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## Selectmen's Corner

Fall in Old Saybrook. Back to school, cooler weather and lots of color in the trees. The Board of Selectmen, consisting of First Selectman Carl P. Fortuna, Jr. and Selectpersons Scott Giegerich and Carol Conklin, hopes you are able to get out and enjoy the crisp fall weather. We thank you for entrusting us with running your local government.

The Town of Old Saybrook closed its fiscal year on June 30, 2016. However, a final year end close does not happen until September due to invoices that continue to come in for work done prior to June 30, 2016. Like your home budget, we constantly monitor expenses during the course of the year. Unforeseen expenses always occur—from tropical storms to broken pipes in town buildings to leaky roofs. However, your team in Town Hall is happy to tell you that Old Saybrook is in strong financial condition, perhaps better than at any time in a generation. This has been accomplished in a difficult statewide economic climate. Our State government is struggling and will continue to do so in the foreseeable future. Municipal aid from the State will continue to be at risk. As I have previously written, Old Saybrook lost 42% of its State-allocated municipal aid in this past fiscal year (from \$1,200,000 to \$700,000). We need to continue to prepare ourselves for the worst in Hartford as State finances may continue to deteriorate. That being said, Old Saybrook finished its fiscal year strong: our major capital projects are nearly complete, our budgets are

fiscally conservative, capital accounts are well funded and our town revenues are strong. Importantly, we have been able to grow our “rainy day” fund to nearly 10% from a low of 5% just a few years ago. While not a “sexy” topic, a healthy rainy day fund is critical when credit agencies and auditors review our finances. We have all read in the paper that the State’s rainy day fund is less than 1%, which has led to downgrades

from credit rating agencies and plenty of negative media coverage for the State of Connecticut. Old Saybrook stands out from this and it shows in the overall health of our local economy. Yet, we can always improve. Every budget cycle is a challenge. Health care and personnel costs continue to rise. But we will maintain vigilance over our spending while making sure we maintain a safe community that offers great educational, recreational, living and working opportunities. We are always looking at opportunities to smartly cut costs. On July 7, 2016, the town refunded \$10 million in municipal bonds to a lower interest rate that reduced interest

**continued on page 4**



First Selectman Carl P. Fortuna, Jr.

An advertisement for The Shops at Saybrook Country Barn. The top half features a photograph of a bright living room with a large sofa, floral pillows, a fireplace, and a window. The text "The finest home furnishings you'll forever love" is overlaid in a cursive font. The bottom half features a large sofa with floral upholstery and a matching ottoman. A logo for "The Shops at Saybrook Country Barn" is overlaid on the furniture. The text "Furniture &amp; Interior Design | 2 Main St., Old Saybrook | 860.388.0891 | saybrookcountrybarn.com" is at the bottom.

# events

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### On the Cover

On the evening of September 8th, a group of Old Saybrook residents erected 2,977 flags on our Town green to honor the victims of 9/11. The flags were mostly American but there were also 88 international flags representing 21 countries which also suffered losses of its citizens during this attack. The organizers of this tribute wish to remain anonymous to focus the community's sorrow and remembrance on the victims, their family members and the rescue workers. None the less, we appreciate this group's efforts and patriotism.

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



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## The Secrets to Staging

Highlighting a residence's most positive attributes through the power of home staging is an essential step in the home selling process. Whether it involves reorganizing, adding new furniture and decorations, or even making repairs and renovations, staging can make a powerful impression on a prospective buyer.

Here are some basic guidelines to help you get started.



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8 Red Bird Trail \$1,595,000

1

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2

### Clear Away Clutter

Showcase your home's true potential by clearing out unneeded items.



3 Wilson Avenue \$1,850,000

3

### Let There be Light

Adding brightness to a room can go a long way.



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4

### De-Personalize

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## SELECTMEN'S CORNER ... continued from page 1

costs by nearly \$200,000 in the 2016-17 fiscal year and approximately \$1 million less in interest payments over the life of the bonds. In this low interest rate environment, and particularly in these difficult economic times in Connecticut, we will continually search for the ways to reduce expenses. In the meantime, the town's finances are in excellent shape.

The Federal Railroad Administration (FRA) will be making a decision this fall that will impact our region for years to come. Back in 2012 the FRA launched NEC (Northeast Corridor) FUTURE, a comprehensive planning effort to define, evaluate, and prioritize future investments in the Northeast Corridor from Washington, D.C. to Boston. The purpose of NEC Future is to consider the role of rail passenger service in the context of current and future transportation demands. Through the NEC FUTURE program, the FRA will consider improvements to the railroad, which could dramatically impact our area. The FRA has put forth 4 potential initiatives: The No Action Alternative includes already planned and programmed improvements; Alternative 1, which I will discuss below; Alternative 2, which provides more train service, but importantly adds a new route between New Haven, Hartford and Providence and also provides better connections for markets in the Connecticut River Valley and Alternative 3, which expands rail service south and north of New York City

but, most importantly, supports high speed rail services. At stake is preserving what we have as a region. Alternative 1 calls for a new segment of rail entitled the "Kenyon Bypass." The new route, approximately 50 miles long, purportedly will provide a more direct, faster route than the current "circuitous existing Shoreline (route) and it circumvents the existing movable bridges over navigable waterways connected to Long Island Sound, over which daily train movements are capped by current agreements and where approval for significant increases in future train traffic will be difficult to obtain." Building this bypass will save approximately 30 minutes of travel time. But Alternative 1 is a bad idea. The new route moves northeast from Old Saybrook, builds a new bridge over the Connecticut River and literally bisects Old Lyme (and other towns further east) in several historical and commercial areas. In other words, to gain 30 minutes in travel time, Old Lyme as we know it becomes a casualty of Washington bureaucracy. In this scenario, Amtrak keeps an Old Saybrook train station. However, to build a new bridge with a new northeasterly route, there would be a need to alter the route here in town. To what extent is not yet clear. There is great concern about the damage to the Connecticut River ecosystem/estuary with the construction of a new bridge (actually, two new bridges will be built as Amtrak also has plans to replace the existing bridge). Alternative 1 is a bad choice for Southeastern Connecticut and this was made clear at a



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press conference on Friday, August 12, at which I spoke out against this alternative, along with Senator Richard Blumenthal, Old Lyme First Selectwoman Bonnie Reemsnyder, State Representative Devin Carney, State Senator Paul Formica, and other area elected officials. If you would like your voice to be heard on the NEC Future, you may contact Ms. Rebecca Reyes-Alicea, U.S. DOT Federal Railroad Administration, One Bowling Green, Suite 429, New York, NY 10004. While any of these alternatives may not be constructed for a very long time, and may never get funded, once selected the chosen Alternative is not meant to be changed and will become the

blueprint for the next 40 years. We all want better and safer rail. The Kenyon Bypass is not the solution. We have a once in a generation opportunity to shape this discussion. I urge you to take part. You can learn more about the FRA's plans for the NEC at the FRA website.

On behalf of the Board of Selectmen, please enjoy a happy and safe fall season.

Carl P. Fortuna, Jr.  
First Selectman

## The Shoreline Soup Kitchens & Pantries

The Shoreline Soup Kitchens & Pantries provides food and fellowship for residents in need in the towns of Old Saybrook, Westbrook, Clinton, Chester, Killingworth, Essex, Deep River, Madison, East Lyme, Old Lyme, and Lyme. Founded in 1989, SSKP supports 8 meal sites and 5 pantries; all located and hosted by communities of faith. Last year with a small staff and over 900 dedicated volunteers, SSKP served

food for over 1 million meals to over 8,000 shoreline neighbors in need.

Visit [www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org) for a full listing of SSKP's shoreline meal sites and pantries.

### SSKP'S OLD SAYBROOK PANTRY

Every Tuesday from 3-5:00 pm, at First Church of Christ, 366 Main Street in Old

Saybrook. The pantry provides fresh and non-perishable food for those who live in Old Saybrook, Westbrook, Clinton, Chester, Killingworth, Essex, Deep River, Madison, East Lyme, Old Lyme, and Lyme. Residents in need receive enough food for three meals a day for three days for all those in their household. Guests are reminded to bring bags.

**continued on page 6**

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## SHORELINE SOUP KITCHENS & PANTRIES ... continued from page 7



All are welcome to attend one SSKP pantry per week.

### WEDNESDAY LUNCH

SSKP serves a family-style hot lunch prepared fresh by volunteers every Wednesday from Noon – 1:00 pm at Grace Episcopal Church, 336 Main Street in Old Saybrook. All are welcome for food and fellowship.

### HOW YOU CAN HELP

Call (860) 388-1988 or visit

[www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org) for more information on how to plan a food drive, or become a pantry or meal site volunteer.

Donations can be mailed to PO Box 804 Essex CT 06426.

Donate securely online at [www.shorelinesoupkitchens.org](http://www.shorelinesoupkitchens.org).

Your help makes a place at the table for all those in need in Old Saybrook and the shoreline.

## Salt Marsh Opera Events

Salt Marsh Opera will perform “The Abduction from the Seraglio”-- composed by Mozart but performed as a brilliantly witty, Star Trek-themed parody on Friday, October 7th at 7:00 pm; Saturday, October 8th, 7:00 pm, and Sunday October 9th at 3:00 pm. This production is a rousing, memorable experience

taking place at the Katharine Hepburn Cultural Arts Center, 300 Main Street, Old Saybrook. Tenor Brian Cheney will appear as Captain Kirk.

For tickets call 877-503-1286 or visit [www.theKate.org](http://www.theKate.org)



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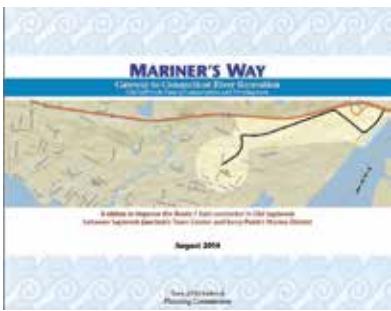


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# Mariner's Way BAR Planning Project Underway!



Cover of the Mariner's Way Plan

further refine and test the concepts of the Mariner's Way Plan.

Ultimately, the Town expects to have a clear idea of what types of development are feasible and what town residents, property owners and business owners want to see develop along Mariner's Way (the eastern-most section of Route 1 from Mystic Market to Ferry Point).

## PROGRESS TO DATE

The BAR Advisory Committee, as required by the grant, consists

The name is "BAR" but it's not a new watering hole. It's a Brownfields Area-Wide Revitalization (BAR) Planning Project.

Old Saybrook received a grant from the State Department of Economic and Community Development (DECD) to

of Old Saybrook residents with a variety of backgrounds who serve on other Town commissions:

- Ken Soudan, Planning Commission
- Emily Grochowski, Architectural Review Board
- Sandi Roberts, Economic Development Commission
- Carl P. Fortuna, First Selectman

Through a competitive bidding process, the BAR Advisory Committee selected CivicMoxie and its consultant team to guide the Town through the BAR Planning process.

## WHAT'S NEXT

Civic Moxie and its team plan multiple public meetings to gather your input on a number of concepts. Public meetings will be advertised and we look forward to hearing your thoughts on the development of this area of Town.

If you are interested in participating, send email with your name and contact information to: Susie Beckman at susan.beckman@oldsaybrookct.gov.

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1,500 - 1,750 SF	RAKA042JAZ	3.5	\$6,500.00
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# Old Saybrook Historical Society

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

## NEW PUBLICATION ON SAYBROOK HISTORY

During the 1980s, a dozen or so history-minded Saybrook residents established an informal organization with the only dues being a willingness to conduct research into local history and share the results with other members of the group known. They called themselves the Saybrook History Buffs.

Over the years that they met, several members prepared written essays which were collected into two large binders and placed in the Frank Stevenson Archives. Since



Thompson and Buff book

then they have been a popular source of information for those wishing to know more about the history of our town.

A selection of these essays has been compiled and edited by Old Saybrook Historical Society archivist Gregory Evan Thompson into an attractive, reader friendly new publication, "Articles of the Saybrook History Buffs." The 310 page publication is the first of what will eventually be four volumes and includes 20 articles ranging from lighthouses to early railroads, the first fort and early schooling, the name of "Saybrook" and the Saybrook Platform, the Town Hall and Terra Mar, the water company and Water Street (North Cove), and noted figures Colonel George Fenwick, Major John Mason, and General William Hart.

Mr. Thompson, who has been the Society's archivist for the past several years, is a professional genealogist who has reorganized and re-invigorated the Frank Stevenson Archives.

He says the original essays by the History Buffs were so interesting that he wanted to make them more easily available to the general public. As a result, he worked for several months to select and gently edit the original essays into the first of what will be four volumes.

He contributed his time for this task and has personally paid for the production costs for publication. His generosity will financially benefit the Society.

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Marie McFarlin, president of the Historical Society, said Greg has been extremely generous and the Society is "thrilled that he has contributed his time and talent to make these wonderful articles available to a larger audience."

