of the official beach season. Most Nutmeggers spend at least some time at our local beaches each summer, enjoying the sun, the sand, and the water. Unfortunately, most shoreline towns also have experienced a beach closure. The most common reason that beaches are closed in the

summer is the presence of higher-than-normal levels of bacteria, which can be caused by many factors. One of those factors is stormwater polluted by bacteria from pet waste or improperly maintained septic systems. Many people assume that stormwater flows down storm drains and then to a treatment facility. That is almost never the case. Either it flows directly into local waters or down into storm drains, which channel it into local water bodies. Polluted runoff and untreated sewage released into the water can expose swimmers to harmful microorganisms called “pathogens.” These pathogens can be present at or near the site where polluted discharges enter the water. Swimming at beaches with pollution in the water or in the sand can make you ill.

Fortunately, there are simple steps that you can take to help with this problem!

- Scoop the poop, then trash it; look for courtesy bags and disposal boxes in our parks.
- Pick up in the yard at home, and trash it; never place in a compost pile.
- Don't feed water fowl; an unnatural diet has damaging impacts for local waters.
- Maintain your septic system in good working condition; pump out waste at regular intervals.

From www.uri.edu/riss. Adapted with permission from University of Rhode Island Cooperative Extension and RI NEMO. Additional information from <https://www.epa.gov/beaches>.

CONTACT: Christine Nelson, 395-3131, cnelson@oldsaybrookct.gov.



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Water Pollution Control Authority (WPCA) Update

As of March 2017, the WPCA has completed the Wastewater Management District septic system upgrades in the last contract for Maple Avenue North and began the benefit assessment process for the last 2 contracts. Due to the mild winter, the WPCA has begun the construction phase on septic system upgrades for Cornfield Point. The second bid contract was released in February, with 6 more to follow. The completion deadline for the area is December 2018.

Throughout the spring, the WPCA will perform soil testing with the Connecticut River Area Health District on the remaining properties designated by the Department of Energy and Environmental Protection (DEEP) as "Water Proximity" lots in Phase I and II. The purpose is to propose conventional onsite solutions as opposed to upgrade with advanced treatment systems.

The WPCA's engineering firm is evaluating options and developing a plan for wastewater treatment of the properties in the remaining focus areas: Chalker Beach, Great Hammock Beach, Indiantown, Plum Bank, and Saybrook Manor. To date approximately 850 properties are designated as Upgrade Compliant. Over 1/3 of the properties in the District have been addressed. When Cornfield Point is completed the total will be over half.

For further information, please feel free to visit our office, call 395-2876, or attend our Board meetings as posted. You can also visit our updated website at www.oswpca.org or our pages on the Town website.



WHAT IS 2-1-1?

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GREAT NEWS FOR COASTAL HOMEOWNERS

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THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

2017-2018 Board of Education Proposed Budget

The Board of Education submitted the 2017-2018 Budget Request for \$25,767,661 to the Board of Finance on March 1, 2017. This request reflects an increase of \$329,831 or 1.3% over the current fiscal year 2016-2017 appropriation.

The Board of Education, Superintendent, Administration, and staff have worked diligently to construct a responsible budget that would maintain our high quality educational programs with maximum efficiency during this period of continued economic difficult and fiscal uncertainty.

Budgetary goals which are consistent with the District Mission and the Strategic Plan were part of the planning process and include the following:

- Support the District Strategic Plan
- Support programmatic, curricular, and enrollment needs and changes
- Support fiscal responsibility by reallocating resources and zero based budgeting when possible
- Support professional development for all staff
- Support thoughtful resource allocation based on the needs of all students
- Support a multi-year capital and maintenance plan
- Support local initiatives and implement state initiatives

The budget process began by creating a sustained services budget which meant rolling all current collective bargaining agreements and other contracts forward to 2017-2018. This process resulted in a 2.88% increase. The budget was refined to a 1.3% increase through cost savings and working with administrative budget requests to ensure that each program receives the resources it needs.

Four main budget drivers that played a critical role in the process of creating the budget were:

- **Personnel and Health Insurance Benefits:** These two areas represent 78% of the total budget request. This year, through negotiations with the Old Saybrook Education Association, the District was able to create a salary schedule that is commensurate in number of steps to the surrounding districts. This will allow the District the ability to retain and attract high quality talent. One full time position has been reduced in this budget to adjust for enrollment changes as well. Some additional staff needs included in the strategic plan to address changing demographics of the student population include

sharing an English Language Learner position and a part time Social Worker, as well as, expanded elective offerings for authentic learning experiences.

- **Special Education Tuition:** This account represents our best estimate on the current student programming needs. This is an underfunded mandate which makes this a very difficult account to predict. Funds have been reallocated to mitigate costs and when possible, programs are evaluated for cost-effective measures when possible.
- **Transportation:** The transportation budget is inclusive of regular and special education cost for all students, including extracurricular and athletic travel.
- **Capital Maintenance and Equipment:** The Board of Education has a capital maintenance plan for the district which strategically addresses current and future capital and maintenance needs for all of the district buildings. The district is working in partnership with the town to create a sinking fund that would allow for planning larger capital investments and avoid bonding large projects in the future.

The non-personnel related budget line items represent .2% of the overall increase which include the above-mentioned items of special education, transportation, and capital maintenance and equipment.

In an effort to be economically responsible, special attention was paid to the budget drivers that make up the major part of the budget. Savings in this year's proposed budget include the reduction of a teaching position, resource sharing within district and with neighboring districts, cooperative purchasing, stabilizing medical costs, competitive bidding and long range planning, including the proposal of the capital sinking fund.

Programmatic needs identified and included in this budget are professional development, elective offerings to provide students authentic learning experiences, technology, and an increased focus on our mathematics program, including the implementation of our new numeracy program.

The Board of Education and its Budget and Fiscal Planning Committee have reviewed the budget requests with consideration given to the resources necessary to meet the Board of Education's goals to maintain an exceptional school system, while being sensitive to the significant economic challenges that continue to face us all.

Volunteerism at Goodwin School is Alive and Well

Not a day goes by at Kathleen E. Goodwin School when volunteers are not busy helping custodians, teachers, or students. Goodwin is blessed to have so much community and parent support, what a difference they make! Around-the-clock volunteers can be found supporting every aspect of Goodwin School. Individual volunteers can often be seen helping in the cafeteria opening containers, cleaning up spills, or just sharing a conversation with children. Parents are also often special guests in classrooms. Many times they lead activities, assist students with crafts, and share special books. In the spring volunteers will be helping to ready the flowerbeds for the spring and summer blooms. Students also benefit from fifteen plus high school students who come twice per week to support

students through The Goodwin Buddies Program.

The Parent Teacher's Association (PTA) is the largest volunteer group at Goodwin School. They meet once per month to plan fundraisers, special events, and special school days. Currently the PTA is supporting two very special school days, The Celebration of Reading and Science Day.

On March 3rd, students participated in a school wide Celebration of Reading. This year's theme was The Magic Treehouse. Parents were busy designing and assembling bulletin boards that display literacy themes. The outpouring of donated books were sorted and organized by PTA volunteers. Each child received a gently used book. The

PTA also recruited Tish Rabe, an author who is writing for Dr. Seuss. She shared her craft with all students throughout the day. Without the PTA, this day would not have been possible.

In May, science comes to life during Science Day. This day is the largest event of the year and is supported by fifty plus volunteers, all coordinated by the PTA. Students will engage in science activities and be awed by some special animals that are rumored to be visiting. Students will also build a take home gift that reacts to changes in temperature.

The benefits to the Goodwin Community are endless when it comes to good folks lending a helping hand. What a gift it is to have our community willing to give back to Goodwin School!

Old Saybrook Middle School Sixteenth Annual Swing Dance



Old Saybrook Middle School held its sixteenth annual Swing Dance on January 27th for all 6th-8th grade students. Approximately 300 students, representing ninety percent of students in the three grades, attended the dance. Many donned their swing era costumes and were ready to dance the night away.

This highly anticipated annual event culminates the Swing Dance unit in Physical Education where students are not only taught the dance steps, but they are also instructed on etiquette and manners. The dance is a favorite of teachers, students and chaperones alike as they experience students engaged in a variety of partner dances accompanied by Swing Era music. Each grade has its own routine that gets progressively more difficult as the grades progress. Additionally, students can choose to participate in a dance competition where they are judged on footwork, rhythm, level of challenge. It was a tough decision this year as all of the dancers put on quite a show!

