

# Old Saybrook



# Events

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Volume 12 • Quarter 4 • 2011

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and much more!



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## First Selectman's Corner

### A well deserved THANK YOU

We have recently experienced a severe storm called Irene. This storm hit Connecticut with an impact that caused wide spread damage. Old Saybrook suffered damaging winds which caused many trees to come down in part or in whole. Fallen trees caused extensive damage to power lines, communication wires and utility poles.

That stated as the reality we can all attest to, I, as First Selectman, and on behalf of the Board of Selectmen want to acknowledge and thank the following department personnel of our Town government for the excellent and efficient work they did in preparation prior to the storm, their attentiveness to details during the storm for monitoring, security and staging for the demanding coordinated efforts for safety and town wide recovery.

It is important to thank the following department individuals, some of which are employees others valued volunteers and all of which are our neighbors. These are the people who served us well during this dangerous storm and should be recognized.

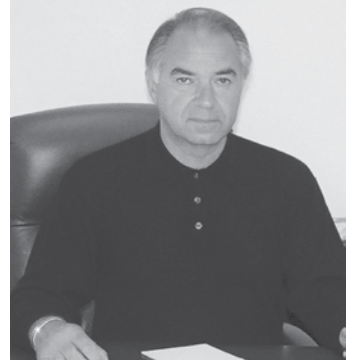
It is also important that we acknowledge the fact that their families who also were without power and other services supported them in their efforts and thus had to manage their household without the presence of these skilled and

dedicated individuals.

So, we thank these families as well.

Emergency Management Team: This team is composed of the Lead Supervisor of each department listed below and the First Selectmen, with attendance of the Board of Selectmen. This team comes together to assess, anticipate needed actions, deploy assets and control all activities. This team is essential and is composed of the following:

- First Selectman, Michael A. Pace
- Emergency Management Director and Police Chief, Michael Spera
- Lt. Kevin Roche, Old Saybrook Police
- Master Sgt. Michael Gardner, Old Saybrook Police
- Fire Chief, J.T. Dunn
- Public Works Director, Larry Bonin
- Youth and Family Services Director, Heather McNeil
- Superintendent of Schools, Joseph Onofrio
- Director of Operations, Facilities, Finance, Julie Pendleton



*Continued on page 4*

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

Director of Public Health, Mary Jane Engle  
 Members of the Old Saybrook Ambulance Association  
 Red Cross personnel

Fire Department: A truly dedicated group of volunteers who were instrumental in evacuation, safety patrol, debris removal etc.

Public Works Department: A group of hard working employees who did an outstanding job clearing the roadways, removing trees and assisting CL&P.

Police Department: A well trained group of professionals who took on the task of patrol, security, first response, traffic, and communications.

Youth and Family Services: A department that handled special case needs assisted at the Shelter and did follow up for safety of those temporarily sheltered on a case by case need.

Department of Education: Provided the space, personnel and food services to open the high school as a shelter and to provide for department personnel meals.

Health Department: This department assisted in providing personnel for the Shelter and monitored food supplies for the Town's restaurants etc.

CL&P. liaison: Provided communications between the Town Emergency Command Center and that of CL&P.


It served us well that Old Saybrook has a detailed

Emergency Management Plan, developed and exercised over the past ten (10) years. Over these many years we also built and outfitted a dedicated Emergency Operations Center, located in the Town Hall. Additionally, you may recall, we had upgraded our radio communications system which allowed us to un-interrupted inter-operational communications with all our Town departments. The system allows for every individual assigned to Administration, Police, Fire, Public Works, Health, and Education as well as other municipal and State entities to have intra and inter department communications.

Over these years we had also purchased specialized vehicles that could respond and provide for the delivery of services to affected areas and residents. For example, the Fire Department purchased an old Military 6 wheel truck that our volunteer fire personnel re-designed and re-fitted. This vehicle gave them the capability to access flooded areas in excess of 4 feet of water. Had it not been for this vehicle, access would have been impossible or if possible would have put a \$600,000+ fire vehicle into salt water and at risk.

The large black Police Command Vehicle purchased and outfitted a few years ago provided the ability to set up Wi-Fi, cell phone and computer charging, television viewing and staging for distribution of water, ice, and


*Continued on next page*




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Selectman's Corner ... continued from page 4

general supervision for the portable shower facility and other services delivered at the High School site for our citizens. It serves as a Command Center which can be located near a site of strategic value.

Two key pieces of equipment that were rented, prior to the storms, by Public Works was used specifically for tree removal and disposal. This equipment was instrumental in our quick response to clean up and efficiently use our human and time resources. This made it possible to open up our roads quickly and thus have CL&P. start bringing in personnel and equipment to get us back on line. We had a liaison of CL&P. with us from start to finish and this provided us with valuable and effective communications for prioritizations and updates on work schedules for areas to be brought back. It was our priority to have Main Street and Route 1 on line; for these areas serve our basic needs of government, food, supplies, gasoline and general connectivity to and among our road ways.

In closing, I would also thank you, the residents, citizens and business owners of Old Saybrook, for your patience and working together to once again demonstrate the fact that we are a community that is result-oriented when a task is at hand and the we produce results that are positive and exemplary.

- Michael A. Pace

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# Events

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## *Social Services - Here to Help You in Old Saybrook*

As this edition of *Old Saybrook Events* was going to press in November, Social Services Coordinator Susan Consoli, LPC was in the midst of helping to process over 110 applications for Energy Assistance for Old Saybrook residents! If at the time you read this, you are experiencing energy emergencies, call Susan at (860) 395-3188. She'll advise you of the status of the State's Energy Assistance Program at that time, and will work with local resources like Old Saybrook's HEAT Initiative whenever possible to ensure Old Saybrook residents stay warm and safe.

Also in the process of being scheduled as *Events* went to press are the next Employment Workshop and Money Management Workshop.

Employment Workshops this past year were well received by your fellow residents. Speakers included Joyce Bagley from CT Works (a Department of Labor initiative) who provided information on how residents may qualify for Workforce Investment Act (WIA) funded educational programs to help unemployed residents obtain retraining or certification to gain employment. Some programs that may be eligible for WIA funds include, Certified Nursing Assistant, Medical Billing and Coding, Veterinary Assistant, Microsoft Office, AutoCAD and Precision Machining and Manufacturing. The Department of Labor and WIA are hosts of the Rapid Re-Employment Initiative, which matches displaced workers with employers who are actively seeking workers.

Another favorite from past workshops hosted by Old Saybrook Social Services at the Town Hall is Lewis Slotnick, MS, LADC, and Regional Director of the United Labor Agency. Services provided by United Labor (a non-profit group funded by United Way) include help with resume writing and job searching; advocacy for those whose unemployment is running out, and for whom economic resources are unavailable; or for those with disability issues. Workshop attendees are able to subsequently take advantage of no-cost half day workshops at the Middletown-based agency.

Also in the coming year, Social Services will host a Money Management Workshop at Town Hall. The workshop will be facilitated by professionals from Liberty Bank. Credit is one of the first things damaged in difficult financial times and further places a burden on an already stretched budget when payments mount and interest rates and fees rise. This workshop will help residents understand credit scores, what impacts a credit score and how to repair or raise your credit score. The workshop will be provided free of charge to residents of Old Saybrook by Social Services Coordinator, Susan Consoli, MA, LPC with guest speaker Jason Smith, Vice President and Manager of Liberty Bank, available to answer questions and concerns.