"Just as the History Buffs loved and were devoted to the history of our town, so too is Greg," she said.

Copies of "Articles of the Saybrook History Buffs" are \$25 and available on Thursday morning between 9:00 and 12:00 at the Frank Stevenson Archives, 350 Main Street, Old Saybrook or by visiting the website: saybrookhistory.org or calling 860-395-1635.

#### ART UPGRADE AT HART HOUSE

Works of art are not only decorative attractions but also help tell the story of painters and their subjects. This is especially so in sharing the story of the Hart family with the residents and many tourists who visit this historic home.

Marek Sarba, a prominent artist and resident of Old Saybrook, has painted and presented to the Historical Society a portrait of Elisha Hart, done in the style of early American portrait painters. Elisha was the younger brother of Gen. William Hart and a



Art work in HH

successful merchant who was the father of seven daughters renowned for their 'beauty and energy.' His portrait now hangs above the fireplace in the Hart House dining room.

Joseph Matteis, noted art conservator, has restored the early 19th century portrait of Elizabeth Hart Allen. This was the first professional attention "Elizabeth" has received in some time and she now shows her true colors. He also contributed a gilt frame for Marek's painting.

Previously, Marek donated a painting of General Hart which is based on a miniature held by the Wadsworth Atheneum.

Marek Sarba's work are held by numerous museums and galleries including Mystic Seaport's Maritime Gallery, the Historical Society of Maryland, the Mariner's Museum in Newport News, Va., the Merchant Marine Museum in King's Point, NY, and the Great Lakes Historical Society.

**continued on page 10**

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## HISTORICAL SOCIETY ... continued from page 9



Women's suffrage postcard

**SHOULD WOMEN HAVE THE RIGHT TO VOTE?**  
What is a no-brainer for most people was once a long struggle and a source of intense controversy. Much of this struggle is reflected in old-time memorabilia and Kenneth Florey, one of the nation's leading authorities on this topic, will be the featured speaker at this season's first Chapman Lecture at the Acton Public Library, 60 Old Boston Post Road, Old Saybrook on Thursday, October 20, 2016 at 7:00 pm.

Kenneth Florey, professor emeritus at Southern CT State University, is a long-time specialist in women suffrage memorabilia. He will discuss the CT women's suffrage movement and display representative objects from his widely recognized collection.

He has lectured on women's suffrage in the US and abroad, appeared on television, written articles and is the author of "American Woman Suffrage Postcards: A Study and Catalog" and, most recently, "Women's Suffrage Memorabilia: An Illustrated Historical Study."

Following Prof. Florey's talk, books will be available for signing and purchase. The public is welcomed and there is no charge.

### CYPRESS CEMETERY TOUR: THE WAY THEY WERE, OCT. 30

Cypress Cemetery will once again be the site for the popular annual tour of the art, architecture and final resting places of

the prominent and some of the fascinating but less well-known individuals who once walked our streets.

Old Saybrook Historical Society board of trustee member Torrance Downes, who is also on the Cypress Cemetery board, will lead the tour. He will be assisted by several high school students



Cypress Cemetery postcard

who will share information about some of the individuals buried in this 'ancient burial ground.' The tour will be held, light rain or shine, on Sunday, October 30, 2016 at 4:00 pm. There is a \$5 charge. Children under 16 accompanied by a parent or guardian are admitted free.

### NEW MEMBERS AND VOLUNTEERS WELCOMED

You don't have to be an old-timer to enjoy the old times with friends and neighbors at the Historical Society. Our many members and conscientious volunteers of all ages welcome "newbies." So, get off your couch and learn, laugh and live again at your Historical Society. Visit the Stevenson Archives, 350 Main Street, Old Saybrook on Thursday, 9-12 or call 860-395-1635 or email: contact@saybrookhistory.com.

## Lions Club

Lions are usually identified as "the eyeglass people." We are, but we are more than that. In addition to our collecting and cleaning used eyeglasses for distribution to others, our involvement in a number of fundraisers each year allows us to help you help others beyond eye related problems.

Recipients of our "redistribution" of your funds (from fundraisers) include your neighbors, as well as residents near and far. Locally, your support reaches them

through Youth and Family Services, Acton Library, and the Soup Kitchen, to name but a few.

This article is going to give a glimpse into 3 of the many other charities we have supported over the years.

### WARM THE CHILDREN

This 501c3 program uses donations to buy new winter clothing and footwear for needy children. Most of the donations are

raised through local newspaper ads run in the fall; timing is soon after winter clothing is stocked. Needy families apply at area Social Services in Old Saybrook, Westbrook, Clinton, Killingworth, Chester, Deep River, Essex, Lyme and Old Lyme. The agency sends family information (child's name and birthdate) to the coordinator. A purchase order (providing \$50 for children 3 and under, \$80 for 4 to 17) is sent to a shopper. The shopper then contacts the family and arranges to meet at

the Old Saybrook Walmart. After paying for the clothing with the purchase order, the shopper and family go their separate ways. Last year 366 shoreline children received warm winter clothing.

Donations of money and/or time (as a shopper) can be made to:

**"Warm the Children,"**  
c/o Essex Auxiliary of Child and Family,  
PO Box 603, Essex CT 06426-0603.

**MARITIME EDUCATION NETWORK**  
Is a non-profit organization that teaches environmental awareness, personal growth and historical perspective through hands-on interaction at the beach and on the water. Programs are structured for different age groups and their prior experience.

Children in grades 1 through 5 learn about setting up and caring for aquariums and

labs, conducting experiments, using a microscope, learning about ecosystems, and observing creatures both in aquariums and at the shore.

Children in grades 5 through 9 participate in "on the water" programs, which include navigating a boat, chart reading, exploring inlets and islands, inspecting lobster pots, and testing for water quality. Call 860-388-4180 for information about these 1-week programs.

#### LIONS LOW VISION CENTER OF EASTERN CONNECTICUT

The licensed optician of this 501c3 corporation evaluates and then provides devices and training to individuals to enhance remaining vision.

These devices range from magnifiers to lamps to large digit calculators and clocks, as well as a staggering array of practical real world tools to help clients

maintain or regain their independence. These services are available to anyone who has low vision, but is not legally blind.

Funding is by donations from individuals, companies and the Lions Clubs of Eastern Connecticut.

Contact them at:

Low Vision Center of Eastern Connecticut,  
P.O. Box 43, Colchester, CT 06415  
or 860-377-2063, or 1-866-255-8655.

The next time you see a drop-off for used eyeglasses, remember you are looking at the "tip of an iceberg." Your support of a Lion fundraiser helps you reach out to many others.

#### QUESTIONS/COMMENTS?

Contact us at PO Box 21, Old Saybrook, or [oldsaybrooklionsclub@yahoo.com](mailto:oldsaybrooklionsclub@yahoo.com), or 860-924-5459.



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[jenniferandjane@wpsir.com](mailto:jenniferandjane@wpsir.com)

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**Old Saybrook**      Newly Priced \$1,595,000  
Hart Point, a private enclave of four spectacular homes in the Indian Town Beach Association, is the location of this spectacular Shingle style residence, completely renovated to perfection with an open and sun-filled floor plan including Chef's kitchen and stunning master suite...all with magnificent views.  
MLS:N10143744



**Essex Village**      Offered at \$890,000  
Sited on a beautifully landscaped lot with lovely seasonal water views of North Cove and the Connecticut River, this C1899 Village Victorian, carefully renovated and enlarged in 2005, provides carefree one floor living highlighted by a spectacular first floor master suite with private balcony.  
MLS:N10155762



**Essex**      Newly Priced \$790,000  
With water views of the Connecticut River and beyond, this thoughtfully updated Colonial features a professionally designed gourmet kitchen, beautiful sunroom adjoining the elegant living room, and a master suite with his and her baths and a private terrace overlooking the spectacular views.  
MLS:N10139685

## Garden Club Fall Happenings



Old Saybrook Garden Club Main Street Median

The summer is coming to a close in a very warm, humid way. The Main Street Median Gardens and the gardens of businesses who participate in the Club's Street Gardens Recognition Program continue to keep fall and winter at bay with their colorful displays. Constitution Garden, at the head of Main Street, is ablaze with annuals and perennials.

Club members followed a "Monet's" theme this year in planting the median gardens on Main Street which yielded each gardener's ideas of color, plant variety, and placement within the median garden. Height varieties led to many interesting displays which would suit any gardener's needs at home. Constitution Garden followed the theme as did many of the businesses in the Street Gardens Recognition Program.

The Street Gardens Recognition Program included almost eighty participants this year. The club invites past participants as

well as new businesses to plant a "street garden." The garden styles include in-ground flower beds, window boxes, hanging or standing containers, or plantings placed around a tree visible from the street as residents and visitors pass by. Businesses with exceptional displays won special recognition by the Old Saybrook Garden Club as judged by club members. Photographs of the winners and all participants' gardens are on display at Acton Library.

Many of the gardens in town will be cleaned up and readied for next year by the end of October. Now is the time to plan YOUR 2017 garden. A favorite horticulture meeting for many members is a discussion of gardening catalogs which sell seeds, seedlings, plants, shrubs and trees. A quick search on the internet will lead to catalog offers so that you can plan your garden at the kitchen table. Autumn is a wonderful time for planting those items on sale at the local nursery. Perennials and bulbs planted

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now will delight you in the spring. Take advantage of "Open Garden" tours around the state for inspiration. When the snow flies, you will have thoughts of spring in your head.

To follow the Club and its activities, please visit our Facebook page ([www.facebook.com/oldsaybrookgardenclub](http://www.facebook.com/oldsaybrookgardenclub)) and "like" us. Prospective members are welcome to call

860-395-1268 for more information about membership.

Anne Evola  
860-388-3235

## Old Saybrook Chamber of Commerce



OSCC Business & Food Expo 2016

### "BUSINESS & FOOD EXPO" SHINES A SPOTLIGHT ON "LOCAL"

The Old Saybrook Chamber of Commerce hosts the 7th Annual "Local Business Rocks" Business and Food Expo, presented by Comcast Business, on Thursday, October 27 at the Valley Shore YMCA. More than 30 businesses and organizations are expected to exhibit. New this year is the addition of the "Food" component, shining a spotlight on local cuisine, as well as on wine and craft beer. Penny Lane Pub, The Monkey Farm Café, and Cuckoo's Nest are just some of the restaurants participating in this year's event.

Enlivening the evening is the Shiny Lapel Trio, a talented local band with a "big swing" sound.

**continued on page 14**

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## OLD SAYBROOK CHAMBER OF COMMERCE ... continued from page 13



Scarecrow - Acton Public Library 2016

The Business & Food Expo is open to the public and is a great opportunity for attendees to visit with multiple business owners, entrepreneurs and community leaders in one convenient location. Exhibitors span a variety of industries including hospitality, healthcare, finance, technology, banking, and retail. At last year's Business Expo, Charlie McSorley with Health Insurance Center found he "gained more exposure to the Old Saybrook community, and an easy, fun atmosphere to meet people."

Thursday, October 27, 2016

Valley Shore YMCA

201 Spencer Plains Road, Westbrook

5:30 – 7:30 pm

### THE SCARECROWS ARE COMING!

Beginning early October, you'll begin seeing scarecrows popping up all over town. This is part of the Old Saybrook Chamber of Commerce's 2nd Annual Scarecrow Fest, a community-wide endeavor in which businesses, organizations, schools and families are encouraged to show off their creativity with a one-of-a-kind scarecrow.

The public will determine the winners by voting online, from four categories: whimsical, traditional, spookiest, and most creative scene. Contest winners will be announced and recognized at the Chamber's "Lo-

continued on page 16

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**Old Saybrook \$599,000**

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**Old Saybrook \$559,900**

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**Westbrook \$309,900**

Attractive, 4BR Colonial featuring 3 fireplaces, hardwood floors and MBR suite. Quiet, yet convenient cul-de-sac location. Mark Patterson 860-575-3593



**Old Lyme \$299,000**

NEW! Absolutely lovely 4BR Farmhouse in turn-key condition. Beautifully sited on 1.65 acres w/3-car barn/garage. Perfection! Katherine Luby 203-631-4504



**Deep River \$219,900**

Enchanting 3BR Village Cape! Updated kitchen & 1st floor MBR. Rear deck with pool & private yard for outdoor entertaining. Mark Patterson 860-575-3593

Old Saybrook Office | 21 Main Street, Old Saybrook, CT 06475 | 860.388.1100

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## OLD SAYBROOK CHAMBER OF COMMERCE ... continued from page 14

cal Business Rocks" Business & Food Expo on October 27 at the Valley Shore YMCA.

To enter the contest go to:

[www.oldsaybrookchamber.com/scarecrow](http://www.oldsaybrookchamber.com/scarecrow) or stop by the Chamber office for an entry form. Entry fee is \$25 which may be paid online or in person at the Chamber office.