OSMS Ski Club

The OSMS Ski Club had another successful season this year. There were over 100 students who participated from the middle and high schools. Some were first-time skiers and boarders, but

many had experience on the slopes. Everyone had a blast on the trails of Mount Southington. The club would not be possible without the volunteer efforts of a number of dedicated people. These chaperones

come to the mountain after school each week and make sure all of the students get geared up, arrive safely at lessons, have a fun time on the slopes, pack themselves
continued on page 22

OSMS Ski Club... continued from page 21

and their gear back on the buses, and arrive home safely. One of the largest Old Saybrook clubs, this program provides a unique opportunity for students and

staff to connect outside the walls of the school. Riding the lifts and skiing the slopes, teachers and their students bond over this shared experience

and create lifelong connections.
Kate Hanratty & Matt Walton
(Ski Club Coordinators)

Hunger Dinner Raises Awareness of Uneven Food Distribution



Through the hard work of OSHS junior Lina Farias, and members of the Interact and Amnesty International clubs, 35 students participated in a Hunger Dinner designed to raise awareness to the inequity of food distribution throughout the world. Students paid five dollars to participate and were randomly separated into three groups (low, middle and high income). Students then shared in meals assigned to each income bracket. Students also participated in discussions centering on the issues of uneven food distribution. The money raised from the dinner will be donated to Action Against Hunger.

Unified Sports Underway at OSHS

The OSHS unified basketball team competed in two games this month. One game was played at Westbrook and the other was here at OSHS. Both games were exciting with members from each team working hard displaying teamwork and sportsmanship. The OSHS unified team also played in a basketball tournament with other shoreline teams on March 1st in East Hampton.

Typical vs. Problematic Anxiety

OSPS Assists Parents/Guardians in Knowing the Difference & How to Help Their Child/Teen

On February 1st, the four school psychologists within the Old Saybrook Public Schools hosted a workshop entitled Anxiety in Kids & Teens: An Informational Overview & Recommendations for Parents & Guardians. The evening, which was well-attended by parents/guardians of students ranging from kindergarten through 12th grade, provided a focused discussion on the varying levels of anxiety that children and teens face within their day-to-day experiences. As anxiety disorders have the highest prevalence rates of mental health disorders amongst children and adolescence, the workshop focused on differentiating between typical/motivating and atypical/impactful levels of anxiety. Developmentally-appropriate resources were discussed, including mindfulness, relaxation, and cognitive-behavioral strategies, as well as specific language/responses for parents/guardians to use with their children. Parents/guardians left the workshop with helpful tips, resources, and supports to utilize with their child and/or within their family moving forward. If you would like a copy of this "take-home tools" guide, please do not hesitate to contact your child's school psychologist for your own copy. As always, we look forward to working with you.



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Acton Public Library

Children's Programs

Story Times run continuously through June 16, 2017

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.



Music with Miss Martha

The 3rd Friday of every month: April 21, May 19 and June 16 from 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.



ABC Amigos

On the 1st Friday of every month: April 7, May 5 and June 2 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.

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 2017: BUILD A BETTER WORLD

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, Picnic Story Times, 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.

SUMMER FAMILY NIGHT PROGRAMS

Thursday evenings June 22 - July 27 at 6:30 pm.



ANIMAL EMBASSY

Thursday, June 22 at 6:30 pm. **Nature's Architects:** Be amazed by the talents of a diverse group of Animal Ambassadors that build complicated structures. We'll study the architectural feats of nest building, burrow making and web

spinning, as well as how structures created by some animals help others to survive. Meet live Animal Ambassadors such as a Redfoot Tortoise, a Monk Parakeet, a Mandarin Duck, a Chilean Rose-Haired Tarantula, a Ferret, an Argentinian Horned Frog, an African Hedgehog or African Porcupine, and a Flower Mantis. And together, we'll draw parallels with our own lives while

exploring how we can build a better world! Best for ages 6 and up.



Robert Rivest

Laughter Yoga for the Whole Family, with Robert Rivest

Thursday, June 29 at 6:30 pm

Laughter Yoga combines interactive laughter exercises with deep centering breaths and calming movements. It is

a joyful way to connect with others and laugh your blues away!
Best for ages 4 and up.

Look for more Family Nights to come: Family Movie Night, July 6; The Caterpillar Lab on July 13; The Marvelous Mutts on July 20; and The Frisbee Show on July 27. More details to follow in the summer issue of Saybrook Events. All summer programs are sponsored by Friends of Acton Library.

Teen Programs

Wednesday, April 19, 2017, 6:30 – 7:45 pm.

CIVICS FIRST CT presents:

How It Works – U.S. Government 101

For those interested in gaining or refreshing their knowledge of how the three branches of United States government are structured to interact, make decisions, and balance each other's powers. This program is intended for audiences from ages 12 – 112. For more information, visit the library calendar

online to register for this important and timely presentation www.actonlibrary.org.

Wednesday, April 5, 6:30 – 7:45 pm.

Hiking the Appalachian Trail with Sam Ducharme. From March to September, 2015, Sam Ducharme made a 2,180 mile, fourteen state backpacking trip from Georgia to Maine. During this six month journey, he documented the rugged beauty of the Appalachian Mountains, the wildlife, the hardships encountered on the trail, as well as the people and culture. Come join him as he takes you through the trail towns, over the mountaintops and through the backcountry. Sam is a retired K9 Officer, a lifelong resident of Connecticut, and an avid outdoorsman.



TEEN SUMMER READING CHALLENGE

Once again this summer, Acton Library is teaming up with the Valley Shore Animal Welfare League to turn summer reading into food for rescued pets. Each chapter book a teen reads and registers with the library will donate a can of food for rescued pets – beginning June 15th.

ONGOING PROGRAMS:

Drop in for 20 Minute Tech Assistance
continued on page 26



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Acton Public Library... continued from page 25

ADULT PROGRAMS

Mondays & Wednesdays 6-8 pm.; Saturday 1-3 pm. For help USBs, Wi-Fi connections, document creating or saving, e-book use, or simple device questions.

Genealogy Interest Group

Thursdays, 10:30 am – 12:00 pm: If you are interested in doing family research or genealogy, come and learn how to use Ancestry Library Edition and other online sites to search for your ancestors. Beginners and all interested people are welcome. Led by Norma Wright, cataloger at the Acton Library, and experienced researcher.

BOOK DISCUSSIONS:

Wednesday Morning Book Discussion Group

This group meets on the first Wednesday of the month, at 10:30 am. We read a wide variety of genres, and the June meeting is when the group votes on the titles to be read for the next year.

April 5: The Girl on the Train, by Paula Hawkins

May 3: Orphan #8, by Kim Van Akemake

June 7: Me Before You, by Jojo Moyes

Mystery Book Discussion Group

This group meets on the fourth Wednesday of the month,

at 1:00 pm. At the June meeting, members vote on the titles to be read during the following year.

April 26: Rag and Bone, by James Benn

May 31: The Face of a Stranger, By Anne Perry

June 28: Nowhere Girl, by Susan Strecker

SHORELINE CIVIL WAR ROUND TABLE:

A long standing group of Civil War buffs meet monthly on the first Tuesday of the month at 6:30 pm, to hear a speaker and discuss a particular aspect of this period of history.

April 4: "A Hard Road to Travel – From Connecticut to Gettysburg 1863." Presented by Carolyn Ivanoff

May 2: "The Life and Times of Joseph Johnston versus William T. Sherman." Presented by John Proctor

June 6: "Aftermath of the Civil War / Reconstruction Fiction and Fact." Presented by Sean Porter

AUTHOR CONVERSATIONS:

Thursday, April 4, 6:30 – 7:30 pm.


Maddie Dawson will discuss her latest novel, The Survivor's Guide to Family Happiness. Three women, separated by time and circumstances are brought together by the perseverance and determination of one. Registration suggested.

Saturday, April 22, 1 – 3 pm.



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William J. Hall will tell the tale of The World's Most Haunted House. The house on Lindley Street, in Bridgeport, CT is the sight of many unexplainable events. Come to relive the terror and other rampant emotions that took place in this house.

Monday, May 8, 6:00 – 7:30 pm.

Jeffrey Rabuffo will discuss his book, Healthy Advice for the Modern Man. Men and women are invited to learn what healthful tips he has to offer.

Special Programs:

Saturday, April 1, 1-3 pm.

Art Talk with Marek Sarba. It has been almost 105 years since the sinking of the Titanic. Join Marek Sarba as he discusses his conception of the people and event through his painting, "And the Band Played On."

