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# The Selectmen's Corner

Happy spring from the Board of Selectmen, which consists of First Selectman Carl P. Fortuna, Jr., and Selectmen Scott Giegerich and Matthew Pugliese. The spring season brings the beauty of the shoreline into full view with all the greenery and flowering of plants. I hope you enjoy the season and can get outside and enjoy all that our town has to offer. The Board of Selectmen thanks you for entrusting us with running your local government.

The Town of Old Saybrook is once again working on its finances for fiscal year 2021 (July 1, 2020 - June 30, 2021). Let's call this the "Budget Issue."

## BACKGROUND

The proposed budget is the final product of several joint Boards of Selectmen and Finance budget workshops designed to review and assess budget presentations by Town department heads. As required by the Town Charter, the finalized proposed budget must be presented to the Board of Selectmen no later than February 15th. It must be submitted to the Board of Finance by March 1st.

## BUDGET FOR FY21

The Town-wide budget for FY21, which commences on July 1, 2020 and ends on June 30, 2021, projects a total increase of \$653,187, or 1.4%. The revenues that will support this budget will be based primarily on property taxes, real and personal. Property taxes for

this budget will be based on the Grand List of October 2019.

Over the past eight budget cycles, I have been committed to creating a methodical and thoughtful budget process to ensure appropriate funding to meet the service needs of the General Government (GG) budget while creatively redesigning operational processes, prudently renegotiating contractual terms, and addressing long term capital needs and liabilities. FY21 Budget highlights include stable finances, appropriate capital investment and healthy reserves. With this budget the Town will remain well positioned for the future. This budget also provides funding for projects that will make our community a better place to live, work and enjoy its recreation.

From an operational standpoint the work done in FY20 will continue to affect not only FY21 budgets, but is intended to keep expenses in check across multiple fiscal years. Here is a snapshot of what we have done and continue to do:

- The Town continued to invest in projects that improved the quality of life for its residents, which included an ongoing **continued on page 5**



First Selectman Carl P. Fortuna, Jr.



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# events

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## Selectmen's Corner... continued from page 3

program of laying and repairing new sidewalks and installing a new pickleball court.

- The Town performed a legal review of its Human Resource (HR) practices during FY20 to ensure consistent application of HR policies and fair treatment of all employees. As part of this process, the employee handbook was updated to reflect current laws and best practices. A supervisor handbook (and training) was developed to assist Supervisors in implementing the handbook. Finally, an audit of the HR and payroll department was conducted to assess/update the HR practices and to reduce legal risk.
- We continue to protect our Town's data and information systems through a well-designed information technology strategy that moves the Town's data from internal servers to the cloud - again pro-actively managing risk and Town liabilities.
- All contractual arrangements are carefully reviewed and renegotiated on an ongoing basis. This includes collective bargaining contracts, benefit plans, and building maintenance.
- With regard to the Town's outstanding debt, the Town was able to refinance a portion of its outstanding debt. This refinancing saved approximately \$400 thousand in debt service expense over the life of the bonds, restructured bond maturities to keep the Town's debt service level and reduced the outstanding life of the Town's debt.
- A new debt service stabilization fund was created as part of the Town's strategy to manage its long term liabilities. Stabilization funds are used to set aside surplus revenue for times of unexpected revenue or expense deficits or to mitigate yearly budget spikes. Stabilization funds will mitigate risk during fiscal stress or fiscal years with large budget swings. This occurs most often when new debt is issued and debt service increases significantly.
- Contributions to pensions remain steady and the Town's defined benefit pension plan remains well funded (90%). All eligible new employees participate in the Defined Contribution plan as of July 1, 2017 - further reducing long term commitments.
- Reserve funds have been created and funded annually to address purchases on large equipment, building maintenance and other high cost purchases. This smooths out budget fluctuations over the long term.

By keeping our eye on the long term our yearly budgets have met both short-term operating obligations and successfully planned for the future in a cost effective manner to maintain financial health for the next generation of tax payers. The budget for FY21 is no exception and some specifics of the proposed budget are outlined below.

### FY21 REVENUES

General Fund Revenues for FY21 are, of course, set to equal the  
**continued on page 6**



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## Selectmen's Corner... continued from page 5

Expenditure Budget. Local property taxes (commercial, residential and personal) are projected to make up the majority of the General Fund revenues. Local fees will contribute approximately 2.5% to total revenues.

The Town will budget \$400 thousand in State funds for this year's budget, an increase of \$25 thousand over last fiscal year and an amount that is reflective of amounts received from the State. Local revenues are projected to remain level.

### FY21 EXPENDITURES

All told, the Town-wide budget is up 1.4% which is inclusive of the GG budget, debt service and the Board of Education. With regard to the GG budget:

- Department heads continue to closely manage resources and their bottom line and focus on creating efficiency. Over the past several years, the Town has not added any new positions, and in fact through attrition several functions have been reorganized. This budget does contemplate adding one half of a third shift dispatcher position. This position was budgeted for a half year (and hired in) FY20 and the FY21 budget will reflect the full yearly salary of this new hire.
- Debt service is projected to decline \$5,409 vs. last fiscal year and will contribute to keeping overall expenses low for FY21.
- The Board of Education has approved an increase in their overall budget of \$260,276 over FY20. This budget will now be subject to Board of Finance review and possible revision.

### BUDGET SUMMARY - EXPENSES FOR FY21

	FY 2020	FY 2021	\$ Increase	Percentage
General Government Operating Expense	16,761,338	17,159,658	398,320	2.38%
Debt Service	3,238,104	3,232,695	-5,409	-.17%
<b>Total General Government Expense</b>	<b>19,999,442</b>	<b>20,392,353</b>	<b>392,911</b>	<b>1.96%</b>
Board of Education Operating Expense	26,520,727	26,781,023	260,276	.98%
<b>Total Government</b>	<b>46,520,169</b>	<b>47,173,356</b>	<b>653,187</b>	<b>1.40%</b>

### FY21 CAPITAL RESERVES

This budget reflects the continued practice of reserving today for future expenses. Funds in the amount of \$755,00, an increase of \$20, 409 over last year's budget will be added to reserve accounts through the capital outlay budget. These funds accrue for fire department apparatus, public works equipment, capital non-recurring items, revaluation expenses, catastrophic illness, general contingency and retirement payouts. In addition the town plans on several smaller projects as follows:

- \$25,000 for a roof sinking fund

- \$4,000 for stone work around Town sign entrance ways
- \$29,000 for new signage for Park & Recreation and Public Works
- \$6,800 for carpet for mini golf
- \$9,025 for carpet for the Vicky Duffy Pavilion
- \$10,600 for irrigation on Maple Avenue
- \$5,600 for gutter guards for the Library

### FY21 CAPITAL EXPENDITURES

An amount of \$599,804 thousand has been identified for FY21 capital expenses associated with the Fire Department, Police vehicle lease, continued work on town roads, building maintenance, park & recreation capital needs and investment in technology infrastructure.

In sum, it is important to view the budget as a planning document, one that provides our citizens with the best service at the best value, one that looks forward to the next fiscal year and beyond and one that pays close attention to State finances. I believe this General Government budget accomplishes these important goals. The FY21 budget, inclusive of the Board of Education budget, will likely see a small increase in the mill rate of approximately .27 mills.

**To give an idea as to the tax implications of these numbers, I offer the following examples:**

Home Market Value*	Assessed Value*	Mill Rate Increase		
		.20 Mill	.27 Mill	.35 Mill
\$325,000	\$227,500	\$45.50	\$61.43	\$79.63
\$450,000	\$315,000	\$63.00	\$85.05	\$110.25
\$575,000	\$402,500	\$80.50	\$108.68	\$140.88

\*The mill rate is calculated off of the assessed value which is 70% of properties market value.

All in all of these mill rate projections are historically low. The .27 number delineated above would still one of the lowest mill rate increases going back over twenty-five years, following recent small or zero increases over the last two years. Being very familiar with city and town budgets all over the State, I am quite confident in stating that few towns in the State of Connecticut, if any, have presented budgets as transparent and as tightly controlled as ours. In recent years, many towns, including several along the shoreline, have used reserve funds to artificially suppress their mill rate; Old Saybrook has added to its reserves. Government is a service industry and, proportionate to the services we offer, I believe there is good value in the budget submitted.

Respectfully,  
Carl P. Fortuna, First Selectman

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# Tax Bills - Methods of Payment

When the budget is adopted by a referendum vote in May, the terms of payment are established and adopted as part of the budget approval process. Terms of payment include when Real Estate and Personal Property taxes are eligible to be divided into two equal installments instead of one lump sum. This is usually determined based on the dollar amount of the tax bill - for example, in 2019 any Real Estate and Personal Property tax bill over \$100 was eligible to be paid in two installments.

Tax bills are mailed in mid- to late-June. If a taxpayer is eligible for installment payments, the first installment is due July 1 and the second installment is due the following January 1. One bill for Real Estate and Personal Property will be mailed with two payment stubs - one each for July and January. The Tax Office does not send reminders in December for tax balances due in January. It is the responsibility of the taxpayer to make the installment payments when they are due.

Motor vehicle tax is due and payable in one installment on July 1. Delinquent motor vehicle taxes are reported to the CT DMV and will prevent you from being able to renew your registration. If you need to pay delinquent motor vehicle tax to obtain a CT DMV release, the quickest way to obtain the release is to pay the delinquent bills in your name, in cash, at the Tax Office. If you pay

online, the Town will not receive the funds for three to five business days.

## ALL TOWN TAXES CAN BE PAID USING SEVERAL METHODS:

### 1. Mail your payment.

Include the payment stub or stubs and your check. Please read your check carefully to be sure the numeric entry and written entry read the same. If you would like a receipt, please include a self-addressed, stamped envelope.

### 2. Pay in person at the Tax Office in Town Hall.

The Tax Office accepts cash or check. No credit/debit cards can be processed at the Tax Office.

### 3. Use your online bill-pay service through your bank.

Please identify the tax being paid in the memo area of the check by using the Unique ID #, usually an eight-digit number located on the tax bill just above the name and mailing address OR identify the address of the property for which the tax is being paid (the list number changes annually.)

### 4. Pay by credit/debit card (2.5% processing fee) or electronic check (flat fee of \$2.50.)

To pay your bill electronically, visit the Town website at: [www.oldsaybrookct.gov](http://www.oldsaybrookct.gov). Scroll to the bottom of the page and click on "LOOK UP & PAY TAX BILL." Please read the policies

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associated with online payment and then click on "CLICK HERE TO PROCEED." On the next page, you can search by name, address of taxable property, unique ID #, or list number. Tax bills with a balance due will show in the outstanding column with a shopping cart to the far right. Add the bills you would like to pay by clicking on the shopping cart. By choosing credit card or debit card you will be asked to confirm/agree to the 2.5% processing fee or electronic check fee of \$2.50. Enter the requested information and proceed. Please note: The Town does not receive funds associated with online payment for three to five business days after the transaction date. Once the Town has received your funds, they will be posted to your account.

The Town website can also help you find information regarding taxes you paid during the year. This can be helpful as you prepare your state and federal tax returns. Simply go to: [www.oldsaybrook.ct.gov](http://www.oldsaybrook.ct.gov), click on search and choose "IRS Payment Records for Year XXXX;" you can print the information that is displayed.

It is best to use a desktop or laptop device to access information from the Town website. Experience has shown us that cell phones and tablets may not have compatible security protocols.

