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## First Selectman's Corner

The Board of Selectman consists of Carl P. Fortuna, Jr., First Selectman, Scott Giegerich, Selectman and Steven Gernhardt, Selectman. Two years have passed since our election. Allow this to be our report on the happenings of the last year.... Of course, the big news was Mother Nature. Storm Sandy did tremendous damage to Saybrook Point and Town-owned road endings in Cornfield Point. With the assistance of the Chief of Police, Michael A. Spera, who also serves as the Town's Emergency Management Director, the Town has been successful in having several projects accepted by FEMA. That means the Town may receive up to 75% reimbursement of eligible costs when doing repairs. The Mini-Golf course and associated fencing looking out over Long Island Sound, as well as the Cornfield Point road endings, will be eligible. The Town will pay its share but the fiscal damage could have been far worse. A year after the storm, we are still recovering. The Town, and Saybrook Point in particular, will look better than ever when all the work is complete.... On the heels of Sandy came the Blizzard of 2013. Overall, I believe the Town did very well under trying conditions. Schools were closed for 3 days, which was better than most in the State. Main Street was also up and running quickly so our local merchants could get back to work.... We are hard at work on the design of a new police station on Lynde Street. The Town has chosen Downes Construction, a firm highly experienced with the construction of Public Safety facilities. We look forward

to getting the Police Department back in the center of Town. With the acquisition of the land for the new Public Safety facility, the Town now owns approximately 5 acres in this section of Town, which will become a desirable destination for pedestrian traffic. We look forward to sharing a vision for this new public space....



Carl P. Fortuna, Jr.

The Board has been extremely active in pursuing economic development. Let it be known that Old Saybrook is open for business and the First Selectman's office will be out front promoting responsible development. As we write this, Tractor Supply is building their new store. My Board was active with the developer and our Land Use Boards in assisting this business into Town. The Board also formed a Route 1 East committee which has created a vision for the commercial/industrial corridor from Saybrook Junction to the I-95 North entrance on Route 1. We continue to work on many areas of economic development by reaching out to business owners and developers. On the west end of Town, 2014 should bring lots of activity with the development (finally) of the property owned by Max's Place, LLC. A second grocery store, as well as other department store retail, will reinvigorate this area and generate new tax revenue.... The Town's Ferry Road dock

*continued on page 2*

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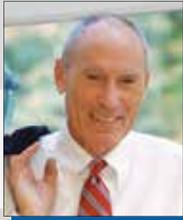
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*First Selectman's Corner ... continued from page 1*

has been upgraded and reinforced primarily with a State grant and Harbor Management funds. This Town asset, long in need of work, should need no more than routine maintenance for a long time to come.... The Town has joined up with a quasi-state agency to assist private property and business owners to make energy upgrades. The CPACE program allows for low cost private funding to be granted to owners who need to invest in the infrastructure of their private property.... We have also joined a free discount drug program that is available to every Town resident. As of the date of this report, Town residents have saved nearly \$20,000.00 off the price of prescription drugs using the Town sponsored card. Pet medications are eligible also! Cards are available on line or in Town Hall....We continue to address the Town's pension plan by slowly increasing the amount placed in this fund. While we are well funded, we need to do better. My administration is also exploring moving away from the traditional defined benefit pension model. New union contracts will give the Town the option to place new employees in defined contribution plans subject to approval by the Pension Board. Along these lines, we have or will be negotiating new contracts with all four of our Town unions in the next year. These contracts need to reflect reality: no more should public sector benefits be so far removed from what is happening in the private sector.... Energy costs are also difficult for a large organization. The "new" Town Hall building in now nine years old. We have recently contracted with Connecticut Light & Power

for an energy audit. The result was significant and showed that we need to invest in upgrades-from our energy management system in Town Hall to the retrofiting of light bulbs and motion and energy sensors in offices and rooms. This will save the Town significant dollars. We have received a grant to pay for over half the energy upgrades. The remaining half will be financed by CL&P at 0% interest and paid for through monthly savings on our energy bill.... The Town's Finance Director, Lisa Carver, has completed her first year. With her assistance, the Town has set down a road, a transparency and fiscal accountability not seen before in Old Saybrook. Lisa has been a tremendous help to the Boards of Finance and Selectmen, and has been instrumental in helping your Government become more efficient.

Once every ten years, the Town is required to undergo Charter Revision. Our Charter is our way of self governing. It defines our Boards and Commissions, elections, and most of the functions that go into your local government. The Commission consisted of nine members and was chaired by Attorney William Childress. The process commenced over one year ago and will conclude with the Charter question being placed on the ballot this November. This was my first time through a revision and it was an interesting lesson in civics. I attended all the meetings of the Commission over the last year and want to personally thank the members of that commission: William Childress, David Royston, David LaMay, Jan Murray, John DeCristofaro, Carol Manning, Don

*continued on page 3*

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*First Selectman's Corner ... continued from page 2*

Hunt, Judy Ganswindt and Sal Aresco. In addition, former First Selectwoman Barbara Maynard lent her vast experience to the Commission. I thank her for taking the time to attend and comment. These volunteers put in long hours on an important topic. While there were some disagreements, the Commission accomplished its job of proposing a revision to the Board of Selectmen within 16 months. So much of our Town benefits from volunteerism, from beautifying Main Street, to helping out those less fortunate. We always need volunteers in Government on our Boards and Commissions. So when you see an opportunity to make a difference, please lend your efforts. Government provides many services but needs a large and vibrant group of volunteers. Thank you to all who make this Town so great.

Town Government works daily to improve the way Old Saybrook delivers services. I encourage our Town employees to be responsive, responsible and courteous and continue to focus on initiatives that will increase community pride, spirit and participation. We will continue to address the Town's issues in a business-like fashion to benefit the taxpayer, not those who work for government.

*Carl P. Fortuna, Jr., First Selectman  
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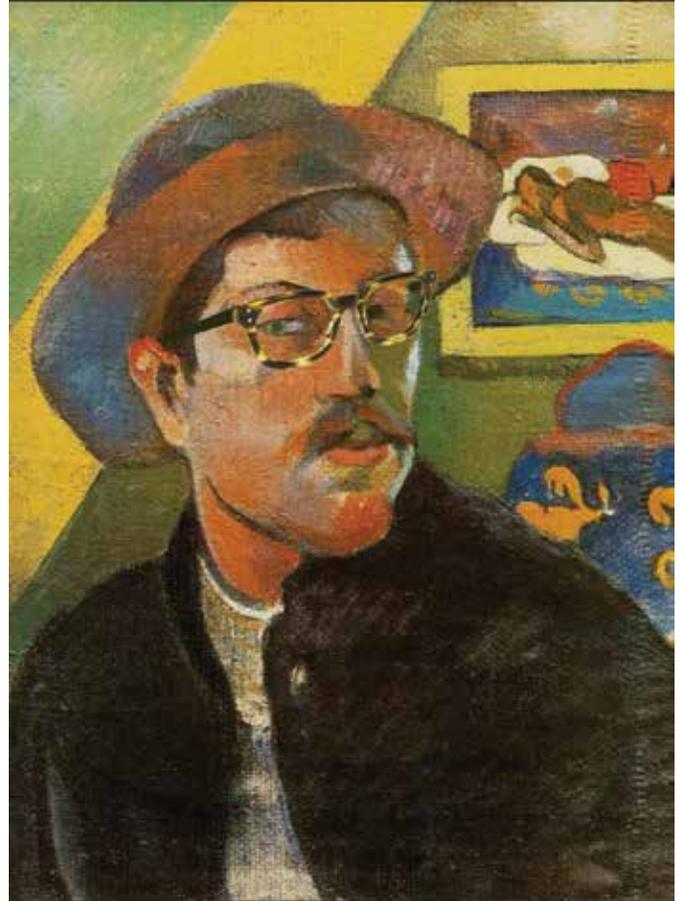
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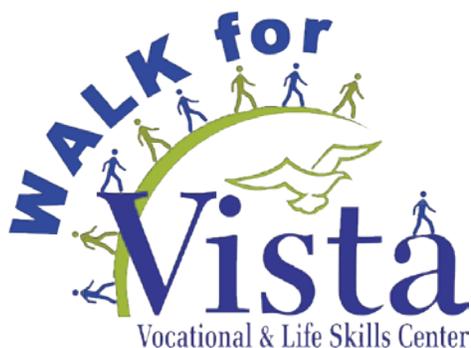
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Patricia Stenbeck

**Cover Photo by AC Proctor**

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Thank you so much for your strong support of the Old Saybrook Chamber of Commerce and the community! Your generosity and quality of publications is unmatched. Events magazines are read cover to cover and are full of interesting community-related articles. Working with the professionals at Essex Printing is a pleasure and everyone goes above and beyond to produce exceptional products. We are so grateful to have Essex Printing as part of our business community. Thanks for everything!

*Judy Sullivan*

*Executive Director*

*Old Saybrook Chamber of Commerce*

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## Vista Vocational & Life Skills Center



Vista Graduate  
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Helen Bosch  
looks on

With operations in the Connecticut Shoreline communities from Guilford to Old Saybrook, Vista Vocational & Life Skills Center (Vista) is a fully accredited, nationally recognized, post-secondary program for adults with neurological disabilities.

Founded in 1989 as an alternative to a traditional college education, Vista has grown into a dynamic and innovative educational program serving nearly 200 adults. Vista students and members have an array of neurological disabilities such as autism spectrum disorders, acquired brain injury and learning disabilities.

Vista offers a community-based training program designed for individuals who would like to succeed at work and independent living, and who are seeking a non-traditional, non-academic approach to address their needs.

Upcoming Vista community events include the Vista Tour de Shore on October 20 beginning and ending at the Westbrook Elks Lodge in Westbrook and the WALK for Vista on October 27 taking place at Hammonasset State Park in Madison.

The Vista Tour de Shore is a fundraising cycling event along the Connecticut Shoreline featuring rides of 5, 25, 40 and 60 miles, while the WALK for Vista is an event highlighted by beautiful 3 and 5 mile walk routes along the Connecticut Shoreline!

To learn a more about the Vista and all of our upcoming events, visit [www.vistavocational.org](http://www.vistavocational.org).

## Wines For Fall

Fall is on its way and the cooler temperatures call for some fuller-bodied red and white wines. Two great varietals that come to mind are Malbec and Torrontes, which are both mostly produced in Argentina.

The red varietal, Malbec, originated in France, and is used for blending in small amounts in Bordeaux, and in larger quantities in Languedoc. In France, Malbec tends to be drier than in Argentina due to the soil and the climate. The long warm season in Argentina allows for Malbec to become full and juicy, which enables it to stand on its own as a varietal in the wine-making process. The flavors are rich with dark fruit such as black cherry, cassis and blackberry. Malbec does maintain its dry finish and also can acquire a slight spicy component. Malbec is also blended with Cabernet Sauvignon, Bonnard, and Syrah in Argentina to create huge red blends that knock your socks off. These blends can be over-looked due to the huge popularity of red blends in California right

now, but they are definitely worth trying for a fuller, spicier mouth-feel.

Torrontes is a white varietal widely grown in Argentina. It is a unique and unusual varietal showing a floral nose with complex fruit flavors of apricot, and citrus fruits with a medium dry finish. Torrontes has a heavier mouth-feel, like that of a Chardonnay, but with a lighter finish. This varietal is a great pairing for lemon chicken or heavier seafood dishes.

Although the lazy days of summer are slowly dwindling away, the beautiful New England fall weather calls for more barbecues and gatherings. Being extremely versatile, both Malbec and Torrontes pair with almost any fare you choose to serve up! So take a step away from your every-day go-to wines and serve up some South American treats!

*Art Lipuma, Manager  
Seaside Wine and Spirits*

## Showcase of Business and Community Gems

Old Saybrook area businesses take front and center stage at the Old Saybrook Chamber of Commerce's annual Showcase of Business and Community Gems, graciously hosted by the Valley Shore YMCA of Westbrook. Come meet local business owners, entrepreneurs and community leaders and learn first hand about business trends, who's hiring, and what strategies our area business people utilize to stay competitive. Business owners will have the chance to talk shop and exchange ideas with colleagues in one convenient location, as well as attend an exhibitors-only reception prior to the start of the show. An attendee at last year's event enthusiastically stated: "I never expected to get so many leads! It was terrific!"

The Valley Shore YMCA will be transformed into a gem mine where exhibitors will showcase their company in either the Ruby, Sapphire, Amethyst or Emerald mine. Excavation maps await attendees as they explore our "community gems". So

grab your hard hat and head over to the Valley Shore YMCA, 201 Spencer Plains Road, Westbrook. For residents and job seekers, this is a once-a-year opportunity to visit with more than fifty businesses, representing a wide variety of companies both small and large. From finance to manufacturing, construction to banking, you'll discover an array of industries to explore in a relaxed and inviting atmosphere.

We are grateful for the support and sponsorship of Valley Shore YMCA, Apple Rehab Saybrook, Comcast, QC Home Care Solutions, and Shore Publishing.

Exhibitor booths are limited and start at \$250 (\$150 non-profit). Please call the Chamber office to secure your booth: (860) 388-3266.