Wednesday, April 5, 6:30 – 7:45 pm.

Hiking the Appalachian Trail with Sam Ducharme. From March to September, 2015, Sam Ducharme made a 2,180 mile, fourteen state backpacking trip from Georgia to Maine. During this six month journey, he documented the rugged beauty of the Appalachian Mountains, the wildlife, the hardships encountered on the trail, as well as the people and culture. Come join him as he takes you through the trail towns, over the mountaintops and through the backcountry. Sam is a retired K9 Officer, a lifelong

resident of Connecticut, and an avid outdoorsman.

Tuesday April 18th, 6:30 – 7:45 pm.

Discover Oswegatchie Hills. Join Volunteer directors of Friends of the Oswegatchie Hills Nature Preserve (FOHNP) for a photo overview of the 457-acre nature preserve opened in 2007 by the Town of East Lyme. The OHNP, created through a private-public partnership and maintained by FOHNP stewards, is a pristine habitat for a multitude of flora and fauna. Find out why the Friends and sister organization Save the River-Save the Hills are calling to "Save the Last Mile" of the remaining coastal forest above the Niantic River from ill-conceived development. Presented by Greg Decker, FOHNP chief steward, Fred Grimsey, Founder of Save the River-Save the Hills, and Suzanne Thompson, SOHC Coordinator with Connecticut Fund for the Environment.

Wednesday, April 19, 6:30 – 7:45 pm.

CIVICS FIRST CT presents: How It Works – U.S. Government 101. For those interested in gaining or refreshing their knowledge of how the three branches of United States government are structured to interact, make decisions, and balance each other's powers. This program is intended for audiences from ages 12 – 112. For more information, visit the library calendar online to register for this important and timely presentation www.actonlibrary.org.
continued on page 28



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Acton Public Library... continued from page 27

Saturday, April 22, 2:00 – 3:30 pm.

4th Annual Bernstein Holocaust Remembrance Lecture

Wednesday, April 19, 6:30 – 7:45 pm.

Mrs. Annie Bleiberg, Auschwitz survivor, witness and educator will recount her personal experiences during this dark period of history, providing us with a rare first-hand account. This program is sponsored by the Ernest Bernstein Honor With Books Fund, established by Barbara Bernstein in memory of her beloved husband.

Saturday, May 13, 10:15 – 11:45 am.

Salt Marsh Opera presents a talk by James Kuslan.

James Kuslan, noted musicologist, will speak about the Strauss Opera, Der Rosenkavalier, which will be broadcast in HD at the Kate later in the day. James is always both informative and entertaining.

For the Film Buff:

FRIDAY FLICKS AT 1 pm

Explore the World through Arts & Adventure

April 7 Out of Africa (1985)

May 12 Simple Gifts (1997)

School Series – artistically & historically educational

April 28 Selma (2015)

May 26 TBD (check the Acton Public Library Website)

Italian Film Cine Club with Monica DeGeorgo

April 4, 1:00 pm.

Through the final film in Monica's series, Agata e la empesta, by Soldini, discover Italian culture and diversity (Italian with English sub-titles). There will be a discussion after the screenings in both Italian and English.

LINCOLN CENTER LOCAL

Acton Library will be premiering a new Lincoln Center Series beginning in May, 2017. This series will draw on the rich archives of cultural offerings of Lincoln Center. For more information, visit the library calendar online to learn more and register www.actonlibrary.org.

Musical Performances:

May 12, 2017, 3:30 pm.

Concert featuring local artist Dana Tanaki For more information, visit the library calendar online www.actonlibrary.org.

On Display:

IN OUR GALLERY:

- April Irene Wall
- May Lauren Cryan
- June Jill Beecher Matthew

IN THE ATRIUM DISPLAY CASE

- April Jerry Basil's antique toys (through April 14, 2017)
- May Handmade doll and children's dresses curated by Helen Burke
- June TBA

Friends of Acton Public Library

Friends of Acton Library is conducting its Annual Membership Campaign with a mailing sent early in March. Membership is open to anyone who wishes to support the Friends in their efforts to round out the offerings of the library with a donation. These donations make a significant portion of the Friends' annual budget.

Funding from the Friends of Acton Library rounds out the offerings of the library in many ways during the course of a year with programs and special purchases. In recent years, those offerings have included passes to area museums, special programming in the summer for patrons of all ages, and prizes and refreshments for the annual

Poetry Contest. In addition, we have assisted with in making major purchases for the library such as the Mobile Computer Workstation, new display boards and wooden play equipment in the Children's Room, and the projector and large screen for the Brady Meeting Room.

Please join us at our Annual Meeting at 10:30 am on May 25 in the Brady Room of the library to hear more about the good works of the Friends of Acton Library.

We are also gearing up for our major book sale in July in which thousands of books and audio visual materials will be available

for sale on July 20 – 22 on two floors of the library. We are seeking volunteers to help with the Book and Bake sale and to be members of the Board.

We note sadly, the loss of two very dedicated members of the Friends with the recent passing of Joe Breindel, Co-President, and Mary Aery, Assistant Treasurer. They will be missed.
Co-Presidents,
Patricia Flanagan
Maureen McWay

For questions, please contact Patricia Flanagan 860.395.1062, pflanagan367@comcast.net

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

Old Saybrook Parks and Recreation Department



Bringing Our Community together through Excellence. In the closing months of 2016, the Old Saybrook Parks and Recreation (OSPR) Commis-

sion had a goal to clarify our vision of what the department does for our residents at every opportunity. After months of discussion, the focus became clear; to bring our community together through excellence, while preserving the department's rich history and integrity. This concept would now drive the goal of developing the department's first mission statement. The end result: "Bringing our community together through excellence in our beaches, parks, fields, facilities and programs." This mission statement will now guide all the decisions at OSPR to ensure that we bring our community together through excellence in everything we do.

EASTER EGG HUNT

Join us on Saturday, April 8th 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. Please make sure to sign up online by March 11th. 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, April 14th 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 to carry all of the colored rocks they collect. 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 22nd OSPR will hold its 4th Annual Ray Dobratz Fishing Derby at Crystal Lake in Clark Community Park on Schoolhouse Road. This event is offered to Old Saybrook **continued on page 30**

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Parks and Recreation... continued from page 29

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 ages 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 you friends? Look no further, OSPR has you covered with a full week of camp! Camp will meet at the Rec, 9:00 am-4:00 pm, Monday through Friday with a special field trip on Wednesday. Camp is just \$105 for the whole week. To register, please visit our website at www.oldsaybrookrec.com or for more information, please contact Jonathan Paradis at Jonathan.Paradis@OldSaybrookCT.gov.

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 17th we wrapped up our 4th annual Indoor Soccer Tournament – we had 6 teams with 24 students who brought not only skill, but also creativity to the tournament. Players participated in a round robin tournament on February 10th to determine seeding for a double elimination bracket style tournament the following week. In the end Team Black Magic was named 2017 Co-Ed Indoor Soccer Champions; Team Black Magic got to sign the trophy ball which will be displayed in the Rec. Center and signed by each team that wins the tournament each year. The VIP's won the coveted Sweet Luna's Team Spirit Award for their creative uniforms. OSPR thanks all the students for their participation and Sweet Luna's for their generous donation to this tournament. Next up for the Teen Center is a 3 on 3 Co-Ed Basketball Tournament on Friday, March 24th. All teams must be signed up by Wednesday March 22nd; no teams will be accepted at the door. Looking ahead, in April we will be hosting a Home Run Derby Tournament and finishing out the year with the annual 8th Grade Goodbye BBQ. As the warmer weather approaches, we offer a friendly reminder to all students wishing to ride skateboards, scooters, and bikes while at the Teen Center – helmets please! 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.

MLB PHR CONTEST

On Saturday, May 6th, at 10:00 am OSPR will hold its 3rd annual MLB Pitch, Hit & Run competition outside the Rec. Center. This



fun competition is a great way to get in the swing of things for the upcoming baseball season. Each participant will compete in a running contest, batting for distance and accuracy competition and a pitching accuracy contest. This event is for OS residents ages 7-14 years of age and they are split into four age groups for boys and girls.