# Thank You!!!

As we approach the end of 2011 and look forward to what will come in 2012, we'd like to take this opportunity to thank all our clients over the past 12 years who have let us help them buy, sell, rent and starting this year -- build their homes. We appreciate the confidence and trust you put in us when we all work together. We really feel that TeamJermainne isn't just Brian and Leslie, but each client becomes a member of the team that is needed to get the job done.

The market certainly has changed over the past few years, and we're pretty sure it will continue to change in the future. We'll keep on top of it, so we understand what is going on out there, and how it will affect all our clients. Our motto for the future is "Keep It Simple". We want to make sure that we understand the needs of each client and that each client understands their options and their transaction fully and simply. We're sure it will be another interesting year, and we hope to see you!



**Brian Jermainne**, ABR, ASR, CRS, ePRO, GRI, SRES, SRS  
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**Leslie Jermainne**, ePRO  
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## *Allow me to Introduce Myself ...*



Allow me to introduce myself not as a candidate, but as your new First Selectman. My name is Carl Fortuna and I was elected on November 8th along with Scott Giegerich and Steven Gernhardt to serve on the Board of Selectman. I will be writing this column over the next two years, and

I welcome your thoughts and comments.

The three new Selectmen were sworn in at a ceremony on November 15. Many in Town Hall attended as did family and friends. The option did exist for the three of us to be sworn in separately but I insisted we do it together to demonstrate a new commitment to each other and to the Town to work together. While Scott and I campaigned together, I also had the privilege of meeting Steven Gernhardt on the campaign trail. Steven is the minority Selectman. Steven impressed me right from the start. He is smart and while he does not have much government experience (refreshing to many, no doubt), I have no doubt he will learn quickly and be a great asset to our Board. In speaking with Steven, I told him we may not always agree but that should never affect our ability to communicate. I have spoken to Steven about forming an ad hoc energy committee with Town citizens to see where Old Saybrook may be able to save money and/or innovate.

Scott Giegerich also cannot wait to get started. Scott is a school administrator who has always had Old Saybrook's best interests at heart. Scott is intelligent and curious and I look forward to his input in all facets of government.

As the day-to-day work begins, I look to bring to the taxpayers responsible government. I have reviewed the current year's budget and I am crafting next year's budget

for presentation to the Board of Finance on or before March 1, 2012. I am hopeful to bring the general government budget in at as close to a 0% increase as is possible. Bear in mind the budgetary pressures every year are driven by our contractual obligations. However, whenever savings can be achieved through attrition or efficiencies, rest assured it will happen. I will be meeting with all Town employees to gain their input. If there is a better way to accomplish a task, I want to hear about it.

My personal thanks go out to Mike Pace and Bill Peace who have served our town in the role of First Selectman and Selectman for the last 12 years. They have truly accomplished much. I believe the Town is better as a result of their service. However, there are always needs that need to be addressed. Scott, Steven and I will prioritize these needs and seek to accomplish them in a fiscally responsible manner. We are all mindful of the economic challenges that the Federal Government, State Government and our citizens face: I am hopeful that Old Saybrook can continue to be prudent with our expenditures in a time of turbulence. Revenues that we receive every year from the State are uncertain and we must prepare ourselves to rely less and less on outside resources. I am hopeful that the Board of Selectman, in conjunction with the Board of Finance, will govern with both eyes on the tax dollars. We need to spend wisely yet maintain our Town's services and infrastructure. I look forward to working with all Boards and Commissions in budget development.

On the campaign trail, I encouraged people to come visit me with their ideas. I stand by that request. We all want to make Old Saybrook a better place to live. Let us all work together towards that end.

## *The Inland Wetlands and Water Courses Commission*

The Inland Wetlands and Water Courses Commission ends 2011 with the fewest number of reviews in many years. This is a reflection of the weak economy and its effect on building-construction and slow home sales. The Commission reviewed three commercial applications, an addition to a veterinary business, an addition to a car wash to include oil changes and the development on Spencer Plains Road that will be anchored by a marine business.

The Commission adopted several modifications to our regulations. These changes were made to bring us into compliance with some revised DEEP regulations. Some minor changes were also made to our fee schedule.

At the request of the Zoning Commission, our Board of Selectmen designated the IWWC as the "Aquifer Protection

Agency", so that now we are a dual commission. The Aquifer Protection regulations were passed by the State Legislature. They require all towns in the state with an aquifer to keep a record of businesses and the business processes within the aquifer zone for the long term protection of our drinking water. Our town has one aquifer near the intersection of Bokum Road and Middlesex Turnpike.

In closing, a thank you goes out to our two Selectmen who did not run for re-election, Mike Pace and Bill Peace. Both served our town well for many years in these positions. Their foresight and accomplishments will be evident for many years to come.

- William Pollock, Secretary

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## When and Where?

Wondering when After School Clubs will be offered? ...or Teen Trips? ...when the next Community Service or Toddler Tunes program will take place?

How about when the next Employment Workshop takes place or if there's a time and place in Old Saybrook to apply for Energy Assistance or get help with Dental needs?

Whether you are raising children or live alone, if you are not currently on our Community Email list, please think about signing up. It's free and it's an easy way to keep informed about the full spectrum of Youth and Family Services, Social Services and Healthy Communities Healthy Youth resources available.

You may enroll by filling out the form below and returning it to Youth and Family Services, 322 Main Street, Old Saybrook, CT 06475. Rest assured our email list is never shared with others. Or you can visit our website [www.oldsaybrookct.org/youth](http://www.oldsaybrookct.org/youth) and click on the Community Email link on our home page and subscribe for free online.

And if you don't have an email account but do have access to the internet via Acton Library or elsewhere you can always visit our website and review news and announcements on the homepage as well.

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## *Hidden Treasures: A Community Variety Show*



The 2012 Hidden Treasures Community Variety Show is just around the corner...

It's time to dust off those dance shoes, tune up your instruments and stretch out your vocals cords to begin preparing your acts for the thirteenth annual *Hidden Treasures: A Community Variety Show*, sponsored by Healthy Communities Healthy Youth with support from Old Saybrook Youth and Family Services. This year's exciting show will take place on Friday evening, May 4th at the Old Saybrook High School auditorium. The show typically features a multi-generational assortment of Old Saybrook acts including dancers, singers, musicians, skaters, marshal artists, magicians and much, much more.

As in the past, HCHY will schedule two nights in March to preview all those to be included in this year's show. Participants must also plan to attend the Dress and Technical Rehearsals the week of the show. To accommodate all our 'rising stars', the length of each performance will be limited to 3 minutes and performers will be limited to one individual or small group act.

Family, multi-generational and group acts are greatly encouraged! For those who would like to be part of a group performance but don't currently have a group with whom to perform, please contact HCHY at Youth and Family Services. They may be able to match you up with other likeminded, talented performers.

Details concerning registration and previews will be announced and posted on Youth and Family Services' website in February ([www.oldsaybrookct.org/youth](http://www.oldsaybrookct.org/youth)). To volunteer your time and talents as part of this year's Hidden Treasures Planning Committee, please contact Wendy Mill, Program Coordinator at Youth and Family Services at (860) 510-5050.

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## *Old Saybrook Lions Club Launch of 2012 Phone Book*

Beginning January 2 the Old Saybrook Lions Club will be taking reservations from local businesses for ad space in the 2012 edition of the Old Saybrook Lions Club Phone Book. The Phone Book is distributed to over 6,000 Old Saybrook homes and businesses before the start of the busy summer season (this year it will be mailed out in early May) and is also made available to visitors, all at no cost. This is the phone book with the colorful, distinctive layout and legible print exclusively devoted to Old Saybrook listings and delivered by the Post Office to your box, not left by the curb side.