Thursday, October 10, 4:30 pm - Exhibitor-only Reception, 5:30 - 7:30 pm - General Public, Admission \$10, Valley Shore YMCA, 201 Spencer Plains Road, Westbrook, CT

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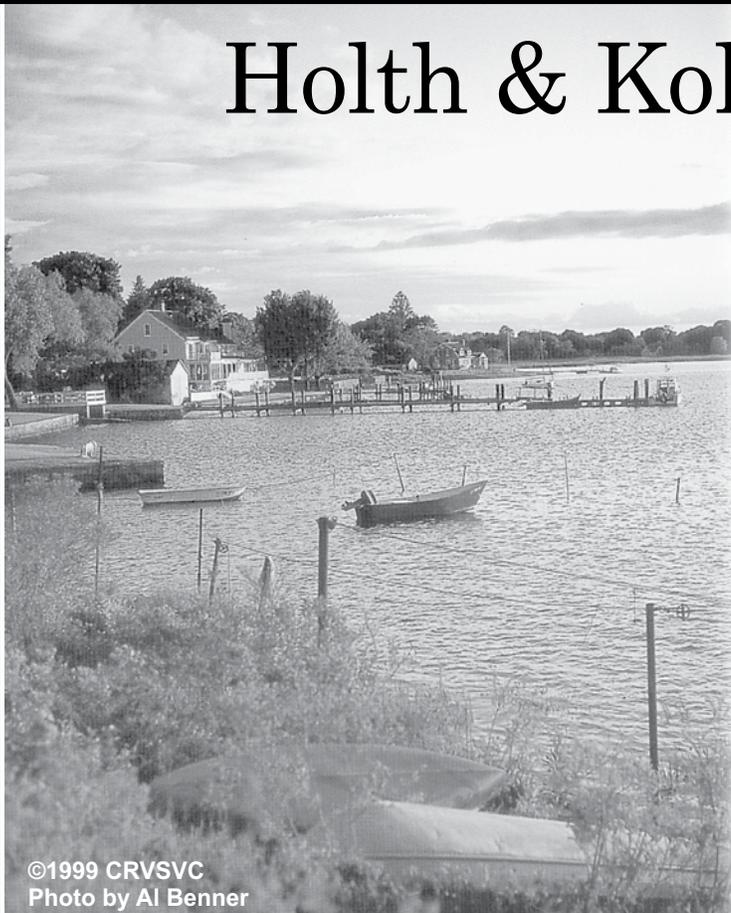
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# Eastern Connecticut Ballet to Launch Ballet & Jazz Classes in Old Saybrook

ECB, the shoreline's preeminent school for dance education with a 22 year history of exceptional quality programming, will launch Ballet and Jazz classes in Old Saybrook this fall at the Estuary Senior Center, 220 Main Street, lower level. Experience the same excitement, energy and beauty characteristic of classes held in ECB's home school in East Lyme.

Three levels of Jazz will be held on Mondays: ages 3-5, ages 5-7 and ages 8-10. Three levels of Ballet are offered on Thursdays: Ballet A/B ages 3-4, Ballet C age 5 and Ballet D age 6. Ballet D students are eligible to audition for participation in the region's Nutcracker of choice to be performed Dec. 13, 14, and 15 at the Garde Arts Center.

A mandatory Nutcracker parent information meeting will be held on September 6 at 6:00 pm. Nutcracker auditions for this age group will be held on September 7 from 4-4:45 pm. All students will have the opportunity to perform in ECB's spring showcase.



Photos: V. Murgio & T. Giroir

Ballet classes will be taught by Marylu Clark, Director of ECB's Young Children's Ballet Program, with the same age and developmentally appropriate focus and curriculum emphasized at ECB's main campus. ECB faculty member and Saybrook resident, Amy Brady, will lead the Jazz program.

East Lyme classes for Ages 2 to Adult will also begin in September. Look for Ballet, Bounding Boys! Pointe, Repertory, Jazz, Modern, Tap and Mommy & Me. A complete program of adult classes including Ballet, Tap, Modern and Jazz is also available at the newly expanded state-of-the-art facility at 435 Boston Post Road.

Call Today to Register at 860 739-7899 to receive additional information on East Lyme & Old Saybrook classes. Visit the website at easternctballet.com for a full listing of audition and class times. Eastern CT Ballet is a 501 (c)(3) nonprofit organization. Fun, Friendly and First-class!

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## New Law Helps Property Owners Protect and Rebuild

The process of protecting and rebuilding your property before and after a damaging storm is always a challenge.

That's why I am happy to report that a proposal I co-sponsored which aims to help residents and businesses to better protect their property from storms has been signed into law. The new law, which takes effect on October 1, streamlines the permitting process for repairs. The law applies to not only those who have property on Long Island Sound, but also to those who own property on rivers and lakes.

The new law provides more flexibility to protect properties. If there is a hurricane or tropical storm warning, waterfront property owners will be able to protect their property in any way they deem necessary without a permit for a period of



24 hours prior to the storm. Artificial structures and protections must simply be taken down 48 hours after it is deemed practical to do so. This new right would extend to all inhabited structures on the property, including detached garages and pools. A state permit to build a protective structure like a sea wall or jetty would be issued if the business owner proves the structure is the best way to protect the property and it would have the least amount of environmental impact.

If you have questions about this or any other issue, contact me at [Art.Linares@cga.ct.gov](mailto:Art.Linares@cga.ct.gov) or at 800-842-1421. On the web: [www.senatorlinares.com](http://www.senatorlinares.com).

*Senator Art Linares*

## Town Nurse - It's Time To Get Your Flu Shot

VNASC's Old Saybrook Town Nurse, Tina Belmont, RN wants to remind everyone that the best way to avoid influenza is to get your Flu Shot. Influenza (Flu) is a respiratory infection that can cause serious complications, particularly to young children and to older adults. Flu shots are the most effective way to prevent influenza and its complications.

Whether you are young or old, it is very important to get immunized against the flu. The Centers for Disease Control (CDC) and Prevention now recommends that everyone 6 months of age and older should be vaccinated annually against influenza. As we age our immune systems weaken, making it more difficult to fight off the flu. As a result the flu becomes much more serious for seniors; it's not just a few days in bed. In fact, 90% of flu deaths and hospitalizations occur in adults over sixty-five. This makes it imperative for seniors, as well as people with other underlying health issues to get immunized.

Don't wait, the timing of when you receive your shot is also important, because as you age, your response to immunizations, particularly influenza - changes. It will take longer for your body to build up immunity, so it is important to receive your flu shot as soon as they become available. It typically takes up to two weeks to build immunity after receiving a flu shot.

The CDC recommends a higher-dose flu vaccine for adults 65 and over. This particular vaccine has a higher concentration of antigen which helps older immune systems respond better and create necessary antibodies faster. This year's annual flu shot will offer protection against H1N1 flu (swine flu) virus, in addition to two other influenza viruses that are expected to be in circulation this fall and winter.

### Town Nurse Flue Clinics Open to the Public

September 3 - Saye Brooke Village, 10:30 - 11:30  
 September 13 - OS Town Hall, 12:00 - 2:00  
 September 16 - Goodwin Elementary School, 3:00 - 5:00  
 September 24 - OS Middle School, 3:00 - 5:00  
 September 27 - OS Estuary Council of Seniors, 1:00 - 3:00  
 October 7 - Connecticut River Area Health Dist. 4:00 - 7:00

Additional flu clinics may be added, for more information call 860-510-0035 X204

There are some individuals who should not receive flu vaccinations including people who are allergic to eggs and people who have had severe reactions to previous flu vaccines. If you fall into this category, ask your doctor about other alternative vaccinations that maybe available. The CDC reminds us that the flu shot doesn't always provide total protection, but tells us it's worth getting.

VNASC's Old Saybrook Town Nurse offers weekly Blood Pressure Screenings as well as, Cholesterol & Blood Sugar Clinics at various locations. Her Nurse Managed Clinics are held the first Thursday of each month from 11:30 - 12:30 at the Estuary Council of Seniors. These clinics give patients the opportunity to meet privately with Tina to ask medical questions, have lab reports explained and to answer questions on medications. She can also assist with doctor appointments. At these clinics you can also receive information on healthy eating for diabetic's and low sodium, low cholesterol diets, as well as, home safety evaluations and adult health supervision screenings.

The Visiting Nurse Association of SE CT is a nonprofit organization offering full-service in home health care. We provide skilled nursing and physical/occupational/speech therapies for those who are acutely or chronically ill; and home health aides to assist with activities of daily living. VNASC and its affiliates have been providing home and community healthcare for southeastern Connecticut for over 100 years.

For more information on VNASC, our services or clinics call 860-444-1111 or visit [www.vnasc.org](http://www.vnasc.org).



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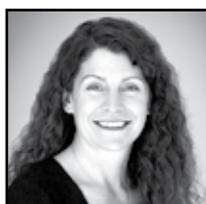
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## OS Girl Scouts' Golden Girls

Amy Vinciguerra and Keanna Chang accomplished something only 4 to 6 percent of Girl Scouts do: they earned their Girl Scout Gold Awards.

A state ceremony in June honored Vinciguerra, Chang and 68 other girls from across the state who had also reached the highest level in Girl Scouting. A pinning ceremony for the two Old Saybrook teens took place at Town Hall and provided First Selectman Carl Fortuna an opportunity to recognize their accomplishments on behalf of the town.

To reach the Gold level, girls have to progress through troop activities with increasing levels of independence and responsibility first reaching the Bronze, then Silver and finally Gold Award levels.

To become Gold Award eligible, girls have to complete a "journey" in addition to having earned the Silver Award. The journey ends with a community Take Action project of their choice. Vinciguerra's journey focused on "self-awareness, women in the workplace, the condition of women worldwide," she said. Her project was a sock drive for a women's shelter.

Chang's Journey explored "farming, food sourcing and access, cost and the carbon footprint of the food supply," she said. For her project she constructed cold frames for Goodwin School students so their seedlings could get an earlier start.

Vinciguerra's project was to start an all-girl jazz band. She conducted rehearsals and held three performances throughout the year.

Chang created a computer skills tutoring program for seniors at the Estuary which included instruction on senior-selected topics. One of the most popular subjects was learning to use the iPads and iPods adult children had given their parents, and which had previously been collecting dust, Chang said.

According to Vinciguerra, Gold Award projects need to be "global, measurable, sustainable and display leadership. You can't just go clean up a park," she continued as an example, "you would have to make a plan to keep the park picked up



*Keanna Chang and Amy Vinciguerra accomplished something only 4 to 6 percent of Girl Scouts do: they earned their Girl Scout Gold Awards.*

after you're gone." Vinciguerra's sustainability plan includes younger students committed to leading the girls' jazz band in future years.

Chang has lined up younger students to continue tutoring seniors.

The Gold Award project is completed with the help of a mentor. Jeremy Taylor, band director at the high school, assisted Vinciguerra with her project, and Michele Van Epps, Acton Library director, was Chang's mentor.

While many girls begin scouting as tiny Brownie Scouts in first grade, only a few reach the Gold Award level, Teresa C. Younger, former president of GS of CT Council and currently the executive director of The Permanent Commission of the Status of Women for the State of Connecticut General Assembly said during the state ceremony. She also noted that all five female governors elected in the U.S. in 2012 were Girl Scouts.

In order to reach the Gold level "you have to have personal drive, and really ride yourself," Chang said. Often girls leave scouts as they enter their later middle school and high school years as they are increasingly pulled in other directions.

Perseverance pays off, Vinciguerra said, "It makes you more independent; it prepares you for interacting with people on an adult level. Being in charge of a project makes your role a lot different, when I was leading rehearsals I wasn't just a friend, but more in charge, more of a boss."

"Working on the Gold Award helped me make better decisions, and I'm much more comfortable calling people than I was, or than my friends are. It really does help you become more independent, more grown up," Chang said.

Vinciguerra is 18 and a 2013 graduate of Old Saybrook High School, she will study physics and astronomy at the University of Massachusetts at Amherst in the fall. Chang is entering her senior year at Old Saybrook High School and hopes to become a pediatrician. For the summer, she will intern at Yale in the neurobiology lab and during the school year will intern with Middlesex Hospital.

*Ann Gamble, Special to the Times*

## Salt Marsh Opera

The Salt Marsh Opera will be presenting the opera *Don Pasquale* by Gaetano Donizetti Friday, September 27 at 7:00 p.m. and Sunday, September 29 at 3:00 p.m. at the George Kent Performance Arts Center in Westerly, RI. Two more performances will be held on Friday, October 4 at 7:00 p.m. and Sunday, October 6 at 3:00 p.m. at The Katharine Hepburn Cultural Arts Center in Old Saybrook, CT. Don Pasquale finds composer Donizetti at his comic peak, able

to lift comedy above the level of opera buffa with the right touches of seriousness and romance. The outstanding soloists, chorus and orchestra will be directed by Simon Holt, the Artistic Director of the Salt Marsh Opera. Tickets are on sale now by calling the Salt Marsh Office at 860-535-3456 for the Westerly performance or 877-503-1286 for the Old Saybrook performance.

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## Youth Services

### There's More Than One Way to Take a Bite out of Hunger

Food security is a harsh reality for many Americans - including many in Old Saybrook. For families who struggle to put food on the table, each week can feel like a terrifying battle for survival.

With these challenges in mind, Old Saybrook Youth & Family Service's (OSYFS) Hunger Awareness program kicked off on July 8th with a two-week campaign to help local families in need of food assistance.

Our volunteer army of 22 Old Saybrook middle and high school students ran two food drives on Monday, July 8 and Monday, July 15, raising a stunning total of 921 pounds of food for the Old Saybrook Food Pantry. The group proceeded to weigh and sort donated items at the pantry, and did a tremendous job weeding and mulching at the Community Garden behind Grace Church. They finished by working Grace Church's soup kitchen, and were rewarded for their efforts with a delicious meal alongside those they served.

OSYFS would like to thank the kids, their parents, Stop N' Shop, Grace Church, the Old Saybrook Food Pantry, The Connecticut Food Bank, and everyone else who made this program so successful.



### OS Wilderness Challenge 2013

Eleven OS seventh graders braved the mosquitoes, rain, rocks, and everything else Mother Nature could throw at them over an epic 5-day hike along the Appalachian Trail through Massachusetts and Connecticut.