OSPR SUMMER CAMPS

Summer will be here before you know it and OSPR has some great camps this year. We will have our Pre-K through Kindergarten camp, our 1st-5th grade camp and our 6th-8th grade camp. Each week campers will have multiple field trips which include, the beach, mini golf, Brownstone, Quassy, Lake Compounce, CT Science Center, NBA Hall of Fame and a whole lot more!! Each day campers will also participate in fun gym games, arts-n-crafts projects and have fun with friends. Summer camp at OSPR is a great way to spend the summer! We are also offering Teen Trips for any resident entering grades 7th-12th this summer. These trips include horseback riding, Six Flags, Launch Trampoline Park, Providence Place Mall and many, many more. In addition to our traditional day camps, OSPR has many sport camps we are offering as well, from basketball, to tennis and football. 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 summer and spring programs starts on Wednesday, April 4th at 9:00 am. You can register online or in person at the Rec. Center.



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 Park Association's CT Trails Weekend. The State of Connecticut has the largest celebration of trails in the nation. This year Old Saybrook will add three more events with a hike at The Preserve, led by Chris Cryder. We are offering a new program with a Trail Run at Town Park, led by the team from Soundrunners of Old Saybrook. New to 2017 we are working with our local Girls Scouts and the Early Childhood Council of Old Saybrook to offer a family friendly letterboxing event at Great Cedars West.

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

Also on Saturday, bring the family to Great Cedars West, 1:00-2:30 pm, to take a nice walk through the woods looking for clues to locate the next Letterbox.

Then on Sunday, June 4th, the Trail Run will meet at the basket-

ball courts at Town Park located off Schoolhouse Rd. at 8:45 am. 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.

2017 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 and 17 acts!! We will have ten Wednesday shows on the Town Green and five shows at Harvey's Beach on Friday nights.

Green Up Old Saybrook

4ND 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 29, 2017 (Rain Date Sunday) beginning at 8 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 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 want more information about how and where you can help, 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

BALLEK'S GARDEN CENTER



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Old Saybrook Youth and Family Services

OLD SAYBROOK'S 18TH ANNUAL COMMUNITY VARIETY SHOW "24K TREASURES" CALL FOR ACTS



Spring is certainly in the air and warmer weather is just around the corner. And what does spring mean in Old Saybrook? Why, it means it's time for friends and neighbors of all ages to dust off their dancing shoes, tune up their instruments and warm up those vocal chords in preparation

for Old Saybrook's Annual Community Treasures Variety Show, of course!

Come share the excitement of this year's show brought to you once again by Old Saybrook Youth and Family Services through the Healthy Communities Healthy Youth initiative. This year's show theme, "24k Treasures" celebrates the abundant treasures of our community. Curtain call will be at 6:30 pm on Friday, May 5th at the Old Saybrook High School auditorium. All Old Saybrook residents are invited to take center stage to share your special talents with friends and neighbors alike. Family, multi-generational and group acts are greatly encouraged! For those who would like to be part of a group performance but don't currently have a group with whom to perform, please contact Youth and Family Services. They may be able to match you up with other likeminded, talented performers.

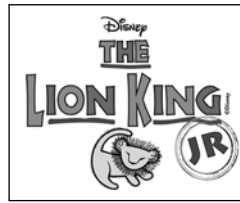
All acts to be included in this year's show must register with Youth and Family Services no later than Monday, April 17th and schedule a 10 minute performance preview appointment. Participants must also plan to attend one Dress/Technical Rehearsal the week of the show. To accommodate all our 'rising stars,' the length of each performance will be limited to 3 minutes and performers will be limited to one individual or small group act.

Tickets will be available at Youth and Family Services and at the door. Adult tickets will be on sale for \$8, seniors \$6 and students \$5. For more information please contact Wendy Mill, Program Coordinator at Youth and Family Services at 860-510-5050 or wmill@town.old-saybrook.ct.us or visit the agency's website at www.oldsaybrookct.org/youth.



One of the family acts from the 2012 Variety Show was a performance of Summer Nights from Grease.

OLD SAYBROOK YOUTH SUMMER STOCK THEATER TO PRESENT DISNEY'S LION KING JR.



OS Youth and Family Services/Healthy Communities · Healthy Youth invite you to Youth Summer Stock Theater's production of Disney's LION KING JR., 60-minute musical based on the Broadway production directed by Julie Taymor

and the 1994 Disney film. The company of actors is made up of Old Saybrook students entering 6th, 7th, 8th and 9th grades in the fall of 2016 and will be led by Director Jodi Kelly (YFS), Choreographer Debra Mals and Production Manager Wendy Mill (YFS). The Lion King JR. tells the story of the epic adventures of a curious cub named Simba as he struggles to accept the responsibilities of adulthood and his destiny as king. Along the way, the young lion encounters a colorful cast of characters including spunky lioness Nala, charismatic meerkat Timon, and loveable warthog Pumbaa. To claim his rightful place on the throne and save his beloved Pridelands, Simba must find his inner strength and confront his wicked Uncle Scar. The Lion King JR. features classic songs from the 1994 film such as "Hakuna Matata" and the Academy Award®-winning "Can You Feel the Love Tonight" as well as additional songs penned for the Broadway production.

OLD SAYBROOK YOUTH SUMMER STOCK THEATER is scheduled to meet weekdays at the Old Saybrook High School Auditorium from 9:00 am until 2:00 pm beginning Thursday, June 22nd through Friday, July 7th. They will then present The Lion King, JR. to the community on Friday, July 7th at 7:00 pm and Saturday, July 8th at 5:00 pm. Show tickets may be purchased at Old Saybrook Youth and Family Services (322 Main Street) or at the door. For more information and to register your student in the program, please visit the OS Youth and Family Services website, www.oldsaybrookct.org/youth and follow the Summer Stock Theater link found in the News and Announcements section or call 860-395-3190.

The Lion King JR. is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. 421 West 54th Street, New York, NY 10019 Phone: 212-541-4684 Fax: 212-397-4684 www.MTIShows.com.

Contact: Wendy Mill, Program Coordinator
Old Saybrook Youth and Family Services
322 Main Street
Old Saybrook, CT 06475
860-395-3190 (agency)
860-510-5050 (direct)
wmill@town.old-saybrook.ct.us



CALLING OLD SAYBROOK YOUTH ARTISTS: Participate in the Youth Art Booth at the Annual Arts and Crafts Festival July 29th & 30th.
Sponsored by Old Saybrook Youth and Family Services (OSYFS) and Old Saybrook Healthy Communities Healthy

Youth (OS HCHY) the Youth Art Booth will feature a collection of talented young artists again this year working in a variety of media. Since 2005 approximately 190 Old Saybrook school-age artists have been featured in the booth, gaining a unique opportunity to exhibit and discuss their artwork with patrons and other artists at the Festival.

The group's exhibit may include photography; charcoal and pencil drawings; watercolor, oil and acrylic paintings; as well as bead-work and other crafts. Subject matter may include Landscapes, Fantasy, Shell Art, Animals, Portraits and more - and is only limited by the artist's imagination.

Participating students (elementary through college-aged):

- will display and may offer for sale if they desire 2-3 finished pieces of work
- will help staff the booth during a pre-arranged 2 hour period on either Saturday July 29th or Sunday July 30th;
- may bring along a 'work in progress' to work on while at the show....or bring along their portfolio to display while there,
- may also have their artwork exhibited in August in the Marshview Gallery at the Estuary Center, including a special reception for artists, families, friends and the public.

Registration forms are available at OSYFS, 322 Main Street, OS or may be downloaded on the OSYFS website at www.oldsaybrookct.org/youth under "News and Announcements." For more information, contact Youth Booth 'Curator' Linda McCall at 860-510-5040 or via email at linda.mccall@OldSaybrookCT.gov.

TEEN PARTIES AND THE LAW: A Parent's Guide to Responsible Hosting. *Excerpt reprinted from Middlesex County Substance Abuse Action Council's (MCSAAC) Parent Guide, with their permission; submitted by Old Saybrook Youth and Family Services.*

As a community, we all depend on each other. Providing a safe, alcohol-free environment for kids is a responsibility all parents can share. A majority of teens living in Middlesex County report that their parents are the biggest influence on their decisions about drinking. Social Hosting sets the wrong example for the kids in our community.

Before the party:

- Set ground rules before the party: state your expectations.
- Parent(s) should be home and visible during the party.
- Invite other parents to attend and help.

- If another parent calls to inquire about the party, invite them to stop in to say hello or phone their child at any time to verify attendance during the party.
- Create a guest list together and stick to it. No "party crashers."
- Limit attendance and the hours of the party.
- Make it clear to your teen that you will be outside checking cars. Do not allow guests to tailgate.
- Notify the neighbors of any large party planned.
- Let your child know that should a serious problem develop, you will call the police if necessary.

