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# First Selectman's Corner

Greetings from the Old Saybrook's Board of Selectmen: Carl P. Fortuna, Jr. First Selectman, Scott Giegerich and Steve Gernhardt, Selectmen. We hope you are enjoying the first signs of spring.

Springtime is budget time for most municipalities in the State of Connecticut. This year's budget will reflect our first bond payment for the purchase of the property known as The Preserve. The resounding vote to purchase this piece came from our voters last July and the first payment due will be \$236,250. This is the last piece of major "infrastructure" that the Town of Old Saybrook will need to address for quite some time. As I have written in prior magazines, we have slowly and methodically, over the last three budget cycles, upgraded town facilities that were in need. The budget for 2015-16, excepting The Preserve bond payment, will be a budget that reflects contractual obligations and little else. We have, over the last three budget cycles, attempted to smooth out our capital investments while at the same time funding the Town's budget to actual expenditures. While this may sound like common sense, it has taken several budget cycles to achieve. For instance, while in past years the Fire Department sinking fund might be funded at different amounts each year, this Board's philosophy has been to level fund for future capital needs. This avoids budget spikes and

allows equipment to be fixed and/or replaced at the appropriate time which in turn leads to minimal budget impact from year to year. The budget proposals over the last three years have set the town on a path that will allow "pay as you go" funding for the majority of our immediate capital needs. This budgeting practice has now been praised twice by Moodys Investment Services when the town was rated for bonding. Healthy capital accounts, an increased fund reserve and management changes in Town Hall were all lauded as financially sound practices. Noted also was the good management of the town's operations budget and restraint in growth of government. In Town Hall, we have been doing more with less and gaining efficiencies with personnel and technology. Every year, the largest portion of the board of education and town government budgets are personnel costs and associated benefits. Town governments are service agencies and we need personnel to do the core functions required of us. We have done this responsibly over the last three budget cycles. We have held all employees to the highest standards



Carl P. Fortuna, Jr.

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## FIRST SELECTMAN'S CORNER ... continued from page 1

and conduct and have made strides in keeping personnel costs down and more in line with the private sector. Our employees have transitioned to high deductible health insurance plans while accepting wage growth in line with most municipalities in the State of Connecticut. Our finances have never been stronger. Low growth budgets, a healthier "rainy day" fund and long term planning for capital needs: this truly favors our town in the coming years.

While every year brings its local challenges, it would be truly helpful if our town (and other towns throughout the state) did not constantly feel as if we are doing battle with our own state and federal government. While it is true that we have aggressively pursued economic development grants from the state and the feds, and have been quite successful in receiving them, burdensome regulations and legislation continues to rain down from the Hartford and Washington, DC. I have previously written about the cost to local taxpayers from the Affordable Care Act, and how this will continue to impact us in the years ahead (see previous articles I have written about how 30 hours a week is considered to be "full time" employment and the "Cadillac Tax" on health insurance plans). From Hartford this year comes something called the Permit for the Discharge of Stormwater

from Municipal Sewer Systems (MS4) that the Department of Energy and Environmental Protection (DEEP) has proposed. (This permit emanates from the federal Environmental Protection Agency's Clean Water Act.) While it is true that Old Saybrook does not have sewers, this Permit has huge financial implications. The draft permit would impose costly unfunded (that word again) state mandates on municipalities and their residential and business property taxpayers. The MS4 General Permit, as proposed, goes well beyond what is recommended at the federal level, establishing detailed and costly schedules that dictate the frequency of street sweeping and catch basin cleaning. Towns and cities simply will not be able to afford this. While the content of the Permit is disturbing enough, bear in mind that this is a DEEP regulation, not legislation. This means that DEEP, in its eminent wisdom, can simply issue this requirement with no legislative oversight. The proposed permit contains numerous other requirements mandating adoption of local ordinances, additional sampling and testing of dry and wet stormfall monitoring, increased municipal costs to meet public outreach and education requirements and additional requirements to track and locate the source of illicit discharges as well as the implementation of programs to prevent future illicit discharges. While this may all seem overly technical,

continued on page 3

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## FIRST SELECTMAN'S CORNER ... continued from page 2

Connecticut is a highly regulated environment and this is what makes living in this state expensive. Imposition of new requirements will result in the raising of local taxes or the reduction of other key services, but probably both. In Old Saybrook, expensive new machinery would need to be purchased for street sweeping and catch basin cleaning. Mandatory leaf pick up would easily require several new employees. Obviously, this can get very expensive very quickly. All 169 towns in the State of Connecticut have opposed this draft permit, not because we are against clean water but because of the sweeping nature of this regulation and the associated costs. Recently, the DEEP, as a result of the unified outrage by towns and cities and their legislative contingencies, backed off some of the requirements. However, what remains in this regulation will still impose additional costs which must be worked out in a more favorable manner for the towns and cities, and their residents, that will be most affected.