All scarecrows must be displayed outdoors. For those businesses and organizations without a storefront, the Chamber will find a location within the business district for you to display your

scarecrow. Once completed, participants must email a photo of their scarecrow in order to be included in the online voting. Cast your vote at [www.zip06.com/oldsaybrooks scarecrow](http://www.zip06.com/oldsaybrooks scarecrow) from October 10 - 24th.

Contest dates and deadlines:

- September 23: Entry deadline, last day to submit entry forms  
October 5: Last day to submit photo of your scarecrow  
October 10 - 24: Online voting period  
October 27: Winners announced at the "Local Business Rocks" Business & Food Expo

## Old Saybrook Land Trust Events



A turtle in The Preserve.



The Old Saybrook Land Trust sponsors a nature club for Old Saybrook students in grades K-6 and their families. The club, called OAK (Outdoor Adventure Kids), offers fun seasonal events that connect children with nature through the exploration

of the rich land and seascapes of our town.

Past gatherings have found members hiking by the light of a full moon and learning about owls, digging for soft-shelled clams at the beach, tagging horseshoe crabs, and capturing the beauty of winter on a photographic scavenger hunt. This spring, OAK helped Connecticut Audubon launch

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[www.spectrumartgallery.org](http://www.spectrumartgallery.org)  
[www.artcenterkillingworth.org](http://www.artcenterkillingworth.org)



a new smartphone application called Creek Critters. Using the app, the children worked as citizen scientists, collecting and identifying macro-invertebrates from five streams in town. Critter identifications were used to evaluate the water quality of each stream. The findings were the first in Audubon's database for the state.

A fall OAK hike.

Our fall event will be a hike. The trails at Town Park, Great Cedars, and The Preserve are filled with wonders to explore and discover. To learn more visit [oslt.org](http://oslt.org) or send an email to [oakhikes@gmail.com](mailto:oakhikes@gmail.com).

Laurel Friedman, OAK Director

## Raising Awareness on Breast Cancer Prevention

As the month of October approaches, so does National Breast Cancer Awareness. During the month of October, many health professionals, breast cancer patients, survivors, and their families help raise awareness on breast cancer as they work hard to raise money for breast cancer prevention, diagnosis, treatment, and research. According to the National Cancer Institute, breast cancer is a disease in which malignant cancer cells form in the tissues of the breast. Although breast cancer can also be found in men, it is the second leading cause of death among women. In addition, one in eight women in the United States will be diagnosed with breast cancer in her lifetime.

Unfortunately, there is no way to prevent breast cancer, but women can reduce their risk by maintaining a well-balanced nutritious diet, exercising regularly, avoiding alcohol consumption, and getting annual screening tests like mammograms, clinical exams, ultrasounds, and doing breast self-exams monthly. A woman has an increased risk of developing breast cancer, if it runs in her family. In fact, hereditary breast cancer accounts for 5% to 10% of all breast cancer cases. In a situation like this, a doctor may refer the patient to a genetic counselor to further discuss her family health history and to learn more about her options for genetic testing.

continued on page 19

# 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, Jr., First Selectman 395-3123 Carl.Fortuna@OldSaybrookCT.gov

Georgiann Neri, Administrative Secretary Georgiann.Neri@OldSaybrookCT.gov

Elaine Seaforth, Administrative Clerk Elaine.Seaforth@OldSaybrookCT.gov

Lee Ann Palladino, Finance Director 395-3127 leeann.palladino@OldSaybrookCT.gov

Larry Hayden, IT Manager 510-5000 Larry.Hayden@OldSaybrookCT.gov

#### ACCOUNTING

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

#### ASSESSOR

Norman Wood, Assessor 395-3137 Norman.Wood@OldSaybrookCT.gov

Rick Pine, Assistant to Assessor Rick.Pine@OldSaybrookCT.gov

#### BUILDING DEPARTMENT

Don Lucas, Building Official 395-3130 Don.Lucas@OldSaybrookCT.gov

Kathleen Marshall, Administrative Secretary Kathleen.Marshall@OldSaybrookCT.gov

#### ECONOMIC DEVELOPMENT

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

#### FIRE MARSHAL

Donn Dobson, Fire Marshal 395-3133 Donn.Dobson@OldSaybrookCT.gov

#### LAND USE

Christine Nelson, Town Planner 395-3131 Christine.Nelson@OldSaybrookCT.gov

Christina Costa, Enforcement Officer Christina.Costa@OldSaybrookCT.gov

Sarah Lyons, Administrative Assistant Sarah.Lyons@OldSaybrookCT.gov

Sandy Prisloe, Environmental Planner & GIS Sandy.Prisloe@OldSaybrookCT.gov

#### PARKS AND RECREATION

Ray Allen, Director Ray.Allen@OldSaybrookCT.gov

Jonathan Paradis, Assistant Director 395-3152 Jonathan.Paradis@OldSaybrookCT.gov

Judy Sherman, Office Manager Judy.Sherman@OldSaybrookCT.gov

#### PUBLIC WORKS

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

#### REGISTRARS OF VOTERS

Joan Broadhurst 395-3134 Registrar@OldSaybrookCT.gov

Joan Strickland Registrar@OldSaybrookCT.gov

#### TAX COLLECTOR

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

Wendy Morison Wendy.Morison@OldSaybrookCT.gov

#### TOWN CLERK

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

Christina Antolino, Assistant Town Clerk Christina.Antolino@OldSaybrookCT.gov

#### TREASURER

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

#### WATER POLLUTION CONTROL AUTHORITY

Stephen Mongillo, Program Administrator 510-5001 Stephen.Mongillo@OldSaybrookCT.gov

Robbie Marshall, Coordinator 395-2876 admin@oswcpa.org

Gratia Lewis, Financial Manager 510-5076 Gratia.Lewis@OldSaybrookCT.gov

#### OTHER TOWN DEPARTMENTS

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

Michele Van Epps, Director 395-3184 mvanepps@actonlibrary.org

##### Police Department - 6 Custom Drive

Non-emergency 395-3142

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

##### Probate Court - 302 Main Street

Terrance Lomme, Judge of Probate 510-5028

##### Social Services - 322 Main Street

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

##### Transfer Station

499 Middlesex Turnpike 395-3187

##### Youth & Family Services - 322 Main Street

Heather McNeil, Executive Director 395-3190 Heather.McNeil@OldSaybrookCT.gov

Linda McCall, Administrative Assistant Linda.McCall@OldSaybrookCT.gov

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

# Nightingale Scholarship Fund

THE OLD SAYBROOK PUBLIC HEALTH NURSING BOARD

Thank The Community for Their Generous Donations!

The generous donations made by local residents and businesses to the Nursing Board's Nightingale Fund enabled the board to give three scholarships totaling \$10,500 this year. The scholarship recipients are: Julia DiBella, Libby Scherber, and Sarah Smith - all Old Saybrook residents. The Public Health Nursing Board responding to the shortage of trained nurses established the Nightingale Fund in 2005 to help fund annual nursing scholarships for Old Saybrook residents. It is not too late to donate to the Nightingale Fund; please use the form below.

Many of our past scholarship recipients are currently working in key professional nursing positions in our state which is both gratifying and a testament to the success of this program. The community response to the nursing scholarship appeal was inspiring and the Nursing Board would like to thank the following individuals and businesses for their generosity:

Frank & Agnes Landrey  
Paul & Kathy Connolly  
Phyllis McDowell  
Margaret Samela  
Mary & Carmine DeVito  
Saybrook Point Inn  
Madeleine & Robert Fish  
Headlines/Janet Downie  
Westbrook Concrete Block  
Joan & Robert Wendler  
Harry & Nancy Greaves  
Sara Keaney  
George & Barbara Maynard  
Bill Childress/Randi Bradbury  
Lindas & John Dillon  
Pasta Vita  
Deborah DeCristoforo  
Mr. & Mrs. Charles MacBeth  
Richard Goldfeder DMD  
Robert Boody  
Diane Aldi DePaola  
Dr. & Mrs. David Frankel  
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Kathleen & Andrew Balosie  
Nancy & Joseph Termine  
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Robert Shaw  
Edson Bourne  
Barbara & Neal Slobin  
Dr. Elizabeth Owen  
Marie McFarlin  
Ethel & Cornelius McCrudden  
Virginia Robinson  
Michael & Renee Pavlovich  
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Laura & Alfred Tiezzi  
Robert Edmonstone DDS  
Kenneth & Priscilla Funck  
David & Eunice Royston  
Beverly Musgrove  
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John & Trudy Horan  
Childrens Tree Montessori  
Grant & Joann Westerson  
Parisian Salon/Joseph Airo  
Maryann Iadarola  
Don & Sheron Benjamin  
Colin Heffernan

Thank you. Diane Aldi DePaola, Chairman OSPHNB

---

Old Saybrook Public Health Nursing Board  
Nightingale Fund  
Town Hall, 302 Main Street, Old Saybrook, CT

Name \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Enclosed donation: \$1000 \_\_\_\_ \$500 \_\_\_\_ \$400 \_\_\_\_ \$300 \_\_\_\_ \$200 \_\_\_\_ \$100 \_\_\_\_ \$50 \_\_\_\_ \$25 \_\_\_\_ other \$ \_\_\_\_\_

## RAISING AWARENESS ON BREAST CANCER PREVENTION ... continued from page 17

Early detection is the best protection because as soon as a woman discovers any lumps or physical changes with her breasts, she is able to seek medical attention immediately.

Furthermore, it is essential for women to create and follow an early detection plan that will help them detect breast cancer in

the earliest stages. To show your support for breast cancer, wear pink during the month of October!

For more information on breast cancer prevention, please contact the Connecticut River Area Health District at (860) 661-3300 or visit [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org).

## Flu Shot Is Best Defense against the Flu



### OLD SAYBROOK TOWN NURSE

The flu shot is the best defense against the flu. As the old saying goes, an ounce of prevention is worth a pound of cure. That's why Old Saybrook's VNASC Town Nurse, Tina Belmont, RN recommends everyone get vaccinated against the flu this fall, the sooner the better.

Influenza (flu) is a contagious respiratory illness caused by flu viruses. Unlike the common cold, flu comes on suddenly, with symptoms that include fever, cough, sore throat, runny or stuffy nose, body aches, headaches and overall fatigue. While most people who get the flu will recover within two weeks, flu can lead to complications, especially in very young children, pregnant women (and those two weeks postpartum), adults over age 65 – especially residents of nursing homes or other long-term care facilities – as well as anyone with a compromised immune

system. People with a chronic illnesses such as diabetes, asthma, neurological conditions, and diseases of the lungs, heart, liver or kidneys, also have increased risks of developing flu-related complications.

This year's flu vaccine will provide protection against strains of H1N1, H3N2 and B influenza viruses that the Centers for Disease Control and Prevention (CDC) have determined are most likely to circulate this fall and winter.

**continued on page 20**

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## FLU SHOT IS BEST DEFENSE ... continued from page 19

The CDC recommends flu shots for everyone six months of age and older. Tina notes that timing is crucial, because the immune system needs at least two weeks to develop antibodies that provide protection against flu viruses through the 2016-17 season. For most people, that immunity will last through spring.

However, Tina adds: "Because immune systems weaken with age, it is especially important that older people get immunized well before the peak flu months, December through March. The CDC strongly advises seniors to get vaccinated before the end of October." VNASC's flu shot clinic at the Estuary Council of Seniors will take place on Monday, October 3, from 11:30 am to 1:30 pm.

### VNASC: BRINGING THE HEALING HOME.

The Visiting Nurse Association of Southeastern Connecticut is a fully accredited nonprofit home healthcare and community wellness organization that has served the people of southeastern Connecticut for over 100 years.

For more information on VNASC services and clinics, call 860-510-0035 or visit [www.vnasc.org](http://www.vnasc.org).

## Exercises to help raking those leaves!

Although the foliage is beautiful in the fall, it leaves us reaching for rakes, heavy leaf bags and even the medicine cabinet if you aren't currently fit for raking. Here are some basic exercises to help prepare for raking this fall, as well as tips to reduce the risk of injury.

### STANDING CABLE ROW

Stand up straight with one foot in front of the other. Grip each handle at chest height, pull the handles toward your body and squeeze your upper back muscles as if you wanted to touch your shoulder blades together. Pause and return to the starting position.

**No gym?** Try a resistance band that can be securely attached to a door.

### DUMBBELL SQUAT

Hold a dumbbell at chest height with both hands. Slowly move your hips down and back. Without allowing your knees to go over your toes, squat to almost 90 degrees, pause and return to the starting position.

**Bad knees?** Try a straight leg raise while holding a pelvic tilt and glute bridges.

### OBLIQUE TWIST

Sit on an armless chair. Hold a dumbbell with both hands, lean back slightly and twist side to side in a slow and controlled manner.

**Bad back?** Try abdominal crunches with a pelvic tilt or a resistance band palloff press.

These functional exercises are recommended over machines because they activate core muscles and improve balance as well.