During the party:

- Greet every guest at the door. Say goodbye when they leave. Get to know your child's friends.
- Never offer an alcoholic beverage to a person under 21.
- Anyone who attempts to bring alcohol should be asked to leave and have their parents notified.
- Notify the parent of any teen who arrives drunk or under the influence of any drug; if intoxicated, don't let them leave without a parent.
- Check any beverage container brought in by a guest. Open and smell it.
- Be alert for the smell of alcohol on the breath or on clothing as teens arrive. Be observant. Look into their eyes. Watch the way they walk. Listen to their speech.

A few more ideas:

- If you are not hosting the party at your house, know where it is being held.
- Call to verify the event, the hours and if adult supervision will be provided.
- Volunteer to help out.
- Ask if alcohol will be served. If they say yes, remind the adult that serving to minors is illegal, and don't let your child go.
- Be aware of how and by whom your child will be transported to and from the party.
- Call the host during the party to verify your child's attendance.
- Set a time at which you expect your child to be home.
- Be awake when your child returns home from the party.

Your house. Your rules. YOUR REPUTATION.

Social hosting is against the law.
It's also against the better judgement of most of our community. If underage drinking takes place on your property, you will be held legally responsible for what happens at or after the party, even if you didn't buy the alcohol.

Middlesex County Substance Abuse Action Council
860-347-5959, info@mcsaac.org, www.mcsaac.org

Contact your local prevention council:

Old Saybrook Local Prevention Council,
c/o Youth and Family Services, Heather McNeil: 860-510-5042,
heather.mcneil@oldsaybrookct.gov

Old Saybrook Public Health Nursing Board

Town Hall, 302 Main Street, Old Saybrook, CT 06475

NIGHTINGALE SCHOLARSHIP

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

The criteria for the award are the goal of a career in the health services field, acceptance at an approved school, academic achievement and motivation. Applications may be obtained from the Guidance Department at St. Bernard's, Mercy, Old Saybrook, Hopkins, Williams and Xavier High Schools. Completed applications must be returned to the Old Saybrook Public Health Nursing Board mailbox in the Old Saybrook Town Hall, Administration Office by April 21, 2017. The award is made possible from annual contributions to the Old Saybrook Public Health Nursing Board Nightingale Fund Appeal.

NIGHTINGALE SCHOLARSHIP CRITERIA

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

pharmacy and health administration, will be considered second.

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

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

Anterior Hip Replacement Surgery Aids in Recovery

At Middlesex Hospital, a faster and easier recovery from hip replacement surgery is possible. By approaching the hip from the anterior, an orthopedic surgeon can make an incision in the front of the leg instead of the back. This allows the surgeon to reach the hip by separating the muscles—not by cutting and reattaching them. The result: less trauma to the muscles and a better chance of a faster and easier recovery.

Anterior hip replacement surgery allows patients to bend their hip freely immediately after surgery, or as soon as they feel comfortable doing so. By comparison, traditional posterior hip replacement surgery often means limiting a patient's motion for six to eight weeks after surgery.

There are several other benefits to anterior hip replacement surgery. Patients will likely have a smaller incision and less

scarring, and they'll also experience reduced pain and have a reduced risk of dislocation.

If you have arthritis, hip pain, limited mobility or stiffness, you may be a candidate for anterior hip replacement surgery. You should discuss what surgery option is right for you with your doctor.

Middlesex Hospital is consistently disease-specific care certified by The Joint Commission in hip and knee surgeries. It prepares patients for surgery by offering educational classes before they have a procedure. Nurse navigators are there to help patients throughout the process.

For more information about anterior hip replacement surgery at Middlesex Hospital, call 1-800-548-2394.

OLD SAYBROOK PUBLIC HEALTH NURSING BOARD
NIGHTINGALE SCHOLARSHIP
Application

Name: _____

Address: _____

Telephone: _____ Email: _____

Father's Name: _____ Occupation: _____

Mother's Name: _____ Occupation: _____

Number of children in family & ages: _____

Number of siblings in college: _____

Where do you plan to attend college: _____

Have you been accepted into a Nursing Program: (name): _____

Have you been accepted into another medical/health program: (name): _____

Extra curricular activities: Please attach your resume showing what work/volunteer/sports activities etc. you participated in while attending high school.

Why are you applying for this scholarship award, please attach an autobiographical sketch of not more than 150-200 words; include reasons for your application to this scholarship.

*****The following must be included with this application:**

- An autobiographical sketch of not more than 150-200 words.
- A complete official transcript of your high school grades 9-11 and all senior year report cards.
- SAT or ACT scores.
- GPA from your Guidance Department.
- A copy of the resume you have sent with your college applications.
- A letter of recommendation.

The scholarship application will not be accepted without all the aforementioned items. The scholarship packet should be returned to the attention of: Old Saybrook Public Health Nursing Board and delivered to the Town Hall, Administration Office. This year's deadline is April 21, 2017.

Home Healthcare FAQs



Home healthcare is an increasingly welcome option for patients who need specialized nursing or therapy services, but wish to remain at home rather than go to a residential skilled nursing facility. Convenience and personal preference aside, home healthcare studies have demonstrated that people heal more quickly and have greater sense of well-being when they are cared for in the privacy and comfort of their own homes. Old Saybrook Town Nurse Tina Belmont shares home healthcare basics:

Who Needs Home Healthcare? Many home care patients are recuperating after hospitalization for surgery or serious illness. Others require nursing oversight to manage chronic health conditions, such as diabetes, cardiac or pulmonary diseases. Still others seek assistance with age-related mobility problems. If you are under a doctor's care for any illness that requires intermittent professional healthcare services to assist in your recuperation, to monitor a chronic condition, or to maintain your health and independence, you are probably eligible for home health services.

What Kinds of Services? Professional home health services include nursing care, such as medical and psychological assessments, wound care, disease education, medication guidance and pain management; home-based physical, speech and occupational therapies; and life assistance – help with daily activities such as meal preparation, bathing, laundry, light house-keeping and errands. In addition, home visits by medical social workers can be part of patients' care plans.

Will My Insurance Pay? Medicare and most private insurers cover home healthcare services for homebound individuals so long as the services are prescribed by your physician and delivered by a Medicare-certified agency.

To learn more, call the Visiting Nurse Association of Southeastern Connecticut at 860-510-0035, or go to www.vnasc.org. VNASC, a fully accredited nonprofit home healthcare organization, has provided home healthcare to the people of southeastern Connecticut for over 100 years. VNASC: Bringing the healing home.

Age Related Vision Loss

Age-Related Macular Degeneration (AMD) is the leading cause of severe vision loss in adults over the age of 50. This eye disease occurs when there are changes to the macula, a small portion of the retina that's located on the inside back layer of the eye. Commonly, older people develop macular degeneration as a natural part of the aging process. AMD causes loss of central vision and it can occur in two forms: wet and dry.

With macular degeneration, you may experience symptoms such as blurriness, dark areas or distortion of your central

vision, or permanent loss of your central vision. It usually does not affect your peripheral vision. For example, with advanced macular degeneration you could be able to see the outline of a clock, yet you may not be able to see the hands of the clock to tell what time it is.

The majority of people with macular degeneration experience the dry form, which does not have a known treatment, but many people benefit from a vitamin regimen. Unfortunately, vision loss cannot be reversed. The less common wet form may respond to lasers and medical injections if

caught and treated early. Smoking and high blood pressure are often associated with the wet form of macular degeneration.

If you have been diagnosed with dry macular degeneration, you should use a chart called an Amsler grid every day to monitor your vision. Dry macular degeneration can quickly change into the more damaging wet form. If you notice any change of vision, you should contact your ophthalmologist immediately.

Middlesex Eye Physicians, 860-347-7466

Social Services Help Days

SNAP, HUSKY, MSP
CT Food Bank Truck
Dental Clinic
Yale Mammography Van
Garden Plants and Chickens for Eggs on SNAP budget

This spring we will continue Social Services Help Days at Grace Church Hall, 336 Main Street in Old Saybrook with help for state applications for SNAP, HUSKY and Medicare Savings Plan with Cornell Scott Hill Health between 9 am and 3 pm. The CT Food Bank truck mobile pantry will come between 1:30 pm and 2:30 pm to provide food. No application needed, 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. In March we are having a dental clinic with CHC mobile dental. In April we will have the Yale Mammography Van. We offer ongoing health screenings for blood pressure and cholesterol as well as health education and seasonal flu shots with CRAHD, CT River Area Health District, our town RN and Big Y Pharmacy. We also have invited and been working with Workforce Alliance and American Job Center and they will again bring training and employment job opportunities to our residents in need at our Social Services Help Day.