Barry E. Maynard, CCMC,  
Tax Collector

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## Vegetation Control for Safety

We are asking property owners to cut back their tall grass, weeds, brush and tree limbs at site line corners that may limit a driver's view of the road and or traffic signs. Vehicle movement through an intersection requires clear visibility. Help improve pedestrian/cycling safety by maintaining the quick growing vegetation this time of year especially in the beach communities with many children on bikes and walker travel.

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Larry Bonin, Director  
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# Old Saybrook Economic Development

## BUSINESS SUPPORT SERVICES FOR WOMEN

Women, and minority women in particular, have been starting businesses at a faster rate than any other demographic in the past few years. Several resources have sprung up to support their budding businesses. If you are an enterprising woman, read on.

## THE SMALL BUSINESS ADMINISTRATION (SBA)

<https://www.sba.gov/>

The SBA offers training and funding support for all entrepreneurs along with some programs specific to women. The Office of Women's Business Ownership (OWBO) oversees regional Women's Business Centers (WBCs) with specialized services for women entrepreneurs. Services include business training, counseling and access to funding. The SBA helps women-owned businesses get certified and register for federal contracting opportunities to take advantage of the federal government's goal to have five-percent of its contracts with women-owned small businesses. The SBA sponsors matchmaking events throughout the country to help connect small businesses with procurement officials at federal agencies.



WOMEN'S BUSINESS DEVELOPMENT COUNCIL (WBDC)

<https://ctwbdc.org/>

The WBDC provides training and education to help women launch and scale their businesses.

## In Connecticut, the WBDC also hosts three SBA Women's Business Centers in regional offices:

The Southwest Women's Business Center - 203-353-1750

The Southeast Women's Business Center - 860-574-9246

The Naugatuck Valley Women's Business Center - 203-751-9550

## SMALL & MINORITY BUSINESS ENTERPRISE PROGRAM (SBE/MBE)

Connecticut's Department of Economic and Community Development (DECD) also provides support services to Women-Owned Businesses. Through DECD, Women-Owned Businesses can register for certification through the SBE/MBE program which helps identify state procurement contract opportunities.

## DREAMBUILDER

Start your business using this webinar series designed for women. DreamBuilder's curriculum introduces participants to all aspects of business ownership in both English and Spanish. At the conclusion of the program, women will have a business plan to start or expand their business.

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# Old Saybrook Chamber of Commerce

## TEE UP CHAMBER'S ANNUAL GOLF TOURNAMENT

Fox Hopyard in East Haddam hosts the Old Saybrook Chamber of Commerce's annual golf tournament on Monday, June 1. Golfers of all skill levels are invited to play and enjoy golf at one of Connecticut's premier golf courses. The entry fee of \$175 includes golf with cart and a backyard barbeque lunch. Shotgun start is 9:00 am, with scramble format. Visit: [oldsaybrookchamber.com](http://oldsaybrookchamber.com) for more information.

## EXPLORE SCOTLAND WITH THE OLD SAYBROOK CHAMBER OF COMMERCE

The Old Saybrook Chamber invites Chamber members and the community to join them on this once in a lifetime tour of Scotland. The departure date is October 20, 2020, leaving from New York. Enjoy an eight day journey to Scotland, with 2 nights in Edinburgh, 2 nights in Inverness, and 2 nights in Glasgow. Enjoy city tours of Edinburgh, St. Andrews, Inverness, Stirling and Glasgow. Visit some of the many castles, cathedrals and historic monuments Scotland has to offer, as well as a guided tour of the Old Course, and the famous Loch Ness. Explore the city of Glasgow, the largest city in Scotland, and visit Kelvingrove Art Gallery & Museum, one of Scotland's most popular museums.

"This is truly an amazing opportunity to participate in an international journey to Scotland, where travelers can experience the



Hayden Reynolds and the team from Reynolds Subaru enjoy a round of golf at the Old Saybrook Chamber of Commerce's annual golf tournament.

country's culture, make lifelong friends, and new memories," according to a recent Chamber traveler.

This is the Chamber's seventh international trip with Chamber Discoveries. Reserve now and pay \$2,949, a savings of \$300 on the package price of \$3,249. The eight-day package includes round trip airfare, 6 nights hotel accommodation, daily breakfast, round trip transportation to JFK, and more. An optional three night extension to Belfast is available. If you've been dreaming of exploring Scotland, this just may be the trip for you! For more information about this amazing vacation please call the Old Saybrook Chamber of Commerce at: 860-388-3266 or email Judy Sullivan at: [judy@oldsaybrookchamber.com](mailto:judy@oldsaybrookchamber.com).

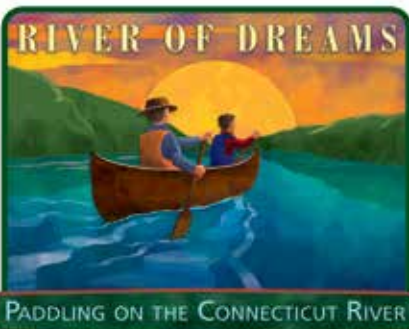


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# Town Clerk's Office

Sarah V. Becker, Town Clerk  
Christina Antolino, Assistant Town Clerk  
Cindy Kane, Assistant Town Clerk

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Town Website: www.oldsaybrookct.org

## CONGRATULATIONS!

Kevin Langlois and Jacquelyn Mitchell - December 9th

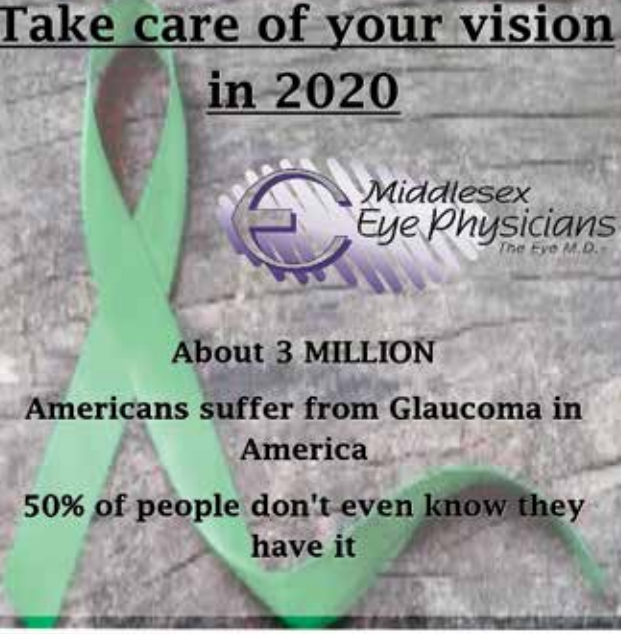
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- |                  |                    |
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| Bruce Arneill    | Ronald LaCroix     |
| James Bohan      | Tyler Makowicki    |
| Jean Brown       | John McElroy       |
| Lois Carlson     | Elizabeth McNamara |
| Richard Carlson  | Joan Milardo       |
| Harold Carver II | Ena Monk           |
| Jeanetta Conway  | Janet Morrison     |
| Glen Dennison    | Ralph Neely        |
| John DiBella     | Audrey Parizo      |
| Eileen Forster   | Frances Perfetto   |
| Phyllis Fowler   | Max Philbrick      |
| Robert Henry     | Kathryn Ring       |
| Terry Humbert    | Ethel Rodriguez    |
| Paul Izant       | Lucy Sacco         |



- Beatrice Sawyer  
Robert Sayles  
Betty Schultz  
Loretta Scribner  
John Soper  
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# Social Services Help Day

**DENTAL CLINICS, MOBILE FOOD PANTRY, EMPLOYMENT HELP, GROW YOUR OWN FOOD, BACKYARD & CONTAINER GARDENS**

Social Services Help Day is sponsored by Old Saybrook Social Services and held at Grace Church Hall, 336 Main Street, Old Saybrook every 4th Thursday of the month from 10:00 am - 3:00 pm to provide local access to programs for residents in need.



The CT Food Bank truck mobile pantry will come between 1:30 and 2:30 pm to provide fresh food and produce for all who need it and dieticians will provide information on healthy food choices and eating on a low budget. Plants and seeds will be provided in May to help folks grow their own food. We also offer ongoing health screenings for blood pressure, cholesterol and diabetes as well as health education and flu vaccinations with a registered nurse on site. In the summer we offer information on skin cancer prevention and sunscreen.

We provide information and help for state HUSKY and ACCESS Health programs on site and Mobile Dental will be coming again this summer offering free dental cleanings and screenings. Workforce Alliance/American Job Center will be on site to bring employment and job opportunities to our

residents in need of a job or free training to obtain a job.

**Please see the dates below for these and other programs offered at our Social Services Help Days in Old Saybrook:**

- April 23 10:00 am - 3:00 pm, American Job Center , CT Food Bank Mobile Pantry 1:30 - 2:30 pm
- May 28 10:00 am - 3:00 pm, Grow Your Own Food, CT Food Bank Mobile Pantry 1:30 - 2:30 pm
- June 25 9:00 am - 3:00 pm, CHC Mobile Dental, CT Food Bank Mobile Pantry 1:30 - 2:30 pm
- July 23 9:00 am - 3:00 pm, CHC Mobile Dental, CT Food Bank Mobile Pantry 1:30 - 2:30 pm

**Old Saybrook residents also welcome in Clinton on First Fridays for food truck:**

- April 3 CT Food Bank Mobile Pantry 9:00 - 10:00 am
- May 1 CT Food Bank Mobile Pantry 9:00 - 10:00 am
- June 5 CT Food Bank Mobile Pantry 9:00 - 10:00 am

For more information please contact Susan Consoli, MA, LPC, Social Services Coordinator at: 860-395-3188 or by email at: susan.consoli@oldsaybrookct.gov and like us on our Face Book page, Old Saybrook Social Services, for updates.



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# CELIAC PROJECT: Film Event for Celiac Awareness Month



Are you one of a 100 people walking around with celiac disease and not aware of it? Do you have frequent migraine headaches, unexplained body aches, digestive issues, anxiety and any of 300 other symptoms? Do you have a grandparent or relative that had unexplained “stomach issues?”

The Celiac Project, a documentary film, depicts the story of one families struggle to find answers, get properly diagnosed and eventually move forward towards a healthier life for the whole family. We hope if you or a loved one are one of the 83% of people currently undiagnosed, that you will find helpful information and resources through this film.

Old Saybrook Social Services with the Gluten Intolerance Group of ShorelineEast, GIGSE, is pleased to sponsor this free event during Celiac Awareness Month, Saturday May 16, 2020 at 2:00 pm at the Acton Library, 60 Old Boston Post Road, Old Saybrook. Medical and nutritional professionals will be present, gluten-free

refreshments will be served and questions will be encouraged. Reservations are encouraged as seats are limited.

Please join us! Sybil Nassau is the Co-Chair of the Celiac Project event and is the outgoing President of GIGSE. Like the group on Facebook for helpful information or contact her at GIG.ShorelineEast@gluten.org

Gluten free foods are also needed by Shoreline Soup Kitchens and Pantries to help others in need. Donations can be made at a collection at our event or on Tuesdays, 10:15 am - 2:00 pm at the Old Saybrook Pantry, First Church of Christ, 366 Main Street, Old Saybrook or by calling: 860-388-3188.

To register for this event please contact Susan Consoli, LPC, LMHC, Social Services Coordinator at [susan.consoli@oldsaybrookct.gov](mailto:susan.consoli@oldsaybrookct.gov) or 860-395-3188. Like our page on Facebook, Old Saybrook Social Services, to receive information on this and other program offerings.