Start with two sets of ten and work up to three sets of 12 to 15 repetitions for each exercise.

Before beginning, walk around the yard a few times, bend forward, backwards and side to side, then do a few circular arm movements to prepare the muscles and reduce the risk of straining something. Always finish with a few gentle stretches to decrease muscle soreness and don't forget to drink plenty of water!

George Norden  
Joint Effort

## An Update from the Capitol

By State Representative Devin Carney  
Lyme, Old Lyme, Old Saybrook, Westbrook



First off, I want to thank all of those who came out to the legislative wrap-ups I hosted across the 23rd District. Hearing from constituents is the most important aspect of my job as your State Representative in Hartford.

This past session was especially challenging due to the massive budget shortfalls the state is facing. The House passed budget adjustments on a vote of 74-70, but I couldn't support the proposal because it did not contain the structural changes I believe the state needs in order to improve our future economic climate (the state is facing a more than \$2.5 billion deficit for 2017-'19). The adjustments did not include necessary changes such as reform to tackle our unfunded union pension liabilities, a solid bonding cap, an unbreakable spending cap, and robust municipal mandate relief (especially after deep cuts to municipalities).

However, there were some bright spots this legislative session that included necessary first steps in combating the state's opioid addiction epidemic, providing relief for firefighters who develop cancer in the line of duty, requiring that Tomosynthesis (a 3-D mammogram that more accurately detects breast cancer) be covered by insurance, and allowing private businesses like AAA to do car registration renewals, which will hopefully alleviate some DMV wait times.

For more detailed information on legislation passed this year, I encourage you to read the Office of Legislative Research's  
*continued on page 22*

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## UPDATE / CAPITOL ... continued from page 21

non-partisan summary of the major public acts of 2016, which can be found on my website: [repcarney.com](http://repcarney.com), and or at <https://www.cga.ct.gov/olr/>.

I encourage constituents to stay in touch and sign up for my regular legislative email updates either on my web page, Facebook page ([facebook.com/repcarney](https://facebook.com/repcarney)), or via my email, [devin.carney@housegop.ct.gov](mailto:devin.carney@housegop.ct.gov).

It has truly been an honor and a privilege representing the people of Old Saybrook.

## Who is the Fire Marshal? What does he do?

A lot of people aren't quite sure what the Fire Marshal does. They think the Fire Marshal works at the fire department, and that he goes to fires, but they're not really sure what else he does for the community.

Donn Dobson, Fire Marshal, has been Fire Marshal for the Town of Old Saybrook for over 17 years. He is responsible for plan reviews for commercial buildings in town - making sure the buildings have proper exiting, emergency lighting, sprinkler systems (if needed), smoke detection and that fire hydrants are located where they need to be.

The Fire Marshal also inspects all of the apartments in town annually to be sure they have adequate smoke detection, that exits are not blocked, that the hallways are clear in homes with multiple apartments with shared hallways, and that there are no other fire hazards.

Other duties of the Fire Marshal include performing fire safety inspections of all of the schools, pre-schools and convalescent hospitals on a yearly basis. He inspects restaurants yearly to be sure they are fire code compliant so they can renew their liquor permits with the State of CT. He also inspects industrial and commercial buildings every 2 to 4 years depending on how the businesses are classified.

When there is a fire or gas leak, the Fire Marshal must work with other authorities to determine cause of origin. He goes to witness the removal of underground storage tanks. It is also his job to inspect tents that are put up for special events such as weddings, store sales and large parties to be sure the tent materials are safe, that there is proper exiting and that the tent will be used safely, such as no frying food inside an outdoor tent.

The Fire Marshal issues permits for outdoor fire pits and outdoor burning of brush. These permits are required. If you have



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a fire pit, or if you are planning to burn brush in your yard, please contact our office to get a permit.

The Fire Marshal works in collaboration with other town agencies particularly the Building Department, the Zoning Department, the Fire Department, the Police Department and the State Office of the Fire Marshal.

If you ever have any questions for the Fire Marshal, or if you have any concerns you'd like him to address, please contact him at 860-395-3133 or [donn.dobson@oldsaybrookct.gov](mailto:donn.dobson@oldsaybrookct.gov).

## Old Saybrook Public Works Leaf Pick-Up

Leaf pick-up in Old Saybrook is scheduled to begin the week of November 21st.

Residents are asked to bag leaves without sticks, grass clippings or brush, etc., into biodegradable paper bags. These bags are available at local retail and hardware stores. Secure the bags and leave them by the roadside. Leaves in plastic bags will not be picked up under any circumstances.

Town trucks will circulate throughout the town and pick up bagged leaves beginning November 21st through December 9th. Do not overload the bags. Over-stuffed bags will not be picked up.

Residents can take loose leaves or bagged (biodegradable paper bag) leaves to the old landfill site located at the end of Coulter Street year round. Leaves in plastic bags must be removed from the bags at the site.

Public Works will keep the gate open provided all rules and regulations are followed. If you see illegal dumping please contact the Old Saybrook Police Department (860) 395-3142.

Again, absolutely no grass clippings or brush or plastic bags will be accepted.

If you have a need for leaves for garden or other land-conditioning use, please call the Selectmen's Office before November 21st to arrange for delivery.

Carl P. Fortuna Jr.,  
First Selectman

Larry Bonin,  
Director Public Works

  
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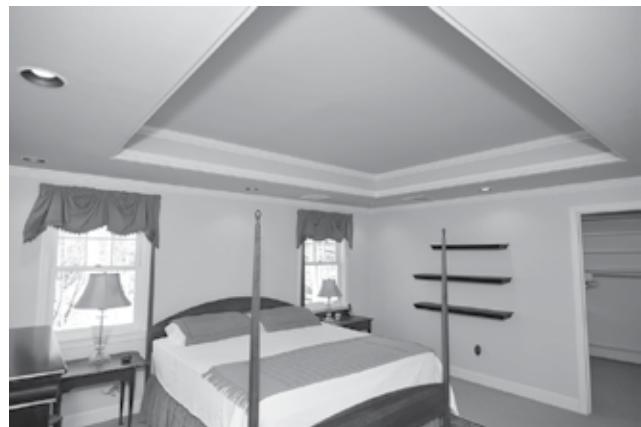
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# Road Resurfacing in Old Saybrook

The Old Saybrook Public Works Department is responsible for 72 plus miles of paved roads in Old Saybrook. The department is doing what we can to keep up with our aging roads.

The average life span of a paved road is 12 to 20 years depending on the amount of traffic, type of traffic, drainage, soil material under asphalt, and weather. Average the road life to 15 years and divide that into 72 plus miles. It works out rounded up that we should be paving 5 miles of road a year.

Consider the average road width of 28 feet and mill and pave a mile of road and the Town spends \$206,208.00 for a two inch asphalt overlay. Multiply that by 5 and the Town would need to budget \$1,031,040.00 a year for the Public Works Capitol Paving budget. This would put quite a burden on the taxpayers of Old Saybrook. The 2016/2017 Paving Budget is \$315,000.00.

The objective is to maintain the good roads and work on decreasing the total reconstruction road list. New developments of road resurfacing such as Cold In place recycling and Hot In place recycling will allow the Town to reach out to other Public Works Departments to explore permanency for use in Old Saybrook in order to stretch out our dollars and cover more roads.

## SOME OPTIONS WE HAVE TRIED TO KEEP OUR ROADS IN GOOD CONDITION:

### CRACK SEALING

\$0.20 cents per square yard.

As pavement expands and contracts with seasonal temperature changes it moves and cracks and joints open up. Maintenance is to fill with a rubberized asphalt that bonds to the walls of the cracks and moves with the pavement. The crack sealing stops water intrusion by restricting water penetration into the underlying base and sub base, thus preventing deterioration and extending the service life of the pavement.

Pros: Stops water penetration and pot holes.

Cons: Road looks patchy.

### CHIP SEALING

\$1.75 per square yard.

Chip sealing is a process where heated emulsion is sprayed in a thin layer over the road surface, followed by the placement of small chips (stone) over the emulsion. The stone is then compacted into the surface of the emulsion and after time in order to cure. The extra stone is swept away. For some older roads in town we have tried a double chip seal where we put the first coat down with an emulsion and 3/8 stone then return a few weeks later and reapply a second coat of emulsion and apply 1/4 inch stone. It makes for a smoother, quieter road.

**Pros:** The Town's paving budget gets to maintain more roads for a lower cost.

Extends the time between asphalt overlays; the chip seal results in much lower cost over the long term.

Eliminates the need for crack seal.

Provides safer roads that are skid resistant.

Provides an effective moisture barrier for underlying pavement against water intrusion by sealing cracks.

Prevents deterioration of asphalt surface from the effects of aging and oxidation due to water and sun.

Virtually eliminates black ice.

In hot weather, reseals cracks by mending back together.

Adds up to 8 years of life to the road.

**Cons:** Not favored by the bicyclist or skate boarder.

Coarse on dogs' feet.

Loose stones and dust until extra stone is swept away.

Road noise.

Stone residue in shoulders for the first year.

### MICRO PAVE

\$3.60 square yard.

Micro-Pave is a polymer modified, asphalt emulsion based, dense graded, cold mixed quick setting asphalt resurfacing material. It is designed to be applied in a semi-liquid condition with a specialized mixing and paving machine. By design it chemically changes from a semi liquid material to a dense cold mix material that is able to carry traffic a few hours after the application.

**Pros:** Smoother than chip seal.

No road noise.

Do not need to raise catch basins.

Adds 5 to 8 years of life to the road.

**Cons:** Vehicle traffic delays for dry time.

Large reflective cracking comes through in the first winter.

### CAPE SEAL

\$5.35 per square yard.

Cape seal is a two-step process. First chip seal, as explained above, is put down on the road. After cure time and the extra stone is swept away, a Micro Pave is applied, as explained above, over the Chip Seal.

**Pros:** Smooth road surface.

Binds up loose stone.

Reduces road noise.

Pleasant for bicyclists and skate boarders.

Easy on dogs' feet.

Adds up to 10 years of life to the road.

**Cons:** Vehicle traffic delays for dry time.

Some reflective cracking comes back through, however, the chip seal does not let water though to base.

More expensive than double coat of chip seal.

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# Town Clerk's Office

Sarah V. Becker, Town Clerk

Christina Antolino, Assistant Town Clerk

Cindy Kane, Assistant Town Clerk

## CONGRATULATIONS!!

Ryan Pelton and Jodi Waibel – May 21st  
Michael Fiorini and Julia Irace – May 21st  
Alexander Dunn and Gina Richardson – May 21st  
Donald Roy and Melissa Jensen – May 28th  
James Lerro and Katherine Kolben – May 28th  
William Nelson III and Meaghan Flanagan – May 28th  
Bryan Williamson and Erica Leighton – June 3rd  
Timothy Dime and Jessica Stiefel – June 4th  
Robert Rising and Stephanie Gaston – June 4th  
David Hark and Caitylyn Williams – June 5th  
Daniel Waters and Heather Drobiarz – June 10th  
Charles Golden and Cassandra Money – June 11th  
Randall Rovelto and Barry Grano – June 11th  
Andrew Marshall and Sarah Marika – June 18th  
Nicholas DeConti and Hannah Seely – June 19th

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Robert Anderson  
Ruth Benner  
Maynard Bishon  
Dolores Budzik  
Dorothy Card  
Howard Clark, Jr.  
Emily Dahlberg  
Dorothea Doyle

Dorothy Gifford  
Donald Guptill  
Pamela Hackling  
Shirley Haeckel  
Dorothy Harrison  
George LaPlace  
Catherine Neill  
Marilyn Nicklas  
Ellen Passanesi

Geraldine Roberts  
Edwin Roscoe  
Dorothy Stahlschmidt  
Edward Stave  
Gerald Stevenson  
Harry Walden  
Harriet Wind  
Rosemary Winfield

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

Colin McCormick and Caitlin Sweeney – July 2nd  
Christopher Hannon and Melissa Chase – July 16th  
Jose Lomba, Jr. and Margaret Dubaldo – July 24th  
Gordon Purves and Kathleen Turner – June 25th  
Diego Duque and Hayley Andersen – June 25th  
Shariq Dean and Sydney Wilson – July 29th  
Kevin Marra and Marines Figarella – July 30th  
Michael Bofoff and Jillian Baker – August 6th  
Cassidy Vaughn and Marnee Fritz – August 12th  
Robert Colvill and Rebecca Friend – August 12th  
Mark Bradley and Cassandra Sanchez – August 14th  
John Carr and Rebecca Meissner – August 20th  
Ryan VanOverloop and Melissa Greenlaw – August 20th  
Jonathan Palmer and Samantha LaQuerre – August 28th  
John Riggio and Shelley Valiante – August 27th

# Friends of Acton Public Library

The Friends of Acton Library are seeking residents who would like to become members. If you are interested, please call one of the co-presidents for further information, or you can pick up an envelope at the library's circulation desk. Membership is an on-going item with the Friends. We would enjoy having you become a part of our organization!