This spring will see new construction in town. As a result of a \$500,000 Small Town Economic Assistance Grant the town recently received, the site of the old police station on Main Street will see redevelopment. The State of Connecticut will commence construction on 199 new parking spaces at Saybrook Junction,

addressing a longstanding need. The town will be moving forward on a brownfields assessment of property located on Mariner's Way (Route 1 East) to determine how private development of a large piece of land may be assisted with a \$155,000 grant we received. We firmly believe our aggressive grant writing for major economic development projects will lead, and has led, to new private investment in town. Two long dormant properties (the old North Cove Outfitters and Pat's Kountry Kitchen) are being rehabilitated to new life. Yale Hospital and Middlesex Hospital both will have a major presence in Old Saybrook this year. We continue to look for good economic opportunities for Old Saybrook. We have a vision for a revitalized Town that keeps the feel of our small Town while driving business friendly development into Town. A business friendly Town Hall that implements consistent regulatory policies and procedures is good for everyone.

I hear from so many people and I appreciate all the input. We all want to make Old Saybrook the best Town it can be. Thank you from the Board of Selectmen.

Carl P. Fortuna, Jr.  
First Selectman, Town of Old Saybrook



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## Mariner's Way Redevelop Underway!

"Mariner's Way" is the name selected by a committee of Old Saybrook residents to identify the eastern-most section of Route 1 in Old Saybrook in their redevelopment concept plan for this commercial corridor.



Over the course of a year, the committee studied this corridor between Saybrook Junction and Ferry Point ultimately creating a plan to revitalize and redevelop this area. To view the Mariner's Way Plan, go to the Economic Development webpage or use the QR code.

Implementation of the Mariner's Way Plan is now the responsibility of the Economic Development Commission (EDC). The EDC began redevelopment efforts by moving forward with three steps:

1. Brownfields Assessment - A state grant of \$155,000 will be used to assess the extent of environmental contamination on nine lots centrally located on Mariner's Way. Understanding the extent of existing contamination and the estimated clean-up costs will make these lots more marketable to potential developers.
2. Re-Zoning - The Economic Development Commission (EDC) is currently reviewing existing regulations in Mariner's Way, the suggested zoning uses outlined in the Mariner's Way Plan, and the zoning tools that may be employed to reach redevelopment goals. Public input regarding zoning changes will be invited once this initial review is completed.
3. Branding - Create a unique Sense of Place for Mariner's Way easily recognizable in a logo, signage and marketing materials to attract businesses and developers.

The EDC thanks the members of the Mariner's Way Redevelopment Concept Plan Committee:

David M. Shearer, Chairman  
Tony Lyons  
Barbara D'Agostino  
Kristen L. Roberts

J. H. Torrance Downes  
Casey Constable  
Eileen D. Baker  
James D. Keating

The EDC appreciates the ongoing support of the Town as it moves forward with efforts to redevelop Mariner's Way.

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## Annual Golf Tournament to Benefit Safe Grad Night



Over two hundred patrons enjoyed the sold-out Ladies Night at the Kate in January to raise funds for Safe Grad Night.

The Safe Grad Committee for Old Saybrook High School announces their annual golf tournament will be held on May 7, 2015 at Fox Hopyard Golf Club in East Haddam CT. The committee is very grateful to Attorney Marshall T. Segar, parent of a senior at OSHS, for taking the Title Sponsorship for the second year running. The "Marshall Law LLC Safe Grad Night Golf Tournament" has all the makings of a top quality event that will be enjoyed by golfers from Old Saybrook and beyond. The Par 71 Fox Hopyard course features hills, meadows, and woods offering a challenge to seasoned golfers and novices alike, and the \$150 entry fee includes 18 holes with cart, driving range, balls, lunch and evening hors d'oeuvres, soft drinks, and prizes. Registration forms can be found on the tournament Facebook page (Marshall Law LLC - Old Saybrook Safe Grad Night Golf Tournament) or by emailing [ossafegrad@yahoo.com](mailto:ossafegrad@yahoo.com).