The program, run by Old Saybrook Youth & Family Services in partnership with the Wilderness School of East Hartland, took place over the course of 5 days from June 28 - July 2. The kids were assigned various posts such as group leader, cook, navigator and "bearhang" (the person responsible for hanging food from trees to keep animals out), and learned the ins and outs of survival in the wilderness.

The Wilderness School's challenging course took us to the top of both Race Mountain in Massachusetts and Bear Mountain in Connecticut - the highest elevation in the entire state - and brought the kids back on Day 5 in time to complete the Wilderness School's ropes course.

Not even Bear Mountain's steep face and heavy rains could stop the kids from pursuing their goal. Before noon the trail had turned to a waterfall, soaking their already-heavy packs but not their resolve. It was a tremendous pleasure watching the kids grow and cooperate to successfully navigate the course.

*Tyler Massie, MFT Intern, Youth and Family Services*

### Youth Summer Stock Theater Performs FAME, Jr.



After two weeks of rehearsals at the Old Saybrook High School, Old Saybrook's Youth Summer Stock Theater took to the stage for 3 performances of FAME! Jr. on July 5 and 6. The company, sponsored by Healthy Communities-Healthy Youth and Youth and Family Services, was comprised of forty four Old Saybrook students in grades 7 through 10 and led by the accomplished Director Lorra Webb, Musical Director Joni Gage, and Choreographer Debra Mals

Summer Stock participants were involved in all facets of the production including acting, singing, stage, prop and costume design. Through theater games, trust exercises, improvisation, vocal exercises and dance, students emerged as part of a "company of actors" performing together on stage.

Conceived and developed by David De Silva, featuring a book by David De Silva and José Fernandez, music by Steve Margoshes, lyrics by Jacques Levy, and the title song "Fame" written by Dean Pitchford and Michael Gore, Fame! Jr. is set during the last years of the "Fame School," New York City's celebrated High School for the Performing Arts on 46th Street (1980-1984). The musical follows the bittersweet but inspiring story of a diverse group of students as they commit to four years of grueling artistic and academic work in order to achieve their dream of "hitting the heights" and putting their "name in lights." With insight and humor, the show explores the issues that confront many young people today, including prejudice, identity, self-worth, literacy and perseverance.

In Fame! Jr. the characters discover it takes much more than talent to achieve their goals, they must find their true artistic voice, build up their confidence, learn how to collaborate well and work very, very hard. The Company of Old Saybrook Youth Summer Stock Theater exercised these same life skills and discipline through their process of staging Fame! JR.

For more information about Youth Summer Stock Theater or Healthy Communities-Healthy Youth, please contact Wendy Mill, HCHY Coordinator at 860-510-5050 or wmill@town.old-saybrook.ct.us.

### One HONK'ing Good Show!

Fourteen Old Saybrook students in grades 5 and 6 learned the true meaning of the adage, "The show must go on" when rainy skies moved their performance of HONK, Jr. from the Town Green to the Old Saybrook Parks and Recreation Department on Saturday, August 3rd. The students were part of Old

*continued on page 18*



Saybrook's Youth Summer Stock Theater - Younger Set, an introductory theater program sponsored by Old Saybrook Youth and Family Services and Healthy Communities - Healthy Youth.

Led once again by Youth Summer Stock Veterans Michael Cronin (Director), Marissa Mals (Choreographer) and Michael Izadi (Musical Director), this program places emphasis on learning through theater games, trust exercises, improvisation, vocal exercises and dance. Thanks to the generosity of Gretchen Bushnell, the company gathered at her Main Street Jazzercise facility for four and a half hours each day to learn more about the performing arts. At the conclusion of the two week program, students emerged as a "company of actors" performing their very own version of HONK!, Jr.

HONK! Jr. tells the classic Hans Christian Andersen tale of the Ugly Duckling as a modern musical comedy appropriate for everyone in the family. The story follows "Ugly", whose odd, gawky looks instantly incite prejudice from his family and neighbors. Separated from the farm and pursued by a hungry Cat, Ugly must find his way, while his loving mother, Ida, searches for him. Along his journey he not only discovers his true beauty and glorious destiny, but he also finds love and acceptance. HONK! Jr. with all of its wonderful humor, charm and message of tolerance, was applauded by audiences of all ages.

For more information about Youth Summer Stock Theater-Younger Set or Healthy Communities-Healthy Youth, please contact Wendy Mill, HCHY Coordinator at 860-510-5050 or [wmill@town.old-saybrook.ct.us](mailto:wmill@town.old-saybrook.ct.us).

### **You're Invited - 15 Annual Family Day Celebration**

Old Saybrook Healthy Communities Healthy Youth and Youth and Family Services invite you to join in our 15 Annual Family Day celebration on the town green from 1:00 to 4:00 on Saturday, September 28 (Rain Date: Sunday, September 29). Old Saybrook's Family Day has grown significantly since its initial inception and now regularly attracts over 1000 participants - enjoying music, food, games, dancing and other fun-filled activities. This much anticipated community event celebrates our families as well as this fabulous community in which we live by offering positive activities and intergenerational fun for all ages to enjoy together. In the spirit of inclusiveness, all Family Day activities are completely free to participants and supported by the generosity of our community.

Healthy Communities - Healthy Youth is a community-wide initiative dedicated to working towards the development of our youth into healthy and productive citizens!

Should you have any questions or wish to learn more about Healthy Communities - Healthy Youth or Family Day

sponsorship opportunities, please contact Wendy Mill, Program Coordinator, Youth and Family Services at 860-510-5050 or by email to [wmill@town.old-saybrook.ct.us](mailto:wmill@town.old-saybrook.ct.us).

"Like" HCHY on Facebook at <https://www.facebook.com/hchyos>. Find Old Saybrook Youth and Family Services on Twitter at @osyouthfamily.

*Wendy Mill, Program Coordinator  
Youth and Family Services*

### **17 Young Artists Featured During Annual Arts and Crafts Festival**

The weather cooperated, the crowds came out and another successful Arts and Crafts Festival took place on the Town Green. Seventeen Old Saybrook youth between the ages of 8 and 19 participated in this year's 'Youth Booth'. Employing a variety of mediums in their visual arts and crafts, the talented young artists each displayed several pieces, with some offering their work for sale. Each artist also staffed the booth, talking to patrons, their peers and professional artists about their work. Featured artists/crafters this year were Kelsey Christensen, McKenna Gibson, Victoria Jones, Lucy Marinelli, Grace McLaughlin, Megan McNivens, India Rose Morin, Hannah Newton, Brian Noyes, Jillian Noyes, Jillian Pernal, Aubrey Schilke, Carissa Schilke, Amber Spencer, Samantha Stillman, Sydney Stillman and Liam Welsh. Their artistry ranged from painting/drawing to photography, mixed media, innovative jewelry, and candle works!

The 'Youth Booth' was initially developed nine years ago through a special collaboration of Old Saybrook Youth & Family Services and Healthy Communities-Healthy Youth with the Old Saybrook Chamber of Commerce. OSYFS and HCHY seek to promote meaningful opportunities for all young people in all areas of community life. Young people who spend their time in positive, healthy ways are more likely to thrive and succeed.

This year for the first time some of our youth artists offered prints of their original work for sale. Also new this year one artist offered "cartoon portraits while you wait"! Several of the artists have participated in previous years and it's been wonderful to see their artistry mature and grow. Also rewarding is to observe how the young artists mentor and encourage each other.

We would like to extend our appreciation to the Chamber of Commerce for continuing to make this opportunity available to YFS/HCHY and to the parents who helped at the booth alongside their children.

*Linda McCall, Administrative Assistant  
OSYFS, HCHY Advisory Board Member*

*continued on next page*

**Suicide Awarements**

Suicide, the ultimate mental health crisis, is alarmingly common among children and youth. In addition to the tragedy of a life not lived, suicide has devastating consequences for the family and the community. It does not materialize in isolation and is often associated with an undiagnosed mental illness, such as depression. Other contributing factors can be victimization by peers, alcohol or substance abuse, poor social skills, failure and disappointment and personal-social stress. Schools can be the first line of defense by reducing the risk of suicide in the general population and by intervening when a child is in a state of crisis. Youth and Family Services and the OS Public Schools were partners in developing the Community Response Team last year in response to local need. The CRT meets monthly to assess specific areas of concern in the school and general population and to develop targeted interventions to address these areas.

The recommended response protocol is that these interrelated efforts should be coordinated by an inclusive team that has the overall mission of attending to students’ personal, social and emotional well-being along with a network of regional emergency mobile psychiatric services as well as local behavioral health providers.

While it is important for schools to have in-house expertise on suicide and other mental health issues, schools also collaborate with other agencies and with community providers to optimize the capacity to meet the substantial needs of children and families. The school setting offers a significant opportunity to keep children safe from self-harm, not just by identifying warning signs and intervening when attempts occur, but by establishing positive school environments and providing programs and resources that are responsive to students’ personal and social-emotional needs.

September 8-14 is National Suicide Prevention Week and there will be workshops and programs in the community and schools to speak with students about resiliency skills, identifying others who may be at risk, and how to seek support. In collaboration with the Regional Mental Health Board, a program called ‘Mental Health First Aid’ will be offered October 8, 15 and 22.

Readers may find out more details about these and other programs by visiting the OSYFS website—[www.oldsaybrookct.org/youth](http://www.oldsaybrookct.org/youth).

*Heather McNeil LMFT, LADC*

**Old Saybrook Youth Summit**

**“Love our Town, Love Our Kids, Do the Right Thing”**

“Love our Town, love our kids, do the right thing.” That was the sentiment at the Old Saybrook Community Leaders Youth Summit last March. The Youth Summit, hosted by Old Saybrook Youth & Family Services, has convened several times since then, continuing to bring leaders from various sectors of the community together to work on concrete projects which will have a sustained, positive effect on young people in town.

**Work Group I: Meaningful Opportunities for Youth**

First Project: Aiding youth to obtain job training/skills needed for employment:

The mission of this work group is to help Old Saybrook youth obtain training on what local employers are looking for when hiring. The work group is looking at providing “mini-seminars” during the school day that students would attend and learn about topics such as the following: resume writing, interview techniques, job skills, and employer expectations. The students that completed these seminars would be given a certificate that local employers would be aware of indicating that the student has knowledge of job skills and job expectations. A job bank with available jobs, compiled from local businesses, will be given to students that successfully complete the offered seminars. In addition to this, we will be working with 9 Town Transit to coordinate inexpensive transportation options to students that don’t have the means to get to and from work. To get involved contact point person Matt Walton: [mwalton@oldsaybrook.k12.ct.us](mailto:mwalton@oldsaybrook.k12.ct.us)

**Work Group II Networking/Involvement**

First Project: Old Saybrook Neighborhood Block Party

This work group’s mission is to provide an opportunity for face-to-face networking for neighborhoods, including people of multiple generations, in order to foster positive relationships and provide a better support network for our young people. The group is organizing an Old Saybrook town-wide neighborhood “Block Party” on Sunday, May 4, 2014, from 1:00 to 3:00 p.m. The committee has currently grouped our town into 44 neighborhoods and the committee plans to contact people in each neighborhood to help coordinate this activity. We will be asking all town organizations to avoid scheduling any program or activity during this time so that each resident can participate in a neighborhood gathering. More information will be shared this coming fall. Please plan to participate! To get involved, contact point person Mike Rafferty: [paparaff17@gmail.com](mailto:paparaff17@gmail.com)

**Work Group III Town & Community Communications**

First Project: Create/maintain a Community Calendar

One of the priorities identified by the Community Leaders Youth Summit was the need for a common Community Calendar - a one stop for all community events.

In addition to providing a central base of information for all residents/sectors to access, this will allow organizations to avoid scheduling events at the same time.

As part of the Town & Communications Group within the Community Leaders Youth Summit, the Chamber of Commerce has met that need and developed a Community Calendar accessible from the home page of the Chamber website, [www.oldsaybrookchamber.com](http://www.oldsaybrookchamber.com).

Organizations can post community events subject to approval. Events can be searched by date, category or keyword. Users of the Calendar can send email/text notices of events to friends and family as well as request a reminder email/text a certain number of days prior to an event.

The Community Calendar Logo (hyperlinked to the Community Calendar) is available to post on other websites. If you see the logo, click on it and you’ll be taken to the Community Calendar on the Chamber website. For more information, call the Chamber office at 860-388-3266.

*continued on page 20*

To get involved, contact point person Judy Sullivan: judy@oldsaybrookchamber.com

**Work Group IV: Volunteer Screening Process and Database**

First Project: Creation and implementation of volunteer/opportunity database

Old Saybrook High School Students are required to provide thirty hours of volunteer service in order to graduate, and eighth grade students have a smaller commitment. The committee is working on the following tasks to help easily match participating organizations with interested students: create an online directory and calendar for organizations to submit on-going or one time projects and one-time events that need volunteer support; craft a list of “work place rules” that prepare students to represent Old Saybrook and themselves properly while volunteering; and solicit eligible organizations to submit projects. The committee is working with the school system to ensure that the work of the committee meets the existing standards and expectations of

student volunteers. To get involved, contact point person Chris Pallatto: cpallatto@vsymca.org

The Youth Summit reconvenes Tuesday, October 29 from 6:00 - 7:30 p.m. It’s not too late to jump on board: “Love our Town, Love our Kids, Do the Right Thing”.

The underlying framework for the Summit and subsequent efforts is the 40 Developmental Assets, from the SEARCH Institute, first promoted in Old Saybrook in 1997 by the Healthy Community - Healthy Youth (HCHY) initiative. These Developmental Assets are qualities, characteristics and experiences that help youth develop in healthy ways. Research from the SEARCH Institute.org shows that with a higher percentage of Assets present in our community and available to our youth, there is reduced evidence of substance abusing and other risk-taking behaviors.