## Senior Strings



We all know playing an instrument can be fun, right? Did you know it may also aid in delaying the onset of age-related memory loss?

Research has indicated that learning a musical instrument may help prevent

Alzheimer's disease. Music and cognition are inexorably linked. We know that perceiving and creating music require complex neural (brain) activity. Alzheimer's disease is characterized by a loss of neurons and the connections between them. Interestingly, a clinical study showed that older adults who were more active, including those who played an instrument, were less likely to develop Alzheimer's disease than less active older adults. The cognition involved in learning to play an instrument fosters the growth and strength of the brain's neural network, and as such can act as a deterrent for Alzheimer's disease as well as other forms of dementia.

Susan Consoli, LPC, LMHC, Social Services Coordinator and Municipal Agent for the Elderly, is organizing “Senior Strings,” a group for senior citizens that will learn how to play the violin! Martha Herrle from Goodwin Strings will be instructing our group of seniors.

Please contact Susan Consoli at: [susan.consoli@oldsaybrookct.gov](mailto:susan.consoli@oldsaybrookct.gov) or at: 860-395-3188 if you have a violin you no longer need or use, and we will give it a new life as part of Old Saybrook Senior Strings!

If you would like to be a part of this project, please let Susan know!

## Estuary Council of Seniors, Inc.

Main Street, Old Saybrook, CT 06475 | 860-388-1611

### CHEF'S TABLE

The popular Chef's Table dinner is back! Being held at The Estuary Council in Old Saybrook on May 2 at 6:00 pm, this is a five course dinner featuring amazing menu selections, a small cocktail reception, and live music. There are only 32 seats available so reserve yours today! Enjoy your meal alongside gorgeous views of scenic North Cove. This event is open to the public and all are welcome. Reservations and payment are required in advance and can be made by calling 860-388-1611 ext. 210 before April 24.

### SENIOR PROM

Join us on May 16th from 6:00 - 9:00 pm for the Estuary Council's 3rd Annual Senior Prom. It's an evening full of fun, live music, dancing, dinner, drinks, and even the crowning of a King and Queen. Visit the senior center at 220 Main Street in Old Saybrook to get your tickets.

### SUMMER COOKOUT

The Estuary Council resumes it's 5 at 5 dinner series on Wednesday, June 17 with a summer cookout. Tickets are required and can be purchased at the senior center at: 220 Main St in Old Saybrook.



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\*Source: SmartMLS. \*Closed Total Volume for Single Family Sales 1/1/19 - 12/31/19. While information is believed true, no guarantee is made for accuracy.

# Old Saybrook Historical Society

*Dedicated to Preserving, Protecting and Promoting the History of Old Saybrook*

## HISTORY ON THE MOVE

On Saturday, May 16 from 8:30 am to 11:30 am, you are invited to join a guided bike tour and pedal back in time to visit and learn about local sites related to the battles of Saybrook Fort and the Pequot War. This journey into history will feature brief talks at each stop by David Naumec who was one of the principal investigators of the multi-year archaeological work conducted at Saybrook Point. His comments will include information about the siege at Saybrook Fort, the actions in the corn field, the ambush at "the Neck," the location of Saybrook Fort and more. He will be joined by Tedd Levy, Historical Society member who led the Society's project to develop programs and materials to increase awareness and understanding of Fort and Pequot War.

The tour will cover approximately eight level miles and will begin and end at the Gen. Wm. Hart House, 350 Main Street where the exhibit gallery will be open featuring artifacts and notes related to "The Struggle for Survival." Stops at historic locations will be made at various places including Cornfield Point, Saybrook Point, North Cove, and College and Main Street. So, tune up your economical, non-polluting, energy efficient, fat-fighting, health improving two-wheeler and join us in an historic journey.

Participants will meet at the Gen. Wm. Hart House, 350 Main St., Old Saybrook for announcements and departure at 8:30 am. All participants must have a reasonably good condition bike, an approved helmet (required,) sign a waiver and provide emergency contact information. Registration is day of ride and limited. Cost is \$10.00. Participation is free for children under 16 if accompanied by a parent or guardian. The ride will be held even in light, misty weather. If cancelled, rain date is same time, May 30, 2020. For questions, contact the Historical Society at: [contact@saybrookhistory.org](mailto:contact@saybrookhistory.org) or call 860-395-1635



Historic marker at Cornfield Point. One of the stops on the "History on the Move" bike tour.

## SAYBROOK HOME HONORED FOR PRESERVATION

Each year the Historical Society presents its Achievement in Historic Preservation award and the latest recipient is Keith and Jane Bolles of Saybrook Home for their preservation and protection of the Ambrose Whittlesey Home at 14 Main Street.

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The house, listed in the National Register of Historic Places, is an exemplary example of architectural and cultural value to the town and is a showcase of thoughtful adaptive reuse of an historic structure. The expansion of Saybrook Home over the years has reflected and maintained the architectural integrity of this early home. The Society will present a plaque to Mr. and Mrs. Bolles at ceremonies at Saybrook Home on Friday, April 24, 2020 at 4:00 pm. The public is invited.

#### HONORING VETERANS ON MEMORIAL DAY WEEKEND

In what has become an annual Memorial Day weekend custom, Scott Carson will lead a narrated tour of burial sites at the Upper Cemetery, North Main Street on Sunday, May 24th, at 4:00 pm.

This popular event will note some of the many veterans buried here, including those from the American Revolution, the War of 1812, and the Civil War. There is also one grave site that is entitled to have both the British and American flag placed at his marker.

The Cemetery, sometimes known as the Municipal Cemetery and founded in 1750, also includes the burial site of Thomas Acton, Fero a slave and members of his family, and numerous members of prominent local families.

The tour will be held in light rain or sunshine. Admission is \$5.00 with children accompanied by an adult admitted without charge.

#### THE "HEART" OF THE HART HOUSE

Kitchens are often known as the heart of the house and there are two in the Gen. Wm. Hart House, one an historic representation of earlier times and the other, a work space for the preparations of food and refreshments for many public functions. The historic kitchen is a fine representation. The newer, working kitchen is cramped and woefully out-of-date but it is about to get an extensive remodeling that will improve the Society's capability to support public functions.

This major renovation is made possible through the generosity of the Scoville Family Foundation which is dedicated to helping non-for-profit organizations in Old Saybrook improve its quality of life. Historical Society president Marie McFarlin said that "the 1767 Hart House is used for numerous social and educational functions. The kitchen has not been updated in more than 40 years and is essential for our success. This contribution will support our work and we are extremely grateful to the Scoville family for their thoughtfulness and generosity." Work on the kitchen is expected to be completed this spring at which time the Society will be happy to show-off both its historic and its renovated kitchen.

The Historical Society welcomes questions, visitors, volunteers, gardeners, and new members. For questions or comments, contact the Historical Society at: [contact@saybrookhistory.org](mailto:contact@saybrookhistory.org) or call 860-395-1635.

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# OLD SAYBROOK OSPR PARKS AND RECREATION



## EASTER EGG HUNT

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

### 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 10th at 10:00 am (SHARP). This event is for all OS residents in grades 4th-6th. Hunters are invited to search the woods for painted rocks which can be traded in for gift certificates, candy prizes and more. Anyone up for the challenge should show up on time and bring their own heavy duty bag or bucket to collect all of the colored rocks they find. Please sign up online or in the office for this event to give us an idea of numbers.

## RAY DOBRATZ ANNUAL FISHING DERBY

On Saturday, April 25th OSPR will hold its 8th Annual Ray Dobratz Fishing Derby at Crystal Lake in Clark Community Park on Schoolhouse Road. This event is offered to Old Saybrook Residents Only. Let's see who can claim bragging rights, the children or the adults? Who will get the biggest catch of the day? Children age 5-15 can be accompanied by a family member and participants 16 yrs and older must have a valid CT fishing license in this great derby which kicks off the fishing season! The lake will be stocked with trout for all to enjoy. The fishing derby starts bright and early at 7:00 am and will run until 10:00 am. Prizes will be awarded for biggest fish caught! Coffee, hot chocolate & donuts will be served in the morning and hot dogs will be available later in the morning. The cost is \$5.00 dollars per person, please register by April 24th.  
**continued on page 20**



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## SELECTMEN'S OFFICE

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

## ACCOUNTING

395-3132

## ASSESSOR

Norman Wood, Assessor	395-3137	Norman.Wood@OldSaybrookCT.gov
Bridget Riordan, Administrative Clerk		Bridget.Riordan@OldSaybrookCT.gov

## BUILDING DEPARTMENT

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

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

Pete Terenzi	395-3133	Pete.Terenzi@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
Patrick Hegge, Environmental Planner		Patrick.Hegge@OldSaybrookCT.gov

## PARKS AND RECREATION

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

Gratia Lewis, Financial Manager	510-5076	Gratia.Lewis@OldSaybrookCT.gov
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## OTHER TOWN DEPARTMENTS

### Acton Public Library - 60 Old Boston Post Road

Amanda Brouwer, Director	395-3184	abrouwer@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

Jeannine Lewis, 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
Angela Gaidry, Administrative Assistant		Angela.Gaidry@OldSaybrookCT.gov

[www.OldSaybrookCT.org](http://www.OldSaybrookCT.org)

## Parks and Recreation... continued from page 18

### APRIL VACATION CAMP

Looking for something fun to do during vacation with a bunch of your friends? Look no further, OSPR has you covered with a full week of camp! Camp will meet at The Rec. April 13th - 17th, 9:00 am - 4:00 pm and is for K-5th Graders. Camp is \$115 for the week. For more information please visit our website at: [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com). Space is limited to, so sign up early!



### OSPR T-BALL

Registration has begun for our annual T-Ball league sponsored by The Parthenon Diner. This co-ed league is for youth 5 years old or in kindergarten.

Each team will practice once a week and have one game a week on Saturdays. Registration will end on Thursday, April 16th and practice will begin on Monday, April 27th. Coaches are needed. If you are interested, please contact Jonathan Paradis and make a note during registration. There will be a coaches meeting on Thursday, April 23rd at 6:00 pm at The Rec. Center.

### OSPR SUMMER CAMPS

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

In addition to our traditional day camps, OSPR has many sport camps we are offering as well. Make sure to check out our basketball, tennis, lacrosse and Adventure Day Camp to name a few. For more information on our summer camps and any programs at OSPR, please visit our website at: [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com) or email Jonathan Paradis at: [Jonathan.Paradis@OldSaybrookCT.gov](mailto:Jonathan.Paradis@OldSaybrookCT.gov). Registration for all of our Spring and Summer Programs starts on Wednesday, April 1st at 9:00 am. You can register online or in person at the Rec. Center.

### SUMMER BASKETBALL LEAGUE WITH OS BASKETBALL CLUB

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

Thursday June 25th. Those who register by June 1st will receive a reversible, blue and white mesh game jersey.



**CT TRAILS WEEKEND**

The first weekend in June has become an outdoor tradition, as OSPR is participating in the CT D.E.E.P and CT Forrest and Parks

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. On Saturday we will have a Paddle Around Dunks Island via the Oyster and Back Rivers in the morning followed by a leisure walk through downtown, meeting at The Rec at 2:00 pm. On late Sunday afternoon, we will have our popular Sandbar Stroll at 4:00 pm at Harvey's Beach. All our events will be led by Jonathan Paradis.