Each year the Safe Grad committee seeks tournament sponsorships from local businesses and from families of students. These sponsorships make up the bulk of the funds raised through the event. Categories of sponsorship range to fit every budget from large tournament banners to greens flags to commemorative tee signs. Area businesses and families are also instrumental in donating goods and services for the silent auction and raffle that takes place on tournament day.

After the success of the recent Ladies Night at the Kate and with the promise of another successful golf tournament, the Safe Grad Night committee is confident there will be sufficient funds to offer a memorable event for the Class of 2015. Keeping the young adults of OSHS safe and substance-free on graduation night is the committee's goal and the contributions of the community ensure this success. Funds are managed through Graduation Night, Inc., a registered 501(c)3 charitable organization which gladly accepts tax-deductible donations of all amounts. The organization's mailing address is c/o Old Saybrook High School, 1111 Boston Post Road, Old Saybrook CT 06475.

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Resident Doris Whitmore with daughter Beryl enjoying a cup of tea in the country kitchen.

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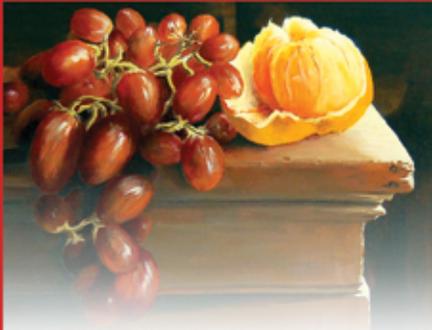
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## Chamber of Commerce



### Brown Bag Lunch & Learn Series

The Old Saybrook Chamber of Commerce initiated a “Brown Bag Lunch and Learn” series in February focusing on social media and technology. The workshops are held the first Tuesday of the month and are designed to be highly practical so that attendees may immediately apply what they have learned.

Kicking off the series on February 3rd was an informative talk on Twitter with Julia Balfour and Caitlin Monahan with the creative agency, Julia Balfour LLC. Attendees learned best practices of tweeting and on March 3 the series presented “Facebook for Business,” also with Julia Balfour. Future programs will cover other social media platforms such as LinkedIn, as well as topics on marketing and branding.

The workshops are free for Chamber members and \$10 for non-members, and are held at The Pavilion at Saybrook Point, 150 College Street, from noon to 1:30pm, on the first Tuesday of the month. Visit [oldsaybrookchamber.com](http://oldsaybrookchamber.com) for more information.



Attendees learn the finer points of using Facebook to engage customers, from Julia Balfour, seated at right.

Photo courtesy of Old Saybrook Chamber of Commerce



Attendees learn the finer points of using Facebook to engage customers, from presenter Julia Balfour.

Photo courtesy of Old Saybrook Chamber of Commerce

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### Chili-Fest 2015. And the winners are...

The sun shone brightly on Main Street Old Saybrook for the 19th Annual Chili-Fest, presented by Guilford Savings Bank, where literally hundreds of gallons of chili were served and savored, and more than 1,000 ballots sold. For the second year in a row, the Octagon restaurant was voted Best Chili and took home first place. When asked what set his chili apart, Chef Antone Andrews stated he was going for “thick and meaty. We used three different types of meat--brisket, ground beef, and steak. The special ingredient was definitely the chocolate. At the very end we fold in a tequila-chocolate sauce for a special touch.”

Second place went to Fresh Salt for their “La Jarocha” chili, and third place to Water's Edge Resort & Spa for “Roasted Boar & Black Bean” chili. New this year was the Judge's Choice Awards. A three-person panel of independent judges awarded gold, silver, and bronze awards. Tim Geelan, President, Guilford Savings Bank, Robert Marcarelli, Manager, Liv's Oyster Bar, and Michael Rafferty, President, Old Saybrook Education Foundation sampled each chili, carefully weighing the merits before awarding Gold to Fresh Salt, Silver to The Monkey Farm, and Bronze to Saybrook Hardware. The Monkey Farm and Saybrook Hardware also took home Honorable Mentions in the popular voting, as did Angus McDonald / Gary Sharpe & Associates.