The Friends would like to thank all those people who stopped in and hopefully purchased reading material during our July Book Sale. The Bake Sale was a huge success also, and we were sold out before the end of the day on Friday. We would like to extend our thanks to all of you. We were able to raise enough money to assist Acton Public Library during this coming year during state budget cuts to library systems of the state.

We would encourage you to make use of the Library Passes for many of the attractions in the area. If you are not aware of these passes, please contact the library or check out its website. The

library is offering several concerts during the winter months which the Friends are supporting. We encourage you to attend. The Friends are also collecting unused, old cell phones. Please place them in the receptacle in the library.

Also, the Friends again will sponsor a Holiday Book Sale on our three dollar books after Thanksgiving. It is a wonderful way to shop for Christmas for all the readers on your list. The books are relatively new, gently-used books on display in our book rack in the center of the library. We look forward to seeing many of you during this time.

Please consider becoming a member of the Friends of Acton Public Library!

Co-Presidents,  
Pat Flanagan (860.395.1062)  
Joe Breindel (860.388.5131)

# Acton Public Library

Nearly a year ago, at the October Library Board meeting, the decision was made to begin the search process for the first poet laureate for the town of Old Saybrook.

There are presently over a dozen towns in Connecticut which have a poet laureate. The mission of the Old Saybrook's poet laureate is to communicate the value of

poetry and use poetry as a means to inspire, inform, and entertain the community at large. The person selected would serve as an ambassador of the community's vibrant literary life. After a search of a couple of months, Patricia Horn O'Brien was chosen to represent Old Saybrook in this capacity. She will represent Old Saybrook in the Connecticut Coalition of

Poets Laureate, a statewide organization. She has created a Poet Laureate's corner on the library's website, [www.actonlibrary.org](http://www.actonlibrary.org), as well as a poetry display in the library.

Look for more poetry events at the library!

The fall season will feature a variety of programs at the library, for all ages.

## ADULT PROGRAMMING

**On October 6, at 2 pm,** John Proctor will discuss "The Wisdom Of Peanuts." John has been collecting Peanut's memorabilia and learning about the work of Charles Schulz for many years, and will be sharing this information with us.

**On October 22,** there will be an adult craft program – making origami bookmarks. The program is intended for adults, but all ages are welcome. Learn the Japanese art of paper folding to create your own masterpiece.

**The Old Saybrook Historical Society's Chapman Lecture** series starts off with an election-themed program, Women's

Right to Vote, presented by Kenneth Florey, professor emeritus at Southern CT State University, and one of the nation's leading authorities on memorabilia related to women's suffrage.

He will speak at the library on Thursday, October 20th, at 7:00 pm.

## OUR READING GROUPS WILL CONTINUE TO MEET MONTHLY.

**The Wednesday Morning Book Group** meets on the first

**continued on page 28**

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## ACTION LIBRARY ... continued from page 27

Wednesday of the month at 10:30 am. The upcoming titles to be discussed are:

October 5: My Brilliant Friend, by Elena Ferrante

November 2: The Paris Architect, by Charles J. Shields

December 7: Mocking Bird: A Portrait of Harper Lee

January 4: My Name is Lucy Barton, by Elizabeth Strout

The Mystery Book Discussion Group meets on the Fourth Wednesday of the month, at 1:00 pm. The upcoming titles to be discussed are:

October 26: Case Histories, by Kate Atkinson

November 23: The Mysterious Affair at Styles, by Agatha Christie

December 28: The Sweetness at the bottom of the Pie,  
by Alan Bradley

January 25: Death at La Fenice, by Donna Leon

The Library's Film Series, LIGHTS, CAMERA, ACTON! continues with a "series in song." Films are shown on the second Friday at 1 pm.

October 14: Love and Mercy (2014), PG-13

November 4: Mr. Holland's Opus (1995) PG (the library will be closed on the second Friday this month)

December 9: Once (2007) R

The Shoreline Civil War Roundtable meets monthly on the first Tuesday of the month, at 6:30 pm. Their speakers are:

October 4: The Fire Eaters, Apostles of Disunion,  
presented by Dave Smith

November 1: The Salt Wars, presented by Jerry Perry

December 6: U.S. Grant – Appomattox to the White House,  
presented by Olivia Cather

January 3: to be announced

## YOUNG ADULT PROGRAMMING

Join us for a Thriller Movie Night, (October date to be announced) and watch Let's Scare Jessica to Death (1971), unrated. Filmed locally, this classic chiller film will bring out your Halloween Spirit.

Gigantic Coloring Sessions (dates to be announced) -- You've seen them in the teen section of the library, gigantic coloring pages by local teen artists. Come and create a coloring page of your own, or work with your friends to color one that has already been created. A great stress reliever and social event. Refreshments will be served.

## CHILDREN'S PROGRAMMING

Story Times at Acton Public Library Fall 2016  
Wednesday, September 7 through Friday,  
December 9, 2016

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## WIGGLE BOOKWORMS

Wednesday mornings

10:30 - 11:00 am.

Drop in and share stories, songs and simple rhymes together. A program for children age 0 - 2 and their families. Stay and socialize after the story time with our special toddler toys.

## STAY AND PLAY

Wednesday mornings

11:00 - 11:30 am.

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

## FANTASTIC FRIDAYS

Friday mornings:

10:30 – 11:00 am.

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

(Special Music with Miss Martha on the 3rd Friday of every month. See below.)

## MUSIC WITH MISS MARTHA

The 3rd Friday of every month

10:30 - 11:15 am.

Sept. 16; Oct. 21; Nov. 18 and Dec. 16.

Join Miss Martha from the Community Music School for a special musical story time! Ages 3-5.

## OUR STORY TIME GOALS:

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

All story times are drop-in and free and open to all.

No registration is required. Although each program is designed for the specific developmental needs of its intended age group, siblings are welcome to attend with their parent or caregiver.

## HALLOWEEN COSTUME DANCE PARTY

### AT ACTON PUBLIC LIBRARY

Saturday, October 29 from 3:00 p.m. - 4:00 pm.

Kids...come and join in for all of your favorite dance party classics plus some spooky tunes too! Our DJ will shake your goosebumps away with the best dance party music ever. Be sure to wear your costume! Light refreshments will be provided. Best for children ages 3 and up. Free and open to all.

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# Water Pollution Control Authority Update

The WPCA would like to take this opportunity to present a list of organizations that study, support, and advocate for the health and protection of Connecticut surface and subsurface waters. Below are descriptions and websites of these resources for residents to learn more about topics like:

- Climate change and Coastal resiliency
- The health of the Long Island Sound
- Hypoxia (low dissolved oxygen); Toxic contamination; Pathogen contamination
- Living resources and habitat management
- Public involvement and education
- Wastewater Treatment; Water re-use
- Watershed Approach to water quality management

**Connecticut Environmental Health Association (C.E.H.A.):** is an affiliate of the National Environmental Health Association. The association's objectives include: Educational development, maintaining the qualifications for sanitarian registration and promoting the advancement of professionals in the environmental health field; facilitating standardization of methods in environmental health practices; striving for increased recognition of the profession; and development and support of environmental health legislation.

**The Yankee Conference,** (September 2016 – Mystic), is an annual event, featuring speakers from government, industry, and environmental health. A broad spectrum of topics are covered, and hosting is rotated among the states.

See <http://www.cteha.org/index.html>

**Connecticut Fund for the Environment** (and its program Save the Sound) is dedicated to protecting and improving the land, air, and water of Connecticut and Long Island Sound. They use legal and scientific expertise and bring people together to achieve results that benefit our environment for current and future generations. See <http://www.ctenvironment.org/>

**Connecticut Institute for Resilience and Climate Adaptation (CIRCA):** is a multi-disciplinary center that brings together experts in the natural sciences, engineering, economics, political science, finance, and law to provide solutions to problems arising as a result of a changing climate. The Institute combines the research capabilities of UConn and the regulatory experience of the Connecticut Department of Energy and Environmental Protection to translate scientific research to actions that can ensure the resilience and sustainability of the natural, built and human environments of the coast and watersheds of Connecticut.

See <http://circa.uconn.edu/>

**The Long Island Sound Study (LISS)** is a cooperative effort involving researchers, regulators, user groups and other concerned organizations and individuals. They are working together to

protect and improve the health of the Sound.  
See <http://longislandsoundstudy.net/>

**New England Water Environment Association (NEWEA):** New England's water quality professionals who are responsible for the water we use every day. They take it from homes or businesses, treat it, and return it to the environment for future use.  
See <http://www.newea.org/>

**Soundkeeper** is dedicated to the protection and enhancement of the biological, physical, and chemical integrity of Long Island Sound and its watershed. Soundkeeper advocates for the Sound by addressing critical issues with the commitment and support of a dedicated citizen network, to make the waters of Long Island Sound fishable and swimmable. Their daily work is patrolling, investigating, intervening, and raising public awareness of the Sound's problems, as well as for ensuring that the laws established by the Clean Water Act are obeyed and enforced.

See <http://www.soundkeeper.org/>

**Project Oceanology**'s mission is to nurture interest and enthusiasm for science and the marine environment. Located at the University of Connecticut's Avery Point Campus, "Project O" was formed by a group of teachers who recognized the potential and importance of the marine environment as an education resource. They transformed a vessel into a floating marine science classroom. Project Oceanology has grown into a full-fledged marine science and environmental education program with a building and a variety of oceanographic equipment and vessels. 25,000 people a year participate in the programs.

See <http://www.oceanology.org/>

**Connecticut Water Pollution Abatement Association (CWPAAs):** The objective of the Association is the advancement of the knowledge of design, construction, operation, and management of wastewater treatment plants and other water pollution control activities, and the encouragement of a friendly exchange of information and experiences. See <http://ctwpaa.org/>

**Connecticut Association of Water Pollution Control Authorities (CAWPCA):** A group of members dedicated to improving, enhancing knowledge and understanding the interests of publicly owned/operated WPCAs or wastewater management entities within the state of Connecticut and to improve the quality of the services provided to the public by those entities.

See [www.cawpca.org](http://www.cawpca.org)

**National Onsite Wastewater Recycling Association (NOWRA):** is dedicated to educating and representing members within the onsite and decentralized industry. Members include educators, regulators, engineers, contractors, manufacturers, suppliers, service providers, and others in the protection of North Amer-

ica's water resources and environment. NOWRA was founded to promote sound federal, state, and local policies, to improve standards of practice, and increase public recognition of the need for and benefits of onsite and decentralized wastewater infrastructure. Decentralized systems provide effective and more affordable wastewater treatment solutions where traditional central sewerage systems might be impractical or unsuitable.

See <http://www.nowra.org/>

**The Nature Conservancy:** Their mission is to conserve the lands and waters on which life depends. Their vision is a world where the diversity of life thrives, and people act to conserve nature for its own sake and its ability to fulfill our needs and enrich our lives. They achieve this vision through the dedicated efforts of staff, (including over 600 scientists, impacting conservation in 69 countries), with the help of many partners (including individuals, governments, local nonprofits and corporations), and by using a collaborative approach. See <http://www.nature.org/>

#### REGIONAL RESOURCES:

**Cape Cod Commission:** Their mission is to protect the unique values and quality of life on Cape Cod by coordinating a balanced relationship between environmental protection and economic progress. The Cape Cod Commission carries out this mission by

leading, supporting, and enforcing the development of regional plans, policies, regulations, and infrastructure to guide and manage growth, and by supporting the 15 Cape Cod towns with cost-effective planning and technical support services. The Commission strives to foster a viable year-round economy with thriving economic centers and well-preserved natural habitats and open spaces, a sustainable region with strong inter-municipal coordination and regional infrastructure.

The Cape Cod Commission developed the Cape Cod's Section 208 Areawide Water Quality Management Plan Update (a watershed-based approach to restore embayment water quality). The plan recommends strategies, regulatory reforms and a process for communities to reduce or eliminate excess nitrogen, the primary cause of degraded conditions. The 208 Plan Update was approved by the Environmental Protection Agency September 2015.

**University of Rhode Island New England Onsite Wastewater Training Program:** Their mission is to educate on onsite wastewater system issues, advance the use of innovative and alternative technologies to improve and protect public health and water quality, and to encourage sustainable development in New

**continued on page 32**



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## WPCA ... continued from page 31

England. The program offers classroom and field training for wastewater professionals, regulators, municipal and state officials, watershed groups, and homeowners.

The Onsite Wastewater Training Center ("OWTC") is a demonstration and field training facility for conventional and I/A septic system technologies. The OWTC is one of 8 regional centers in the nation. They have full scale systems for hands-on learning and over 50 demonstration and research systems installed in Rhode Island. Data from these systems is reviewed to evaluate performance. See <http://web.uri.edu/owt/>

These fine organizations provide in depth information and important data on their websites, in reports and presentations, in symposiums and workshops, and opportunities for residents to become involved in local chapters.