Saturday, bring the family to Paddle Around Dunks Island. Meet at the Rt 1 launch across the street from McDonalds. You can bring any paddle water craft. Personal floatation devices are required. Additional parking will be at OS High School after you drop your kayak, canoe, etc. off. We will begin at 10:00 am and head out on a 4 mile paddle through the Oyster River, the Back Marsh and River and then return on the Oyster River.

Also on Saturday, we walk downtown Old Saybrook. The town has

made great improvements to the walkability of town and we will take you on a 1.5 mile loop around Main St. We will meet at The Rec. (308 Main St.) at 2:00 pm and depart for 2:15 pm.

Then on Sunday June 2nd we have the 3rd Sandbar Stroll at Harvey's Beach. This year we will meet at 3:45 pm and depart for 4:00 pm on a leisure stroll on the sandbars at low tide. We will meet at Harvey's Beach and walk up to the Town Beach and back. This walk will be roughly 1 mile in distance.

**Dogs are not allowed on the beaches.**

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.

**2020 SUMMER**



**CONCERT SERIES**

Nothing says summer in Old Saybrook like our Summer Concert Series brought to you by Guilford Savings Bank! This year we have 11 weeks of music lined up, with 17 shows! We will have eleven Wednesday shows at 6:30 pm on the Town Green and six shows at Harvey's Beach at 7:00 pm on Friday

continued on page 22

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REMODEL WITH PURPOSE

## Parks and Recreation... continued from page 21

nights. The season will start on Wednesday, June 10th and will run through August 21st. We have our annual classic shows and added 7 new bands this year to round out the series. As always, pack a picnic, bring you blanket or chairs and enjoy a great evening of great music!

### 2020 SUMMER MOVIE NIGHTS

Back and bigger than ever, we have our Summer Movie Nights sponsored by Child and Adult Orthodontics. This summer we



will show four movies at two different properties, Saybrook Point, and the Town Green. Our first movie will be Pets 2 on the Town Green on June 19th and we will end the series on The Town Green on August 22nd with Dora & The Lost City of Gold. Also showing this summer are Christopher Robin and Mary Poppins Returns.

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

We are one of the oldest towns in the state, incorporated on July 8, 1854. We have a long history dating back to 1635 when we began as an independent colony known as the Saybrook Plantation. The colony was started when a company of English Puritans headed by Viscount Saye and Sele and Lord Brook, and led by one John Winthrop, Jr. erected a fort to guard the river entrance. We are the site of the Pequot Conflict (war) in 1636.

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

Old Saybrook is one of the most beautiful towns in New England.

Please come to visit us in person. You are welcome in Old Saybrook, where the Connecticut River meets Long Island Sound.

*Visit Our Town online at [www.oldsaybrookct.gov](http://www.oldsaybrookct.gov)*



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# Old Saybrook Education Foundation



At the OSEF annual meeting, the Board re-elected its slate of officers and welcomed two new members.

## Leading the Board are:

Sally Ann Lee, President; Nico Condulis, MD, Vice President; Colby Redway, Treasurer and Julie Pendleton, Secretary. Welcome to new members Ellen Gehret and Heather Milardo.

The Board remains committed to supporting innovative and enhancement grants for all three of Old Saybrook's public schools, which provides programming for teachers in their classrooms and students.

The Board wishes to congratulate the following staff of the Old Saybrook Public School System who were honored as part of OSEF's annual Holiday Giving Program.

- **Goodwin:** Jen Ayer, Jennifer Brodeur, Elizabeth Canavan, Karen Cole, Jen Coogan, Kelly DeAngelo, Janette Dodds, Kate Hanratty, Jermain Johnson, Lindsey Keissling, Susan McElhone, Linda Muratori, Danielle Muscarella, Heston Sutman, Katania Trudeau
- **OSMS:** 7th Grade Team, Krista Bauchman, Karen Evans,

Linda Hunnewell, Catherine Kane, Danielle St. Germaine, Matt Walton, Nicholas Yacovou, Eric Yale

- **OSHS:** Administrative Office Staff, Joe Anastasio, Laura Caruthers, Jennifer Emery, Michael Flegar, Terri Linn, Jeremy Milton, Shayne Munoz, Sheila Riffle, Amber Scherber, Jeremy Taylor, Koren Torre, Gail Valetta, Edward Vautrain, Laura Westner, Michelle Zimmerlin
- **Community Members:** Mike Rafferty
- **District:** Old Saybrook Music Department

The Foundation is also proud to support the following initiatives through our grant program.

- Old Saybrook High School Junior Class Educational Trip to Washington, DC
- Old Saybrook Middle School STEAM Day
- Old Saybrook Middle School 6th Grade Speaker - Geoff Krill speaker

For more information, please visit: [oldsaybrookeducationfoundation.org](http://oldsaybrookeducationfoundation.org) or contact us by email at: [oldsaybrookeducationfoundation@gmail.com](mailto:oldsaybrookeducationfoundation@gmail.com).

## What matters to you...matters to us.

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### The Penultimate Year of the Plan

When you decide to go on vacation, there are many things to consider. How will you get where you want to go? Where will you stop along the way? Why do you even want to go to a particular place? Successful traveling requires meticulous planning otherwise you may find yourself lost without purpose or direction. The trouble is, following an exact plan can also make you vulnerable to missing out on other opportunities that your original plan may not have included. The journey is just as important as the destination and both must be approached with a balance of structure and flexibility in order to have the most successful and enjoyable trip possible.

The vacation analogy also holds true with organizations. Back in 2016, Old Saybrook Public Schools embarked on a great journey, which was called the five-year strategic plan. The destination was a District that implemented state-of-the-art educational standards, maximized student engagement through innovative and highly focused instructional design, and responded to changing demographics through proactive and flexible planning. With one year left on our journey, the question facing Old Saybrook Public Schools is, are we going to arrive at our pre-determined end? The answer is yes... and no.

With the development of the five-year strategic plan came a detailed action plan that outlined the various steps the administration, teachers, and students would take to achieve the out-lined goals. That action plan has been updated quarterly since 2016 and the District has been successful in making many changes for the benefit of our students, including but not limited to; the addition of a full-time social worker, a new English Language Learner teacher, and a District math coach.

The District has also taken steps towards achieving 100% student participation in extra-curricular activities and/or athletics, as well as 100% participation in the high school's internship program. Since 2016, we have seen participation in our art programs and athletic teams rise. We have also seen consistent graduation rates and better standardized assessment scores.

All of this work culminated with this year's release of Old Saybrook's Next Generations Index Score, which is the state's overall assessment of a particular District, measuring a variety of different growth and success factors. After ranking 47th overall in the state last year, the District ranked 9th in the state this year.

Does that mean that every action step in the plan has been accomplished? No, but for good reason. When the original plan was developed in 2016, the action steps that were created to achieve the District's goals were targets aimed at an unforeseeable future.

As the years caught up to the plan, it became obvious that certain action steps had fallen out of line with the goal it aimed to achieve. In other instances, new action steps were taken that better served the plan than the initial actions put in place to achieve the desired goal. In other words, the District remained flexible enough to be able to amend the plan when needed, rather than wasting time and resources on action items that no longer fit with the overall goals.

So that should be it then, right? It's a job well done, mission accomplished, and trip completed. Of course, that is never the case. Like most vacations, one trip has opened the road to further travel plans. The organization must continue to move forward, and planning for the next five-year strategic plan is already underway.

Since November, the District has been surveying students, staff, and parents regarding various topics such as use of facilities, best teaching practices, and student learning preferences. Every stakeholder has had and will continue to have a voice in the formation of the next five-year plan that will shape the future of Old Saybrook Public Schools. We may not know exactly where we are going or how we are going to get there yet, but we do know that it will take trust of the community, the expertise of our entire staff, and the willingness of our students to get us there.



## Starting the Day on the Right Note



For the past nineteen years, the sounds of violins have echoed through the hallways in the early morning hours at Goodwin School. Five days a week, interested

students arrive to school toting their violins to gather with their instructor, Martha Herrle.

When Mrs. Herrle and her family moved from Bloomfield to Old Saybrook, she began teaching violin at the Community Music School in Centerbrook. One of her daughters wanted to continue playing violin in school, but strings were not an option, so Martha started the CMS String

Ensemble. Her youngest daughter, a second grader, wanted to start playing and so she began Goodwin Strings, a before school violin program for second and third graders. Nineteen years later, students at Goodwin School are still benefitting.

As beginners, students first learn to hold the violin correctly and by the end of the academic year, they are able to play twelve different songs. Beyond the songs, students learn to focus, attend, and read music. Students also learn to contribute to a group. These skills are transferable to the classroom and beyond.

Mrs. Herrle marvels at their growth and is thankful she has the opportunity to

reach students at such a young age. The Specials Team at Goodwin shared, “It is such a wonderful experience for students to have a hands-on activity and create music. Students demonstrate intrinsic motivation and make connections with future music activities. It is such a confidence builder!”

Recently, Mrs. Herrle was asked by Sue Consoli of Social Services in Old Saybrook to form a beginning violin class for senior citizens. Research has shown that brain stimulation through music study benefits aging adults and can significantly delay cognitive decline. Hopefully a joint performance by this group and the students at Goodwin School is in the future!

## It's Cool to Be Kind at Old Saybrook Middle School!

In an effort to show our Old Saybrook Middle School community that kindness matters, we challenged students to complete as many acts of kindness as they could during the week of February 3 to February 7, 2020. We believe in a culture of kindness here in the middle school and know the impact it can have on creating a more inclusive environment for all.

During the week, students worked to complete a grid of various kind gestures. There were many blank spaces for students to be creative and identify their own random acts of kindness. At the end of the week, students who completed their acts of kindness were entered into a raffle.

Our culminating event occurred on Friday, February 7th. The whole school came together in the gym to hear students' personal stories of kindness and watch a video of our students, staff, and even Superintendent Perruccio talking about what kindness means to them.

Kindness Week was a five-day event to bring awareness of kindness but is something we need to keep in mind

throughout the entire year. The kindness activities complemented the many other programs we have in place to support the positive social interactions of our adolescent students.

Our RESPECT program promotes positive behaviors across the building and recognizes students for good choices.

PRIDE is an advisory program that is based on the social-emotional needs of the students to support them with friendships, dealing with mean behaviors, and even how to use their technology in a safe and respectful manner.

Also, the school uses restorative practices to help students repair relationships when they are damaged, teach empathy, and social problem-solving skills.

We are lucky to have a community of support to ensure the best possible outcomes for all our students. Kindness Week is one special occasion to add to all the great work being done by the staff to ensure a safe, happy environment for all our students.

## Encountering Differences at Old Saybrook High School

The Encountering Differences program, which features five area high schools, including Old Saybrook, meets with one simple goal: give students the knowledge and tools to address racial incidents, as well as examine their own role in creating a just society.

As part of this experience, program members meet with African Americans in the local area to learn about their family's personal history and their experiences related to race.

The group just concluded their second interview with Donetta Hodge, a Board Member at Sonalysts and one of five exceptional residents of New London

County who are featured as part of the Lyman Art Museum, Stories of Resilience: Encountering Racism. This exhibit also features attorney Lonnie Braxton, Rev. Florence Clarke, Coast Guard Commander (Ret.) Merle Smith, and 19th century freed slave and teacher Ichabod Pease. The exhibit ends on April 11th.