**continued on page 9**



Keith Urbowicz and Kim Howley of Cloud Nine Catering and Elizabeth Wieland of Anytime Fitness serving their aptly named "Chili Enough For You?" chili.



A three-person panel of judges for the first time also rated the chili entries, awarding gold, silver, and bronze winners, in addition to the popular ballot in which the public votes for the top three. At right is Tim Geelan, President, Guilford Savings Bank, and wife Melissa.



Visitors to Chili-Fest queued up along Main Street to sample some outstanding chili varieties. Public Works made sure the sidewalks were clear of snow.

Brian Toolan of Saybrook Hardware said "hands-down this is my favorite event of the year" and noted that they served up more than 14 gallons of chili. This was the first time for Erica Clewell of Gladeview Health Care, who "had a blast, despite the cold temps." She said "it was great seeing everyone smile and have fun," adding "I can't wait for next year!"

What makes the Old Saybrook Chili-Fest unique is that each chili chef competes not just to place in the top three spots, but also to earn a donation to their designated charity. This year, The March of Dimes, Make-A-Wish Foundation, and the William Raveis Breast Cancer Foundation will each receive donations on behalf of the winning teams. Proceeds

from Chili-Fest is fund the Chamber's C. Wilfred Hunter Memorial Scholarship, which awards scholarships to area high school seniors.

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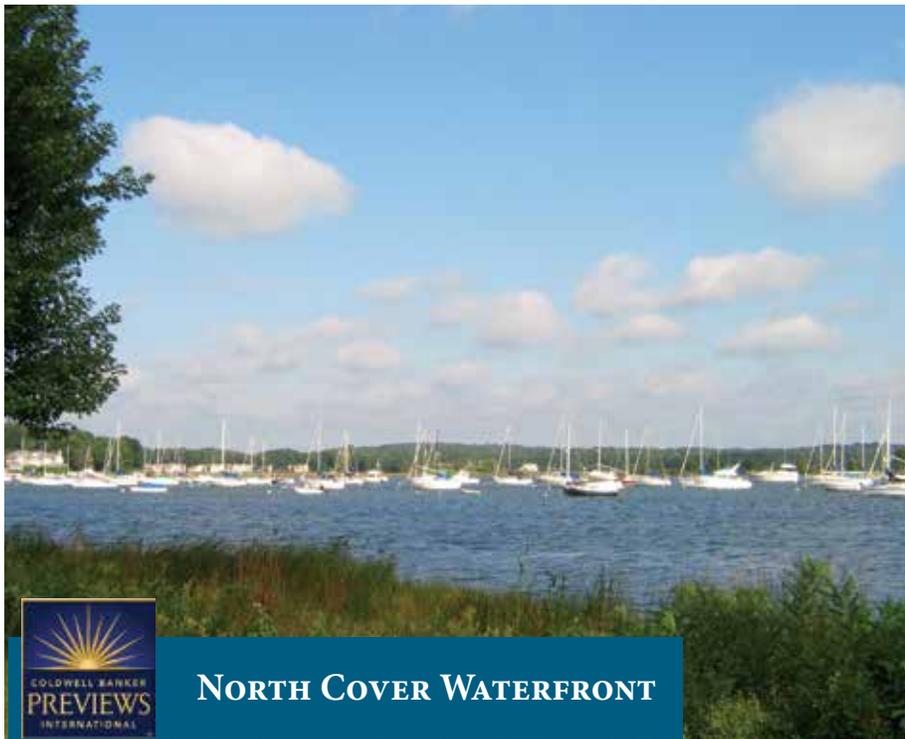


We have all been hoping for, waiting for, or desiring the chance to escape the cold and snow of this past winter either literally or figuratively. Some escape by thumbing through seed and nursery catalogues while others experience the warmth only Florida can give during January, February, and March. For Old Saybrook Garden Club members, some have experienced one or the other or both.

Despite the cold and snow, now is the time for the Club to plan its biggest events which occur from early spring through early

summer. The events require a huge amount of planning and execution for each to be successful in showcasing the Club and Old Saybrook. All are invited to attend and experience these events in preparation for the coming gardening season.