Sales of Phone Book ads are a total volunteer-only effort by the Old Saybrook Lions Club and all net proceeds are

*Continued on next page*

*Lions Club Phone Book ... continued from previous page*

given to charities. Our beneficiaries have included Youth & Family Services, Shoreline Soup Kitchen, Rescue Dogs in Afghanistan, local eye care, OS High School Special Awards, OS Fire Department, Boy Scouts Troop #51, and many more (see page 3 of the 2011 Old Saybrook Lions Club Phone Book for additional information on our charitable beneficiaries and endeavors). Given the recent cut-backs in governmental services coming out of Washington DC and Hartford, especially those impacting the needy, this will be a critical year for organizations like the Old Saybrook Lions Club to step forward even further with assistance. With the usual generous backing of the entire Old Saybrook community we will be there to help fill the need. After all, our motto is "WE SERVE".

For more information about the Old Saybrook Lions Club Phone Book call Ed Dimitry at 860-388-9133 or send an email to oldsaybrooklionsclub@yahoo.com.

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# Your Old Saybrook Youth and Family Services Clinicians



**Heather McNeil, LMFT, LADC, the Director of Youth and Family Services** since March 2010, is a Connecticut Licensed Marriage and Family Therapist and Alcohol and Drug Counselor. She is also an AAMFT (American Association of Marriage and Family Therapists) Approved Supervisor, which enables her to oversee masters-level therapists working towards licensure. Her clinical work experience has been with adolescents and adults in individual, group, couple and family modalities, and as a clinical supervisor in New London County for many years.

Heather's area of clinical specialty is family systems affected by substance abuse/addiction. She is also a member of the Ct. Military Support Team, working as an embedded clinician to support military service members and their families pre-, during and post-deployment.



**Sal Bruzzese, MS, CAGS, LPC** began working at OSYFS in 1978. Sal was instrumental in developing a peer advocacy program at OSHS, and provides clinical supervision to counseling staff, facilitates parenting and stress management trainings, and also provides counseling services to adolescents. Sal is a certified school psychologist and licensed professional counselor with extensive experience working in psychiatric hospitals, community mental health and school settings. Sal's current area of specialization is with adolescents and families.



**Megan Cameron, MS MFT** is a recent graduate of the Marriage and Family Therapy masters program at Central Connecticut State University. Megan completed her internship at OSYFS and has stayed on as a clinician. Megan can be seen working in both OSYFS and the Old Saybrook school systems. Megan enjoys working with school aged children and teens, families, and the LGBT community.



**Chelsea Graham, MSW** received her Masters in Social Work from Boston College with a clinical concentration in Children, Youth and Families. She has a background in adventure-based therapy, solution-focus therapy and working with young adults with co-occurring disorders. Chelsea has provided services in a variety of different settings such as working with youth and their families through a multi-family support group, clinical mentoring to giving immediate medical and mental health services to homeless individuals in downtown Boston.



**Brenda Partyka, MSW** has been the Wilderness Challenge Coordinator for OSYFS for 14 years, and the trip for 7th-going-into-8th graders is a highlight of her year! Through a series of pre- and post-trip activities, and the 5-day trip itself, students test their limits, learn how to form and strengthen relationships, improve communication and have fun! Under Brenda's steady tutelage, students report being able to move beyond their comfort zones and build a confidence that helps them progress toward future goals. Brenda is also available to provide counseling services for adolescents and adults at YFS.



**Salvatore Perruccio, M.Ed.** Bringing a diversified professional experience in the fields of teaching, educational administration and locally as a revered teacher and school psychologist, Sal has joined Youth and Family Services specializing in individual therapy with middle and high school-aged students.



**Patricia Rivers, MS, LPC** After a retirement hiatus of several years, Pat has returned to OSYFS to facilitate a support group for grandparents who are raising their grandchildren. (Current estimates are that the number of children being raised by grandparents in America today is close to 8 million.) The group meets twice a month on Wednesday evenings at 6:00 p.m. Meetings are informal and open to new members. Pat has three grandchildren, who are her joy and delight, and who keep her current about things that are important to their generation.



**Melinda Tyler, MA, MFT** recently graduated from St. Joseph College with her Master's in Marriage and Family Therapy. Melinda's previous work experience in this field was as coordinator of a parent education program that provided in-home services. Melinda has also worked as a case manager providing counseling and case management to women seeking help with domestic violence or sexual assault issues. She has run a variety of youth programs related to parent education, self-esteem issues, at-risk youth, and youth health and safety. Melinda currently facilitates a DBT group for women at OSYFS and groups at the OSMS.

To pursue confidential counseling services at OSYFS, contact Director Heather McNeil at (860) 510-5042.





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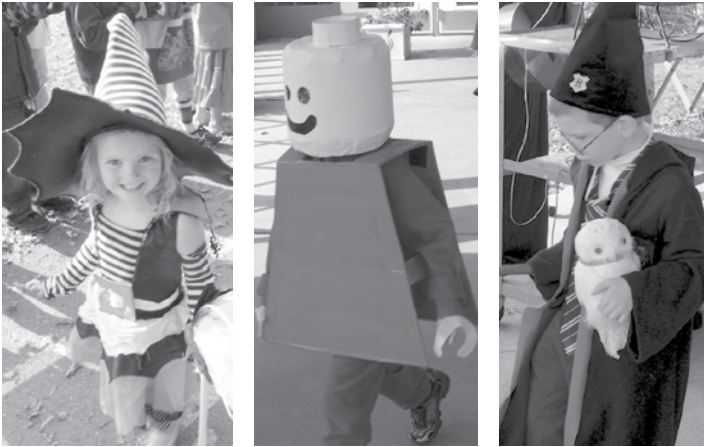
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# THE BEACON

## THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

### Goodwin School Connects with the Community

Goodwin School's Annual Costume Parade took place on October 31st among an audience of over 500 spectators who lined the quarter mile track around the school. The parade was followed by celebrations in the classroom of healthy treats and holiday stories.



On November 9th, several members of the Rotary Club visited each third grade classroom to deliver dictionaries to every third grade student and staff member. For over a decade this civic organization has visited the school to present this special gift. This year students learned about the local state and international work of the Rotary Club and made a commitment to assist the organization's efforts in collecting books for schools in Ghana.



When Missoula Children's Theatre comes to The Kate each year, their contract includes three workshops to be delivered to one of the district's three schools. Goodwin School was fortunate to host this wonderful event for the second time. On Friday, November 11th, members of the troupe came to the third grade classrooms and presented two wonderful experiences. "Acting 101" challenged the students to think about what the journey is like to become a professional actor. "Chameleon Improvisation" provided the students an opportunity to learn what it is like to act without a script. These informative and interactive workshops incorporated innovative exercises that tapped into the creativity and spontaneity of the Goodwin students. They look forward to a return visit next year.

On Friday, November 11th, the Goodwin School held its Annual Veterans Day Celebration. The students and staff celebrated the community's veterans through songs and words of gratitude and praise. The Program began with the Pledge of Allegiance and a personal introduction of every veteran who was present. Under the direction of Joyce Cole and Lois Geer, the school's music teachers, the kindergarten students sang



"America the Beautiful," the first graders sang "You're a Grand Old Flag," the second graders sang "This Land is Your Land" and third graders closed the sing-along with "God Bless America." The entire school community ended the afternoon with the "Peace Song." This gathering is so important to our students because it assists them in understanding the true meaning of Veterans Day.