Ms. Hodge spoke with the students about her family's move from the south to the north to escape white supremacist assaults and included the following books in the conversation: *The Negro-Motorist Green Book* by Victor H. Green; *Sundown Towns: A Hidden Dimension of American Racism* by James W. Loewen. Ms. Hodge also shared the different types of racism she

has encountered throughout her life.

Alem Tiden, Old Saybrook High School student and a member of the group that interviewed Ms. Hodge, has discussed with his peers about how much the Encountering Differences program has impacted his life and how it has enabled him to think more about his own heritage. The program has given him the confidence to take more pride in his own Asian-American culture and who he is today.

There is one more Encountering Differences student interview scheduled with Donetta Hodge this spring, along with a trip to the Lyman Art Museum exhibit.

*The mission of the Old Saybrook Public Schools is to educate and prepare students to achieve their highest aspirations, care for others and the environment, and contribute to a global society by working in partnership with families and the community, and by engaging each learner in a rigorous, personalized, and meaningful educational program.*

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## Passport to Connecticut Libraries

During the month of April the Acton Public Library will be participating in the Connecticut Library Associations' (CLA) 'Passport to Connecticut Libraries'. The Library Passport program will be held during the month of April to highlight National Library Week 2020.

At each library you visit, you will get your passport stamped and receive a

small token gift. You can pick up your passport, get your first stamp and receive a pen or pencil at Acton starting on April 1st. At the end of the month you will turn in your stamped passport to a participating library to be sent in for the raffle to the CLA.

The CLA will be raffling off a total of four \$150 gift cards, one for adults and one for children in each category.

**Category one:** each participant who visits at least five libraries will earn a raffle ticket.

**Category two:** each library will select the adult and the child who have visited the most libraries for submission.

Visiting new libraries is a fun way to learn about different towns around the state, plus, you will get a prize and a chance for a great gift card!



### WHAT IS 2-1-1?

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Visit the website for more information: <http://www.211.org/#>



# Acton Public Library

Amanda Brouwer,  
Director  
860-395-3184  
abrouwer@actonlibrary.org

## Children's & Family Programs

Weekly Children's Programs: Spring programs end June 12, 2020.

### WIGGLE BOOKWORMS

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

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

A program for children age 0 - 2 and their families.

### STAY AND PLAY

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

Expand your baby's story time experience with a half hour of social time and baby play.

### FANTASTIC FRIDAYS

Friday mornings, 10:30 am - 11:00 am

A drop-in preschool story time for children ages 3-5.

### ABC AMIGOS: PRESCHOOL STORY TIME

The 1st Friday of every month, 10:30 am - 11:00 am

Free and drop-in preschool bilingual story time. This series is open to all children regardless of Spanish-speaking ability.

Sponsored by the Friends of Acton Library.

### MUSIC WITH MISS MARTHA

The 3rd Friday of every month, 10:35 am - 11:20 am

Join Miss Martha from The Community Music School for a special musical story time! Best for ages 3-5. Free and drop-in. Sponsored by the Friends of Acton Library.

### CRAFTERNOONS

Thursday afternoons, 3:15 pm - 4:00 pm

Kids in Grades 2 - 4! Join in and create a fun craft each week after school on Thursdays. Light refreshments will be served. Please register for any or all afternoons.

### FRIDAY AFTER SCHOOL MOVIES

Friday afternoons, 3:30 pm - 4:30 pm

Especially for kids in Kindergarten and Grade 1! Watch a fun 30-minute movie on our big screen and then make a simple craft to take home. Light refreshments will be served. Please register for any or all afternoons.

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## Acton Library... continued from page 27

### Summer Children's Programs Beginning June 17, 2020 CHILDREN'S SUMMER READING PROGRAM 2020 AT ACTON PUBLIC LIBRARY

For infants and children through grade 5. Go to our website at [actonlibrary.org](http://actonlibrary.org) to sign up, track your time, write book reviews, and claim prizes! Earn an Acton Reading Buck for every 20 minutes of reading. You can use your Reading Bucks to: Read to Bead; Read to Feed; or Read for a Prize.

All programs listed below are drop-in; no registration necessary.

#### ABC AMIGOS

**Fridays, the 1st Friday of every month, 10:30 am - 11:00 am**

A fun, drop-in, bilingual story time for 3 to 5 year-olds. Open to all children regardless of Spanish speaking ability.

#### GET CRAFTY AT YOUR LIBRARY

**Mondays, June 22 - August 24 10:00 am - 8:00 pm**

Drop in to make a fun craft to take home. Supplies are on us.

#### KIDZ LUNCH BUNCH

**Wednesdays & Thursdays in July beginning on July 8th, 11:30 am - 12:30 pm**

Free lunch on Wednesdays & Thursdays at Acton Public Library for children up to age 18.

#### FAMILY NIGHT: HOOKED ON LLAMAS

**Thursday, June 25 6:30 pm to 7:30 pm**

Country Quilt Llamas will be bringing a live llama. Listen to a story and learn all about llamas. Photo op!

#### FAMILY MOVIE NIGHT: FROZEN II

**Thursday, July 2, 6:30 pm - 7:30 pm**

Join us for a fun family G-Rated movie and a light snack.

#### DIMENSIONAL DANCE: BRINGING ART TO LIFE

**Thursday, July 9, 6:30 pm - 7:30 pm**

Explore dance and movement with an engaging dance performance.

#### PLEASE NOTE

*For all children's programs, children under the age of twelve need to be accompanied by a responsible adult, 18 years age or older according to the Connecticut State Statute 53-21a.*

*At all times, caregivers are responsible for the conduct and safety of their children on Library premises. Caregivers must provide appropriate supervision based on the ages, the abilities and the levels of responsibility of their children.*

See our website at: [www.actonlibrary.org](http://www.actonlibrary.org) to register or for more information, or call the library at: 860-395-3184.

## Young Adult - Teen Programs

APRIL

### YA WEDNESDAY CRAFTS:

Wednesdays, April 8th, 22nd, 29th, at 3:00 pm at Acton Public Library

- 4/8 MYO LP record cover remix craft
- 4/22 DIY Plant cuttings.
- 4/29 MYO Rock n Roll Sock Puppets

Free and open to all ages 12-18. Register or drop in and participate Join YA Librarian Brian Story as we gather most weeks for creative crafts

### YA GAME DAYS:

Friday, April 3rd, 17th, 24th @ Acton Public Library

- 4/03 Dungeons and Dragons 2:00 - 4:30 pm
- 4/17 Dungeons and Dragons 1:30 - 4:30 pm
- 4/24 Kahoot Trivia - Harry Potter edition 3:00 - 4:30 pm

Come play Dungeons and Dragons, Chickapig, UNO, The Mind and more from a selection of our favorite table top and card game adventures. Free and open to all ages 12-18. Registration for D&D sessions are suggested as seating is limited and available one month prior to the event. See calendar for details at: <http://actonlibrary.org/teen/>.

### SCHOOL'S OUT! TEEN ACOUSTIC CAFÉ NIGHT

Wednesday, April 15th, 4:30 - 7:30 pm

Open Mic and poetry slam.

### YA COOKING CLASS 2 OF 3:

"Kids Cook by the Book with K. Cobb" - MYO Pizza

Saturday, April 25th, 10:30 am - 12:30 pm at Acton Public Library

- 3/21 Breakfast Burritos
- 4/25 MYO Pizza
- 5/23 Smoothie Bar

Come hungry. Learn to prepare, share and enjoy these classic dishes. Free and open to all ages 12-18. Registration is suggested as seating is limited and available one month prior to the event. See calendar for details at: <http://actonlibrary.org/teen/>.

### TEEN JOBS PREPARATION PROGRAM

Saturday, April 25th, 2:30 - 4:00 pm

"Look good, smell good, be good." OK, but what about applications? Interviews? Join us to brush up on how to put your best self forward.

MAY

### YA WEDNESDAY CRAFTS:

Wednesdays, May 6th, 13th, 20th, 3:00 pm at Acton Public Library

- 5/6 MYO silhouettes art - great for Mother's Day gifts
- 5/13 MYO Pencil Flowers
- 4/29 MYO Paracord Bracelet

Free and open to all ages 12-18. Register or drop in and participate. Join YA Librarian Brian Story as we gather each week for creative crafts.

continued on page 30



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## Acton Library... continued from page 29

### YA GAME DAYS:

Friday, May 1st, 8th, 15th, 22nd, 29th, at Acton Public Library

- 5/01 Dungeons and Dragons 2:00 - 4:30 pm
- 5/08 Mixed games 2:30 - 4:30 pm
- 5/15 Dungeons and Dragons 2:30 - 4:30 pm
- 5/22 Kahoot Trivia - Hunger Games edition 3:00 - 4:30 pm
- 5/29 Dungeons and Dragons 2:30 - 4:30 pm

See calendar for details at: <http://actonlibrary.org/teen/>.

### YA COOKING CLASS 3 OF 3:

“Kids Cook by the Book with K. Cobb” - Smoothie Bar

Saturday, May 23rd, 10:30 am - 12:30 pm at Acton Public Library

- 3/21 Breakfast Burritos
- 4/25 MYO Pizza
- 5/23 Smoothie Bar

See calendar for details at: <http://actonlibrary.org/teen/>.

### TEEN ACOUSTIC CAFÉ

Saturday May 23rd, 1:30 - 4:30 pm

Open Mic and poetry slam.

## JUNE

ALL AGES EVENT: ESCAPE ROOM: A HERO'S JOURNEY

Wednesday, June 8th - Thursday, June 11th at Acton Public

Library, 3 sessions per day 3:30, 5:00, and 6:30 pm

Registration is suggested as seating is limited and available one month prior to the event. See calendar for details at: <http://actonlibrary.org/>.

Summer Learning Program 2020 Sign-ups begin.

“IMAGINE YOUR STORY”

Thursday, June 4th at Acton Public Library

### YA WEDNESDAY CRAFTS:

Wednesdays, June 10th, 24th, at 3:00 pm at Acton Public

Library

- 6/10 MYO Kindness Rocks - Painting
- 6/24 MYO Fairy Gardens/Homes

### YA GAME DAYS:

Friday, June 5th, 12th, 19th at Acton Public Library

- 6/05 Dungeons and Dragons 2:00 - 4:30 pm
- 6/12 Mixed games 2:30 - 4:30 pm
- 6/19 Dungeons and Dragons 2:30 - 4:30 pm

See calendar for details at: <http://actonlibrary.org/teen/>.

### TELL ME A STORY: RECORDING SESSIONS

Friday, June 26th, 2:00 - 4:30 pm at Acton Public Library

YA Librarian will sit down and record your story. Be prepared

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to answer questions or to share your tale. Recordings will be made available for participants

**YA EVENT: SUMMER LEARNING KICK OFF & FAIRY TEA PARTY - "IMAGINE YOUR STORY"**

**Saturday, June 20th, 10:30 am - 4:30 pm at Acton Public Library**  
Music, Games and Crafts! Fairy Tea Party! Don your finest wings and sparkle with us! Video Game Truck! can hold 16 players at a time!

**Adult Programs**

**APRIL**

**TECH TIME WITH TIM: GOOGLE DOCS BASICS**

**Saturday, April 4, at 1:00 pm at Acton Public Library**  
In this session, participants will be introduced to the basic operation of Google Docs and its most useful functions. Participants will need to have or create a Gmail account for this course. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

**SECOND SATURDAY CINEMA**

**Saturday, April 11, 2:00 pm at Acton Public Library**  
Join us for a movie on our 9-foot screen. The selection for this

month is Bright Star, 2009, Rated PG, 119 min. Poet John Keats (Ben Whishaw) and Fanny Brawne (Abbi Cornish) are swept up in a romance that grows increasingly obsessive with each passing day. Light refreshments provided. Free and open to all. No registration necessary.