This year, on April 6 at 2:00 p.m. at St. Paul Lutheran Church, 56 Great Hammock Road, Old Saybrook, the Club invites the public to come experience "Bill Graham - Downton Abbey Style." Bill is the owner of "Beautiful Things," a boutique in Salem, MA which showcases floral pieces, millinery, and gifts. A **continued on page 12**



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## SPRING IS COMING ... continued from page 10

popular speaker at garden clubs throughout New England, Bill last came to Old Saybrook three years ago and entertained the Club and its guests with a program titled "Suddenly Spring for the Little Black Dress." Anyone who attended knows how delightful an afternoon it will be when Bill discusses his thoughts concerning "Downton Abbey." Make a day of it by having lunch at one of the town's restaurants and follow it with Bill's witty thoughts about the Crawleys. You will not be disappointed! The guest fee is \$10.00.

The Gardeners' Market will be held on the Town Green again (rain or shine under the big tent) this year on May 8 and 9. Loretta Scribner and her committee work on this event all year long, and all members participate in some capacity. As in years past, annuals, perennials, herbs, members' plants, baked goods, and whimsical floral gift creations will be available for purchase. In addition, the public can preorder plants which can be picked up during market hours. Please send a request for a form to [osgct@gmail.com](mailto:osgct@gmail.com). As its only fundraiser of the year, the Club depends on the funds raised to continue the beautification of the Main Street medians, Constitution Garden, Acton Library and the Firehouse as well as to provide floral arrangements for Old Saybrook High School's graduation ceremony and scholarships for eligible senior students. Please stop by on the 8th between 3 p.m. and 6 p.m. and on the 9th between 9 a.m. and 2 p.m.

Finally, Paula Luby and her committee have begun to meet to plan another successful season for the Street Gardens Recognition Program. Now beginning its sixth year, the program enhances the beautification work done by the Club by inviting businesses to create beautiful in-ground gardens, window boxes, around-the-tree gardens, and hanging plants at their business site. All past participants will be invited to participate again. Any new businesses who would like to take part may reach the Club at [osgct@gmail.com](mailto:osgct@gmail.com) so that you will be contacted by one of the committee members.

To follow the Club, please visit our Facebook page ([www.facebook.com/oldsaybrookgardenclub](http://www.facebook.com/oldsaybrookgardenclub)) and "like" us. Prospective members are welcome to call 860-388-3213 for more information about membership.

## Letter From the Publisher

Dear Valued Readers,

If you've ever seen an Events Magazine, you will appreciate that it provides the latest information from town mayors and selectmen, town departmental schedules and activities, senior news, menus and programs, library information, community listings, economic development and other important town information helping residents to "keep in touch" with what's happening close to home. And the content ensures true shelf life of the magazine.

As we enter our 19th year in 2015 we are introducing a redesign, from cover to cover.

2015 brings excitement as we continue to grow, adding our 15th town. Our latest addition provides local and regional advertisers greater coverage and awareness with the ability to reach over 250,000 readers at a very low cost per thousand.

Our dedication to our magazines will not change and our commitment to help bring our readers their local town news will continue.

### Essex Printing Award Winner!

Many encouraging changes have transpired at Essex Printing. We were presented "The Benny Award" from the Print Industry of America. Over 3000 entries from companies around

the world competed in a variety of printing and graphic communications categories. We are very proud of our accomplishment being selected as one of only 84 companies around the world, and are able to say we are the "Best of the Best". Having won the Print Industry of New England's two Pinnacle Awards and Award of Excellence over the last two years highlights the quality and customer dedication at Essex Printing. In 2015 we will continue to look for new ways to enhance our products and assist our clients to meet their objectives.

I would like to thank you for making Essex Printing and Events Magazines part of your marketing and advertising plan. We are especially proud of the many wonderful and complimentary letters, cards, emails, and personal reviews we receive from our satisfied customers.

Our reputation of excellent customer service has helped us create and build lasting business relationships that are the hallmark of our continued success in helping your business and organization succeed! We look forward to working with you in 2015.