### Old Saybrook Middle School UNICEF COLLECTION

Since 2009 4th and 5th graders at the Old Saybrook Middle School have been participating in the yearly "trick-or-treat" UNICEF "fun"draiser. Before Halloween, students watch a ten minute DVD explaining what the UNICEF organization does with the money collected to help children around the world. Each child who wants to participate brings home an orange box to collect money in while



they are out trick-or-treating. Did you know that .25 cents gives ten children clean water to drink for a day? \$1 pays for protein biscuits for a child in need, while \$24 supplies an emergency first aid kit. \$257 provides a School-in-a-Box so kids can learn anywhere, and \$500

provides a water pump for a village or a school. This year 4th and 5th graders raised approximately \$820.40. As part of a math activity, classes sorted and counted money from the collection boxes and solved math problems. Based on the information provided, students had to come up with a plan as to how the money they raised could be spent to help others in need. It was a valuable lesson not only for the math skills it practiced, but the life skill of caring about and helping others in need.

**ART CONTEST**

At Old Saybrook Middle School student's in art skills with Ms. Kielich have been working on the three core areas of Fine Art; value drawing, painting from nature, and sculpture. Below are samples of the art work students will enter in a National Art Contest called "Celebrating Art."



**Old Saybrook High School  
FIELD DAY**

If you drove by the high school on October 21, you might have noticed an odd assortment of students dressed in unusual costumes yelling and screaming in front of the building. It wasn't just another day at Old Saybrook High School; it was our annual Field Day Events. Each year in the Fall students take part in a spirit-building event that brings together each grade as a unified class, and as a student body. For weeks prior to Field Day, each class with their advisors created costumes, banners, and chants based

on a pre-set theme selected by the faculty. The theme this year was "Celebrities". The seniors came dressed as movie celebrities, the juniors as T.V. celebrities, sophomores as music celebrities, and the freshmen as sports celebrities. Throughout the day, the classes competed for points in events such as the parade of classes, song contest, banner contest, and field events such as relays,



hula-hoop contest, dance contest, and Jell-O eating contest. The students also were treated to a delicious luncheon put together by the cafeteria staff. Part of the luncheon included corn on the cob, which the students husked in a corn husking competition. It was part of a celebration of Farm Fresh local food. The day was topped off with a student talent show in the afternoon. The talent show this year featured original dance numbers choreographed by the students, and many individual singing acts. At the end of the day, points were tabulated and seniors were the victors. The winning class carries the title of Field Day Champs throughout the school year. Field Day is a great vehicle for team building. It is a spirited way to begin the school year, especially for the freshmen class. Anyone at the high school will agree that it is a wonderful way for students and faculty to come together as a school community.

**SUICIDE PREVENTION**

The OSHS girls' soccer team had another stellar season with a record of 10-4-2, making both Shoreline and State playoffs. On Friday, October 28, the team paid tribute to the six senior players and also hosted its first Suicide Awareness Day in honor of a player's father who took his life three years ago to the date. The team wore yellow for suicide awareness while team members and parents provided the delicious goods for the bake sale. Pamphlets and information were provided and through the sale of their baked goods and donations from community members, teachers, fellow students, and parents as well as the opposing team of the day from Portland, the OSHS girls' soccer team raised close to \$1000. They are so grateful for the support that was shown for this worthwhile cause. The money raised will be donated to the American Foundation for Suicide Prevention (AFSP) as well as an awareness program at the high school. Together, as a team, they make a difference not only on the field but also for others in the community.

A super bunch of girls - come cheer them on in the state playoffs!!

## *Annual Freshman Transition Program*



Delayed but not daunted by Tropical Storm Irene, the Annual Freshman Transition Program (referred to as the 'Freshman Retreat') took place September 19 and 20 at Camp Hazen in Chester.

The 'Freshman Retreat', in its 5th year, is designed to ameliorate some of the normal transitional anxieties students may experience as they head into High School. There are sometimes new or transfer students to the school also, and this is an opportunity for them to form relationships with new people. The program is organized through a partnership between Youth and Family Services and the OS Public Schools, and staff from both are involved up to the point of spending the night at the camp, sharing meals and testing their physical limits right alongside the students.

This year, in addition to the 114 students, 17 members of the YFS Student Asset Team joined in with the freshmen in

all activities, shouting encouragement and praise as each student was challenged to climb one more hill, reach one more goal. The Asset Team is made up of any student who would like to become involved with YFS/Healthy Community Healthy Youth activities, and for this trip, juniors and seniors are chosen so they may be present also as role models for the freshmen throughout the year. Having gone on this trip themselves as freshmen, they know all too well the transitional hurdles some students face and receive training from YFS staff about how to handle challenging situations.

YFS would like to thank the Old Saybrook Public Schools and the Exchange Club for their support of this program.

*Submitted by  
Youth and Family Services Director Heather McNeil*

## *WPCA Update*

The first contract of the Wastewater Management District's (WWMD) in Saybrook Acres is nearing completion having temporarily stalled with the addition of 2 emergency repairs. The WPCA has also elected to retest some of the properties to verify the soil testing data upon discovering a few discrepancies. Some soils are a challenge to decipher and a soil scientist was called in. The soil scientist

confirmed that the depth to groundwater was deeper than perceived, which means less expensive leaching products could be installed.

This discovery impacts the next contracts, SA2 and SA3, in that the WPCA needs to retest the soils and redesign

*Continued on next page*

WPCA ... continued from previous page

the septic systems for some of the properties to save the homeowners and program money.

Although the SA1 construction went well and restoration looks good, the contractors hit a few snags. A buried (fortunately empty) propane tank was discovered along with additional unexpected septic system components. This not only delayed the work but added change orders, which increases the time and cost of the installation.

The solution to eliminating these surprises was the purchase of Ground Penetrating Radar (GPR) equipment. This device which is the size of a lawn mower, enables the WPCA Inspectors to locate underground pipes, power lines, tanks, and septic systems that may be missed. It is anticipated to save thousands of dollars in change orders and enhance the safety on the construction sites. So the GPR will be employed with the mini excavator in the site investigation process. Note: The excavator is also available to provide free test hole digging service for soil testing outside of the WWMD.

WWMD Site Investigation: Who, What, Why and How? The site investigation process is conducted by WPCA Inspectors (licensed installers, Phase I and Phase II Subsurface Wastewater certified), Registered Sanitarians from the CT River Area Health District, and soil scientists and surveyors (when necessary.)

Before coming onto the property, appointments are made with the residents, although they do not need to be present for the exterior investigations. Inspectors will walk the property with the GPR to locate and identify utilities, unexpected objects, and septic system components. These are not part of the *Call Before You Dig* program which only marks major utilities like; gas, water, electric, and cable service.

The interior inspection includes photographing the electrical panel and house sewer outlet (leading to the septic tank), usually located in the basement. The electrical panel will indicate whether or not there is any space for an additional line to run a septic pump if deemed required. The photo of the house sewer will indicate where the pipe goes to the tank and the height in case it needs to be raised. Raising the outlet can eliminate the need for a pump and save the homeowner money. It is sometimes necessary to confirm the number of bedrooms to determine the flow for system design. The external photographs are to show the property features for system placement and restoration purposes.

The soil test team uses the mini excavator to dig a "deep test pit" in order to establish the depth to groundwater and other "restrictive layers" which determine the placement and type of leaching products chosen. A percolation (perc) test using a post hole digger is also done for the sanitarian's leaching system formulas. When the testing is finished the WPCA staff will fill the holes and add grass seed and hay.

The team will also take elevations at the house and on the property for proper system siting. All this information will go into the plans and criteria to enable the installer or engineer to draw the septic system design.