**GAME NIGHT: MEXICAN TRAIN**

**Tuesday, April 14, 6:00 pm at Acton Public Library**  
The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains," emanating from a central hub or "station." Light refreshments will be provided. Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.

**WALKING GROUP**

**Wednesdays, April 15 - May 20, 6:00 pm at Acton Public Library**  
Join us for a 45-minute walk along a route near the library and enjoy each other's company while getting some exercise! Please wear comfortable shoes. Free and open to all. Registration is suggested as spots are limited and is available one month prior to the event.

**THE FROST SEASON: THE POETRY OF ROBERT FROST IN STORY AND SONG**

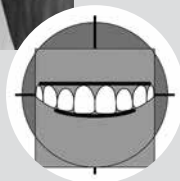
**Saturday, April 18, 2:00 pm at Acton Public Library**  
continued on page 32



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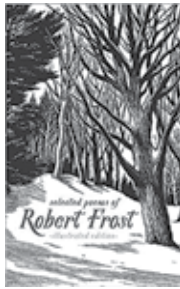
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## Acton Library... continued from page 31

State historian Walt Woodward and the musical group Band of Steady Habits present a unique opportunity to enjoy the works of American poet Robert Frost paired with songs that reflect and amplify the power of New England's most beloved poet's words. Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.



### CRAFT NIGHT: VEGETABLE PRINT CANVAS BAGS Tuesday, April 21, 6:00 pm at Acton Public Library

Use vegetables to stamp paint on canvas bags. All materials are provided. Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.

### ALCOHOL AWARENESS MONTH: AL-ANON

Thursday, April 23, 6:30 pm at Acton Public Library

Following a brief Power Point presentation, three speakers will share their stories, followed by a question and answer period. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

### MAY



### THE MOTHERLODE

Saturday, May 2, 2:00 pm at Acton Public Library

Mothers and daughters with close relationships are often asked "What's your secret?" The secret to understanding is respecting each other's miasm. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

### TECH TIME WITH TIM: OUTSMARTING YOUR SMARTPHONE

Saturday, May 9, 1:00 pm at Acton Public Library

This session will cover the basic essentials of smartphone use and day-to-day functionality. Participants are encouraged to bring their devices. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

### SECOND SATURDAY CINEMA

Saturday, May 9, 2:00 pm at Acton Public Library

Join us for a movie on our 9-foot screen. The selection for this month is Moneyball, 2011, Rated PG-13, 133 min. Light refreshments provided. Free and open to all. No registration necessary.



### PLANTING FOR HUMMINGBIRDS Tuesday, May 12, 6:00 pm at Acton Public Library

Jessica from Wild Birds Unlimited will present Planting for Hummingbirds: annuals, perennials, hanging plants, and natives you can plant to attract hummingbirds to

continued on page 34



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## Acton Library... continued from page 32

your yard. She will also answer other hummingbird questions. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.



**UPCYCLED CRAFT:  
MAGAZINE PICTURE**  
**Tuesday, May 19, 6:00 pm**  
**at Acton Public Library**  
Create a picture using strips from discarded magazines. All materials provided. Free and open to

all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.

## FRIENDS OF ACTON PUBLIC LIBRARY ANNUAL MEETING

**Thursday, May 28, 5:30 pm at Acton Public Library**  
Free and open to all.



## THE JAMES FAMILY LETTERS

**Thursday, May 28, 6:00 pm**  
**at Acton Public Library**

Liz Petry will discuss, *The James Family Letters*, followed by a 10-minute clip of the documentary. There will also be some time for questions. Liz is the editor of *Can Anything Beat White? A Black Family's Letters*, based on some four hundred letters that

her grandmother saved. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

## JUNE

### TECH TIME WITH TIM: EMAIL TIPS AND TRICKS

**Saturday, June 6, 1:00 pm at Acton Public Library**

This session will cover common email questions and provide participants the opportunity to ask questions about email functions and challenges. Participants are encouraged to bring their devices. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

### SECOND SATURDAY CINEMA

**Saturday, June 13, 2:00 pm at Acton Public Library**

Join us for a movie on our 9-foot screen. The selection for this month is *Yesterday*, 2019, PG-13, 117 min. Light refreshments provided. No registration necessary.

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**CRAFT NIGHT: BRAIDED BEAD BRACELETS**

**Tuesday, June 16, 6:00 pm at Acton Public Library**  
Create a braided bead bracelet. All materials are included. Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.

**ADULT SUMMER READING: BOOK BINGO**

**Saturday, June 20 - August 20 at Acton Public Library**  
Pick up a "Bingo" card at the library. As you enjoy your summer reading, mark off the appropriate boxes on the bingo board. For each "Bingo" you will receive a raffle ticket for great prizes from local businesses. Submit your bingo card to the library by Aug. 20, 2020 to receive your tickets. The raffle tickets will be drawn on Aug. 22, 2020. Free and open to all.



**BEACH SUNSET PAINTING CLASS**

**Saturday, June 20, 2:00 pm at Acton Public Library**  
Pam Halligan, from Pam's Picassos, will teach you step-by-step to paint a 16x20 sunset. Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.



**BEYOND THE BICEP: THE REAL STORY OF ROSIE THE RIVETER**

**Tuesday, June 30, 6:00 pm at Acton Public Library**  
Her image has adorned everything from lunchboxes to lampshades, but what is the real story of Rosie the Riveter? Together we'll trace her journey from propaganda poster to feminist icon while uncovering the history of the real life Rosies who not only inspired that infamous bicep, but whose work in wartime industries helped secure an Allied victory during World War II. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

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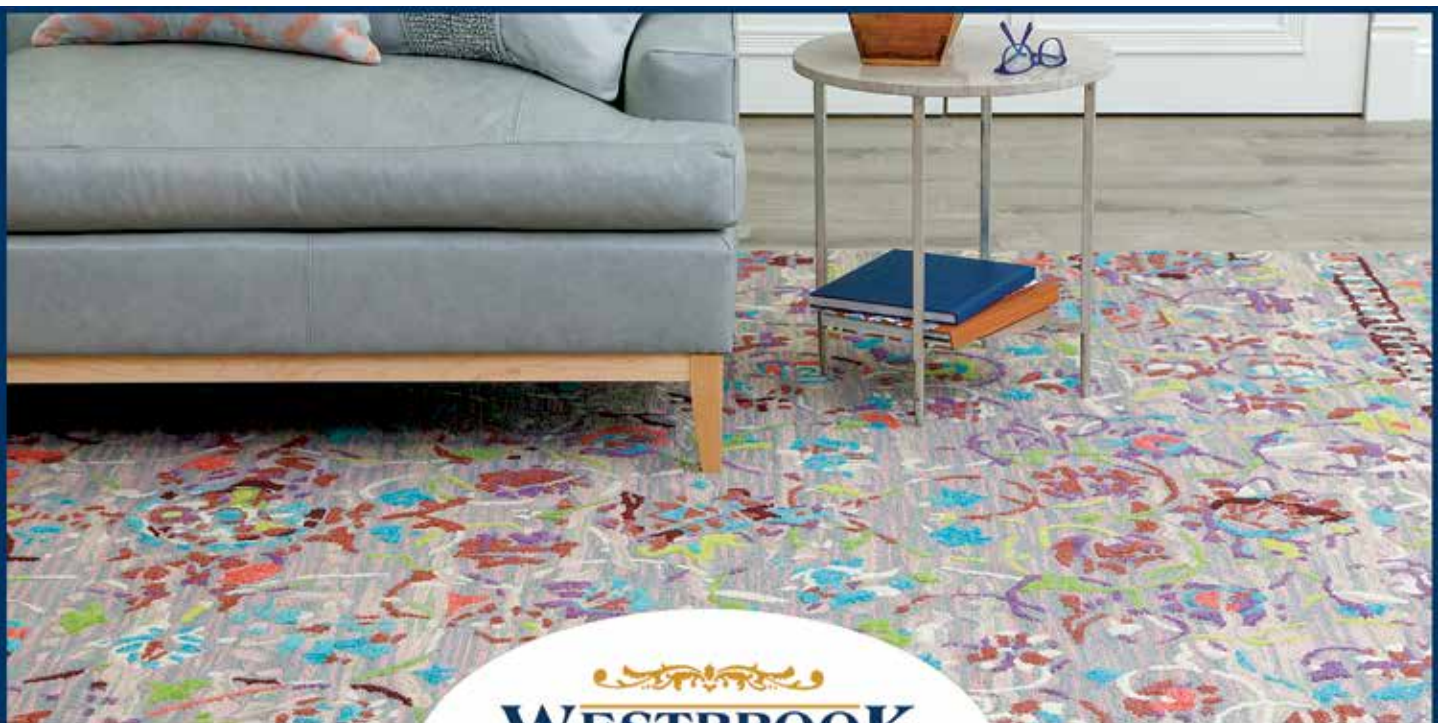
## Friends of Acton Library

Spring is an exciting time for the Friends. We begin the year with sending out requests for people to renew or begin a membership in the Friends of Acton Library. This is an opportunity to tell folks what we have been doing and to ask for support. "What does it mean to be a member of the Friends of Acton Library?" you might be asking. On a basic level, your contributions help us to augment the library's budgeted offerings. In addition, this gives you a chance to express an interest in helping with our book sales or in being a member of the Board. Your contribution in any amount makes a big difference and if you missed the mailing, there are donation forms at the circulation desk.

Our first book sale was just completed and gave us an opportunity to reach out and say "Hi" to a bunch of people who came in to explore the possibilities and to pick up some of the bargains being offered on the first level in the gallery.

Our Annual Meeting will be on May 28 at 5:30 pm to conduct the business of electing officers and hearing reports. All members of the Friends are invited to participate and to vote. The meeting will adjourn quickly so our program can begin at 6:00 pm.

Our next book sale will be on July 16-18, on the same weekend as the Deep River Muster. We love this sale because it fills the gallery on the lower level and also the large conference room on the second level. There are thousands of books in every category. A dedicated group of sorters works all year to go through the donations, to clean them, and to organize them so that buyers can go right to the subjects of choice. We also have a crew of creative bakers who will be presenting an array of goodies to be offered on the Friday of the book sale. For more information please contact me, Sheila McPharlin, President at: [sheilamcp@gmail.com](mailto:sheilamcp@gmail.com).



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# OSYFS - Old Saybrook Youth and Family Services

## BUBBLES TO BONDING

Bubbles to Bonding is a supportive, encouraging, and informational space for both parent and baby to come once a month and meet other parent and baby teams. All parents prenatal to postpartum, along with babies up to 3 years old are welcome to join the space.

Currently meets every third Tuesday of the month at the Vicki Duffy Pavilion, 155 College Street, Old Saybrook from 8:30 am - 9:30 am, no charge. Summer schedule to be determined. For more information contact: 860-395-3190 or go to: [www.osyfs.org](http://www.osyfs.org).

## ZEN TIME WEDNESDAY

OSYFS is excited to have expanded their Zen Time Wednesday program to include 5th grade students. Traditionally this program has been provided to 3rd graders to transport them away from the hassle and bustle of the lunch room once a week.