For further information, please feel free to visit our office, call 395-2876, or attend our Board meetings on the 2nd and 4th Mondays in Town Hall.

You can also visit [www.oswPCA.org](http://www.oswPCA.org) or our pages on the Town website.

## Coastal Resilience Study and Infrastructure Assessment



The Town has retained GZA, a leading environmental and geotechnical consulting firm, to conduct a Community Coastal Resilience Study & Infrastructure Evaluation. The purpose of this project is to strengthen the environmental, social and economic resilience of the town to coastal flooding and the effects of sea level rise, and to the likely increases in the frequency and intensity of coastal storms,

coastal flooding, storm surges, and coastal erosion. The project is being funded by a Community Development Block Grant – Disaster Recovery (CDBG-DR) Grant award of \$125,000 that the Connecticut Department of Housing awarded the Town of Old Saybrook, Connecticut earlier this year.

Dr. Alex Felson and Associates and Stantec will support GZA in conducting the work for this important coastal resilience project. This study will provide a detailed assessment of the risks from sea level rise with respect to community assets including coastal infrastructure, essential facilities and structures, neighborhoods, natural and recreational resources, and other critical town-owned assets. Based on this assessment, the GZA Team will assist the

Town to develop resiliency strategies and adaptation actions to mitigate or reduce risks to vulnerable areas.

The work follows on the recent report of the Town's Sea Level Rise Climate Adaptation Committee, whose report is posted at [oldsaybrookct.org/Pages/OldSaybrookCT\\_CC/slriser](http://oldsaybrookct.org/Pages/OldSaybrookCT_CC/slriser) and can be obtained in print at the Town Hall, Land Use Department, 302 Main Street. The Town first included the phenomenon of sea level rise in its Natural Hazard Mitigation Plan (2014).

The Coastal Resilience Study and Infrastructure Assessment will prioritize where and how the Town focuses its efforts in the coming years to become more resilient to coastal hazards.

## Four Ways to Reduce Winter Stormwater Pollution

Controlling stormwater pollution is a year-round concern, one that matters in winter just as much as spring and summer. When the temperature drops, vast amounts of de-icing chemicals are dumped by the truckload across our roads, sidewalks, and driveways. With each thaw, all that salt washes directly into our waterways. Freezing temperatures also lead to broken pipes, which can lead to soil eroding and pouring into our streams.

**1. Avoid using sodium chloride as a de-icer.** Many streams already exceed the chloride threshold for harming sensitive freshwater life. Chloride levels in some streams can reach nearly 5 grams per liter, which is one-fourth as salty as seawater (Kaushal et al. 2005). Commonly used road salts like sodium chloride (also known as halite) can kill plants, break down concrete, and stain

carpets. More environmentally friendly alternatives to sodium chloride are acetates (such as Premiere Ice Melter), potassium chloride, or magnesium chloride (such as SafeStep Mag Chloride 8300).

**2. Open your rain barrel spigot.** Though this doesn't help with stormwater in the winter, it does help prevent your barrel from filling with ice and potentially cracking. A cracked barrel definitely can't reduce stormwater pollution!

**3. Do not pile snow on your rain garden.** Though your plants are dormant, heavy snow loads, upon melting, could saturate your garden for long enough to potentially hurt your plants. Normal snow accumulation does not pose a problem, though, so there is

no need to shovel the garden! Pile your snow from elsewhere on the uphill side of the rain garden instead so that when it melts your rain garden can do its thing.

**4. Go pervious!** Replacing your walkway or driveway with river stone, pervious pavers, or other porous materials will allow water to soak into the ground instead of becoming runoff. These surfaces not only help reduce polluted stormwater runoff and erosion,

they also “breathe” more than impervious surfaces like asphalt and concrete, so they take longer to ice over.

Also, it's not too early to think about your spring stormwater footprint, either—such as downspout disconnections, rain barrels, or rain gardens—to reduce polluted runoff from your property.

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## Cappella Cantorum Holiday Events

### **LISTENING TO MESSIAH IS A MOVING EXPERIENCE!**

#### **Messiah Performance in Waterford**

Celebrate the Holiday Season by enjoying the Christmas Section of Handel's MESSIAH - Sat. Dec. 3, 8 pm, St. Paul R.C. Church, 170 Rope Ferry Rd, Waterford. MESSIAH, one of the best-known and most frequently performed choral works, will be performed by Cappella Cantorum MasterWorks Chorus and The Old Lyme Congregational Church Choir. The December 3rd performance will be conducted by Simon Holt. Tickets \$30, [www.CappellaCantorum.org](http://www.CappellaCantorum.org) or at the door.

#### **Messiah Performance in Deep River**

Celebrate the Holiday Season by enjoying the Christmas Section of Handel's MESSIAH - Sun. Dec. 4, 3 pm, John Winthrop Middle School, Deep River, 06417. MESSIAH, one of the best-known and most frequently performed choral works, will be performed by Cappella Cantorum MasterWorks Chorus and The Old Lyme Congregational Church Choir. The December 4th concert will be conducted by Barry Asch. Tickets \$30, [www.CappellaCantorum.org](http://www.CappellaCantorum.org) or at the door.

Eighth Annual MESSIAH Sing or Listen, sponsored by Cappella Cantorum.

Sun., Dec. 18, singers rehearse 3:30 pm in sections for the performance at 4:00 pm in The Katharine Hepburn Cultural Art Center, 300 Main St. Old Saybrook, CT 06475. The Singalong is open to all, featuring professional soloists. Bring your Messiah Scores if you have them or they will be provided. There is a \$10 fee for singers and audience. The audience is invited to sit in the back, witness the short rehearsal and then sing at 4 pm. Tickets are available through the Box Office, 877-503-1286, [www.thekate.org](http://www.thekate.org) or day of performance, no reserved seats.

For information: Call Barry Asch at 860-388-2871. [www.cappellacantorum.org](http://www.cappellacantorum.org)

## The Katharine Hepburn Cultural Arts Center

### **KHCAC'S PROGRAMMING FOR KIDS BRINGS OUT THEIR INNER "KATE"**

The Katharine Hepburn Cultural Arts Center, has continued to grow and change over its seven years of operation. One element that has particularly grown is children's programming.

Children's offerings have coalesced into a named Children's Series in addition to stand alone performances and children's weeklong camp offerings. The Children's Series consists of five to eight performances during the school year presented by two children's theatre companies, TheatreWorks USA and ArtsPower. Both companies present original musicals often based on popular children's books. From Rainbow Fish to The Velveteen Rabbit, The Lightning Thief, and Curious George, these delightful productions captivate children and their parents alike.

Each year, the Kate also hosts two residencies by the Missoula Children's Theatre, a professional children's theatre that casts local children in productions without a fee for participation. The residencies teach key life skills and emphasize building confidence

and minimizing effects of inequalities or disabilities in communities without significant arts resources.

Finally, the Kate collaborates with the Community Music School to bring to patrons Kate's Camp for Kids. The Camp is a unique comprehensive summer arts day program that began in summer 2013 through collaboration between The Kate and the Community Music School of Essex. It is focused on families in our shoreline region seeking to nurture their children's creative potential through the arts. This state-licensed camp brings together professional teaching artists from Community Music School and throughout the region to the Kate. Designed for boys and girls ages 5 to 10 years old, Kate's Camp is filled with music, dance, art, and theater and each session culminates in a performance for family and friends. This year the Kate is excited to continue expanding the Kate's Camp for Kids sessions into the winter!

For more information and to get your child more involved in arts programming, contact the Kate through our website at [www.thekate.org](http://www.thekate.org) or by calling 860-510-0453.

# Old Saybrook Board of Ed Strategic Plan

We all have goals. In fact, we have an entire holiday that revolves around making an annual resolution to improve our lives over the course of the year. It feels good to make these goals. It feels good to imagine a life beyond present circumstances and to postulate what your life might look like in a year or five years. The problem is that saying you are going to do something doesn't always mean you will do it. Even more important than setting a goal is what happens between the day you decide what you want and the day you achieve it, which is the action plan. Your action plan is your guide. It sets out all of the work that needs to be completed so that the goal you set can be achieved. Much like people, organizations also set goals and create action plans, but when an organization embarks on this work the result is more than a mere resolution, but rather, the beginning of a five-year strategic plan.

The Old Saybrook School District utilizes a strategic planning process as a preparation and decision-making strategy to ensure that our students are ready to meet the diverse demands of a changing world. The development and implementation of a Strategic Plan serves as a primary guide for determining which programs and services will be retained, added or revised. The Old Saybrook School District Strategic Plan was last revised in 2010.

The development of the 2016-2021 plan commenced in

February 2016. The first phase of work consisted of stakeholder input. Stakeholders included students, parents, community leaders and citizens, faculty and staff, administrators and the Board of Education. Stakeholders were invited to participate in focus groups and in an online survey. Approximately 140 people participated in the focus groups and over 500 stakeholders responded to the online survey.

Following the input phase, the District Leadership Team analyzed the input data and identified the suggested priorities. These priorities were then framed into three goals, which were presented to and approved by the Board of Education. The Board approved the goals in June 2016.

The development of plan detail was a major unit of work for the District Leadership Team (DLT) during the summer of 2016. Their work consisted of exploring the goals in depth, developing action plans, setting criteria for evaluating the goals, reviewing the language from the last strategic planning process and making recommendations for language revisions. The DLT's work was informed by literature on current and future trends.

The resulting work was presented for approval to the Board of Education:



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## THE MISSION

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

### ACTION PLAN #1-OLD SAYBROOK PUBLIC SCHOOLS STRATEGIC PLAN 2016-2021

**Goal 1:** Consistent implementation of a well-developed, state-of-the-art and fully articulated series of standards and outcomes for learning.

#### Importance of the Goal

The last decade has produced an avalanche of work on national, international and state standards. These standards are not necessarily evenly developed or shelf-ready for use, thus leaving districts with the daunting task of selecting, prioritizing, organizing and implementing standards that will prepare students for the future they will live in. State-of-the art standards do not abandon the traditional foundations of reading, writing and math but rather extend the definition of "basics" to include decision-making, collaboration, creativity, critical thinking and other essential

skills for success in the twenty-first century. They also usher in content that will connect students with understandings necessary to engage in and contribute to global relationships, technology advances, environmental stewardship, and scientific discoveries. This goal is closely aligned with the district's mission.

### ACTION PLAN #2-OLD SAYBROOK PUBLIC SCHOOLS STRATEGIC PLAN 2016-2021

**Goal 2:** Innovative and highly focused instructional design and practices that maximize student engagement while streamlining student work to that which is meaningful and essential.

#### Importance of the Goal

The District's mission is also a powerful driver for this goal on instructional design and practice. Personalization and meaningfulness require that instruction be student-centered. Interests and choice enable students to own decisions, maximize their engagement in learning, link to future careers and promote emotional and intellectual growth. When teachers shift their roles to facilitation and coaching, students are empowered. Learning opportunities must break barriers of time and space that often confine students.

*continued on page 36*

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## BOARD OF ED STRATEGIC PLAN ... continued from page 35

### ACTION PLAN #3-OLD SAYBROOK PUBLIC SCHOOLS

#### STRATEGIC PLAN 2016-2021

**Goal 3:** Proactive and flexible plans that respond to changing demographics including:

- Declining enrollment,
- Increasing numbers of students who speak English as a second language
- Increasing social and emotional needs of students
- Increasing expense of education in a setting where the number of households with school-age children is declining

#### Importance of the Goal

Stakeholders are keenly and correctly aware that the demographics in Connecticut, including Old Saybrook, are changing. They recognize that enrollment decline goes hand-in-hand with the decreasing number of households that have school-aged children. The implications for program sustainability and support are profound. In addition to the changing numbers of children to be educated are the changing needs of these children. The increas-

ing numbers of students with social and emotional needs and of students whose dominant language is not English are adding new challenges to schools. Proactive planning for demographic challenges makes sense for students and the community. Old Saybrook must plan to serve its changing demographics.

The resulting strategic plan represents several months of hard work, input from every possible group of community stakeholders, meticulous planning and revision, and countless presentations based on new information or revised language. This plan belongs to everyone in Old Saybrook, not just the Board of Education. Our detailed action plans, matched with our enthusiastic administrators, will lead Old Saybrook into a new age of district education. We are eager to begin the hard work in anticipation of the day we get to look back on this plan and see the fruits of all we have achieved together.

The Board of Education reviewed the final draft of the Strategic Plan at its regular board meeting on September 6, 2016.

## Is Your Home Ready for Cold Weather?

Cold weather is just around the corner – is your house ready?

Unfortunately, winter and its accompanying cold weather is soon upon us. Now is the time to be pro-active in preparing your house so as to minimize the opportunity of damage from freezing and cold weather.