THE OLD SAYBROOK DATES ARE:

- March 23, with CHC Mobile Dental Clinic, Grace Church, 9 am - 3 pm
- April 27, Grace Church, with Yale-NH Digital Mammography Van 9 am - 3 pm
- May 25, Garden Plants and Chickens for Eggs, Grace Church, 9 am - 3 pm
- June 22, Grace Church, with American Job Center, Workforce Alliance 9 am - 3 pm

Social Services Help Day is also being hosted in Clinton and Old Saybrook residents are welcome at Clinton Town Hall annex building on the first Mondays of the month.

The CT Food Bank truck stops there at 12 – 1 pm.

Dates are:

- April 3, Clinton Town Hall Annex, 9 am – 3 pm
- May 1, Clinton Town Hall Annex, 9 am – 3 pm
- June 5, Clinton Town Hall Annex, 9 am – 3 pm

Appointments should be made for state application processing so that you may have proper documentation with you to process your application but walk-ins are also welcome. Appointments should also be called in for the Dental Clinic and the Yale Mammography Van. Please contact Susan Consoli, MA, LPC, Social Services Coordinator at 860-395-3188 or by email at susan.consoli@oldsaybrookct.gov.

I'm ready for counseling, now what?

Submitted by your Regional Mental Health Board liaison

Choosing the right therapist is just one of the decisions that one will face when seeking counseling; however, it is for many the most important one. If the client does not feel a connection with their counselor then making any progress will be challenging. It is reasonable to expect your therapist to

be ethical, confidential, non-judgmental, empathic, and patient. The counselor should work with the client's goals to understand what changes will provide the positive results the client seeks. Using a variety of approaches and techniques, the therapist should design a unique treatment plan for each client.

The client will have a sense if they need

individual, couple or family counseling; however, it would not be uncommon for a therapist to suggest that additional family members, or other people the client interacts with, join a session. The client's feedback and input is welcomed and encouraged as the counselor and client work together.

continued on page 38

**MAKE
GREAT
THINGS
HAPPEN.**

For the past 20 years, the Community Foundation of Middlesex County has been working with community members who have a deep passion and commitment to improving the quality of life for all. We turn their desire to create a legacy of giving into a charitable fund that has a very real and positive impact on the programs and services they care most about. Through these funds, we provide resources to support the arts, education, human services, animal welfare, the environment, heritage enhancements, and other areas of interest. We provide services, programs, and grants to our local nonprofits, working in partnership for a better today *and* a better tomorrow.

We invite you to learn more about how you can support your community. Visit us at www.MiddlesexCountyCF.org or call us at 860-347-0025.



**COMMUNITY
FOUNDATION**
of Middlesex County

Celebrating 20 years of Philanthropy, Leadership, and Legacy.

Ready for Counseling... continued from page 37

HOW DO I FIND A COUNSELOR?

Resources for finding a therapist include one's health insurance program or their primary care physician, suggestions from the state's 2-1-1 service, a local social services department or from a school or church contact, as well as personal referrals from friends, family or another therapist. If you prefer to do your own research www.GoodTherapy.org or

www.PsychologyToday.com can also be helpful resources for finding therapists in your area.

As you begin your search meet with a few different therapists. Some counselors will offer a complimentary consultation where you can ask questions about office hours, fee structure, whether they accept your insurance and if not, do they offer a

sliding scale. If you don't feel it's a good fit, it's OK to say so. Many therapists appreciate your honesty and are happy to help your search with additional referrals.

Jackie Boudinot, LMFT, NCC, CDM
Middlesex Wellness & Mediation, LLC
Connecticut Regional Mental Health Board – CAC10

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.

The Estuary's Medical Lending Closet is downsizing and will only be offering smaller mobility equipment, such as walkers, canes, and transfer chairs. We will no longer be accepting larger medical items. Due to space limitations, call 860-388-1611 to arrange donations of smaller medical equipment.

ESTUARY GYM IS SILVER SNEAKERS APPROVED!

If you are a member of a Silver Sneaker participating health plan

in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness classes. Check eligibility by contacting the Estuary at 860-388-1611.

THE MARSHVIEW FITNESS CENTER

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

ESTUARY THRIFT SHOP

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

We are sad to announce that the Estuary Bingo on Thursday nights will not be starting in April and has been suspended until further notice.

9 Town Transit Partners with Google Maps for Online Trip Planning

Finding local bus route information just got a whole lot easier. In fact, you probably already have it available on your smartphone. Google Maps now includes local bus routes and schedules in its directions feature. Riders no longer have to read timetables. They simply enter the date and time that they hope to arrive at their destination and the trip planner will provide 3 options, showing the amount of time and number of transfers for each option, letting you easily select the most convenient trip.

Google Maps can even provide walking directions, so you can find out exactly how to get to the nearest transit stop or station,

and how to get to your destination once you leave the train/bus. For extra convenience, Google Maps has most locations already stored, so you only need the location name or just a category, such as fast food.

"We are pleased to welcome 9 Town Transit to Google Maps," says Ryan Poscharsky, Strategic Partner Manager at Google. "This partnership shows 9 Town Transit's commitment to innovating, as well as serving and attracting new riders. Together we can provide useful and accurate information to help people quickly get to where they want to go."

Another important feature is the ability to plan trips across agencies and modes. CT Transit New Haven and Hartford, CT Transit Express, Shoreline East and Metro North are all available in Google Maps, so it is easy to plan your trip from Old Saybrook to Hartford, from Manhattan to the outlet malls, or from your Clinton to downtown New Haven. Google Maps tells you all transfers required along with the connecting agency name and contact information.

"We hope this tool makes it easier than ever to plan your trip by bus or train in our region," says Joseph Comerford, Executive Director of 9 Town Transit.

Plan Your Staycation or Weekend



Check out CTVisit.com for your Get Away and FREE Business Listings

Check out CTVisit.com, the state's tourism website, for a wealth of information about all the great things to do near home! Whether you're looking for Day Trips with the Kids or a Weekend Escape, you'll be amazed at all of the options we have right here in Connecticut.

To sign up for newsletters about great escapes and things to do close to home, go to the CTVisit.com contact page and provide your email address. You may also get specific information about your interests by checking off items under the "Get the inside scoop" section on the right hand side of the page.

OWN A BUSINESS?
CTVisit.com Offers FREE Business Listings. Add your business to CTVisit.com the Connecticut Department of Tourism website. It costs you nothing and increases your potential to reach

more customers through social media.

CTVisit.com provides free tourism business listing pages where you can post your information, photos, events and special deals.

Keep your business listing up-to-date. The Department of Tourism looks for seasonal events and specials to use in additional promotions to potential visitors.

For more information contact Rosemary Bove (rosemary.bove@ct.gov) at the CT Dept. of Tourism 860-256-2725.

Old Saybrook Lions Club



Thanks to our newest advertisers and to our faithful renewal advertisers, residents and visitors will be receiving THE LIONS CLUB OF OLD SAYBROOK 2017 PHONE BOOK. This will be our 13th edition, which is now in its final editing phase and preparation

for publication and distribution. Copies will be mailed to nearly 6000 residences and businesses throughout Old Saybrook and additional copies will be available at our Chamber of Commerce, Town Hall, Acton Public Library and other public locations throughout town in plenty of time for the returning summer residents and visitors to pick up a copy of their own.

Our article in the last issue of Saybrook Events resulted in several donations of toiletries and clothing for our "Homeless Initiative." These were delivered to the Covenant House in New London.

We are delighted to be sponsoring one of the Old Saybrook Little League teams again this year and look forward to attending games this season!

We will be co-sponsoring this year's Easter Egg Hunt with the Parks and Recreation Department. Look for information on date and time in our local newspapers and posters around town! Come and visit with the Easter Bunny and our Lion, while you wait for your Easter Egg Hunt to begin! There will be prizes and, of course, lots of Easter candy!

Then, look for us as we march in this year's Memorial Day Parade – yes, the Lion will be there too!