During this weekly program participants learn how to utilize their 5 senses for emotion regulation, daily re-centering and how to stay present through mindfulness practices. Last year Zen expanded to include the 4th grade during their x-block and parents were offered Zen for Pairs where Zenners were welcome to invite a special Zen friend to an evening addition of the program. Zen Time Wednesday, in its third year, is happy to have now included 5th graders to the Zen family through offering them a weekly

Zen Time Wednesday special class. Zen has reached over 130 Zenners throughout the 2019/2020 school year. Interested in learning more please about Zen please contact 860-395-3190.

## CHILL CAMP

Chill Camp campers will participate in learning emotion regulation techniques to increase self-care, centering skills and concentration abilities through creative outlets.

Campers entering grades 4th-6th are welcome, sensory soothers will be brought home daily and space is limited to 12 campers per session. Chill Camp is a three day, half day camp that will be offered during summer 2020. For more information contact: 860-395-3190 or go to [www.osyfs.org](http://www.osyfs.org). Registration opens May 15th.

## YOUNG ADULT DROP-IN

Is a space that participants will be able to connect, learn coping skills, gain support and navigate upcoming transitions. Additional support events and trips are provided per group focus. Young adult drop-in can be joined at any time throughout the summer and participants are able to come as their schedules allow. Young adults 16-23 yo are welcome to participate. Drop-in takes place on Tuesday afternoon throughout the summer. For more information contact: 860-395-3190 or go to: [www.osyfs.org](http://www.osyfs.org).



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## OSYFS - Mindfulness & Meditation at the Beach

APRIL-AUGUST 2020

Back by popular demand! Mindfulness & Meditation at the Beach is a 30-minute outdoor class offering practical, straight-forward relaxation skills, while introducing participants to the foundations of mindfulness and meditation. Classes incorporate guided imagery, progressive muscle relaxation, present moment awareness, mindful breathing, and more. Free Class. No registration required. No experience necessary. For more information, contact Samantha Steinmacher, LPC, OSYFS Clinician.

Dates: Tuesdays, April-August 2020.  
No Class: 4/14, 6/2, 6/30, 7/7, 8/25  
Time: 9:30 pm - 10:00 pm  
Location: Town Beach, O.S. (Meet at Picnic Tables)  
Who: Old Saybrook Adults & Youth 13+.  
Must be O.S. Resident with Beach Pass.  
Cost: Free!

## OSYFS - Get ready for Change!

### GAL'S NIGHT OUT

Get ready for change! Join us for a fun, informational night designed to give girls a better understanding of the changes their body will go through during puberty. Topics will include the importance of maintaining a positive body image and how to deal with difficult situations which may arise during this dynamic time. This program is for girls in the 4th and 5th grade and their mothers or female caregivers.

- Cost: is \$30 per pair and includes resource materials, goodie bags and a light dinner.
- Thursday, April 2 from 6:00 - 8:00 pm
- Location: Vicky Duffy Pavilion, 155 College Street, O.S.
- Old Saybrook residents only, limited space (12 pairs)

### BOY'S NIGHT OUT

Get ready for change! Join us for a fun, informational night designed to give boys a better understanding of the changes their body will go through during puberty. Topics will include the importance of maintaining a positive body image and how to deal with difficult situations which may arise during this dynamic time. This program is for boys in the 5th and 6th grade and their fathers or male caregivers.

- Cost: is \$30 per pair and includes resource materials, goodie bags and a light dinner.
- Tuesday, April 7th from 6:00 - 7:30 pm
- Location: Vicky Duffy Pavilion, 155 College Street, O.S.
- Old Saybrook residents only, space is limited

Contact Brittany Eckert at: [Brittany.eckert@oldsaybrookct.gov](mailto:Brittany.eckert@oldsaybrookct.gov),  
Phone: 860-510-5051.

# OSYFS - Youth Action Council & OSHS Senior Project

On Friday April 24th, the active OS Youth Action Council will be holding its 3rd 'Cardboard Community' overnight on the Town Green! In conjunction with HS Seniors Khushi Patel and Audra Giugno, the project goal is to raise awareness around Teen Housing Insecurity and Family Homelessness.

- Did you know only 4 CT Agencies provide crisis housing intervention, respite services or street outreach?

- Statewide, there are only 15 beds for youth under 18yrs. old
- Gender inequality can limit resources, with teenage boys not allowed in many shelters.

Khushi and Audra have a secondary goal which is to produce 8-10 'New Beginnings' Baskets for regional shelters to provide some of the basic necessities people need once they are ready to move from

a shelter to an independent residence.

Items may include bedding, shower curtains and towels, utensils, and dishes. Complete lists of possibilities for donation will be posted on the OSYFS website at: [www.osyfs.org](http://www.osyfs.org). We invite you to come by the Town Green 6:30 pm on Friday, April 24th to support our community youth and their desire to help others through action!

## Runny Nose, Watery Eyes, Sneezing - Allergies?



With spring's arrival comes the promise of plants and trees bursting in bloom.

It's a beautiful time of year - unless you are afflicted with seasonal allergies. Of course pollen isn't the only culprit in allergies. Dust, pet dander, and mold also make the top of the list. The term "hay fever" is synonymous with seasonal allergies. That term dates back to the early nineteenth century when allergies were thought to be caused by the smell of new mown hay. Later, around the middle of the century pollen was identified as the cause and by the early 1900's the body's reaction to pollen was described as the cause for those typical symptoms.

When your body encounters a foreign substance it makes antibodies to be used later to protect against that foreign body or allergen. Subsequent encounters with the allergen releases immune system chemicals that cause the allergic reaction--complete with the runny nose etc.

It seems that fighting off allergies should be easy—just stay away from the allergens. Unfortunately the body's reaction to many allergens looks the same. While you are avoiding pollen you could be bombarded with dust mites and still have the same **continued on page 40**



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## Allergies?... continued from page 39

symptoms. The first line of defense may seem overwhelming. The pursuit of the allergen becomes a process of elimination. Your doctor may suggest skin testing to isolate which allergen is causing you the discomfort. We are fortunate that there are prescriptions and over-the-counter medications that help to control the symptoms and offer some comfort.

There are simple steps that can help you avoid many of the allergens once you know what you are up against. If pollen is the enemy restricting outdoor activities at high pollen times, using air conditioning in the living and working spaces, and shampooing and showering before bed can help to alleviate symptoms.

It's wise to take measures to control seasonal allergies. Risks for asthma, lung conditions and infections of the eyes, ears and sinuses rise with the allergies. As always seek the advice of your medical professional when symptoms occur.

Mary Lenzini, CEO,  
VNA of Southeastern Connecticut.

## Finding Lung Cancer

While lung cancer is the leading cause of cancer deaths in the United States, it's important to understand that it can be treated successfully when found early.

Lung cancer often has no symptoms, making it difficult for people to realize that something is wrong. Most often, early stage lung cancer can be best detected through lung screenings that are ordered by physicians and recommended for those aged 55 to 80 who have a 30-pack year history of smoking. You must also be a smoker or former smoker who quit within the past 15 years and not be exhibiting lung cancer symptoms.

Middlesex Health is a Lung Cancer Screening Center of Excellence.

This means that Middlesex demonstrates responsible, high-quality screening practices, and it ensures that the low-dose CT scans used to screen for lung cancer are carried out safely, efficiently and equitably. Early lung cancer can also be detected through "incidental findings," meaning that a suspicious lesion was detected during the reading of a diagnostic test that a patient was having for another medical issue. It is critically important that lesions, regardless of how they are detected, are followed up on as recommended.

The Total Lung Care Center, part of Middlesex Health Cancer Center, works with primary care physicians, radiologists and nurse navigators to coordinate expedited care plans. The goal is to always get you an appointment with a pulmonologist as soon as possible.



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A timely diagnosis is very important because it allows lung cancer to be treated at an earlier stage. If your lesion is determined to be cancerous, you may need additional care and treatment. The Total Lung Care Center's nurse navigator will guide and support

you through all aspects of lung cancer care—from diagnosis to survivorship.

For more information, visit: [MiddlesexHealth.org/lung](http://MiddlesexHealth.org/lung).

## 2020 Nightingale Scholarship Appeal

**Town of Old Saybrook  
Public Health Nursing Board  
302 Main Street,  
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*“The Coronavirus Crisis is shining an international spotlight on the critical - but often unseen - work of nurses in the United States and abroad, nursing leaders say.”*

### 2020 NIGHTINGALE SCHOLARSHIP APPEAL

In 2018 we received a record breaking 13 scholarship applications and awarded nine \$2,000 nursing scholarships! Since the Nightingale Fund was established in 2004, the PHNB awarded \$127,000 in scholarships to 55 outstanding students.

Prior to that, the Old Saybrook Public Health Nursing Board (OSPHNB) offered only one \$500 annual nursing scholarship to an Old Saybrook resident graduating from high school. Seeing the rising demand for nurses and wanting to do more to educate students and send them into the workforce, the PHNB established the “Nightingale Fund.” Each year for the past 15 years, the board conducted an annual scholarship appeal. Your generosity for these past 15 years has allowed the board to offer more and larger scholarships.

However, scholarship funds are being depleted and we need your help in replenishing the “Nightingale Fund.” Please help a high school senior toward an honored

and respected career? Our recipients are extremely grateful and inspire each of us on the board with their dedication and desire to help others.

You can make your your tax-deductible contribution payable to “Public Health Nursing Board Nightingale Fund” and mail to: NIGHTINGALE FUND, Old Saybrook Public Health Nursing Board, Town Hall, 302 Main Street, Old Saybrook, CT 06475

Along with the scholarship recipients, we of the Nursing Board thank you in advance for your continuing generosity.

Sincerely yours,  
Diane Aldi DePaola, Chairman, OSPHNB

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# Old Saybrook Garden Club

Spring is in the air, or so says the groundhog. The Old Saybrook Garden Club is busy at work planning for all of the spring activities that help gardeners as well as helping to make Old Saybrook beautiful.

Our Youth Program has been such a hit with our younger Old Saybrook citizens. In January, students in grade K-2 made a bird feeder to place outside their homes in the hope of keeping birds nourished during the winter months. They also made a “nesting kit” which they will place outside on a tree when April arrives. In the kits are various natural items that birds can use to make their nests when the time comes. Thank you to Jessica from Wild Bird Unlimited for teaching us about the various homes that birds choose to inhabit. Children in grades 3-5 were offered a floral design program. Members of our club instructed on how to make a spring centerpiece that they were able to take home. Thank you to the Acton Library for offering the space provided for these programs.

The Old Saybrook Garden Club’s largest event and only fundraiser, the May Gardeners’ Market, will be held on May 8th, 1:00 - 6:00 pm and May 9th from 9:00 - 2:00 pm. This yearly event is held on the Town Green, rain or shine under our big white tent. This is the perfect time to buy your annuals, perennials and herbs, and our stunning member plants. Again this year, our “ReClaim-RePurpose-ReNew” items will be for sale along with our famous baked goods.

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



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

Prospective members are always welcome! If interested in becoming a member of the Old Saybrook Garden Club, email: [velainegilmore@comcast.net](mailto:velainegilmore@comcast.net). Follow all our activities and keep up to date on Facebook, [www.facebook.com/oldsaybrookgardenclub](http://www.facebook.com/oldsaybrookgardenclub) and “like” us.