Here are several items that you should consider now (while the weather is nice enough to address):

Clean your gutters and downspouts – gutters or downspouts clogged with leaves can prevent the free drainage of rain and snow melt from your roof. This increases

the potential for ice dams and subsequent interior wall damages.

Tune up your oil or gas fired furnace or boiler – not only will the unit operate more efficiently burning less fuel, but a faulty furnace or boiler can also back up deadly carbon monoxide into the house.

Shut off your outside hose spigots – disconnect hoses from your outside spigots to drain the line. Even “frost proof” hose spigots can freeze if there is water still in the hose connected to the spigot.

Shut off and drain your outside showers.

Drain the cold and hot water lines – these are oftentimes overlooked when closing a summer cottage.

Don’t forget to add some potable antifreeze to the traps under the sinks, in the toilet bowl, and also into the toilet tank (most times the tank contains about one inch of water even when drained, which is just enough to crack the tank when frozen).

An ounce of prevention can result in a peaceful winter and a surprise free spring!

Don Lucas,  
Building Official

## News from Old Saybrook Social Services

#### APPLY FOR ENERGY ASSISTANCE:

Wednesday, October 5, Town Hall, 9:30 am-2 pm

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

Household size 1, under \$33,881

Household size 2, under \$44,305

Household Size 3, under \$54,730

Household size 4, under \$65,155

Household size 5, under \$75,580

Household Size 6, under \$86,005

There is an asset limit of \$15,000 for homeowners and \$12,000 for renters after which assets are added to income for total income qualification. Residents must fall below the income/asset limits to apply.

This is our town sign up day for help through the state programs Connecticut Energy Assistance Program (CEAP) and Connecti-

cut 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 keep warm this winter. This program begins on November 9, 2016 for fuel assistance and will run through March 15 of 2016 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 5, 2016 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 [susan.consoli@oldsaybrookct.gov](mailto:susan.consoli@oldsaybrookct.gov)

#### SOCIAL SERVICES HELP DAYS

AHCT Health Insurance Open Enrollment!

DSS, SNAP, HUSKY, MSP

CT Food Bank Truck

Flu Clinic

This fall we will be having Social Services Help Days at Grace

Church Hall, 336 Main Street in Old Saybrook with the DSS as well as sponsoring Access Health on site to provide health care enrollments. A Flu Clinic will be held in October and blood pressure screenings are also available. CT Food Bank will also be coming here between 1:30 and 2:30 with their mobile pantry truck to provide food. The Old Saybrook dates are:

October 27, Grace Church, 10 am – 3 pm

November, Thanksgiving food provided by OSPD and YFS,  
please call for date

December 22, Grace Church, 10 am – 3 pm

Social Services Help Day is also being hosted in Clinton and Old Saybrook residents are welcome at Clinton Town Hall annex building on the first Mondays of the month. The CT Food Bank truck stops there at 12 – 1 pm. Dates are:

October 3, Clinton Town Hall Annex, 10 am – 3 pm

November 7, Clinton Town Hall Annex, 10 am – 3 pm

December 5 Clinton Town Hall Annex, 10 am – 3 pm

Appointments should be made for state application processing and for the AHCT Health Insurance Enrolments so that you may have proper documentation with you to process your application that day but walk-ins are also welcome. Please contact Susan Consoli, MA, LPC, Social Services Coordinator at 860-395-3188 or by email at [susan.consoli@oldsaybrookct.gov](mailto:susan.consoli@oldsaybrookct.gov).



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# News from Old Saybrook Youth and Family Services

## OLD SAYBROOK YOUTH AND FAMILY SERVICES'

### OPEN HOUSE CELEBRATION



Old Saybrook Youth and Family Services is a comprehensive human service agency providing a wide-range of programs including Counseling, Positive Youth Development and Leadership Skill-building, Parent/Community Education, and Social Services support including services for the elderly. OSYFS functions as a planning and coordinating agency with our schools, town departments and community organizations to assess local needs and implement responsive programs.

OSYFS was established in 1975, and hosted an Open House on September 19 inviting community members into the recently renovated building. OSYFS was recognized with a Proclamation from Town First Selectman Carl Fortuna, acknowledging over 40 years of service to the community. Since 1975, the agency has been instrumental in mobilizing many community efforts including Youth Action Council, Community Service Programs, Healthy Community Healthy Youth Initiatives, Early Childhood Council, and Social Services Help Days.

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## THE COURAGE TO SPEAK

Wednesday October 5, 2016, Old Saybrook Youth and Family Services will be hosting a speaking engagement by Ginger Katz at the Old Saybrook Middle School auditorium at 7 pm. Ginger Katz is the Founder and CEO of The Courage to Speak Foundation, and will deliver her keynote address regarding the mission and purpose of her foundation and her personal story behind its formation.

This fall, OSYFS will be offering a free 3-session substance abuse and education prevention program for parents wishing to arm themselves with the knowledge of how to keep their children safe. The 'Courageous Parenting 101' evidence-based curriculum was developed by The Courage to Speak Foundation, Inc. to help parents understand substance abuse and its impact on children and youth. The program will be taught by trained Courage to Speak facilitators certified by the Courage to Speak Foundation, Inc.

'Courageous Parenting 101' will cover:

- Teen drug use trends and party culture
- Drug and alcohol abuse, addiction and its physiological consequences
- Protective, psychological and developmental guidance to help reduce the risk of substance use

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Parents will have the opportunity to sign up for the free 3-session series after the presentation by Ginger Katz. Classes will be held at OSMS Library October 17, 18 and 25th, 6:30-8:15 pm. CHILD-CARE will be available for those who pre-register for that service. Everyone wishing to attend (parents-only) must fill out a registration form which can be found on the Youth and Family Services' website at [www.oldsaybrook.ct.org/youth](http://www.oldsaybrook.ct.org/youth).

"Through such education," says Ginger Katz, "the lines of communication open so parents can understand what their children face, set appropriate expectations, guide their emotional development, and provide moral support."

#### **2016 WILDERNESS SCHOOL GRADUATES**

This summer, Youth and Family Services sponsored a group of 8 students on a five-day Wilderness Challenge expedition. This year those eight students made history with our first expedition canoeing down the Connecticut River. From June 24-June 28th



2016, Sozon Albanis, Anthony Baldino, Zane Bauer, Marybeth Czarzasty, Gabriella Espinoza, Isabel Lacey-Giugno, Nathan Taylor and Nadia Zawoy joined the Wilderness School staff armed with life jackets, drybags, food, and water jugs.

The students thought it would be a peaceful yet fun trip, which it was. However, what was unbeknownst to the crew, they faced a strong current, winds and obstacles in the river including boats, objects, and large waves. The students nicknamed themselves the MULLET VIKINGS, however, YFS Wilderness Coordinator Brenda Partyka named them the Determinators. At one point it

**continued on page 40**



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## YOUTH & FAMILY SERVICES... continued from page 39

took almost an hour to go 200 feet as the current kept sweeping the canoes backwards and around in circles. The students canoeed into the sunset and set up camp at Hurd State Park, Gillette Castle, and Seldon's Island.

The sunsets on the river, the scenery, wind, currents and the comradery will not be forgotten. The students slept under tarps. When they awoke, some found they had rolled out and slept under the bright night sky. They prepared their own meals and were away from civilization and their electronics for 5 days. The students had an opportunity to rappel down into the Connecticut River, about 60 feet, and then rock climb back up. The scenery was unbelievable. The fear of heights was real. The tide came in so they literally landed in the river and then climbed back up. The students also learned to read maps and mark the distance and landmarks to help them know how far they have travelled.

The Wilderness Challenge Program is offered through Youth and Family Services and is for students entering into their eighth grade year. The group works together before the course begins to gain group cohesiveness and to work in their hiking boots with day hikes and group initiatives. The lessons and skills learned

are personal and group responsibility, leadership skills, patience, conflict resolution, team work, and an increase the student's self-confidence.

### ESTUARY'S MARSHVIEW GALLERY HOSTS RECEPTION FOR YOUTH & FAMILY SERVICES' "YOUTH BOOTH" ARTISTS



Artists pictured at the August 12th Artist of the Month Reception, left to right: Marissa Petruzzelli, Peter Pond, Ethan Gernhardt, Carissa Schilke, Janessa Florian, Aubrey Schilke, Samantha Hart and Aleia Hayes. Not pictured: artists Mitch Bruehwiler, Emily Carmichael, Lauren Kapp, Mackenzie Kapp, Kristina McNeish, Brian Noyes, Jillian Noyes, and Sydney Stillman. Photo by Steve Gernhardt.

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The Marshview Gallery at the Estuary's Senior Center hosted a reception on August 12th for the sixteen youth featured in Old Saybrook's "Youth Art Booth" at this summer's Annual Arts and Crafts Festival on the Town Green. Friends, family and community members enjoyed the hospitality afforded them.

The group's exhibit included photography, pottery, charcoal and pencil drawings, watercolor and acrylic paintings, as well as beadwork and other crafts. Subject matter included nature, fantasy, shells, abstracts, Pokemon, animals and birds, portraits and more.

#### YOUTH ACTION COUNCIL



Members of Old Saybrook's YAC were part of the Shoreline LEAD Conference this summer in New Haven.

Students are given opportunities to interact with other school groups, and last year hosted Glastonbury Youth Action Council for substance abuse prevention training. This summer, some YAC members went to New Haven to take part in the LEAD (Leadership Encourages Asset Development) conference with 7 other schools in New Haven. Fun and time to develop friendships are a big part of YAC as well! The group has visited Laser Tag in Newington, 5 Wits in Foxboro, Massachusetts and loves to go ziplining at EMPOWER in Middlefield!

Jr. YAC for 8th grade students will begin in November, and they join the larger group in February. The structure for meetings is the same, and the Jr. YAC members have the opportunity to get to know upper-classmen before they head to high school in the fall!

Schedule of fall 2016 meetings for 9th-12th grade YAC at the Pavilion: September 8 and 22, October 13 and 27, November 3 and 17, December 1 and 15.

**Continued on page 42**

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## YOUTH & FAMILY SERVICES... continued from page 41

Please call 860-395-3190 if you have any questions, and we hope to see you there!

### MENTORING STUDENTS IN AFTERSCHOOL CLUBS

Old Saybrook Youth and Family Services would like to acknowledge some of the recent community members who have instructed or chaperoned in the Afterschool Enrichment Clubs, a partnership between OSYFS and the Old Saybrook Middle School.



A group trip to Launch on an early dismissal day was sponsored by the Afterschool Enrichment Clubs

- Tracey Morin – Hip Hop and Babysitting Instructor
- Elizabeth and Herb Wieland – Fitness Fun Instructors from Anytime Fitness
- Dave Fowler – Bike Club Instructor from Bikes for Kids
- Kathy Cobb, MS, RD, CN/N, Nutritionist – Chefs Grub Club Instructor
- Jeremy Stickel and Steve Volker – Karate Instructors from Tang Soo Do
- Marcia Calisman and Samantha Hart – Art Instructors
- Alex Ruth – Chess Club Instructor
- Beth Latus, Elayne Thomas and Coral Anthony – Knitting Club Instructors
- Richard Simonson – Law Club and Guitar Club Instructor
- Timothy Thomas, Davonte Mitchell, Joey Hargrove and Eric Jacobson – Pokemon Club Instructors
- Abbey Trudeau – Kickboxing Instructor from 9Round
- Mary Looney – Lego-Robotics Instructor

We thank you for sharing your time and talents! We could not provide the low-cost, fun and educational programming without volunteers like you!

### VOLUNTEER TODAY!

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# STAND UP TO MEAN-SPIRITED BEHAVIOR.

**Did you know that one out of seven students are either a bully or a victim of bullying? And that an estimated 160,000 children miss school each day for fear of intimidation or attack?** Mean-spirited behavior is everywhere - the playground, school hallways, the workplace, and more often, online. It is up to each and every one of us to put an end to bullying by learning more about the issues, and the available resources for empowering individuals to stand up for themselves and others.

#### **Help make Middlesex County a bully-free community.**

Join us as we work together to make each and every community a positive place for change. For more information, call us at the Community Foundation of Middlesex County at 860-347-0025 or go to [www.bullyfreemiddlesexcountycf.org](http://www.bullyfreemiddlesexcountycf.org).

# TAKE THE PLEDGE.

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Two members of the Invention Convention Club at the State convention.

Call Jodi Kelly, OSYFS Program Coordinator at 860-510-5051 or email [Jodi.kelly@oldsaybrookct.gov](mailto:Jodi.kelly@oldsaybrookct.gov) with questions or suggestions or to volunteer.