*Healthy Communities-Healthy Youth Advisory Board*

## Land Trust

Old Saybrook’s location at the mouth of the Connecticut River creates numerous ecologies including tidal marshes, inland wetlands and forested uplands that supply habitat for a rich diversity of plants and animals, and provide a beautiful place to live. The goal of the all-volunteer Old Saybrook Land Trust (OSLT) is to maintain this rich diversity and protect the beauty of the town by procuring and preserving natural open space.



The most obvious open space issue in town is the development of the 1,000-acre forest referred to as “The Preserve.” The Trust for Public Land recently reached a purchase agreement for this unique property with River Sound Development, LLC. To see the purchase realized, the TPL must raise \$10 to \$11

million by June of 2014. This sum will be realized through federal, state, town, public and private funding resources. Along with other local and state organizations, the OSLT will assist the TPL in achieving the goal of permanent preservation and stewardship of this shoreline treasure.

The years that lie ahead will prove critical to the future of land protection in Old Saybrook. The OSLT Board meets on the 4th Tuesday of each month, September to June, 6:30 p.m. in the Parks and Recreation building classroom. Visitors are welcome to attend. Learn more about the Old Saybrook Land Trust, The Preserve, membership and OSLT activities online, oslt.org, or contact us at email@oslt.org.

## Special Dine Out for Literacy Events

Get a great meal and support a worthy cause! On November 14 Luigi’s Restaurant located at 1295 Boston Post Road in Old Saybrook will host their event. Dine at Luigi’s, mention to your server you are there to support Literacy Volunteers and they will donate 15 percent of your check (excluding tax and tip) to Literacy Volunteers Valley Shore. The offer is good for lunch or dinner and valid for takeout or dine in.

Literacy Volunteers Valley Shore CT., Inc. provides tutoring services in a confidential setting with area students learning English as a Second Language or basic adult literacy in a

one-to-one relationship. All services are completely free of charge to all students. LVVS, founded in 1978 serves Chester, Clinton, Deep River, Essex, Guilford, Killingworth, Lyme, Old Lyme, Old Saybrook, Madison and Westbrook.

For more information call our office at (860) 399-0280, visit us on the web at [www.vsliteracy.org](http://www.vsliteracy.org) or e-mail us at [info@vsliteracy.org](mailto:info@vsliteracy.org).

*Peter Mezzetti, Communications Chairperson  
Literacy Volunteers Valley Shore CT., Inc.*

The next deadline for  
Old Saybrook Events is November 22

# OLD SAYBROOK TOWN HALL

302 MAIN STREET

HOURS 8:30 A.M. TO 4:30 P.M., MONDAY THROUGH FRIDAY

## Selectmen's Office

Carl P Fortuna, First Selectman	395-3123	cfortuna@town.old-saybrook.ct.us
Georgiann Neri, Administrative Secretary		gneri@town.old-saybrook.ct.us
Elaine Seaforth, Administrative Clerk		eseaforth@town.old-saybrook.ct.us
Lisa Carver, Finance Director	395-3127	lcarver@town.old-saybrook.ct.us

## Accounting

Sharon Migliaccio,  
Accounting Supervisor 395-3132 smigliaccio@town.old-saybrook.ct.us

## Assessor

Norman Wood, Assessor	395-3137	nwood@town.old-saybrook.ct.us
Rick Pine, Assistant to Assessor		rpine@town.old-saybrook.ct.us

## Building Department

Don Lucas, Building Official	395-3130	dluca@town.old-saybrook.ct.us
Kathleen Marshall, Administrative Secretary		

## Economic Development

Wilma Asch, Executive Director	395-3139	wasch@town.old-saybrook.ct.us
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## Fire Marshal

Donn Dobson, Fire Marshal	395-3133	ddobson@town.old-saybrook.ct.us
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## Land Use

Christine Nelson, Town Planner	395-3131	cnelson@town.old-saybrook.ct.us
Christina Costa, Enforcement Officer		ccosta@town.old-saybrook.ct.us
Sarah Lyons, Administrative Assistant		slyons@town.old-saybrook.ct.us

## Parks and Recreation

Vicki Duffy, Director	395-3152	vduffy@town.old-saybrook.ct.us
Ray Allen, Assistant Director		rallen@town.old-saybrook.ct.us
Judy Sherman, Administrative Clerk		jshe@town.old-saybrook.ct.us

## Public Works

Larry Bonin, Director	395-3123	lbonin@town.old-saybrook.ct.us
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## Registrars of Voters

Carol Conklin	395-3134	vr.oldsaybrook@po.state.ct.us
Jean Winkler		vr.oldsaybrook@po.state.ct.us

## Tax Collector

Barry E. Maynard	395-3138	bmaynard@town.old-saybrook.ct.us
Wendy Morison		wmorison@town.old-saybrook.ct.us

## Town Clerk

Sarah Becker, Town Clerk	395-3135	sbecker@town.old-saybrook.ct.us
Christina Antolino, Assistant Town Clerk		cantolino@town.old-saybrook.ct.us

## Treasurer

Robert Fish	395-3070	rfish@town.old-saybrook.ct.us
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## Water Pollution Control Authority

Robbie Marshall, Coordinator	395-2876	admin@oswpc.org
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## OTHER TOWN DEPARTMENTS

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

Michele Van Epps, Director	395-3184	mvanep@actonlibrary.org
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### Police Department - 225 Main Street

Non-emergency	395-3142	
Michael Spera, Chief of Police	395-3142	mspera@town.old-saybrook.ct.us

### Probate Court - 302 Main Street

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

Susan Consoli, Social Services Coordinator	395-3188	sconsoli@town.old-saybrook.ct.us
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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	hmcneil@town.old-saybrook.ct.us
Linda McCall, Administrative Assistant		lmccall@town.old-saybrook.ct.us

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

## Energy Assistance

Apply for Energy Assistance Wednesday, October 2 at Town Hall, 9:00 a.m. - 2:30 p.m.

If you need help with fuel expenses you may qualify for this program. If you fall under the following guidelines you may be able to apply for help:

- Household size 1, under \$31,864
- Household size 2, under \$41,668
- Household Size 3, under \$51,472
- Household size 4, under \$61,472
- Household size 5, under \$71,080
- Household Size 6, under \$80,884

This is our town sign up day for help through the state programs Connecticut Energy Assistance Program, CEAP and Connecticut Heating Assistance Program, CHAP administered by the Community Renewal Team, CRT.

Help is available for all types of heat. The program has tiered levels of help depending on income and family size and the amounts awarded will help families struggling with high heating costs keeping them warm this winter. This program will run through March of 2014 but applicants should apply as early as possible in the heating season. Program representatives from CRT will be here in Old Saybrook at the Town Hall on October 2 to take applications for the start of this year's heating season. Appointments need to be scheduled in advance and information on what documentation you should bring will be provided.

Please contact Susan Consoli, MA, LPC, Social Services Coordinator, at 860-395-3188 or by email to [sconsoli@town.old-saybrook.ct.us](mailto:sconsoli@town.old-saybrook.ct.us) to apply for heating assistance or for more information.

## MILE - Middlesex Institute of Lifelong Education

MILE was established in 1993 to provide stimulating educational experiences for adults 50 and over. Sponsored by Middlesex Community College, it is an all-volunteer non-profit organization with programs on a wide range of topics. For \$60.00 members can attend 7 weeks of programs in the fall and 8 weeks in the spring. These may include field trips, and MILE also offers an annual week-long trip. Our website is [www.mileonline.org](http://www.mileonline.org). E-mail: [mileatchapman@gmail.com](mailto:mileatchapman@gmail.com)

- Joanne S. Rocznik, Mile Publicity Chairman

# THE BEACON

## THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

Change: make or become different; take or use another instead of; the substitution of one thing for another. No matter how you define it, change is inevitable and the Old Saybrook Public School District experienced a great deal of change over the summer. Administrators, teachers, support staff, no one faction stayed the same. In keeping with this theme, The OSPS submission for the September Saybrook Events will be slightly altered as well. The district would like to take this opportunity to share two letters with the community. The first from our new Superintendent, Mrs. Jan Perruccio followed by a correspondence from new high school principal Ms. Sheila Riffle.

### Old Saybrook Residents,

It has been a few short months since I was appointed to the position of Superintendent of Old Saybrook Public Schools and only eight short weeks since I began here, but I have been busy each day trying to learn the ropes and meet as many people as possible both from inside and outside our schools. I am really pleased to have met so many wonderful professionals and accomplished students as well as interested citizens.

The district leadership team worked together on a number of important initiatives this summer. The administrators attended an intense weeklong training on the new State Board of Education's Teacher Evaluation System, which will be implemented for the first time this year. In addition we conducted a search for the new associate principal of the middle school ending in the appointment of Matt Walton to the position on July 23. Matt will join Mandy Ryan, our newly appointed principal, at the helm of the school. I wish them both the very best as they foster in the next era at Old Saybrook Middle School.

The departure of our high school principal created the need for another administrative search. The hiring process extended over four weeks, during which time semi-finalists were interviewed three different times by parents, teachers, administrators, board members, paraprofessionals, a secretary and students and were the subject of thorough reference checks. The board of education conducted the final interview of the three finalists on August 12 and unanimously appointed Sheila Riffle to the position. Sheila and Associate

Principal Tara Winch began working on a myriad of initiatives and projects, most notably, the NEASC process, even before school began.

Many wonderful new teachers have been hired to fill positions left empty when faculty members retired or resigned. Others from our existing faculty have been appointed to new positions. They include:

Kathleen E. Goodwin School: Lauren Dean, Remedial Teacher; Darra Meder, Reading & Language Arts Consultant; Kristin Miller, Grade 2; Dan Pagnataro, Computer Literacy Enrichment; Sonia Varley, Secretary.

Old Saybrook Middle School: Samantha Grass, Special Education; Katelyn Flanagan, Physical Education; Amy Maynard, Special Education; Amber Schwarm, Guidance; Michael Corrado, Bus Paraprofessional; Brian Ethier, Paraprofessional; Aimee Hoffman, Paraprofessional; Robert Narducci, Paraprofessional; Ryan Hartt, Paraprofessional.

Old Saybrook High School: James Flaherty, History/Social Studies; Curtis Gullette, Math; Kendra Gerrish, Special Education; Marissa McCarthy, Special Education; Michelle Marenna, Special Education; Sheila Riffle, Principal, Allyson Tanner, SRO; Dana Kimbis, Paraprofessional; Terry Hargrove, Paraprofessional.

In addition, Cindy Zajac has been appointed to the position of pupil and professional services coordinator and Kathy Bai has become the district's pupil and professional services director. Finally, a new member of our secretarial staff, Sonja Varley, joins the staff at Goodwin School to replace retiring secretary Lucy Young. Allyson Tanner will be the new school resource officer at the high school. Allyson is new to the Old Saybrook Police Department as well as our school, but she comes to us with experience as a school resource officer. On behalf of the entire school community, I extend a warm welcome to those of you who are just joining us this year.

Over the summer, several facilities projects have been addressed as we continue to clean, maintain and improve our schools' learning environments, but there are many other projects in progress as well. The ongoing efforts to optimize security has resulted in the implementation of indoor and outdoor camera monitoring systems in all three buildings. New front entry doors have been installed at our middle school and an additional visitor door, which leads all visitors directly

into a vestibule in the main office, is a new security feature. There will also be a camera and double buzzer system at the entrance. Modifications have been made to the entry system at Katherine Goodwin School. These modifications include a double buzzer system and a service window installed for visitors (parents and others) to drop off information or an item for a student or to a staff member at the office.

Students, parents and teachers are able to start over every August with a new school year. This year is particularly exciting for me as I begin to work with the community of Old Saybrook. I look forward to the new school year.

*Sincerely, Jan Perrucci*

**Dear Colleagues, Families and Community of Old Saybrook,**

I am thrilled to be working with all of you as the principal of Old Saybrook High School! While I leave behind a multitude of wonderful relationships as an assistant principal at Edwin O. Smith High School for the past six years, I can't wait to meet more of the students, parents, faculty and community that make Old Saybrook a place I look to call home. Upon graduating from The Ohio State University (the "The" is an official part of the title, I am not being pretentious!) I taught high school and junior high school music before coming to Connecticut in 1999 for a Master's Degree at Central Connecticut State University. I was then fortunate to work with a talented and collaborative community at Farmington High School as a school counselor for several years before embarking upon school leadership through the University of Connecticut Administrator Preparation Program (UCAPP). I have spent the past eight years of my career in the role of assistant principal and I could not be more warmed by the relationships I have gained along the way!

I have been extremely fortunate to work with so many caring and devoted individuals throughout the past seventeen years as an educator. I embrace a philosophy of education and leadership that is anchored by positive relationships, high standards, a healthy sense of humor and a balance of structure and support. I believe these anchors are paramount to facilitating the exciting changes happening in education across the state and nation. If facilitated with fidelity and support, the new educator evaluation core requirements provide a framework for supporting teachers and education specialists through continued growth as professionals. The Common Core State Standards serve as the roadmap for sustaining the expectation that our students, each and every

one of them, will reach their highest potentials academically, socially and personally. We owe it to our students to support and grow their abilities to solve complex problems, think through every situation with critical purpose, seek individual as well as group knowledge and communicate their ideals and aspirations effectively through every medium. Our upcoming visit from the New England Association of Schools and Colleges (NEAS&C), coupled with our self-study, will serve as an important benchmark as to how we are doing in continuing to offer the finest educational opportunities available for our students. I look forward to digging in with the faculty in the midst of our self-study, as the 2014 committee visit will be here before we know it! Everyone has been working hard to learn, gather and reflect in preparation for this thorough process and I know we have much work still to do. Having been through two NEAS&C committee visits in the past, as well as serving as a member of a visiting committee to a public high school in Massachusetts, I understand that we must continue to make gains towards preparing for this process in the school year ahead.