When the plan is complete it is placed in each resident's "Upgrade Package" for them to meet and review it with the Site Manager. The WPCA is flexible in working with the homeowner in what will be done and when and where on their property.

Next Year will see the continuation of soil testing and site investigation for Cornfield Park along with construction of Phase I (Saybrook Acres, Oyster River East, and Saybrook Point.) The WPCA will be planning for Phase II and the next Clean Water Fund application.

Finally, the Advanced Treatment System Selection Panel will convene to make the determination of the 3-4 systems for the water proximity properties in the first phase.

The WPCA would like to thank all the residents for their cooperation and helping to make our programs run smoothly. It has been a pleasure for the WPCA staff and Commission to meet and work with you. Please don't hesitate to call, visit us in Town Hall, and view our website [www.oswpca.org](http://www.oswpca.org).

We wish you a very happy healthy holiday season and all the best in the New Year!



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## Gift Wines for the Holidays

Choosing wines for the holidays can be difficult whether it be for a family meal or a present for a friend. The first thing you need to know is whether they would prefer a red, white or sparkling wine. Then you need to know their style preference; dry, fruity, sweet, acidic, soft on the palate or big and bold. Here are some basic examples for picking a wine.

Starting with white wines, if you are looking for something fruity your best bet would be a Chenin Blanc or a Riesling. When buying a Riesling you should know that the grapes are picked at different times which can alter the sweetness of the wine. For a drier Riesling choose a Kabinett which is the earliest pick. For a medium-sweet wine you should try a Spatlese, and for the sweetest Riesling choose an Auslese which stays on the vine longer and therefore has the highest residual sugar. If you are looking for a fuller white, Chardonnay is the way to go. They tend to be rich and buttery since they are usually aged in oak, although some are fermented in stainless steel which allows for a cleaner more crisp Chardonnay. If you are looking for a drier and lighter white both Sauvignon Blanc and Pinot Grigio are right up that alley.

When looking for red wines French Beaujolais and

California Merlots tend to have more forward fruit and have lighter finishes. The lightest reds would be Pinot Noir and Cotes-du-Rhone which have plenty of flavor but sit lightly on the tongue and have very smooth finishes. The most robust reds would be Cabernet Sauvignon and Red Zinfandel from California, as well as French Bordeaux and Italian Barolo and Brunello. These wines are bursting with flavor and have a lot of complexity.

If you prefer sparkling wine there are many to choose from: French Champagne, Italian Prosecco or Spanish Cava to name a few. Champagne tends to be more complex and is usually priced higher than Prosecco and Cava which are usually priced under twenty dollars.

These are of course just a few generalized examples to work with. Sometimes it is difficult to know what to choose when buying for someone else. Come visit our knowledgeable staff to find the perfect dinner-pairing or gift wine. We are here to assist you in making this holiday season a success!

*Art Lipuma, Manager  
Spirits of Madison / Madison  
SeaSide Wine & Spirits / Old Saybrook*



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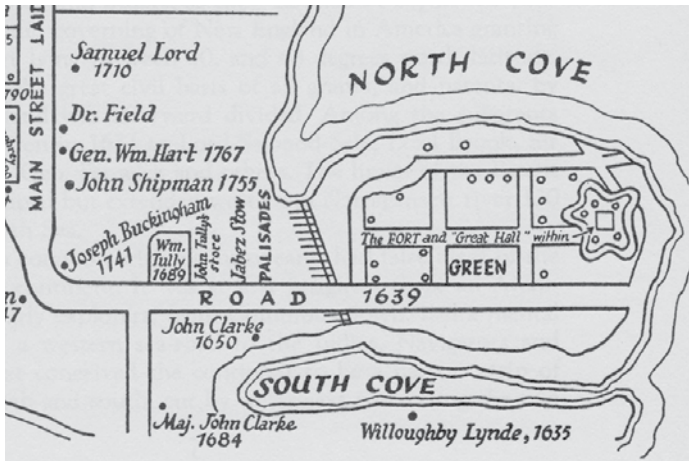
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# Historical Society

## Mashantucket Pequot Museum to Research the Battle of Saybrook Fort

By Kevin McBride, Director of Research,  
Mashantucket Pequot Museum & Research Center



After more than 375 years, the Pequot War (1636-1638) remains one of the most significant events in early American Colonial and Native history. The Pequot War forever changed southern New England's political and social landscape and influenced Colonial and American policies toward Native peoples for centuries.

In recognition of its national significance, the Mashantucket Pequot Museum and Research Center received a grant from the National Park Service, American Battlefield Protection Program to research the siege and battle of Saybrook Fort in preparation for archaeological fieldwork in 2012-2013. The grant is part of a larger effort by the Museum and the University of Connecticut to document Pequot War battlefields.

The purpose of the grant is to conduct historical research to identify the nature and location of Saybrook Fort and associated structures and to identify battle field actions that took place on Saybrook Point and the vicinity during the war.

In the first eight months of the Pequot War, the Pequot attacked settlers, traders, and soldiers at Saybrook and along the lower Connecticut River. More than 20 English were killed and historical sources document a dozen actions around Saybrook Point.

The long term goal is to locate physical evidence of the fort and battle-related artifacts that indicate the location and nature of fighting in the vicinity of the fort.

Preliminary research indicates that portions of the original fort (1635-1648) likely remain on Saybrook Point and were not destroyed by the railroad in the 1870s. In order to protect and preserve cultural resources and terrain associated with the fort, a preservation advocacy partnership will be developed with the Town of Old Saybrook, Old Saybrook Historical Society, Connecticut

Department of Culture and Tourism, and town residents.

Over the next few months, we will be holding local informational meetings for landowners at the project area to obtain permission for future fieldwork. For more information about the "Battlefields of the Pequot War" project, please visit [www.pequotwar.org](http://www.pequotwar.org) or call 860-396-6868.

Informational meetings for local landowners in the project area have been held and more are planned. For more information about the "Battlefields of the Pequot War" project, please visit [www.pequotwar.org](http://www.pequotwar.org).

## CPTV to Include Saybrook Program on Prohibition



An unprecedented social experiment to prevent people from drinking alcoholic beverages occurred in the U.S. from 1920 to 1933 and it had a considerable impact on life in Old Saybrook.

An extensive operation to evade the law and provide liquor to prominent patrons at "Ye Castle Inn," as well as other shoreline and river speakeasies, was launched by

*Continued on page 22*

*Historical Society ... continued from page 21*

August Campbell Strusholm, son-in-law of Castle owners Otto and Margaret Lindbergh. With ships that could outrun the U.S. Coast Guard, and late-night pick-up and delivery service by local residents from shoreline drop-off points, Strusholm developed one of the largest smuggling operations along the Connecticut coast. His ties to influential political figures and connections with New York-based criminal organizations ensured his success for several years.

The story of prohibition in Connecticut and particularly the activities at Ye Castle Inn and in Old Saybrook is the subject of a program currently being produced by Connecticut Public Television. Old Saybrook Historical Society is assisting CPTV in their work in this area.

The Historical Society would welcome information regarding photos or memories of life at Ye Castle Inn between 1920 and 1933.

**Outstanding Speakers at Chapman Lecture Series**

Outstanding authors, educators and other experts are scheduled for the Chapman Lecture Series. Held in cooperation with the Acton Public Library, all programs are

open to the public without charge and begin at 7:00 p.m. at the Library. Mark your calendar for these presentations.

**January 19, 2012 - Richard DeLuca, author,** "Post Roads and Iron Horses." Mr. DeLuca's book is the first to look in detail at the turnpikes, steamboats, canals, railroads, and trolleys (street railroads) that helped define Connecticut and shape New England.