We did two "KidSight" eyesight screening at the Goodwin Elementary School during the month of December for a total of 304 students with 17 referrals to have complete eye exams by an eye doctor. This is a free screening program with a goal to screen children between the ages of 3 and 5 for eye abnormalities such as nearsightedness, farsightedness and irregularly shaped corneas or lenses and/or other abnormalities. The screening is done in minutes, using a "camera," computer and printer in a darkened room. An image is taken of the child's eyes from about 3 feet, then analyzed by a computer; then a printer produces a report immediately for the parent or guardian to take home. On February 7th 53 Students at St. John's School were screened with 4 referrals for eye exams and on February 28th 30 students at the Montessori School were screened with 2 referrals for eye exams.

The Old Saybrook Lions Club still collects used eyeglasses and hearing aids at various locations around town, including: The Town Hall (front entrance foyer), The Acton Public Library, The Estuary Council of Seniors, Inc. and several eye doctors' offices throughout town. Used hearing aids may be dropped off at the County Hearing and Balance office at 900 Boston Post Road.

For more information about these services or any of our activities or services, please email us at oldsaybrooklionsclub@yahoo.com, call: 860 924-5459 or write to Old Saybrook Lions Club, P.O. Box 21, Old Saybrook, CT 06475.

Visit Our Town at www.oldsaybrookct.gov

Women - A Growing Economic Force

Today, women account for 47% of US wealth creators. Two-thirds of women identify themselves as primary decision-makers, not just influencers, when it comes to money. And yet, four out of five women say they lack confidence in their financial knowledge. Women also represent two-thirds of family caregivers, whether it's caring for young children or aging parents. Between their responsibilities at home and at work, many women spend so much time caring for others that they forget to make themselves—and their financial futures—a priority.

TALK WITH YOUR PARTNER ABOUT MONEY. Money can be a complicated and even controversial topic. Open discussion about money makes it easier to develop a financial plan that takes into account your family values and goals and is flexible enough to provide the security you need if Plan A doesn't unfold as expected. Have an understanding of all the different types of assets your family has, and know where your accounts are located and how to access them in case of emergency.

HAVE A FINANCIAL PLAN. Create a family financial plan, even if it's just a high-level one. Talk through the plan together, what kinds of events you need to plan for—education, second homes, weddings, retirement, and your family's legacy. It's the best way for women and their partners to know where the assets are and how they are invested, which can help avoid unanticipated surprises or conflict.

FACTOR IN WIDOWHOOD OR DIVORCE. The average life expectancy for a woman is just over 80 years, which means not only a retirement that could last 15 to 20 years or more, but also a high likelihood of outliving your spouse. Are you prepared to take on the responsibility of making investment and asset allocation decisions as a surviving wife?

Women are often unaware of the true state of family financial affairs until they are plunged into it due to the incapacitation or

passing of their husbands, or divorcees who suddenly find themselves responsible for their own financial well-being while coping with enormous emotional stress. Considering the things you'd prefer not to think about—death, divorce, disability, disaster—allows you to plan for unexpected detours.

HAVE THE CONVERSATION WITH YOUR PARENTS. As the population ages, more and more women will need to shoulder the responsibility of caring for an aging parent. Asking your parents about their financial affairs—wills, insurance policies, investment accounts, birth certificates, passports, long-term care plans—helps you understand if and how to include them in your financial plans.

GET EDUCATED. Don't be afraid to ask questions. Many women are reluctant to reach out to their Financial Advisor, either feeling intimidated or just reluctant to ask simple questions. It is important to entrust your wealth management to someone you can develop a relationship with and who not only understands your needs, goals and risk tolerance but can also help you understand those as well. Your advisor should be willing and able to clearly explain your financial situation, portfolio allocation and anything else—simple or complicated. **DON'T TRY TO BE THE MASTER OF IT ALL.** Just be confident you know enough to recognize whether the advice you're getting is sound.

Maureen Zavatone, Morgan Stanley, Essex

This article is reprinted from Morgan Stanley's "Own Your Own Financial Future: A Guide For Women" (©2015 Morgan Stanley Smith Barney). It is provided to the publication by Maureen Zavatone, a Morgan Stanley Financial Advisor in Essex, CT. The information contained in this article is not a solicitation to purchase or sell investments. Any information presented is general in nature and not intended to provide individually tailored investment advice. Morgan Stanley Smith Barney, LLC, member SIPC.

Cappella Cantorum Upcoming Events

CAPPELLA CANTORUM MASTERWORKS CHORUS CELEBRATES 48TH YEARS

Cappella Cantorum Men's Chorus non-auditioned Registration/Rehearsal, Monday, April 3, 7:00 pm at John Winthrop Middle School, 1 Winthrop Rd., Rte 80, (exit 5, CT 9) Deep River, CT 06417. Rehearsals are Monday nights at 7:30 pm at John Winthrop Middle School.

Music includes: Wade in the Water, Psalm 84, Brothers Sing On. Hallelujah-Cohen, Spiritual and Broadway. \$40.00 Registration, including Music at rehearsal. Contact Barry at 860-388-2871 for information. The first concert is Sun. June 11, 7:30 pm at St. Paul Lutheran Church, 56 Great Hammock Rd., Old Saybrook, CT.

Cappella Cantorum Men's Chorus non-auditioned LATE Registration/Rehearsal, Monday, April 10, 7:00 pm at Trinity Lutheran Church, 109 Main St. Centerbrook, CT 06409. Rehearsals are on Monday nights at 7:30 pm at John Winthrop Middle School.

Music includes: Wade in the Water, Psalm 84, Brothers Sing On. Hallelujah-Cohen, Spiritual and Broadway. \$40.00 Registration, including Music at rehearsal. Contact Barry at 860-388-2871 for information. The first concert is Sun. June 11, 7:30 pm at St. Paul Lutheran Church, 56 Great Hammock Rd. Old Saybrook, CT.

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Old Saybrook Chamber of Commerce Arts & Crafts Festival Returns for 54th Year



Each summer the Town Green is transformed with colorful art work, attracting visitors from across the state and beyond.



Jewelry is one of 16 categories including acrylics, ceramics, pottery, graphics, fiber, mixed media, glass, oils, pastels, leather, painting, photography, metal, quilts, sculpture, and wood.

The Old Saybrook Chamber of Commerce Arts & Crafts Festival returns to the Town Green for its 54th season on July 29 and 30 and is one of the longest running festivals of its kind in the state. This 2-day juried event showcases exceptional fine art and hand crafted work from one hundred fifty artists. The festival attracts an estimated 10,000 visitors and is popular with exhibitors as well—many have exhibited more than twenty years, and travel from Arizona, Florida and Maine and states in between.

This signature summer event is a community effort, involving a host of volunteers and civic organizations, such as the Knights of Columbus, Rotary Club, Lions Club, Boy Scout Troop # 51, Youth & Family Services, O. S. Police Department, O. S. Public Works, O. S. Parks and Recreation, The Kate, O. S. Board of Education, and the Estuary Council of Seniors. If you would like to be involved please contact the Chamber **continued on page 44**



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Arts & Crafts Festival... continued from page 42

office at 860-388-3266. You'll find that the time you give is greatly rewarding! In addition to volunteers, the Festival also relies on monetary donations from "Friends of the Festival." A "friendship" sponsorship is \$100. "Friends" have their name, or name of their business printed on the Festival map—thousands of which are distributed throughout town and to visitors on the Green.

Please call the office if you would like to reserve your sponsorship: 860-388-3266. Last year, 66 businesses and individuals supported the Festival in this way.

Whether you are looking for a unique piece of art or special gift, or simply enjoy perusing fine craftsmanship, stop by the Arts & Crafts Festival—it's a wonderful way to enjoy the community, the arts, and Old Saybrook! For more information visit www.oldsaybrookchamber.com/artscraftsfestival.

Saturday, July 29, 10 am - 5 pm

Sunday, July 30, 10 am - 4 pm

Fire Marshal's Office awards OSMS 4th & 5th Grade Poster Contest Winners



FM OSMS 4th grade poster contest winners.



FM OSMS 5th grade poster contest winners.

On Friday, January 13, Fire Marshal Donn Dobson and his assistant Kathy King surprised Old Saybrook 4th and 5th grade Middle School students with a check presentation during their lunch periods awarding the 1st and 2nd place winners of the CT Fire Prevention Poster Contest. The contest is run by the Connecticut Fire Prevention Poster Committee comprised of Fire Marshals from around the state.

continued on page 46



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Poster Contest... continued from page 44

The theme, "Fire Prevention Everyone Everyday" was required to appear on all of the posters along with pictures about fire safety and prevention rules and tips. Last year, over 130 communities and approximately 30,000 students participated in the contest statewide.