Throughout my career in education I have had many opportunities to collaborate with friends and colleagues on programs that support student learning and success. Having facilitated positive and welcoming freshmen orientation activities I have observed repeatedly how important the first moments of a student's high school introduction can be. Partnering with freshmen and their families to facilitate a successful transition to high school serves as the foundation for a healthy and fulfilling high school career. I would also like to share that through a partnership with Bacon Academy and the University of Connecticut Women's Center last year I co-developed a pilot program that fosters empowerment and self-esteem building for young women. I hope to continue this endeavor and bring it to students of Old Saybrook High School should we feel there is benefit to them for the opportunity.

In closing, I would like to express once again how honored I am to be the principal of Old Saybrook High School. Having extended family that resides along the shoreline, I am extremely excited to become embedded in this wonderful community with which I am so rapidly getting acquainted. I have quickly learned that the collaboration and strong working relationship between the town agencies is a great benefit to our students and entire faculty. I look forward to partnering with the dedicated professionals of Old Saybrook in supporting our students and families. Old Saybrook's huge personality coupled with its warm,

small town feel has drawn me in and I am looking forward to working with all of you! GO RAMS!!

*Warmest Regards, Sheila A. Riffle*

Also in this edition we would like to include information regarding the freshmen retreat and update Youth and Family Services offerings for high school students.

**THE FRESHMAN RETREAT**

The 'Freshman Retreat', in its' 6th year at Camp Hazen in Chester, was designed to ameliorate some of the normal transitional anxieties students may experience as they head into High School. This is an opportunity for students moving up from our Middle School as well as students who are new to Old Saybrook to form relationships with different people. The program is organized through a partnership between Youth and Family Services and the OS Public Schools. Typically joining the 9th graders at the Retreat are teachers, school administrators and key community members such as Youth and Family Services staff, Parks and Recreation personnel, a Police Officer and selected High School Seniors who serve as Asset Team Mentors at the Retreat and through the coming school year. Staff and Seniors are involved up to the point of spending the night at the camp, sharing meals and testing their physical limits right alongside the students.

The classrooms at Camp Hazen took the shape of hiking trails, the lake, the High Ropes Course, Alpine Tower, and activities of team and trust building challenges, culminating with a series of educational and entertaining activities around a campfire. The Retreat's purpose is to help freshmen acquire new skills, while bonding with teachers and other students during team building and leadership training activities, gaining skills and confidence that can protect them against taking risks as they transition to their new school.

Over the years student evaluations have reflected an experience in which they learned a lot about themselves and their peers and were able to bond with many of the adults in attendance. They became more confident, more tolerant of others and gained skills to become better decision makers. We are optimistic that they will draw from this valuable experience throughout their entire High School career.

**DROP IN CENTER HOURS AT OSHS**

There will be a drop-in center at OSHS for students Tuesdays 11:30 - 2:00 p.m. and Fridays 11:30 - 2:00 p.m. each week, staffed by OSYFS clinician Chelsea Graham, MSW. OSYFS works closely with OSPS and in-school guidance teams to provide additional support for students in the school setting, and students can access these services easily and with minimum disruption to their academic day.

Chelsea also facilitates the REACH (Responsible Educated Kids Can Help) group at OSHS. REACH is comprised of students interested in substance abuse prevention and awareness, and they are active within the student population in these efforts as well as in the community. REACH will meet two Tuesdays a month after school, and are scheduled to be involved at a local and state level in prevention projects.

Finally, the district would like to take this opportunity to recognize three outstanding educators who were named Teacher of the Year at their respective school. Honored were Ms. Patty Namin; Goodwin School, Mr. Michael Harten; Middle School, and Ms. Jennifer Pesce; High School.



Jan Perruccio congratulates the Teachers of the Year  
 Michael Harten, Middle School  
 Jan Perruccio, Superintendent  
 Patty Namin, Goodwin School  
 Jennifer Pesce, High School

As always, for more detailed information regarding a specific school or the district in general, visit our district website at [www.oldsaybrook.k12.ct.us](http://www.oldsaybrook.k12.ct.us).

*"I look forward to seeing Events Magazines. Covers are vivid with great color and town appropriate - you do a great job!"*

*Jerry Pope Sr., Niantic, CT*

# Acton Public Library

## Special Health Care Reform Program

October 22

1:00 - 3:00 p.m. Acton Public Library and

7:00 - 9:00 p.m. Chester Meeting House

The Acton Public Library, in conjunction with the Valley Shore Librarians, will host a speaker on the Affordable Care Act. The program will be presented twice for all area residents. Randi Oster, an author and researcher, will discuss the pending changes in health care and how it will impact each of us. The same program will be offered in the afternoon at the Acton Public Library, and in the evening at the Chester Meeting House. The Affordable Care Act will impact all of us – come and find out what you need to do to prepare for these changes.

## A "Visit" to Scotland

October 3, 7:00 p.m.

Jeff Robertson, a Scottish native now living in Connecticut will introduce us to his homeland through video, music, conversation, and various objects. Join us for an armchair journey to another land!

## Ernest Bernstein Honor With Books Fund Continues to Grow

A recent display of the books purchased through the fund established by Barbara Bernstein generated much interest in the fund, and the library's collection of materials on the subject of the Holocaust in general. In addition to the original books and DVDs purchased through this fund, the library has added several more titles, and will continue to do so. Barbara envisioned the fund as a way for individuals to honor or memorialize friends and family through contributions to it. Any donations made would then be acknowledged with a book plate signifying the honoree. If you are interested in learning more about this fund, or wish to make a donation to it, please contact Michele Van Epps at the library.

## Art Exhibits at the library

There is a full schedule of art exhibits planned for the library:

- Yohannan Kilpatrick: September (in Atrium)
- The Estuary Art Group: 8/19 - 9/21
- Diane Aldi: 9/23 - 11/2
- Andrew Pezzente: 11/4 - 12/14

## Children's Activities

### Story Times

Preschool Story Time - Every Friday Morning at 10:30 a.m. For Children Ages 2-5: Stories, songs, hand rhymes, creative activities, and lots of fun! Bring your lunch and stay for even more fun!

Story Time for Wee-Ones - Every Wed. Morning at 10:30 a.m. For Children Ages Birth to 2: Stories, songs, hand rhymes, and time for adults to socialize.

## Special Programs

Creative Fall Programs - for children ages 8 and up (younger children must be accompanied by an adult). Every Tuesday, from 3:30 - 4:30, September 10 - November 26.

September - Magic Month

October - Origami Month

November - Nibbles Month (creative snacks)

Family Day - Saturday, September 28

Acton Public Library will be promoting "neighborhoods"

in conjunction with Youth and Family Services' Community Leaders Program Block Party", scheduled for May 14, 2014. Children will create "Neighborhood Block Party" badges.

Halloween Hop - Tuesday, October 22 at 6:30 p.m. for all ages. Dancing, games and more! Featuring Disc Jockey Tom Salatto.

Holiday Story Time - Friday, December 13 at 10:30 a.m. Stories, songs, creative activities, refreshments, and a holiday grab bag.

**Young Adult Programs** (recommended for teens and tweens ages 10 - 17) After school programs, from 3:00 - 4:30 p.m.

Wednesday, September 4th: Young Adult Advisory Board

Monday, October 21: Moroccan Food with Kathy Benjdid of Tissa's Le Souk du Maroc

Thursday, October 24: Making Halloween luminaria jars

Monday, November 18: Cooking Program

Thursday, November 21: Making beaded napkin rings

Monday, December 16: Making edible gifts in a jar

Thursday, December 19: Making paper boxes and ribbon stars

## Programs for Job Seekers at the Acton Public Library

Shoreline Works, a collaboration between CT Works, Acton Public Library, and Old Saybrook Social Services, offers programs for job seekers on Monday mornings at the Acton Public Library. All programs are free and open to the public. For more information or to register, call the Acton Public Library at (860) 395-3184 or email [shorelineworks@gmail.com](mailto:shorelineworks@gmail.com).

### October:

Monday, October 7, from 10:15 a.m. to 12:15 p.m.: Workshop for jobseekers: "What you need to know about electronic applicant tracking systems"

Monday, October 28, from 10:15 a.m. to 12:15 p.m.: Job Networking Group: "Effective Communication and Networking"

### November:

Monday, November 4, 10:15 a.m. to 12:15 p.m.: Workshop for jobseekers: "What Employers are Looking for in a Successful Candidate" with Jennifer Daddio

Monday, November 25, from 10:15 a.m. to 12:15 p.m.: Job Networking Group: "Get to Know Yourself - it is the key to your success!"

### December:

Monday, December 9, from 10:15 a.m. to 12:15 p.m.: Workshop for jobseekers: "Taking Advantage of Available Resources" with Sue Consoli

Monday, December 23, from 9:00 a.m. to 10:00 a.m.: Job Networking Group: "Keep an Open Mind - be forever teachable"

We hope to see you at the library this fall. The library is grateful to the Friends of the Acton Public Library for making many of these programs possible.

Remember that you can access the library's catalog by visiting our website: [actonlibrary.org](http://actonlibrary.org), and clicking on the link "catalog". From there you can check your own account, renew items, and place holds on items from any LION library. If you have any questions, contact us at 860-395-3184, or by email: [actonpubliclibrary@gmail.com](mailto:actonpubliclibrary@gmail.com).

The library's hours are:

Monday – Thursday, 10:00 a.m. - 8:30 p.m.

Friday and Saturday, 9:00 a.m. - 5:00 p.m.

Sunday (beginning October 20th) 1:00 - 5:00 p.m.

## Connecticut River Area Health District

### District Offers Education on Skin Cancer Prevention

The health district has developed a program for SKIN CANCER EDUCATION. Through a preventative health block grant, the CT River Area Health District has been offering small groups education on the risks associated with over exposure to the sun. Skin cancer is the most common form of cancer by far. However, in most people, it is entirely preventable. This short, but informative presentation offers valuable advice on how to protect oneself from skin cancer. If you have a small group that would be interested in receiving this free education, please contact Sherry Carlson at 860-661-3300. The presentation is free, offered year round, and takes about 30 minutes.

### Remember the Swine Flu?

Although the big scare of the "swine flu", and later H1N1, has waned in recent years, there are still variants of swine flu that continuously circulate out there. In 2012, and more recently this year, the Centers for Disease Control and Prevention issued an alert about a variant of the swine flu (H3N2v) which has caused small numbers of illness in humans. This flu does not appear to spread from person to person, but cases have been seen in people in close proximity to pigs at agricultural fairs. In short, pigs could carry the virus, and may or may not become ill from it. This is not meant to scare anyone, but just to raise awareness that catching this flu virus from pigs is possible, and like with any other flu, take simple precautions to avoid it. Health authorities are also looking at other flu strains, such as the H7N9 avian flu strain in China, to see if they become a cause for concern.

### Does Any One Remember Legionnaires Disease?

For those of you who do, (the over 50 crowd!) you may remember the intense media attention paid to this outbreak. For those who don't, the disease is a bacterial infection which was first "discovered" back in the mid-1970s. The bacterium, Legionella, is named after a 1976 outbreak, when many people who went to a Philadelphia convention of the American Legion suffered from this disease, a type of bacterial pneumonia. It was also later found to be present in unmaintained air conditioner cooling towers and even

in misters used to keep produce fresh at supermarkets. We seldom hear about Legionellosis anymore, but since being put in the spotlight nearly 40 years ago, it has been a reportable disease ever since, and is monitored for numbers of confirmed cases. Annually, there are small numbers of cases reported to health authorities. Interestingly, there has been a small but noticeable increase in the number of cases in the Northeast USA this year. Although this bacterial infection is not passed from person to person, there is interest as to why we are seeing the increase. Is there a common source of exposure? As investigators explore this over time, we may know more about the reason for the increase.

### Mosquito Update

By the time you read this section, there have likely been reports of mosquitoes testing positive for West Nile Virus from several towns in Connecticut. There may also have been reports of other mosquito carried viruses in the state. Although mosquito numbers decrease in late summer and fall, they are still around until the first hard frost. We urge people to remain vigilant and take precautions to avoid mosquito bites throughout the latter months of the year.

### Remember to Get Your Flu Shot

During the 2012-2013 flu season, we saw a huge spike in cases and hospitalizations in the annual flu from the 2nd week in December thru January. Last year's flu hit early and hit hard. We urge you to get your flu shot this year. The Centers for Disease Control is recommending that everyone over 6 months old should get the flu shot. Please make this part of your autumn/early winter routine this year!

**GET YOUR FLU SHOT! GET YOUR FLU SHOT! GET YOUR FLU SHOT! GET YOUR FLU SHOT!**

P.S. The health district is planning public flu clinics for this upcoming flu season with the VNA of Southeast CT. Although most clinic dates have not been finalized, we do know that there will be a clinic at the health district office from 4:00 p.m. to 7:00 p.m. on October 7. **SAVE THE DATE!**

*Jim Monopoli, Director of Health*

## Finance Director

### Staying Connected with our Community: Old Saybrook Town Hall works to improve the use of Information Technology to better serve citizens.

More and more each day, individuals, businesses and governments are using the Internet for all types of transactions that previously had to be done in person or through the mail. Going online to do things like paying bills, planning a vacation, and job searching has become second nature to most of us. Companies with robust, user friendly websites have a distinct advantage in growing their business as customers demand the ability to get things done faster and more efficiently.