**March 15, 2012 - Nicholas F. Bellantoni, Connecticut State Archaeologist,** "Connecticut Underground."

**May 17, 2012 - Walter Woodward, Connecticut State Historian, TBD.**

**New Winter Hours at Historical Society**

New winter hours for the Frank Stevenson Archives, 350 Main Street, Old Saybrook. Effective December 1st, winter hours for the Frank Stevenson Archives, will be Thursday from 9:00 - 12:00 and Thursday evening from 6:00 - 8:00 p.m. and Friday afternoon, 1:00 - 4:00 p.m. The Archives are also open by appointment. The Gen. William Hart House is open only for special events and by appointment. For further information, call the Historical Society at 860-395-1635.

**Open House at Stevenson Archives**

To better acquaint the public with the outstanding collection of publications and documents relating to the history of Old Saybrook, the Old Saybrook Historical Society is holding an open-house at the Frank Stevenson Archives on January 11, 2012 from 7:00 - 9:00 p.m.

Each year the Archives is visited by people from around the country but many local and area residents may not be familiar with the depth of resources and knowledgeable and friendly volunteers that are found there.

In holding this open-house the Historical Society is seeking to encourage interested members of the public to learn from the past as we start the New Year.

Refreshments provided by Starbucks will be provided in the lobby of the Archives. Membership in the Historical Society is open to anyone with an interest in history.

To learn more visit: [www.saybrookhistory.org](http://www.saybrookhistory.org) or call 860-395-1635.

**Historical Society Membership**

Membership in the Old Saybrook Historical Society is open to, and composed of, people of all ages, various interests, and from Old Saybrook and around the country. We share a common bond in preserving, protecting, and promoting Old Saybrook History. As a volunteer organization, we participate in and conduct a number of programs for the community. We welcome your membership and, if interested, your participation in the Archives, the historic Gen. William Hart House, our heritage gardens, or in any of our numerous public programs. Working to preserve, protect and promote history in Old Saybrook.

For further information or to volunteer, please call 860-395-2662.

The  
next  
deadline  
for  
Old Saybrook  
Events  
is  
February 28



## Old Saybrook Parks & Recreation

Winter is here and The Parks & Recreation Department has many exciting and fun activities available for the upcoming months. Whether you like playing a sport, walking, ice skating, shooting a game of pool, enjoying preschool activities or just hanging out with your friends, you're sure to find something that you will like.

When the weather turns cold enough we offer two great venues to show off your ice skating skills:

**Ice Skating on the Town Green.** The rink which is 60' x 100' will be ready for public use once it is in place and the weather stays consistently cold for 4-5 days. The Park & Recreation rink provides safety, location, and a lot of fun. Regular hours of use are from dawn to dusk, (except for hours of special programs). Please respect the skating or no skating signs for your safety and for the continued ice surface conditions. This is a great site for beginner skaters. Hockey at designated times only!

**Ice Skating on Exchange Pond Exchange Pond.** Located on the corner of Rt 154 and Bokum Rd. will be open for skating this winter as soon as the weather permits. Ice is tested and posted on weekdays. Parents please supervise your children. Department supervision provided on weekend days when ice is safe. A warming fire and lighted skating times will be noted at the Park. Skate Safely!

Looking for something cool and exciting to do after school? Then drop by the Youth Center for an afternoon filled with friends, fun, games. Enjoy our pool tables, listen to some music, play a friendly game of fooseball, try your skills with a game of chess. Maybe it's a game of basketball or a game on the Play station II. So many things to do in so little time. Monday - Thursday 2:45 - 5:30 p.m. Grades 6th-8th ONLY!

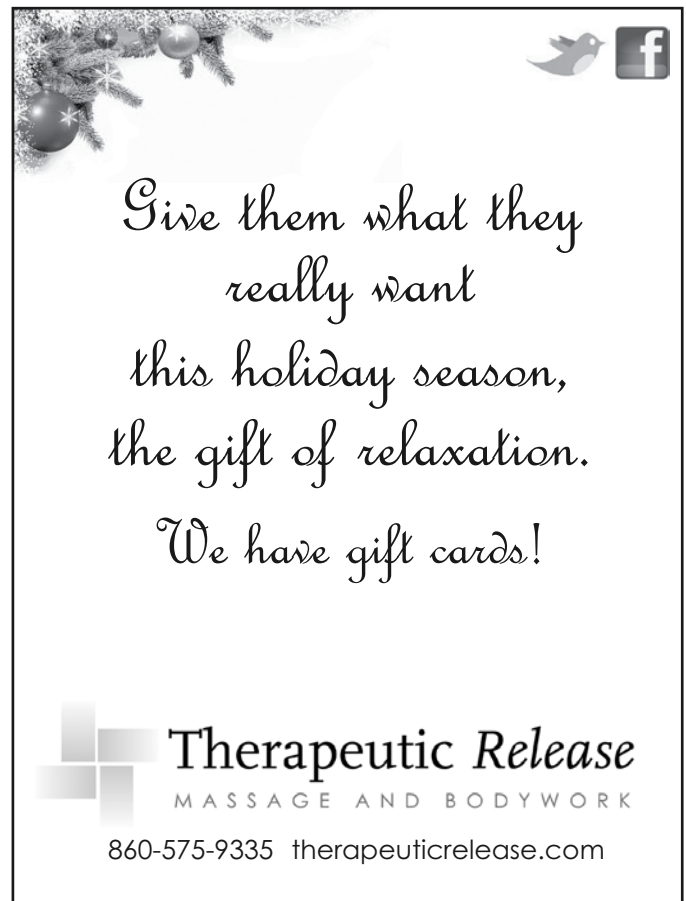
Membership is not required for after school drop in times. Paper work does need to be filled out by parent. High Schoolers can come and use the Teen Center from 5:00 - 7:00 p.m. Monday thru Thursday. Fridays are open 2:45 - 4:00 p.m. for 5th graders ONLY! On Friday Nights the Teen Center is alive with cool activities to do. Each Friday night 6th - 8th graders can enjoy a night in the Teen Center. Play a game of pool, shoot some hoops, or just hang with your friends. The Teen Center offers a wide variety of activities to do in a safe supervised environment. Teens sign-in when they arrive and are not allowed to leave unless a parent/guardian picks them up or provides permission for them to leave. Members are free on Fridays. Non-members pay \$5.00 each Friday. Memberships are encouraged and cost \$20.00 per school year. Friday Ages: 6th - 8th Grade ONLY! High School Saturday Nights are 8:00 - 11:00 p.m.

Old Saybrook Parks & Recreation Youth Basketball program begins in January with practices and games and runs for 7 weeks. This basketball program is open to boys & girls in grades 3 - 8 of all abilities. All players receive a shirt and loads of fun. Players will be divided up by gender into two different age divisions. Grades 3 & 4, Grades 5 & 8. Teams will have

weekly practices and games will be played on Saturday mornings at the Recreation Center. Divisions are subject to change based on registration numbers. Coaches are needed! Games begin January 7th.

The Recreation Center's **Indoor Walking Track** is available for all Old Saybrook residents and is located in the gymnasium of the Recreation Center. The Track offers a great way to walk in a warm comfortable place during the winter months. The track is 1/18 of a mile long, meaning it takes 18 laps to complete 1 mile. Walkers are required to wear non-marking sneakers and must sign in at the front desk. Non-residents must be accompanied by a resident and pay a \$2.00 fee. Please stop by to pick up a complete schedule of track hours.