#### WHAT IS OSECC AND WHAT DOES IT DO?



The Old Saybrook Early Childhood Council (OSECC) is a group of residents, volunteers, teachers, administrators, day care providers

the motor of a car? Do you speak a second language? Or know the basic moves in ballet? Can you sing, do sign language, or play marbles? We are always looking for new ideas for clubs and have a huge need for chaperones and instructors. Come share your talents! The commitment is only for an hour a week per four, six or eight week session! You can help us to give our students opportunities to grow, learn, and socialize after school.

and community organizations who have a shared interest in helping our youngest citizens thrive. It is coordinated by Jodi Kelly of Youth and Family Service and receives some funding support from Middlesex United Way.

Members of OSECC meet quarterly to discuss what types of needs that our children aged birth to third grade might have when it comes to education, health, safety and community. Members' programs are then designed throughout the year to meet these needs.

Some examples of the programs that the OSECC carried out this past year are:

**Baby Bundles** -Welcome bags with books, clothing and community information having to do with infants and toddlers given to every new resident with a baby in town.

**Roundtable Workshops** – Quarterly professional development workshops offered to Pre-K and Kindergarten teachers with the goal of reviewing and prioritizing the State Standards of education, as well as how to create a common language between teachers and parents. This helped to ease Kindergarten readiness stress in parents.

**Continued on page 44**



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## YOUTH & FAMILY SERVICES... continued from page 43

**Books on the Beach** - Providing access to books where children congregate in the summer – at the beach! This is not a lending library, but a free take and donate bin located at Town Beach during the hours when the snack bar is open.

**Pre-K Open House** – In order to make the Pre-K decision easier for parents, we held a one day event where all local pre-schools were invited to open their doors and give tours. Families could then see the different opportunities available, meet teachers, and find a match for their child. Look for this annual event in February!

**Free Family Events** – We co-sponsored a movie on the green this spring with Vicki's Videos. In July, we sponsored an evening of music and family fun with Grammy-winning artist Les Julian as part of the Concerts on the Green series. On September 24th, find us at Family Day when we will sponsor an activity and have information available!

Our first meeting of this academic year will be held on Sept 22 at noon at Goodwin School. Come and be part of the Old Saybrook Early Childhood Council. See what a difference you can make!

For more information, please contact Jodi Kelly at 860-510-5051 or [jodi.kelly@oldsaybrookct.org](mailto:jodi.kelly@oldsaybrookct.org).

### SUPPORT GROUP FOR PARENTS/GRANDPARENTS OF CHILDREN DIAGNOSED WITH ASPERGER SYNDROME/HIGH-FUNCTIONING AUTISM

An Individual with Asperger Syndrome/High-Functioning Autism

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- May Be Physically Awkward
- Intelligence Levels Range from Average to Superior

The impact of these differences on the child's social interactions of all kinds (neighborhood, extended family, school, house of worship, even a simple shopping trip) can multiply stress in every aspect of a parent's/grandparent's life.

Continued on page 46

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## YOUTH & FAMILY SERVICES... continued from page 44

Offering camaraderie, encouragement and hope for these parents and grandparents, a support group meets monthly at Old Saybrook Youth and Family Services, 322 Main Street, Old Saybrook. Each month's meeting addresses specific, timely topics. Topic-specific handouts with insights from experts are available at every meeting.

### FALL 2016 MEETING TOPICS INCLUDE:

**October 13** – AS and Peers: Role Playing for Social Interactions and Peer Relationships; Social Struggles with Peers

**November 10** – Holidays and Schedule Disruptions;

Communicating about AS with Extended Family Members

**December 8** – Holiday Stress and Strengthening our Nuclear Family Relationships

To accommodate work schedules and childcare needs, two meeting times are available, 12:30-2 pm and 5:30-7 pm. The group is facilitated by Joanne Deal, M.A., Professional Counseling.

For more information or to pre-register for a meeting, call Old Saybrook Youth and Family Services at 860-395-3190.

## The Local Significance of a Worldwide Organization

By: Trent Gerbers

The Rotary mission is to provide humanitarian services, encourage ethical standards in all vocations and help build goodwill and peace in the world. These goals are carried out by approximately 1.2 million business and professional leaders through more than 31,000 Rotary Clubs

in 166 countries... Wow! The weight of that mission, the sheer number of business professionals working towards those goals, and the expansiveness of this global organization is a lot to comprehend. Clearly, this is an incredible force for good, but it is difficult to visualize the

true meaning and impact of such a broad, yet wonderful, scope. So how do we begin to narrow down that scope and understand the true impact of Rotary? We examine the acts and events of the local business professionals who make up the Old Saybrook Rotary Club which serves



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Old Saybrook, Old Lyme and Westbrook.

At its heart, Rotary is a service organization. It is a collection of local business professionals reaching out in an effort to bring the community closer together through fundraisers, cultural diversity events, academic enrichment initiatives, and so much more. The Rotary Club of Old Saybrook was founded in 1927 and it meets weekly at the Saybrook Point Inn.



The current president of the organization is Gerri Lewis, a member of the Old Saybrook Rotary Club since 2001. Under President Lewis' leadership, the Rotary Club of Old Saybrook has continued many of the important annual functions of the local Rotary such as operating the Welcoming Tent in the Torchlight Parade, delivering hot meals to senior citizens through the Estuary Meals on Wheels program, and hosting fundraising events like the annual

Rotary Golf Tournament and a Wine and Beer Tasting/silent auction.

Perhaps most important is the work that the Rotary Club does on behalf of and in conjunction with local schools. Enrichment efforts begin with the Dictionary Project. Every October, the Old Saybrook Rotary Club purchases and distributes dictionaries to all third grade students in

**Continued on page 48**

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## WORLDWIDE ORGANIZATION... continued from page 47

Old Saybrook, Old Lyme, and Westbrook. There is no overlooking the power of an extensive vocabulary and these dictionaries go a long way in helping young students learn the importance of words.

As students get older, the Rotary Club sponsors an "Interact Club" which looks for other unique educational opportunities to help sponsor. A perfect example of such an opportunity is last year's educational trip to Honduras, where twelve students traveled to the eastern coast of the nation to study biodiversity of the coral reefs. This work/study program not only provided Old Saybrook students with a valuable, once in a lifetime learning opportunity, but also made these students eligible for college course credit based in their research.

The Rotary Club also hosts a World Affairs Seminar (WAS) for high school seniors around the world. The seminar was held

at Carroll University in Wisconsin, where two junior student class leaders, one from Old Saybrook and one from Westbrook, tackle important global issues and develop skills to both lead and collaborate with others students from different cultures.

The student delegates develop potential solutions to those problems, while networking and making new friends. The belief is that the WAS will prepare the student delegates to make a difference in the world they will inherit.

Similarly, the Rotary Club sends students from Old Saybrook, Old Lyme and Westbrook to the Rotary Youth Leadership Awards Conference. Students who participate in this program must demonstrate leadership in school or community organizations, show an ability to make moral decisions, be willing to participate as a member of a group, be informed about current events; local, state, national, and international; and show a willingness to

express thoughts in front of an audience. This three-day conference includes workshops on leadership, time management, listening and communications, relationships, goal setting, team building and personal development.

The Old Saybrook Rotary Club's generous spirit is also felt in their sponsorship of multiple collage scholarships in Old Saybrook, Old Lyme and Westbrook. Just last year the Rotary Club was proud to award \$25,000.00 in scholarships to students pursuing post secondary education and trade school endeavors. The Rotary Club is rooted in the community and investing in the future.

Finally, the Rotary Club recognizes students from Old Saybrook, Old Lyme and Westbrook for their academic achievement in pre-determined subject areas on a monthly basis. These "students-of-the-month" are then given a \$25.00 check,

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which is matched by the club and donated on their behalf to the worldwide effort to eradicate polio.

To list all of the contributions of the Old Saybrook Rotary Club would be nearly

impossible. This group operates at the forefront of community development. They serve as a welcoming committee to new members of the town, they facilitate positive change, and they invest in the futures of the children in our schools. In short,

they help. They don't do it for recognition or for glory, but rather, in servitude of the greater good. Their motto is "Service above self." Their mission is to make the world a better place and in our corner of the world, they are doing a very good job.

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## Estuary Council Regional Senior Center

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The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational classes, exercise programs, and socialization activities. We have been promoting healthy and active lifestyles through quality programs and services in the nine-town Estuary region for over 40 years.

### HOLIDAY CRAFT FAIR

Our annual HOLIDAY CRAFT FAIR is Saturday, November 19. Local crafters display an incredible array of hand crafted items for sale. In addition, the wonderful "Bake Shop" is filled with homemade dessert and candy. NEW this year – breakfast will be served! The Fair will be open from 8 am until 1 pm. All ages welcome to come and get their holiday shopping done! Contact Judy for more information, 860.388.1611 extension 203.

### BINGO AT THE ESTUARY!

Every Thursday evening at the Estuary! Games begin at 6:30

Continued on page 52

### Memory Care at The Saybrook at Haddam



*Safe Harbor resident John Greene is surrounded by three generations of family members who visit him daily.*

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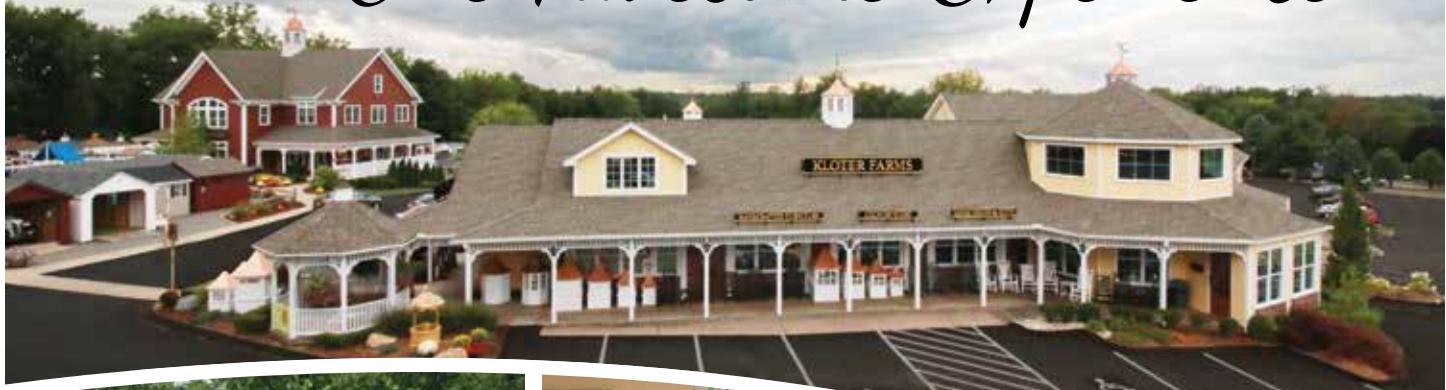
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## ESTUARY COUNCIL REGIONAL SENIOR CENTER... continued from page 50

pm. Doors open at 5:30 pm. Admission, including game package, is \$12 per player. Cash prizes with the progressive jackpot maximum payout of \$1,000. (increases \$100 each week). Open to all ages! Snacks and food sold during the evening.

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The Estuary Gym is a Silver Sneakers well-being fitness location! If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness classes.

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## Refreshing White Wines

When it is time to for picnics, trips to the beach, and barbeques nothing complements summer like a refreshing glass of white wine. Instead of shopping for your go-to Chardonnay or Pinot Grigio, use this time to experiment with a wide variety of unique white varietals and white blends.

If you are looking for something very light with a mild effervescence look no further than a Portuguese "green wine," or Vinho Verde. These wines are low in alcohol and are typically inexpensive. This can be a great substitute for a sparkling wine if you are looking for something lightweight and refreshing.

Another light style wine that has nice acidity and good flavor is White Bordeaux from France. Typically comprised of Sauvignon Blanc and Semillon, these wines compliment seafood perfectly. France is also well known for their Rhone Valley varietals; Marsanne, Rousanne, Viognier and Ugni Blanc. These varietals are beautiful on their own and are also blended together to make beautiful Côtes du Rhône Blanc and Châteauneuf-du-Pape Blanc. Another beautiful French varietal from the Muscadet region in the Loire Valley is Melon. Clay soils and granite slopes give this white great minerality with an occasional touch of effervescence.

Another great white varietal is Chenin Blanc. Most popularly found as a single varietal in South Africa where it is crisp and dry with complexity, it is also well known as Vouvray in France where it tends to be fruity. In California it is used in a lot of blending, especially with Viognier, but it is becoming more popular as a stand-alone varietal.

There are lots of sweeter varietals like Riesling, Gewürztraminer and Moscato which are becoming increasingly popular as well. If you like your wine very sweet Moscato is the way to go, and if you prefer just a hint of sweetness you can choose a blend that uses some drier grapes like Chardonnay and Sauvignon Blanc and blends in the Riesling. Sweet wines are always a great compliment to spicy foods, cheese platters and desserts.

Prep your palate for some new found gems and seek out your favorite wine guru to guide you to some fresh new white wines for this summer. Whether you are hosting an event or simply enjoying a gorgeous day on the back deck these great white varietals will not disappoint!

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