Sincerely,  
William McMin  
President, Essex Printing and Events Magazines

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# Social Services Help

## Available this Spring

**AHCT Health Care Special Enrollment and Husky Application:** We are Certified Application Counselors for Access Health and can help you sign up at Social Service Help Days or right here in our office. Some low income applicants may be eligible for free HUSKY healthcare. Special Enrollments are allowed outside of the yearly open enrollment period for qualifying reasons. Please call for more information, an appointment and a checklist of documents needed to apply.

**Connecticut Energy Assistance Programs (CEAP and CHAP):** Electric heating assistance applications are still available through May 1st or through May 15th if you have a shut off notice. Applications for the State Energy Assistance Program are taken weekly here at our office. Please call ahead to be pre-qualified, get an appointment time and receive a checklist of needed documents.

**H.E.A.T. Program:** Additional help with heating is available for those who are in need and have exhausted their state energy assistance allocations and Operation Fuel allocations

this winter and need emergency help through our local HEAT program.

**Employment:** If you need help with obtaining a job, we have employment workshops at Acton Library on the last Monday of the month with CT Works from 10am – 12 noon, scheduled on April 27, May 18 and June 29. Free one on one job counseling is also provided by appointment with CT Works.

**Social Service Help Day:** On the fourth Thursday of every month we have additional help for food and other services at Grace Church. The CT Food Bank Truck distributes food from 1:30pm – 2:30 pm, DSS and outreach workers can help applicants apply for SNAP, MSP and HUSKY on site. Healthy nutritional information is also provided. The same help is now also available to Old Saybrook residents in Clinton on the first Mondays. The schedule is as follows: In Old Saybrook on April 23, May 28 and June 28 and in Clinton on April 6, May 4 and June 1. We will provide backyard gardening, raising chickens for eggs and other

continued on page 15

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## SOCIAL SERVICES HELP ... continued from page 14

sustainable food self-help programs in Old Saybrook during the spring and plan a return of our dental clinic in June in addition to our other help programs.

**Dental and Medical Help:** Help is available for families in need who are underinsured or have no insurance coverage to help pay for dental and medical needs. If you do not have insurance or have a financial hardship you can call

for assistance. A dental clinic is being planned for June 28.

**Ongoing Social Services Help:** If you have a need, financial hardship or crises, please call. There are additional programs and help available.

Please contact: Susan Consoli, MA, LPC, Social Services Coordinator, 860-395-3188, [sconsoli@town.old-saybrook.ct.us](mailto:sconsoli@town.old-saybrook.ct.us)

## Backyard Fire Pits Require Permits from Fire Marshal's Office

Did you know that backyard fire pits require a permit from the Old Saybrook Fire Marshal's Office?

These fire pits which can be purchased from local retailers, include fire pits made of metal or stone, and they can be purchased pre-built.

Town of Old Saybrook and CT General Statutes require Fire Pit Permits to ensure certain guidelines are met. These statutes include rules about distances of fire pits from other

structures, no burning of leaves, cardboard or garbage, no burning on days when air pollution levels are high and that there be a reliable water source nearby.

Fire Pit Permits are free, and they are valid from April 1 until December 1.

Please contact the Office of the Fire Marshal at 860-395-3133 if you would like to get a permit or if you have any questions.

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# Parks and Recreation

The Parks & Recreation Commission at their regular meeting on Feb 10th adopted the following Recreation Parking Pass policy for the 2015 summer season. Passes this season will be hanging passes for the season. Enjoy the beach!!

## Recreation Parking Pass Policy

The Parks & Recreation Commission issues Recreation Parking Passes to residents and property owners for parking privileges at town facilities under the jurisdiction of the Commission. Listed are regulations relative to the issuance of these passes.

1. Permanent Resident Passes: A maximum of two (2) Recreation Passes may be issued to each household, A fee of \$20.00 will be charged for the first pass and \$30.00 for the second pass. Seniors (62 years+) pay \$10.00 for the first and \$20.00 for the second pass. A \$50.00 fee applies for lost or Stolen Passes. Recreation Parking Passes are valid for one (1) summer season.