There are also many great after-school activities that your child can part take in at the Rec Center or at the Goodwin School. Please come down to the Recreation Center to sign-up for all of these programs or sign up on the web at [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com). As you can see, winter will be a busy time of year for the Parks & Recreation Department. While you are at the Recreation Center don't forget to pick up a schedule of the Walking Track, Gymnasium, and Games rooms. Anyone who has a talent to share that would be interested in instructing an activity should contact the Recreation office at 395-3152.



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# A Valley Shore YMCA Membership Helped Save My Life

The mission of the Valley Shore YMCA is to develop and encourage the growth of all individuals in Spirit, Mind and Body, in an atmosphere of mutual respect. This means different things to four generations of women in my family. To our six year old granddaughter, it means showing her family that she can swim independently, without a bubble. To her mother and aunt, the Y means swim and gymnastics lessons, as well as summer camp and teenage employment. To her great grandmother, the YMCA means mastering the mind-over-matter challenge of learning to swim in her 70s, despite a lifelong fear of being in water over her head.

I have enjoyed regular exercise at the Valley Shore Y for four decades, where I am a member of our local Board of Directors. I have also been influenced by the world community leadership of the YMCA, with its ability to connect people across the world and train them for community leadership and social service. I recently experienced a health crisis which served to underscore the mutual importance of the three worlds of mind, body and spiritual health. I contracted a bacterial staphylococcal infection, for which my medical team could not find a cause. The infection rapidly spread to my heart and my brain. Treatment required three surgeries and intravenous

antibiotics to stem the infection. My cardiologist informed my family that there is a 40% mortality rate associated with endocarditis, and that the risk of three surgeries boosted that rate exponentially.

But one week after the surgeries, I was alive and lucid. Clinicians from other medical specialties (internal medicine, infectious disease, neurology, orthopedics, and ENT) joined my cardiology team and treated me over the next month. Three weeks at a rehabilitation facility followed the hospitalization. Although there are many unanswered questions about the cause of the staph infection, there was universal consensus about WHY I survived the ordeal. All agreed that my state of health enabled me to endure the surgeries and fight the infection. The recurring comment from the medical community was that "I did not look like my chart"; I seemed stronger than my records indicated.

The fitness I have acquired at the YMCA and often take for granted provided the strength to survive the surgeries and jumpstart a return to health. "Mind" and "spirit" components also formed a net that carried me through the pain and worry of losing my health. The strength of my family, friends and YMCA colleagues prevailed whenever I had doubts about recovery. I am now enjoying regular, although modified workouts at the Valley Shore YMCA. My cardiologist predicts that I will "return to baseline", eventually resuming normal activities.

My granddaughter learned to swim at the YMCA, and my daughters formed life-long connections with the Y. My mother-in-law conquered her fear of water at the Y. And I reclaimed my appreciation for the mind-body-spirit power of the YMCA. Thanks, Y colleagues, for supporting so much more than my physical recovery alone.

*Kathleen C. Laundry, PsyD, LMFT - 8-28-11  
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## Middlesex United Way's Annual Day of Caring

Middlesex United Way's annual Day of Caring was held on September 28, and a team of volunteers from Liberty Bank installed a Born Learning Trail (BLT) at Goodwin Elementary School in Old Saybrook. The Trails are an early learning tool featuring a series of signs on posts with fun, physical activities for parents and caregivers to do with their children. They are installed in a public setting for everyone in the community to enjoy.

Volunteers cemented posts into the ground, attached signs to the posts, and painted stencils with letters, numbers and shapes. "Liberty Bank employees participate in United Way Day of Caring every year. They recognize the value that this investment in time offers the community," said Toral Maher, grants coordinator, Liberty Bank Foundation. "Community service has long been a hallmark of this bank; employees here mentor children, work in food pantries, and fundraise for important causes, and much more."

The Trail installation was coordinated with the help of Heather McNeil, Director at Old Saybrook Youth and Family Services. "The project itself is a great way for parents and children to experience more engaged interaction in a playful, yet educational way. Working in conjunction with the Liberty Bank volunteers allows us to form and strengthen community partnerships that will last beyond this project, and also allows us to share the information about our agency work on a person-to-person level," said Heather. "The school was thrilled to be chosen as the site for BLT, and as funding for 'extras' has been constrained, the generosity of Middlesex United Way provides their school community with an outside learning enhancement they might otherwise not have had the opportunity to experience."

One of Middlesex United Way's goals is to increase children's readiness to learn by school entry. This focused Day of Caring project is one way in which United Way is achieving this goal and provide an early learning tool for communities in Middlesex County. Day of Caring is an annual event that matches groups of volunteer from local companies with projects at non-profit organizations.

Teams of volunteers from other local organizations installed trails in Clinton, Cromwell, East Hampton, Westbrook and the communities of Durham-Middlefield and Haddam-Killingworth. Trails already exist in the towns of



*The Born Learning Trail in Old Saybrook at Goodwin Elementary School - installed on Middlesex United Way Day of Caring*

Middletown and Portland. Lowe's Home Improvement in Cromwell donated their time to pre-build all of the wood posts and cement footings for the trails.

To learn more about Born Learning Trails; as well as view photos and videos from all of the *Day of Caring 2011* trail projects visit [www.middlesexunitedway.org/day-caring-2011](http://www.middlesexunitedway.org/day-caring-2011). 'Like' us on Facebook: [www.facebook.com/middlesexunitedway](http://www.facebook.com/middlesexunitedway).

Middlesex United Way is advancing the common good by creating opportunities for a better life for all. Our focus is on education, income, health and housing - the building blocks for a good quality of life. United Way recruits people and organizations that bring the passion, expertise, and resources needed to get things done.

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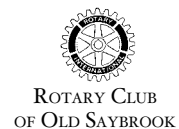
**The need is great this year. In the Valley Shore, needy children will go cold this winter without your help.** The Warm the Children Fund is neighbor helping neighbor. *Events Magazines* and the Old Saybrook Rotary Foundation are asking readers to donate to the fund, and all proceeds will be used to buy new winter clothing for needy area children. This is the 19<sup>th</sup> Warm the Children campaign. Children who benefit from the program live in Essex, Chester, Deep River, Lyme, Old Lyme, Old Saybrook and Westbrook. Social service agencies in each town will work with coordinators Walt Osborne and Jason Smith, assisted by John Donnelly, Ken Roche, Bret Taylor, Bill O'Shaughnessy and Stephen Brinkmann. The coordinators will make arrangements with Wal-Mart in Old Saybrook and assign Volunteer Shoppers to take the families shopping for their winter clothing. Shoppers are local residents who want to help out by donating their time for this worthwhile cause.

As donations are received, volunteer shoppers are asked to call a family to set up a shopping trip to Wal-Mart. Shoppers then meet the family at the store and assist in picking out approximately \$90 worth of clothing per child. All \$90 is spent on clothing whether it be coats, hats, gloves, mittens, boots or winter clothing. There are no administrative costs of any kind.

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# OLD SAYBROOK NEWCOMERS' GUIDE

## WELCOME TO OLD SAYBROOK!

On behalf of Events Magazines, welcome to Old Saybrook. Whether you are new to Connecticut or just new to Old Saybrook, you will find wonderful people and places to visit in town. From the Old Saybrook Torchlight Parade to the Arts & Crafts Festival, Old Saybrook has something for everyone. Below are important phone numbers; tear out this page and keep it for future reference. We at *Events Magazines* and Essex Printing support local businesses. Please use this guide and "Buy Local" - we do!