Our Town government should also be focused on giving residents, businesses and visitors not only easier access to information, but also the ability to get questions answered; fill out forms or interact with staff and officials without the constraint of Monday through Friday, 8:30 - 4:30 Town Hall hours. Last month, Tax Collector Barry Maynard did just that by adding to the Town website an online tax record lookup function with the capability to pay local property taxes online. The fact that several people made payments on the new system before it was announced to the public shows that people are looking more and more to websites as their first source to get things done.

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The Town is currently working on a project to give our website, [www.oldsaybrookct.org](http://www.oldsaybrookct.org), a facelift to make sure we are making it as easy as possible for people to use our site. First Selectman Carl Fortuna along with department heads and our new Information Technology (IT) Manager, Larry Hayden formed a working group to review the current site to see what works, what doesn't work and what is missing.

One of the proposals being worked on is to create a sub-site for departments such as the Acton Library or Town Clerk that have more information than the standard page can comfortably handle. The sub-site would still be accessible from the main site, but it would be able to expand to include more information, document storage or photos making it easier for users to locate what they need.

Another idea we are working on is adding a "How do I ... ?" menu to the homepage. This tab will direct you to spots on the website that have answers to questions like:

"How do I get a marriage license?"

"How do I find out if my property is in a flood zone?"

"How do I pay my taxes online?"

"How do I sign my child up for Parks and Recreation programs?"

This can cut down on how many pages you have to wade through to get to the information you are looking for.

We welcome feedback from the public on this effort to revitalize the Town website. If you have a suggestion for something

you would find useful to have on the site or a way you think would make it easier to use (perhaps a "How do I ... ?" that would save you some time searching for information), please contact me at [lcarver@town.old-saybrook.ct.us](mailto:lcarver@town.old-saybrook.ct.us).

Another recent expansion of the Town's use of technology is the addition of a second electronic message board at the corner of Mill Rock Road and Route 1. This sign, along with the original one in front of Town Hall and the Kate, are used to transmit important instructions during emergencies such as storms as well as information on town activities such as Town meetings, Fire Department recruitment or Parks and Recreation programs to name a few.

Town usage takes precedence, but if the signs have excess capacity, the Town will post information on events sponsored by local not-for-profit organizations. Information on how to submit a posting is available in the Town's recently adopted Electronic Sign Policy, which can be found on our website, [www.oldsaybrookct.org](http://www.oldsaybrookct.org), under Town Departments, Selectman's Office. An application for sign usage is available there as well.

We will continue to work towards using technology to increase local government's connection to the community of Old Saybrook.

*Lisa R. Carver, Finance Director  
(860) 395-3123, [lcarver@town.old-saybrook.ct.us](mailto:lcarver@town.old-saybrook.ct.us)*

## *Harbor Management Commission*

Since its formation as the successor to the previous Waterfront Commission, the Old Saybrook Harbor Management Commission (HMC) has worked to address issues affecting Old Saybrook's harbors and waterfronts.

The HMC's responsibilities including the town's harbor management jurisdictions are identified in the Harbor Management Plan approved by the state and adopted by the town in 2003. These responsibilities include all matters relating to the development, improvement, expansion, and management of public and private waterfront areas. The Commission reviews and acts on plans for the construction, improvement, modification, acquisition, operation, and supervision of wharves, piers, bulkheads, breakwaters, jetties, docks, slips, basins, docking facilities, beach areas, harbor development, and other waterfront installations.

The commission works closely with the Harbor Master in the course of carrying out its responsibilities, including activities for overseeing the allocation and use of mooring locations in North Cove and the use and condition of town waterfront facilities, including the town dock, ramp, and landing at North Cove and the Ferry Dock facility. The HMC has adopted policies and procedures for the use of the North Cove mooring area, the town dock at Sheffield Street, and the Ferry Road Dock facility. The commission maintains and publishes wait

lists for the facilities it manages. The HMC provides assistance via telephone or email contact with either commission clerk Gerri Lewis, [gerri\\_lewis@yahoo.com](mailto:gerri_lewis@yahoo.com) or dock master Scott Mitchell, [ncdockmaster@hotmail.com](mailto:ncdockmaster@hotmail.com).

In 2009 the commission, working jointly with the United States Army Corps of Engineers, completed a federally funded \$4.3 million maintenance dredging of the North Cove Harbor of Refuge area. Among its other ongoing work, the HMC is currently working with the state D.E.P. to implement a \$250,000 STEAP grant to upgrade and improve the Ferry Dock facility.

The commission consists of elected members Raymond Collins, Chairman; Les Bowman, Secretary; George Wall; Richard Goduti; and David Cole. Scott Mitchell serves as both dock master for the town and state harbor master appointed by the Governor. Gerri Lewis provides administrative support for the commission. The HMC generally meets on the 2nd Monday of each month at the Acton Library with specific dates and times being posted on the town website and with the Town Clerk.

The Old Saybrook Harbor Management Commission is dedicated to its charge to protect the environmental quality of the harbor area and to achieve a safe and balanced use of the same.

*Raymond Collins, Chairman*

## Garden Club

This summer marked the fourth anniversary of the Old Saybrook Garden Club's Street Garden Recognition Program, an initiative launched by club-member Jean Hester to encourage town business people to use plantings to enhance the curb appeal of their properties. In year one the program had 15 entries; this year it had 55: 43 on Main Street and 12 on Boston Post Road. The committee, chaired by Paula Luby and consisting of June Hinckley, Sylvia Engelman, Donna MacNeill, Kathy Price, Marilyn Halbing, June Willson, Ree Gaffney, and Gail Fahey (along with a number of other club members) visited all 55 entries, scoring each according to several criteria: Was the planting visible from the street? Was it pleasing to the eye? Was it well maintained? Was all plant material real?

When the results were tallied the winners were: Esty, LLC. (which received an ongoing participation medal), Saybrook Dental, Liberty Bank, Seaside Wine, Lighthouse Home Care, and Sweet Luna. "The merchants are just so enthusiastic," says Paula; "When we presented the winning plaque at Seaside Wine the professional landscaper responsible for the planting, William Grendziszewski, was just so thrilled to be a winner. And when we got to Saybrook Dental, Dr. David Sliva (who does all the gardening there himself), took off his white coat and posed for our photos as long as we liked." All participants received a recognition disc,



One of the newer Main Street businesses, Sweet Luna's, was a winner in the Old Saybrook Garden Club's Street Garden Recognition Program - 2013 edition. Sweet Luna servers (left to right) Sara Emigh, Ariel Mannetho, and Maryn Lacey proudly display the shop's colorful plantings.



Lee Merritt's garden, which includes this beautifully designed herb garden, was one of four that were opened to all club members on a sunny day in June.

and photos of all entries will be on display in the library.

In June, four members of the garden club opened their own lovely gardens for club members to visit. Those participating were Elisabet Landrey, Lee Merritt, Susan Vitro, and Cathy Rodier. This is an annual - and much-anticipated - event the club sponsors. While it is not a public event club members often bring spouses and friends and get to see some of Saybrook's loveliest private gardens. This year the weather was gorgeous - as were all four of the gardens.

Though the garden club doesn't hold meetings in July and August members stay involved: Maintaining the Main Street median planters (23 in all), the Constitution Garden in front of Saybrook Country Barn, the flower bed in front of the firehouse, and planters in front of the library. Also, members continue to supply a floral design for the library checkout desk each week.

In September the club launches its 2013-2014 season under new president, June Getchius. Ten months of interesting programs are planned for members and an April 2014 floral-design program will be open to the public. The club's Youth Program, Senior Outreach, Main Street Christmas decorations and much more will once again enhance the quality of life in Old Saybrook. For information about the Old Saybrook Garden Club please call 860-388-3213.

## Cypress Cemetery: Did You Know?

Of all of the veterans of foreign wars buried at Cypress Cemetery, one veteran in particular stands out. He was noted enough so as to be commemorated with a park and a National Honor Roll Memorial Tree, the large oak located in the northern part of the Annex. His name was Harry Gilbert Faulk and of the 28 veterans in Cypress who fought in World War I, he was the only Saybrook resident actually killed in action - in France on July 25, 1918 at 20 years of age. Company C of the 101st Machine Gun Battalion, to which Harry was attached, was heavily shelled while sleeping on the edge of some woods north of Chateau Thierry on the morning of the 25th which resulted in significant casualties. Harry, who was mortally wounded, was one of the casualties. The following was written about Harry in book about the 101st entitled History of the 101st Machine Gun Battalion: *Wagoner Harry Faulk: Born Sept. 16, 1897. Chauffeur. Enlisted Niantic August 23, 1917. Wagoner, March 31, 1918. Chemin des Dames, Toul, Chateau-Thierry. Wounded morning of July 25, 1918 at Fere Woods north of Chateau-Thierry and died in 103rd Field Hospital the same day. Was buried in the American cemetery at Belleau wood. Body sent home and buried in Cypress Cemetery, Saybrook Point, Conn., September 11, 1921.*

A "wagoner" in World War I would be equal to a "truck driver" in World War II.

Harry was the youngest of six children of Frederick Olaf and Hilma Justina Faulk, who were both born in Sweden. The Faulks were well known in Old Saybrook and on Saybrook Point in part because they owned a small store at the corner of Bridge Street and College Street that also included a post office. The location is now occupied by the corner condominium building of the Saybrook Point Hotel complex. Frederick and Hilma, buried in the Faulk plot side-by-side with Harry, outlived him by only 5 years and 15 years, respectively, as they were older parents when Harry was born. Frederick died at age 65 years in 1923, only two years after bringing Harry home from France to Cypress Cemetery; Hilma died ten years later in 1933 at age 72 years. Hilma was member of "American Gold Star Mothers", the organization who's unfortunate members had sons or daughters killed in war. It was an organization to which no mother wanted to belong.

Contact Cypress Cemetery for information about available burial plots and cremation niches at [jhtdownes@gmail.com](mailto:jhtdownes@gmail.com).

## *Social Services Selected as Assister Organization for Access Health CT*

### **Assisters to Provide Support to Help Uninsured - Make Important Decisions on Healthcare Coverage**

Old Saybrook Social Services today announced that Access Health CT has selected a staff member from the organization as a candidate to participate in the training and certification process for the Assister program. Access Health CT is Connecticut's official health insurance marketplace whose mission is to increase the number of Connecticut residents who are insured, lower their costs, promote health and eliminate health disparities.

The Assister program is a federally-funded grant program established through the Affordable Care Act (ACA). The Navigator and Assister Outreach Program is the result of a unique partnership between Access Health CT and the State of Connecticut's Office of the Healthcare Advocate (OHA). The program will play a key role in Access Health CT's community outreach efforts and brings the ACA directly to the people. Navigators and Assisters will provide consumers with support enrolling in a variety of health insurance coverage options including subsidized health insurance, Medicaid and HUSKY programs.

Assisters are individuals who work for community-based organizations in Connecticut, engaging, educating and facilitating enrollment through providing one-on-one support during the initial Open Enrollment period of October 1, 2013-March 31, 2014. The program will help individuals and families make educated decisions about their healthcare coverage and refer them to the right place if they have questions or concerns.

In order to receive the Assister certification, candidates must undergo background checks, 34 hours of training and pass a certification exam with a minimum score of 80 percent. Upon certification, Assister's organizations will receive a grant award of \$6,000 to support their community outreach initiatives.

There will be approximately 300-part-time Assisters across the state who work at organizations such as nonprofits, small businesses, faith organizations, community organizations, libraries, unions, and health departments. Organizations were selected based on several key criteria including geographic focus, population demographics, cultural connections to the community it serves and language capabilities.

Kate Gervais, Manager of the Navigator and Assister Outreach Program, said the goal is "to have community-based organizations with existing relationships help the uninsured and underinsured members of their communities with these very personal decisions about their health coverage."

Victoria Veltri, the state's Healthcare Advocate, is proud to share that the Assister candidates speak over 32 distinct languages. Veltri said the Assisters will be able to "provide culturally and linguistically appropriate support to the uninsured members of our community."

"Assisters provide the education and guidance our residents deserve to help them make the right health plan choices," said Access Health CT CEO, Kevin Counihan. "We are impressed and delighted with the enthusiasm and commitment of the Assisters to make affordable health insurance a reality in Connecticut."

"We are so pleased and proud to have been selected to participate in the Assister program," said Susan Consoli, "Our deep-rooted relationships in the community will help us reach those uninsured and underinsured individuals who need access to insurance but don't know where to start. With all the information they can make the best choices for themselves and their families."

For more information please visit [www.accesshealthct.com/outreachprograms](http://www.accesshealthct.com/outreachprograms)

## *Friends of the Acton Public Library*

The Friends, the Acton Library support group of over 400 members founded in 1970, raised over \$10,000 that provided assistance with programming and other needs as: website maintenance, thirteen museum passes, Book Page a companion to monthly book review publication, public copier/scanner, tables and chairs for the program room, library book carts, rocker chairs for the young adult library, presentation station, and reading carpet. In addition, the Friends donated \$5,000 to the Tucker Library Fund for future expansion of the Library.

The Board thanks the Essex Savings Bank for their Community Investment Program grant awarded and the Old Saybrook community for their continuous generous support.

The Friends of the Acton Public Library Board of Directors elected this year:

Copresidents - Janet Crozier & Betty O'Brien  
Vice President - Patricia Flanagan  
Recording Secretary - Sheila McPharlin

Corresponding Secretary - Rita Rosano

Treasurer - Nancy Baldoni

Asst. Treasurer - Mary Aery

Acton Board Liaison - Kathleen Smith

Board Members:

Judith Anderson

Sylvia Blamberg

Joseph Breindel

Marjorie Butler

Sharon Caulfield

Kay Chayrigues

Nancy Clark

Susan Coppejans

Shirley DeGange

Barbara Downie

Nina Garrett

Nancy Greenfield

Geraldine Hallgren

Ruth Helt

Joyce Hills

JoAnne Kelly

Barbara Lindner

Maureen McWay

Margot Robbins

Valerie Smith

Catherine Thomas

*Jan Crozier & Betty O'Brien Copresidents*

## How to Avoid a Facelift

No one enters into young adulthood expecting to have a face-lift one day. Unfortunately, many of us do not care for our skin when we are young and find ourselves in a bit of a predicament at a certain age.