We thank the Rotary Club of Old Saybrook and the Old Saybrook Fire Department for their generous donations which enabled us to award the students cash prizes. We awarded 1st prize winners a \$100.00 check and 2nd prize winners a \$50.00 check. 1st prize for the 5th grade went to Nolan Blewitt, 2nd prize for the 5th grade went to Shikha Patel. 1st prize for the 4th grade went to Charlie Carmichael and 2nd prize for the 4th grade went to Hallie White. All students who submitted posters received an appreciation for participation certificate.

Many of the fire prevention programs currently in place focus only on preschool aged children, and this contest gives us an opportunity to enforce fire prevention and fire safety messages with the 4th and 5th graders.

The winning posters go on to be judged at the county level and then the state level. The top 12 posters are used to create a fire safety calendar, and the winning poster for the state is hung outside of the governor's office.

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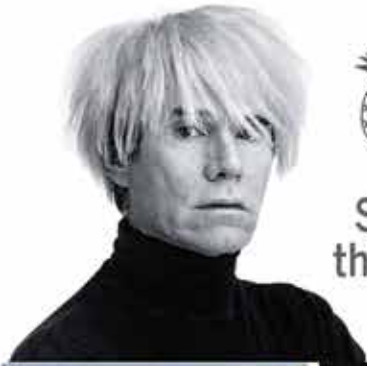
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Katharine Hepburn Cultural Arts Center Spring 2017



The Katharine Hepburn Cultural Arts Center (the Kate) is a vibrant

feature to Main Street in Old Saybrook. The Kate, as a cultural non-profit, relies not just upon ticket sales but also contributions from individuals and corporate organizations. One key feature of contributed income for the Kate is the Golden Pond Society (Society). This Society was established in 2013 to support the development needs of the Kate's long-term sustainability. It is a group of people who give money to the endowment fund of the Kate. This money is permanently invested and grows year over year. It is considered the nest egg that non-profit organizations depend on for their future. The goal is to be able to build an endowment fund that will generate a percentage of interest each year for the Kate to support its mission.

WHY GIVE?

A planned gift to the endowment fund will help ensure that the performances and events that have meant the most to you in your lifetime will continue into the future. You do not have to be wealthy to give! With planned giving, you decide what to give and how to give it! Your help is essential to building the endowment. Please consider making a gift for its support.

The endowment accepts gifts in any amount and almost any form.

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- The Golden Pond Society may be designated a beneficiary (in whole or in part) of a life insurance policy, individual retirement account (IRA) or charitable trust.
- You can also make arrangements for a bequest in your will or estate plan to the Golden Pond Society with the help of your attorney. While you do not need to tell the Kate of your intentions, we hope you do so that we can recognize you as a part of the Golden Pond Society!

If you or your advisor would like to learn more, please contact Dana Foster, Director of Development and External Relations, at dana.foster@thekate.org, today.

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Spring Into Rosé

Spring is finally here and I am sure everyone will agree that it has been a long cold winter. As the days become longer and the weather warms up, the perfect wines to drink are Rosés. The rosé style of wine has become increasingly popular every year, and why not? Aside from being refreshing, rosés pair well with a vast array of foods and are extremely palatable to almost any wine drinker.

Rosés are comprised of mostly red varietals but are occasionally blended with a small amount of white grapes. You might ask, where does the pink color come from? Well, the juice from all grapes is clear, the color of the wine depends on how long the skins stay in contact during the wine making process. The longer the skins stay in contact, the darker the color of the rosé. In my experience, the deeper rosés tend to have dark fruit flavors such as blackberry, cassis and plum, while the pale rosés taste of strawberry, cherry and watermelon. French rosés from Provence, for example, tend to be a pale salmon-like color and are light and refreshing in body, while Cotes-du-Rhone rosés are brighter pink and weightier in the mouth.

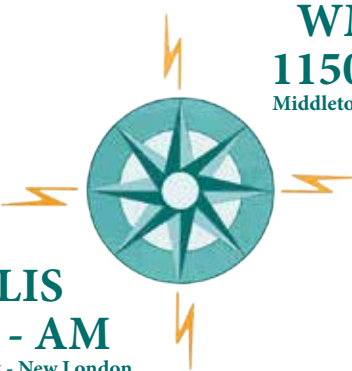
Because of the long run of White Zinfandel in the United States, many people believe that all rosés are sweet. White Zinfandel is made in a different fashion than true rosés, it has lower alcohol and higher residual sugar. Most rosés are in fact drier than one would expect. This makes them easy to pair with many different foods, from appetizers to entrees and deserts.

It is time to invite your friends over, uncover and strike up the barbeque grill, and crack open a refreshing bottle of rosé, it will surely please your entire crowd. Happy Spring!

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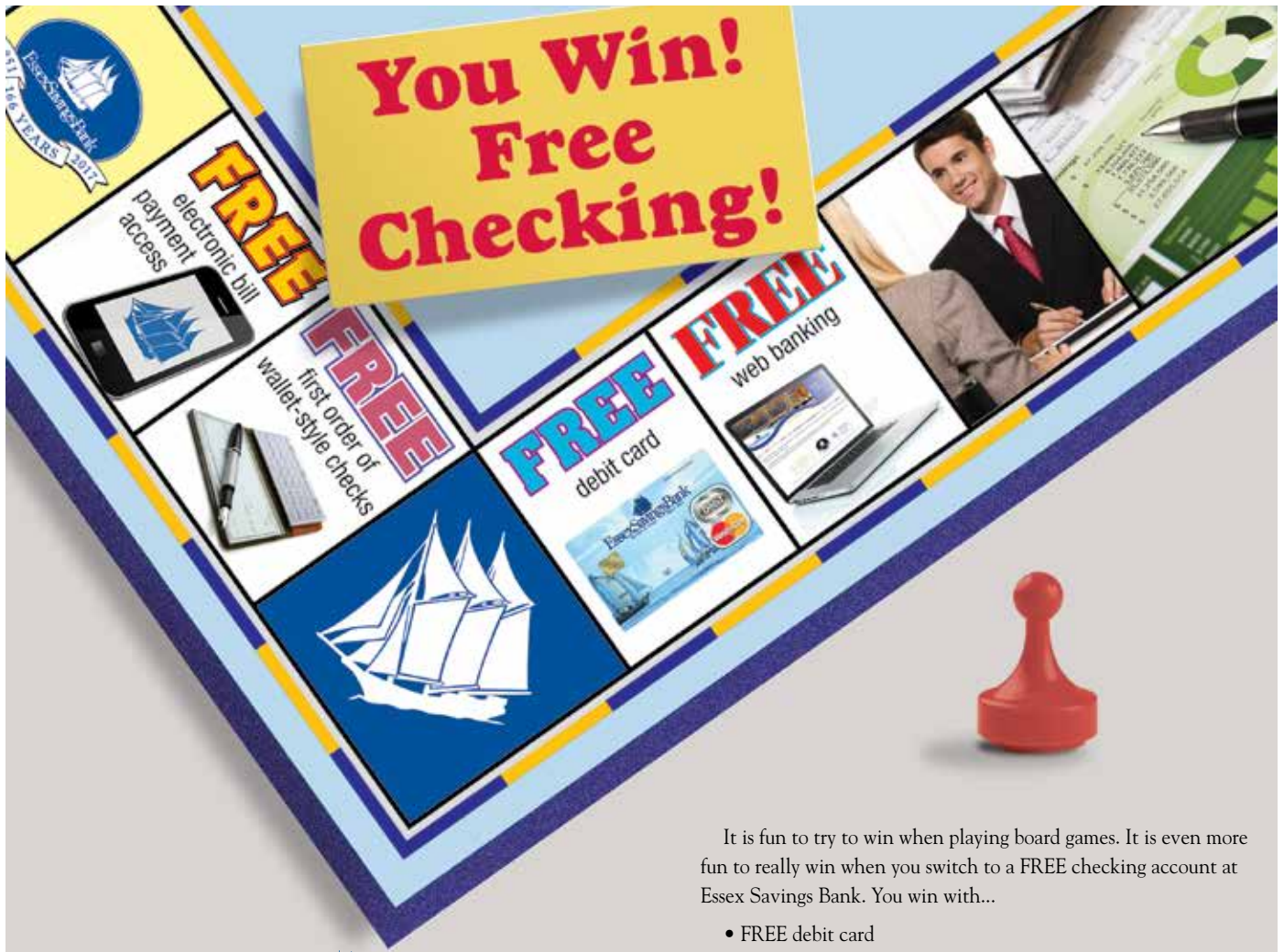
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