### CLUBS AND ORGANIZATIONS

American Legion .....860-388-9482  
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 Estuary Council of Seniors .....860-388-1611  
 Main Street Business Association  
 .....860-388-6850  
 Old Saybrook Garden Club .....860-388-3213  
 Old Saybrook Historical Society  
 .....860-388-2622  
 Old Saybrook Lions Club.....860-399-6850  
 Old Saybrook Woman's Club ....860-395-1206  
 Rotary Club .....860-388-4271  
 Veterans Affairs & Memorial Day Parade  
 .....860-388-9170  
 Middlesex County Community Foundation  
 .....860-347-0025

### PUBLIC LIBRARY

Acton Public Library .....860-395-3184

### PUBLIC SCHOOLS

Superintendent's Office .....860-395-3157  
 Goodwin School .....860-395-3165  
 Middle School .....860-395-3168  
 Senior High School .....860-395-3175

### RELIGIOUS SERVICES

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 St. John's Roman Catholic Church  
 .....860-388-3787  
 First Church of Christ, Congregational  
 .....860-388-3008  
 Emmanuel Baptist Church.....860-388-2582  
 Grace Episcopal Church .....860-388-0895  
 St. Paul Lutheran Church .....860-388-2398  
 Christian Science Church .....860-388-2670  
 Valley Shore Assembly of God ..860-388-0662  
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## Seniors Getting Fit at the Saybrook at Haddam

Walking, lifting weights, stretching, rowing, biking... the list of fun things seniors do today to stay physically fit keeps growing. In fact, "working out" is becoming a bigger part of daily life for today's senior citizen, and the benefits are piling up.



*Residents at The Saybrook at Haddam (l-r: Bill Wassell, Harry Archambault, and Marian Marston) enjoy the new gym, where they use exercise machines to stay physically fit.*

Seniors who work some level of physical fitness into their routines are taking positive, proactive steps to maintain (or even improve) their quality of life. Regular exercise builds muscle - which can be accomplished at every stage of life. Stronger muscles allow seniors to be more self-sufficient and manage daily tasks on their own.

Regular exercise helps keep seniors "in balance" and flexible,



*Residents at The Saybrook at Haddam, Bill Wassell (L) and Harry Archambault (R) work out at the new gym.*

which, in turn, helps them avoid falls and injuries that can lead to greater complications. It also increases endorphins, improves cardiovascular health, and helps lower blood pressure - which all contribute to improved overall wellbeing. Senior often find themselves socializing more by taking group exercise or workout classes, or by simply going on walks with friends. Daily exercise does not have to be a formal process. Many seniors find themselves getting a lot of exercise simply by their circumstance. For instance, if they live in a community such as The Saybrook at Haddam, they walk back and forth to their dining room three times a day, and they walk to activities, to the in-house hair dresser, to meet up with friends, and for many other purposes throughout each day. They always have the option to take stairs instead of the elevator, giving them even more of a

workout. In nice weather, many residents and their guests enjoy walking outdoors.

The Saybrook at Haddam recently added a new gym so residents can really build muscle and tone their bodies. Those who would like to use the gym receive individualized training on each of the different pieces of equipment - which include weight machines, rowing machines, and self-propelled treadmills. The walls of our gym are lined with mirrors so residents can watch their posture and be sure they are using the machines correctly. We placed treadmills facing our large windows that overlook the courtyard so everyone can take in the roses in the summer, the foliage in the fall, and the picturesque snow in the winter (while staying warm inside!). The gym is open all day long, so residents are able to create their own exercise regime into any time of day - in addition to enjoying our daily morning stretch and exercise classes.

Our residents are surprised to find themselves in better shape than they were before moving into our community. They don't realize the level of physical activity they take on each day, but they certainly notice how great they feel. That is why we encourage as much movement and engagement as possible.



*Marian Marston uses the rowing machine while Bill Wassell and Harry Archambault make use of weight machines.*

Their families, too, are happy to see their loved ones getting exercise and staying active.

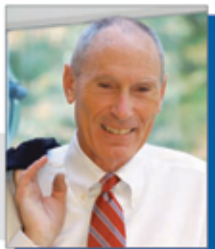
Most important to us, we want residents to enjoy their hobbies and interests, do more with their children and grandchildren, and have the best quality of life possible. We know physically fit seniors have a more positive outlook on life, as they are able to be more independent longer. To put it simply, they are having more fun with their lives. And that is our hope for every senior!

*- By Kathy Ryan, Executive Director  
The Saybrook at Haddam*

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If anyone would like to organize a drive at their school, workplace, bookclub, sports team, or wherever please contact us. There is a list of items we collect at the Clinton Post Office. Items we always need include socks (calf height-white or dark), drink mixes (hot or cold) wet wipes, men's razors, toothbrushes, smaller toothpaste, peanut butter, instant oatmeal, Cup of soup, movie DVD's (used is ok), hard candy, healthy snacks, and men's deodorant. Drop off places include the Clinton library (children's room), Ace Hardware, Northeast Fitness Factory,

The Bookloft in Clinton, Clinton Sport Shop, and First Niagra Bank in Clinton. We include notes, letters and cards from kids in the boxes and the troops LOVE them! If any teachers would like to help us and have their students write letters or make cards for us please let us know. We have other ideas of how classes can help if you're interested. If you knit and would like to make hats, mittens, etc we have patterns for you.

We always need money for shipping... each box costs an average of \$25 to ship. The boxes are the size of a copy paper box, totally full of goodies. (maybe you've been behind me at the post office!) Donations can be made out to Shoreline Community Women, P.O. Box 51, Clinton, CT 06413. This project is not possible without a large amount of community support. Help us thank our troops for what they do for us and our country every day!

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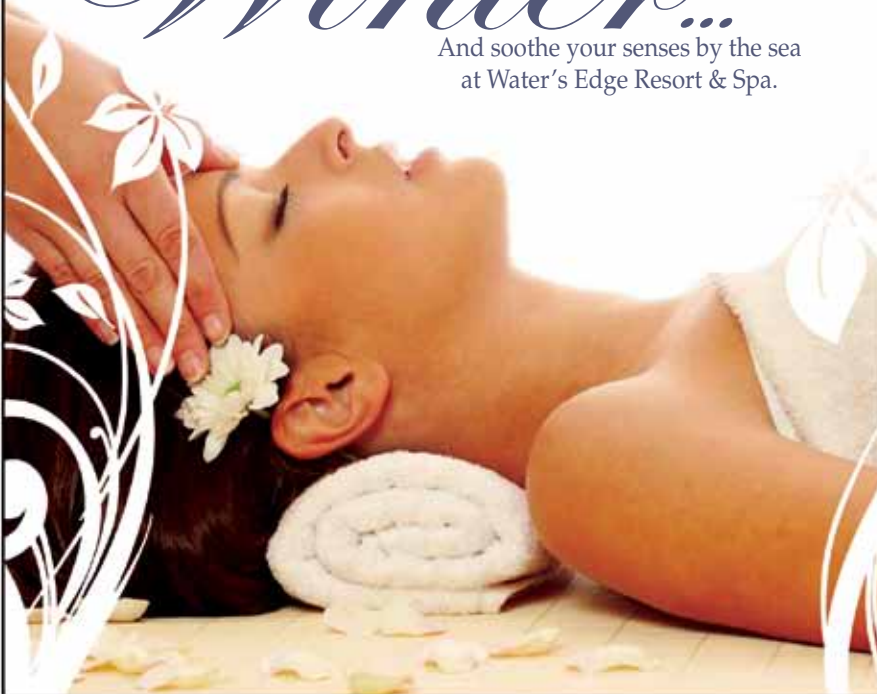
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