## Sustainable CT, Sustainable Old Saybrook



Sustainable CT, Sustainable Saybrook  
Sustainable CT is a state-wide, voluntary certification program that provides a wide-ranging menu of best practices in ten categories to create high collective positive impact for current and future CT residents. Old Saybrook has been a bronze-certified sustainable community since 2018.

### FIRST STRATEGY FOR SUSTAINABILITY-

#### Action 1: A Thriving Local Economy

Championing a thriving local economy is a good strategy for sustaining Old Saybrook’s community well-being. To do so, the Town partners with local and regional organizations to implement specific tactics, such as:

- **Redevelopment of Brownfield Sites:** Remediating sites that are under-used because of potential contamination can

provide opportunities for housing, retail, recreation and green space, among other uses, and creates an enhanced local economy and increased municipal tax base.

- **Sustainable Purchasing:** Purchasing sustainable goods and services benefits Old Saybrook by reducing waste, specifically hazardous materials.
- **Support Local Businesses:** Supporting our independent and locally-owned

businesses enhances the stability and diversity of Old Saybrook's economy, creates jobs, expands municipal tax revenue and builds community. Buying local also reduces transportation costs, and in turn, greenhouse gas emissions.

- Sustainable Workforce Development:** Sustainable jobs allow workers to support families while contributing to the health and vibrancy of their communities. Sustainable jobs are also inherently local, with many opportunities coming from retrofitting infrastructure and installing sustainable technologies in homes and workplaces. The community benefits not only from carbon emission reductions but also increased economic vitality.
- C-PACE Program:** Empowering commercial property owners to make clean energy improvements using

affordable, long-term financing from Commercial Property Assessment Clean Energy (C-PACE), a program of Connecticut Green Bank, results in reduced energy consumption, reduced greenhouse gas emissions, and improved community health and economic well-being.

**For more information visit:** Sustainable.org. To get involved locally contact Economic Development Director Susan Beckman at: Sbeckman@oldsaybrookct.gov.



The Old Saybrook Chamber of Commerce created \$ayBucks to keep shopping dollars local, to foster and promote local businesses.

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# Old Saybrook Land Trust

## HORSESHOE CRAB TAGGING



Outdoor Adventure Kids (OAK) will once again be citizen scientists and tag horseshoe crabs, while learning about these prehistoric creatures. The work is part of Project Limulus, based at Sacred Heart University. Each year OAK, the Old Saybrook Land Trust family group, helps to study the

horseshoe crab population. Join us to find, tag, measure, and record the condition of horseshoe crabs.

In past years we have seen up to 50 crabs, giving everyone the chance to see these fascinating creatures up close. You can learn

about how to tell a male from a female, why horseshoe crabs are important to humans, and more. We will also look at other creatures we find!

The event will be at Harvey's Beach in Old Saybrook in early June. The final date will be announced in May. Please email OAKhikes@gmail.com, or follow the Old Saybrook Land Trust on Facebook to learn the details when they are announced and to be notified of other fun events.

## MEMORIAL DAY PARADE

Join the Old Saybrook Land Trust in this year's Memorial Day parade! Everyone is invited, and Old Saybrook Land Trust t-shirts will be handed out to marchers free until we run out. Show your support for open space in your town and join us at 9:30 am on Monday, May 25, in the Old Saybrook parking lot, where all the marching groups for the 10:00 am parade. Hope to see you there!

# Old Saybrook Lions Club

## LIONS CLUB OF OLD SAYBROOK PHONE BOOK

After the holidays, we began production of our 16th edition of the Lions Club of

Old Saybrook Phone Book. Owners of new businesses here in town, here is an opportunity for you to advertise and promote your business right here in Old Saybrook.

Lions club members have been contacting new businesses throughout March to see if they are interested in advertising in this year's phone book. Why advertise



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## Old Saybrook Chamber of Commerce 2016

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### Spray Shop Services

<ul style="list-style-type: none"> <li>Kitchen Cabinets</li> <li>Furniture</li> <li>Reglaze Old Windows</li> </ul>	<ul style="list-style-type: none"> <li>Built In Bookshelves</li> <li>Wrought Iron &amp; Wicker Shutters</li> </ul>
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in this phone book? There are several good reasons. It is mailed to almost 6,000 residences and businesses throughout Old Saybrook and is made available in public locations such as the Town Hall, Chamber of Commerce, Acton Public Library, and Senior Center, to name a few locations. If

no one has contacted you and you would like to advertise or learn more about the publication of this handy phone book, please contact us by email: [Cornfieldkate@comcast.net](mailto:Cornfieldkate@comcast.net), telephone: 860 388-6454 or via mail: Old Saybrook Lions Club, P.O. Box 21, Old Saybrook, CT 06475.

**Look for us in the Memorial Day Parade on Monday, May 25th!**

For more information about the Old Saybrook Lions Club, contact us by telephone: Kate at: 860 388-6454 or email: [cornfieldkate@comcast.net](mailto:cornfieldkate@comcast.net).

## The Rockfall Foundation - What is a Repair Café?

A repair café is an event where people can have household electrical and mechanical devices, jewelry, bicycles, clothing, etc. repaired. They are held at a fixed location where volunteers and tools are available. Visitors bring their broken items from home. The volunteers help fix the broken items and teach the visitors how to fix them. The objectives are to reduce waste, conserve natural resources, maintain repair skills, and bring together the community.


### WHY A REPAIR CAFÉ?

We live in a throw-away culture that discards vast amounts of stuff. Most people no longer remember that it's an option to repair things themselves or they don't know how. Over time, society is losing its skills to repair things. Repair Cafés seek to change that by involving volunteers with valuable practical knowledge. Also, by reducing the amount of items thrown in the trash, the

volume of raw materials and energy needed to make new products is reduced. It also cuts CO2 emissions from manufacturing new products or recycling old ones or from the incineration of trash. A Repair Café teaches people to see appreciate their possessions and natural resources. It's a win-win for the community, your wallet, and our planet.

There is a free Repair Café at Estuary Council of Seniors at: 220 Main Street, Old Saybrook, from 12:00 pm - 3:00 pm on April 19. The event is organized by The Rockfall Foundation, RiverCOG and City of Middletown Recycling & Public Works. It is held each spring in Old Saybrook and each fall in Middletown.

More information is at: [www.rockfallfoundation.org/events](http://www.rockfallfoundation.org/events). Contact: Amanda Kenyon at: 860-347-0340 or email: [amanda@rockfallfoundation.org](mailto:amanda@rockfallfoundation.org).




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## Women's Suffrage 100 Years Later by Sigrid Kun

### Honoring the Hard Fought Battle for Women's Voting Rights



The year 2020 marks 100 years since the passage of the 19th Amendment, which was ratified on August 18, 1920. The 19th Amendment reads as follows:

“The right of citizens of the United States to vote shall not be denied or abridged by the United States or any State on account of sex. Congress shall have the power to enforce this article by appropriate legislation.”

Two simple sentences, it seems. Today, it is unimaginable that this basic right would not exist for women. Yet, the 19th Amendment resulted from a long, incredible struggle for equality and it represents a true turning point in United States history. It is only fitting to take a moment to reflect on this centennial. This brief segment can only present a few historical snippets surrounding the fight and can only point out some of the organizations commemorating the centennial.

#### THE BEGINNINGS

The first women's rights convention was held in Seneca Falls, New York in 1848. It marked the beginnings of what would become a national movement for women's suffrage. The first National Woman's Rights Convention was held in 1850 in Worcester, MA. Other conventions followed. The Civil War (1861-1865) effectively halted the women's suffrage movement with activists focused on the abolition movement. While the movements for the abolition of slavery and women's rights, respectively, were often entangled, the constitutional amendments following the Civil War created rifts.

By 1869, there were two main groups advocating for women's suffrage. Elizabeth Cady Stanton and Susan B. Anthony formed the National Woman Suffrage Association (NWSA). Lucy Stone and others founded the American Woman Suffrage Association (AWSA). While each entity had the same ultimate goal of winning woman suffrage, their philosophies differed. The NWSA sought change through constitutional amendment while the AWSA focused on gaining rights via individual states.

There were also differences between the AWSA and NWSA when it came to the constitutional amendments following the Civil War. The NWSA opposed the 15th Amendment (the right of a U.S. citizen to vote not to be abridged by race, color or previous condition of servitude) due to the exclusion of women. The AWSA supported the amendment, believing that voting rights for women were not far away. The two organizations ultimately united in 1890 as the National American Woman Suffrage Association (NAWSA).

#### AN ARDUOUS STRUGGLE

Progress for the women's suffrage movement was painfully slow and rights were garnered state by state. Women achieved voting rights in Wyoming first in 1869. Colorado followed in 1893. In 1896, Utah and Idaho were added. Fifteen states granted women the right to vote prior to the adoption of the 19th Amendment.

The 19th Amendment itself languished for many decades. Drafted by Susan B. Anthony and Elizabeth Cady Stanton in 1848, the 19th Amendment was not introduced in Congress until 1878 (30 years after the Seneca Falls convention). It was not until 1919 - 41 years after the amendment's introduction and 71 years following Seneca Falls - that Congress submitted it to the states for ratification. The successful struggle capped heroic efforts by a multitude of women

- including pickets, petitions, marches, and speeches. The suffragists endured mockery, arrests, jail, and even forced feeding after hunger strikes.

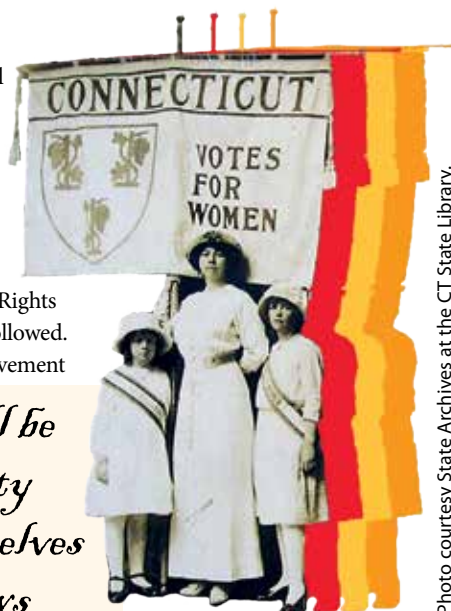


Photo courtesy State Archives at the CT State Library.

One of "Hartford's Mothers" Josephine Bennett.

*“There never will be complete equality until women themselves help to make laws and elect lawmakers.”*

*Susan B. Anthony*

#### CONNECTICUT'S CENTENNIAL CELEBRATION

Numerous events in 2020 around the country are celebrating the centennial of women's suffrage. Here in Connecticut, the Centennial Commission on Women's Suffrage (co-chaired by Secretary of State Denise Merrill, Lieutenant Governor Susan Bysiewicz and Connecticut's First Lady Annie Lamont) was launched to celebrate the 19th Amendment. Merrill calls the 19th Amendment “the largest expansion of democracy our nation has ever seen.” The Commission she adds “celebrates the women who made this victory possible, and take[s] a thoughtful look at the work that is left to be done.”

“The moment of achieving a woman's right to vote was a turning point for our country and for our world, that one of the most powerful nations on earth was sending a message that women have the right and responsibility to contribute to our government,” stated First Lady Lamont. “That moment opened the door for women to hold positions of power in government, education, healthcare, and of course, in business.”

Please see [www.votesforwomenct.com](http://www.votesforwomenct.com) for some of the Connecticut events commemorating the centennial of the 19th Amendment. The website also provides insightful biographies of some of Connecticut's women suffragists, including Josephine Bennett pictured above.



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