Even though aging is inevitable, there are a few things you can do to slow it down and a few tricks in the beauty bag to reverse some damage.

The most important step when you are young is to protect your skin from the sun. The sun is not your friend. It may be warm and comforting, but it is not your friend. If you didn't wear a sunscreen when you were younger, I suggest you start today. Not my moisturizer has an SPF of 15, but a separate sunscreen. If you have young girls in your life, children, grandchildren, etc. please pass along the message.

If you smoke, it's time to stop. Smoking robs your skin of oxygen and nutrients by constricting the blood vessels in your skin, resulting in skin with no vibrancy and even a grayish hue. Smoking also breaks down collagen which is the support system in your skin, leading to wrinkles and sagging. And if that wasn't enough, the physical act of puffing on a cigarette and having smoke rise up into your eyes can cause deep set wrinkles around your eyes and mouth.

If you're still slapping on a moisturizer and running out the door in the morning, it's time to re-evaluate your routine. That barely worked when you were twenty. A mature woman needs

serums, eye creams, night creams and a separate sunscreen. That includes morning and night - ok not the sunscreen at night. The point is, you can't keep falling asleep on the couch with the day's make-up on your face.

Thankfully, there are a lot of non-surgical options to keep you looking your best, even when you reach that magical age where something needs to be done. There was a time when your only option was surgery.

And that may be fine for you if that's your choice but if it isn't ... consider Botox to relax your worry lines and forehead wrinkles; Juvederm to fill in lost volume in your flattened cheeks or nose to mouth lines; and finally do some research on machines to help you build collagen. Radiofrequency is a favorite of mine ... it's been around for a long time, there is no down time and your under eye area can be treated safely and effectively.

If you are not happy with your appearance, there are a variety of surgical and non-surgical options available but these guidelines are a great place to start. It's never too late!

To learn more about procedures that will keep you beautiful without surgery or to receive more articles like this one, please visit us at [www.sonasmedspa.com](http://www.sonasmedspa.com).

Susan O'Malley, M.D.  
Sonas Med Spa

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Christina Antolino, Assistant Town Clerk  
Cindy Kane, Assistant Town Clerk

Office Hours: M-F, 8:30 am - 4:30 pm  
Phone Number (860) 395-3135  
Town Website: [www.oldsaybrookct.org](http://www.oldsaybrookct.org)

### Congratulations!!

We congratulate the following on their recent marriage:

John Dabrowski and Elizabeth Levenson - May 25  
Eric DeRycke and Rachel Johnson - June 8  
Ian Turley and Allison Fialkovich - June 8  
Scott Wysowski and Silvia Neyra - June 9  
Daniel Kennedy III and Maura Reilly - June 14  
Matthew Kane and Brittani Carpenter-Morris - June 15  
Marco Baldoni and Marcia Costa - June 16  
Jeffrey Simmons and Sara Rand - June 21  
Jess Goldfarb and Ann Borgerding - June 22  
Michael Mawdsley and Kathryn McDaniel - June 24  
Corey Leavitt and Lisa Putnam - June 28  
Robert Maus, Jr. and Kerriann Bellucci - June 29  
Antonio Alves and Nancy Tragianese - July 5  
Alexander Buettiker and Sandra Prisk - July 6  
Peter Fredrickson and Abigail Herrick - July 12

Christopher Lewis and Courtney Meyer - July 13  
Christopher Cade, Jr. and Michele Ribeiro - July 13  
Joseph Fortier and Melissa Lincoln - July 19  
Harry Gray and Amy Mottle - July 20  
Michael Meade and Kelly London - July 23  
Stephen Correll and Laurie Montanaro - July 27  
Scott D'Amato and Jennifer Salafia - July 28  
Christopher Moulin and Britt Boynton - July 28  
Jonathan LaVoie and Alexandra Morgan - July 27  
Basil Anastasopoulos and Courtney Garza - August 3  
Brian Bell and Kimberley Rutherford - August 3  
Spencer Quintin and Kelly Engaldo - August 3  
Kyle Kuchta and Carly Trask - August 10  
Matthew Runyon and Cherin Brandwein - August 12

### With Sympathy

Patricia Bessoni  
Irene Bishop  
Elvira Bombace  
Kevin Boyle  
Douglas Braman  
Geraldine Brown  
John Caldwell, Jr  
Michael Chiasson  
Linda Clifford  
Arthur Clinton

Leah Coleman  
Robert Dionne  
Arthur Donkin  
Tina Gardiner  
Sylvia Gregus  
Julia Hanson  
Nicholas Kiako  
Derrick Krogh  
Lauren Laterra  
Alan Lindquist

Gregory Moore  
Katherine Pitkin  
Angelo Paolino  
Leroy Rackliffe  
Norman Ruty, Sr.  
Philip Sortino  
Dawn Stanko  
Lillian St.Paul  
Vernon Trippconey

## Katharine Hepburn Cultural Arts Center

Another Remarkable Season of Performances at The Katharine Hepburn Cultural Arts Center.

The Katharine Hepburn Cultural Arts Center (KHCAC), a non-profit performing arts theater located on Main Street in Old Saybrook, enjoyed yet another glorious season of programming this past summer. The Arts Center celebrated its fourth year of programming by featuring a range of cultural arts including local and regional theater, concerts, dance, film, lectures, art exhibits, and other artistic endeavors.

On top of the many astounding acts that graced the theater's stage this season, the KHCAC brought together professional teaching artists from the area's leading providers of arts education



to form Kate's Camp for Kids! The new summer arts day camp, for children ages 5 to 10 years, focused on four art disciplines: music, theater, visual art and dance. Each week long session culminated in a performance for family and friends that unified all of the art forms.

The theater's autumn performances will prove just as inspiring as the summer's, as the Kate continues to promote the variety and diversity of the performing arts by providing eclectic, entertaining shows to the Connecticut Shoreline community.

For more information on the Kate's fall schedule please call 860-510-0473 or visit [www.thekate.org](http://www.thekate.org).

## *Epilepsy Foundation of Connecticut*

The Epilepsy Foundation of Connecticut is Connecticut's leading source of information for the thousands of people who have epilepsy. Founded in 1982, the Foundation works to ensure that people with epilepsy are able to participate in all life experiences through information, education, recreation, advocacy and support.

"There are approximately 60,000 people in Connecticut who have epilepsy and an estimated 50,000,000 worldwide. Epilepsy is the most common neurological disorder in the United States and is equal in prevalence to cerebral palsy, multiple sclerosis and Parkinson's disease combined", said Linda Wallace, Executive Director.

A seizure is an abnormal electrical discharge in the brain. Seizures can be caused by head injuries, lack of oxygen at birth, brain tumors and other health condition. People often think of seizures only as jerking and shaking uncontrollably; however,

not all seizures are convulsions. There are many different symptoms of seizures, which can include eye fluttering, staring and laughing. Recurring seizures can be a sign of epilepsy.

The Epilepsy Foundation of Connecticut has many programs to offer those living with epilepsy. In particular, we offer 7 support groups throughout the state. Our newest group is meeting in Guilford for adults living with epilepsy and parents of children with epilepsy. The meetings are held on the second Tuesday of each month from 7:00 p.m. to 8:30 p.m. at Guilford Parks & Recreation 32 Church Street Guilford, Connecticut 06437.

Those interested in attending meetings are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at Allison@epilepsyct.com. Offices are located at 386 Main St., Middletown, CT.

## *WPCA Update*

The WPCA will have released all of the bid contracts in Phase I as of September and is concentrating on beginning the funding preparation and site investigation for Phase II. Since the first phase of the project has come in sufficiently under budget the WPCA was able to move a neighborhood from Phase II into Phase I. Therefore, the intent is to begin the program entry of Fenwood under Phase I before the end of 2013.

The neighborhoods in Phase II are: Indiantown, Meadowood, Ingham Hill, and Great Hammock Beach. Some of the areas in these neighborhoods will present unique challenges to the design of the septic system upgrades which will require unique solutions.

At this time, the WPCA is gathering data and beginning research that will determine the most feasible and cost effective approaches to implementing the upgrades. Some of these upgrades, where the soil conditions and size of lots are prohibitive, could conceivably entail the installation of cluster or small community systems. Cluster or community systems may provide a viable alternative to individual engineer designed systems, to resolve high groundwater or ledge issues, eliminate bringing in many yards of septic fill, and achieve more consistent treatment.

The data collection will include not only soil testing but additional ground water monitoring wells will be installed to capture the height of the groundwater during different periods.

As the CT Department of Energy and Environmental Protection typically establishes its Priority List for Clean Water Funding a year in advance, the WPCA has submitted its request for the Phase III grants and loans in order that the program continues to be supported by the State.

**Education, Training, and Research:** Since its inception, the WPCA (Board, staff, and consultants) assiduously ensures that

we have the most up-to-date information on products and trends in the wastewater industry. This is accomplished by: attending seminars like the Cape Cod Forum, holding workshops with leading ATS experts in the country, belonging to organizations such as NOWRA, CAWPCA, CEHA, and the DPH Code Advisory Council, visiting test sites and facilities in Barnstable Massachusetts, Rhode Island, Pine Lands NJ and others in NY and Maryland, and taking classes and training at URI and DPH. Data, standards, and manuals are collected and reviewed from organizations such as; EPA, NSF, NEWEA, NEIWPC, and CIDWT to name a few.

WPCA has on staff personnel with many years experience in septic system installation, construction and general contracting, persons holding Phase I and Phase II SSDS, soils training, pipeline safety, and OSHA 10 certification, Class A CDLs, ground penetrating radar experience, and Advanced Treatment System certification from URI.

Along with the latest innovations in conventional tanks and leaching systems and advanced treatment systems, the WPCA has researched products and concepts like PRBs (permeable reactive barriers), various cluster systems, (MBRs) membrane bioreactive technology, graywater re-use, and constructed wetlands, drip irrigation, pressure time-dosed distribution, and other dispersal opportunities.

The WPCA will continue to build its knowledge base and use it to develop the best options for wastewater treatment in the WWMD.

Please feel free to stop into our office on the 1st Floor of Town Hall, call 860-395-2876, or attend our bi-monthly meetings on the 2nd and 4th Mondays in Town Hall. Or for further information please refer to our website at [www.oswpca.org](http://www.oswpca.org).

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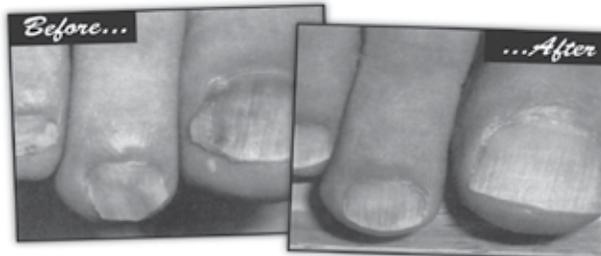


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700	\$2,478.00	\$2,443.00
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## *Estuary Council Regional Senior Center*

### **Estuary Council Regional Senior Center, 220 Main Street**

The Estuary Council of Seniors, Inc. has been Serving Seniors in the nine-town Estuary region for 38 years! Call us to receive our Gazette Newsletter or go to [www.ecsenior.org](http://www.ecsenior.org) for our online newsletter, events calendar, menu, and more!

**Ninth Annual Autumn on the Dock Auction and Wine Tasting** - September 21 from 5:00 - 8:00 p.m. The event is usually held at the Dock & Dine Restaurant, "on the dock", but because of the extensive damage to their building from Hurricane Sandy, the event will be at the ECSI facility at 220 Main Street in Old Saybrook. There will not be a dock this year but there is a breathtaking view of the marsh and Connecticut River. The event will be featuring a wine tasting from the Wine Cask, great food, live music, live auction, and raffles.

ECSI is the sole provider of Meals on Wheels for the towns of Lyme, Old Lyme, Old Saybrook, Westbrook, Clinton, Killingworth, Chester, Deep River, Essex, and Madison. All proceeds from the event go toward the Meals on Wheels program.

**Meals On Wheels** - hot meals for homebound seniors, delivered to your home. Call Peg at 860-388-1611. A donation of \$3.00 is requested for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

**Café Meal Sites** - Clinton, Old Lyme, Old Saybrook, Westbrook (Thursdays). Reservations required by calling 860-388-1611 by 11:00 a.m., 24 hours in advance.

**Stan Greimann Estuary Medical Outpatient Transportation** For medical appointments to any medical location beyond

the nine-town estuary region. Suggested donation of \$35 for a roundtrip Doctor appointment up to 5 hours. Suggested donation of \$70 for appointments over 5 hours. Local service is now available every Wednesday from 9:00 a.m. to 1:00 p.m. for a charge of \$10 per roundtrip. Call Judy at 860-388-1611.

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

**Estuary Thrift Shop** - Open 10:00 a.m. - 3:45 p.m., Monday - Friday; and from 9:00 a.m. - 12:45 p.m. on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available! Donations are accepted and volunteers always needed!

**The Marshview Gallery at the Estuary** - Open daily 8:00 a.m. - 4:00 p.m., and from 9:00 a.m. - 1:00 p.m. Saturdays. The art on exhibit changes monthly and highlights the talents of local artists from along the shoreline. The artists donate a portion of their art sales to the Estuary Council of Seniors. An artist's reception is held the second Friday of each month from 5:00 - 7:00 p.m. Refreshments are served, and a door prize is drawn each month. All ages are welcome. Call 860-388-1611 for information.

Donate Your Car or Boat to the Estuary Council! Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

*Volunteer Opportunities* - Call Judy at 860-388-1611.

## *Historical Society*

### **Cruising at 55: Celebrate with the Historical Society**

Celebrating 55 years of service to the community, the Old Saybrook Historical Society is hosting an exciting cruise on the beautiful Connecticut River on Saturday, October 5.

The gala event will be an delightful four-hour round-trip excursion aboard the luxurious ship "Mystique," operated by Lady Katharine Cruises, that will depart from Eagle Landing State Park in Haddam (across from the Goodspeed Opera House) at 4:00 p.m. and travel to Old Saybrook, returning to Eagle Landing at 8:00 p.m.

Gliding along the calm Connecticut and passing the colorful autumn leaves, the celebration will feature comfortable accommodations, a full buffet dinner, musical entertainment, and a cash bar. In addition to the pleasure of each other's company, passengers will journey past many beautiful residences and a variety of wildlife, including several nesting places of the Bald Eagle, our national symbol.

Adding to the festivities will be an outstanding musical program provided by the Donn Trenner Trio with special guest Chris DePino.

Don Trenner is a jazz pianist, conductor and musical director who has worked with many well known musicians

and entertainers. He participated in seven of the famed Bob Hope Christmas tours, performed in numerous television specials, conducted international orchestras, hosted jazz festivals and was musical director at the Kennedy Center for the "Happy Birthday Bob" show honoring Bob Hope. He appeared nightly with his orchestra on the "Steve Allen Show" and for 18 years was Ann-Margret's musical director. He toured with Shirley MacLaine and received an Emmy nomination for musical direction, arranging and conducting. He currently leads the Hartford Jazz Orchestra and lives in Guilford.

Chris DePino and his Chromatic Harmonica is a New Haven native and a "regular" at Café 9 in New Haven. He has been a featured performer for "Concerts in the Park" with the New Haven Symphony and has recently begun teaching music for blues and chromatic harmonica.

Sponsors for the event include Saybrook Ford, Marie and David McFarlin, Thompson & Peck, Hadass and Matthew Rubin, Adelman's Tire & Auto, and Water's Edge Resort and Spa. Media sponsor is the Harbor News.

This anniversary outing, which is expected to sell-out and will be held rain or shine, is open to members and friends of the Old Saybrook Historical Society. Reservations are

*continued on page 36*

required and are \$75 per person and include the cruise, a buffet dinner, musical entertainment and a cash bar. Checks should be made payable to OSHS and mailed to: Old Saybrook Historical Society, P.O. Box 4, Old Saybrook, Ct 06475. For further information, call 860-395-1635 or visit: <http://www.saybrookhistory.org>

**The Past at the Point**

Archaeologists from the University of Connecticut and the Mashantucket Pequot Museum have been spending the last few months at Saybrook Point documenting the Siege and Battle of Saybrook Fort during the Pequot War (1636-1637). Using metal detectors and ground penetrating radar archaeologists are attempting to locate the site of the first Saybrook Fort (1635-1647), and document the many skirmishes that took place between the English and Pequot during the siege.

Hundreds of brass, iron, and lead objects dating to the 1600s have been recovered such as musket balls, buttons, buckles and architectural hardware such as nails and door hardware. An 80 pound fragment of an exploded cannon was also found but likely dates to the War of 1812.

The locations of three of the engagements mentioned by commander of the Fort Lion Gardener in his narrative of the Pequot War have been identified based on the presence of dropped and impacted musket balls. However, the precise location of the fort remains elusive although historical and archaeological research suggests the fort may be located near the intersection of Cromwell Place and Cromwell Court.

Archaeological research will continue through October to uncover additional evidence and document additional sites related to the siege. The public is welcome to observe and participate.

Lead researchers Dr. Kevin McBride and David Naumec will present their findings at a talk at the Acton Library, Thursday, October 17 at 7:00 p.m. There is no charge and the public is invited.

**Bandits or Bankers - You Should Know**

Just in time for the coming holiday season, an opportunity to present a priceless gift to your family - information about your ancestors. The Old Saybrook Historical Society is again offering the popular beginning class for genealogy. Conducted by the Society's Archivist and professional genealogist Greg Thompson, the workshop will be held on Tuesdays, October 8, 15, 22, and 29 from 6:00 - 8:30 in the Frank Stevenson Archives, 350 Main Street, Old Saybrook. The fee which includes all materials is \$65 for members, \$75 for non-members. To register or obtain further information, call: 860-395-1635.

**Chapman Lectures**

Through the generous support of the Chapman Family, the Historical Society will once again hold an annual series of free public lectures in cooperation with the Acton Public Library. The lectures are scheduled for Thursday evenings at the Library at 7:00 - 8:00 p.m. on Oct. 17, Nov. 21, Jan. 23, 2014 and Mar. 20, April 24, and May 22, 2014.

**New Publication on Witchcraft Launches Booklet Series**

When some Old Saybrook residents were accused of

practicing witchcraft, a series of events threatened the very existence of the community. Now this compelling story of "Saybrook's Witchcraft Trial of 1661" is available in booklet form from the Historical Society.

Written by Donald Perreault, a teacher at Valley Regional H.S. in Deep River, the publication is based on years of research and stems from a popular talk given by Mr. Perreault in the fall, 2012.

His previous works have included "Forgotten Voices: A History of Slavery in Saybrook, Connecticut" and "Voices of the Valley - An Oral History of the Mill Workers of the Pratt Read Ivory Factory."

"Saybrook's Witchcraft Trial of 1661" may be ordered from the Old Saybrook Historical Society (350 Main Street, Old Saybrook, CT 06475) at \$4 plus \$2 for postage and handling.

**Buried History at Cypress Cemetery**

As darkness falls, stories buried in the past at one of the nation's oldest continuously operating cemeteries will come to life in a guided tour on Saturday, Oct. 19 at 4:00 p.m. at Cypress Cemetery, College Street, Old Saybrook.

This lively look at the dearly departed will be conducted by Torrance Downes, a member of the Board of Directors for the Cypress Cemetery Association, and is sponsored by the Old Saybrook Historical Society in cooperation with the Cypress Cemetery Association.

Beneath the hallowed ground of this "ancient burial" site lies the stories of prominent founders of Saybrook, veterans of the American Revolution, Civil War soldiers, slaves, Native Americans, and others.

This popular tour will be conducted, light rain or darkness, and participants are advised to wear comfortable shoes. The cost is \$5 per person with children under 16 accompanied by a parent admitted free. For further information, contact the Old Saybrook Historical Society at 860-395-1635. Join us if you dare.

OSHS-TL



*OSHS President Marie McFarlin and author Don Perreault reviews his publication, "Saybrook's Witchcraft Trial of 1661." The booklet is available from the Historical Society*



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## Family Conversations

Through many years of experience working with seniors and their families, we at Chester Village West have discovered that there is a need to assist adult children with the approach and eventual conversations they will have with their parents and loved ones.

These adult children are usually between the ages of 45 and 60. They are managing work, educating their children, and worrying about their aging parents at the same time. They have many options, but little time to do the research on their own. They need answers in a factual and timely manner.

Through our new "Conversation Starters Program," we offer free consultation services for your family, employees, clients and/or peers. We will provide a balanced approach, whether the family decides to re-locate their parents to a senior living community, or access in-home care. We will help them assess their current situation and streamline the process to give them enough knowledge to make their own decisions. We understand that "knowledge is power." Contact Sara Philpott at 860-526-6800. [www.AConversationStarter.com/CT](http://www.AConversationStarter.com/CT).

## Conservation Commission

### Vernal Pool Project

Over the next few months - you will hear about vernal pools as the Old Saybrook Conservation Commission makes preparations for a study of vernal pools within our town boundaries. It is extremely important for us to identify potential vernal pools, to study the health of these pools and to provide recommendations on how to improve our efforts in their preservation.

A vernal pool is a naturally occurring seasonal body of water that retains water long enough to allow the breeding of certain species such as invertebrates (fairly shrimp) and amphibians (wood frogs and spotted salamanders). Vernal pools are an ecological microsystem that enhances the bio-diversity of the

local ecology and are a vital link for the plant and animal life that rely heavily on them for breeding and reproduction. Because of their nature - vernal pools are easily impacted by contamination from runoff, pollution, construction or any activity that may fill in or change water flows and from the effects of global warming. Because of this sensitivity, they are a key factor in assessing the health of our local ecology.

It is our hope to document all potential vernal pools in Old Saybrook and to study their current health. So if you see us in hip waders and brandishing dip nets and clipboards or requesting access permissions - you know we are in our element and recording our data to help us manage these ecological gems.



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## Helping Seniors Transition to a New Chapter

As senior citizens age, their health and lifestyle needs change, sometimes necessitating a change in their retirement living plans. They may grow tired of caring for a large home, or they may face unexpected health concerns that require more daily assistance, or they simply may want a more care-free living environment. Whatever the catalyst, real life changes may need to take place.

While some senior citizens may welcome the move into a smaller home or into an independent or assisted living community, others may be less enthusiastic. They may be hesitant to leave the home where they raised their families, enjoyed their neighbors, or tended to their gardens. They may worry about losing their independence, or about not fitting into their new community.

It is helpful to everyone involved in this transition when there is as much support as possible during this time. This can come from a network of family, friends and caregivers, or from the “welcome teams” found at most retirement and assisted living communities who help residents manage change.

The welcome team at The Saybrook at Haddam retirement and assisted living community in Haddam includes a recently hired, full-time social worker. She offers support and care for residents and their families during the move-in transition, and is able to respond immediately and personally to any other concerns. She also works to educate families and staff so they

can provide the best care (and lifestyle) in their new home.

During this transitional time, experts suggest helping loved ones by focusing on the positive sides of the move. If they are going to a smaller apartment or home, remind them of how much easier caring for their home will be. If they are moving to a senior community, they no longer need to worry about shoveling snow, cutting the lawn, painting the house, or cleaning the gutters. Depending on the community, they may not even have to shop for food or cook meals each day - and they will be able to enjoy a sense of security and peace knowing someone is always nearby if there ever is an emergency.

Celebrate the things that do go well during this time and reinforce that the right living decision was made. Have a card or small “care package” arrive the day your loved one makes the move. If you can, join them for a welcome visit to share lunch or dinner right away (remember to set up a date for the next visit before you leave). Also, if they do move into an assisted living residence, try to attend one or two social events held at the community together.

You are helping them start an adventure, another chapter with new friends, group activities, daily walks and exercise, lectures and classes, and more (perhaps even a new garden).

*Kathy Ryan, Executive Director of The Saybrook at Haddam*



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# Addiction - Trauma - Codependency

**Addiction** - Addiction is a chronic, progressive and even fatal disease. Addictions continue despite overwhelming and often demoralizing consequences on individuals and families.

Overcoming these obsessive and compulsive behaviors requires an individual to make fundamental changes in the way they live, face problems and relate to others. Recovery from addiction may seem like an impossible task. But, once a person has admitted to having a problem, they have already started down their path to recovery. It is possible to break the cycle of addiction and discover the life you were meant to live. Recovery is possible but it cannot be done alone. Seth Weinstein treats both substance dependence and process addictions including: Alcohol, Drugs, Gambling, Work, Food

**Trauma** - Trauma is neither a disease nor a disorder, but rather a psychological, physiological and emotional injury caused by paralyzing fright, helplessness or loss.

Unresolved trauma and unhealed wounds can lead to depression, anxiety, rage, isolation, low self-esteem, over-reactivity, nightmares and poor social functioning.

Trained in Eye Movement Desensitization and Reprocessing (EMDR) for the treatment of Post Traumatic Stress Disorder (PTSD) and childhood trauma, Seth Weinstein integrates EMDR into therapy if and when it is appropriate for clients. EMDR does not merely treat the symptoms of trauma but accesses the traumatically-stored memories at their origin. Talk therapy alone, is usually insufficient to solve these problems. EMDR

can be used as an adjunct therapy if you are working with another therapist. Nearly all individuals who participate in EMDR therapy report greater general wellness and significant decreases in trauma-related symptoms.

**Codependency** - Codependency is an intimacy and emotional disorder that impels sufferers to ignore their own needs, values or well-being while constantly attempting to fulfill the needs of others. Codependents suffer from low self-worth stemming from relational trauma and tend to form unhealthy relationships with people who are emotionally detached, abusive, irresponsible or excessively needy.

Codependents may cope with their emotions by abusing food, drugs, alcohol or sex and love. Many times, codependency is what is lurking just below the surface of addiction.

Therapy helps clients to examine core issues including low self-esteem, boundaries, authenticity, dependency and moderation. Seth incorporates Inner Child and Feelings Reduction Work into the therapeutic process.

This work can help clients get back in touch with their authentic selves, enhance their self-esteem, and bring their lives back into balance.

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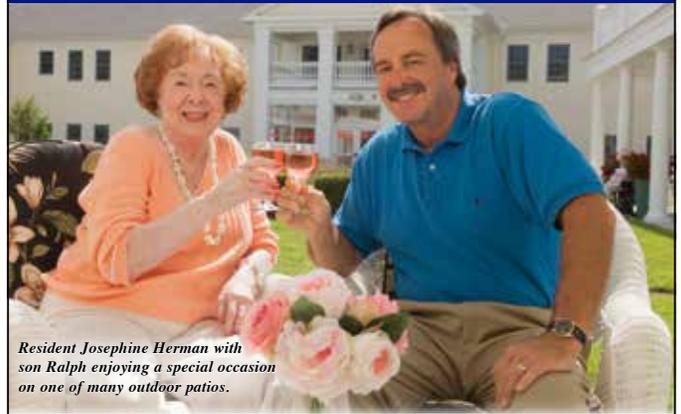
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