### 2. Renters Passes:

Permanent Renter = Rents year round

Seasonal Renter = Person who rents a dwelling for 5 or more weeks

Part-Time Renter = Person who rents for 1 to 4 weeks

A. Permanent renters may apply for Recreation Parking passes.

Must have proper proof of residency. I.E. proper driver's license, any bills, ETC

B. Seasonal Renters (5 or more weeks) may NOT apply for a season pass. Owner of property must purchase Recreation Parking Passes. Owner will then allow renter access to pass. Pass is honored at both beaches

C. Part-Time renter's pass will be valid for a two (2) week period. A fee of \$20.00 for the two (2) weeks will be charged. Two (2) two weeks period maximum: Pass honored at Harvey's Beach only. The renter's car registration is required along with rental verification (lease, agreement, etc.). Must be provided to be granted pass

3. Business Owner Pass: Business owners who own the property where the business is located may apply for one (1) Recreation Parking Pass. MUST PROVIDE VERIFICATION OF BUSINESS OWNERSHIP.

4. Dockominium Owners: Owners of a dockominium on Ferry Rd. may apply for one (1) Recreation Parking Pass. Pass is honored at both beaches. MUST PROVIDE PROPER VERIFICATION OF OWNERSHIP.

5. Innkeeper Passes: Innkeeper may purchase Innkeeper's Recreation Parking Passes upon presentation of their letterhead. A maximum of ten (10) passes will be issued. Additional passes will not be issued during the season. A FEE OF \$15.00 WILL BE CHARGED FOR EACH PASS. PASSES GOOD ONLY AT HARVEY'S BEACH. (Room key must be shown with pass) \*Establishments with less than 10 rooms may purchase passes for that number.

continued on page 17

## "Good People Doing Great Things."



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## PARKS AND RECREATION ... continued from page 16

6. Visitors: A season visitor (friend-house sitting, etc. or family visitor) is NOT ELIGIBLE FOR A RESIDENT/PROPERTY OWNER PARKING PASS). They May use the resident's pass they are visiting to access the properties.
7. Application Procedures: Provide current driver's license displaying Old Saybrook Address. If driver's license does not include Old Saybrook address, a suitable proof of residency such as tax bills or utility bills must be presented. Office will then check address and name against current Old Saybrook Grand List.

Note: Registered motorbikes require a Rec. Parking Pass.

Make checks payable to the Town of Old Saybrook Parks & Recreation Department (O.S.P.R.)

Recreation Parking Passes may be obtained in person at the Parks & Recreation Office (entrance on Sheffield St.) backside of the Town Hall.

PASSES: Must be affixed to Rearview Mirror while on premise.

### Rock Hunt at Clark Community Park

Join us for the 31st annual Rock Hunt at Clark Community Park (Town Park) on Good Friday, April 3 at 10:00am at the basketball

court. This event is for all OS residents in grades 4th-6th. Each hunter should bring their own heavy duty bag to carry all of the colored rocks they collect. At the end of the hunt, each participant should bring their rocks to the judges table to redeem candy and prizes for each rock they find.

### Ray Dobratz Fishing Derby

On Saturday, April 25 OSPR will hold its 2nd Annual Ray Dobratz Fishing Derby at Crystal Lake in Clark Community Park. The fishing Derby was renamed last year in honor of Ray Dobratz who was an avid fisherman, OSPR Commission member and was a great friend of OSPR. The fishing derby starts bright and early at 7:00 a.m. and will run until 10:00 a.m. when the winner from each age group are announced. Each participant will receive a prize for catching a fish and 1st, 2nd, 3rd place winners will receive gift packages for each division. Coffee, Hot Chocolate, donuts and juice are served throughout the morning and hot dogs will be grilled up at 9:00. OSPR would like to thank all of the sponsors for making the Ray Dobratz Fishing Derby a great success and community event!

### Teen Center News

When the weather outside was downright frightful, the Parks and Recreation Department served up some wonderful programming

continued on page 18



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## PARKS AND RECREATION ... continued from page 17

for its 6th through 8th grade students to beat the winter blues! On Friday, February 13th we wrapped up our 2nd annual Indoor Soccer Tournament - welcoming in 14 teams and over 50 students who brought not only skill, but creativity to the tournament. Students participated in a round robin tournament on February 6 to determine seeding for a bracket style tournament the following week. In the end it was Team Chelsea who was crowned the winner, while it was "The Rumble" who won the coveted Sweet Luna's Team Spirit Award for their creative attire. OSPR thanks all the students for their participation, and Sweet Luna's for their generous donation to this tournament. The Teen Center held a 3 on 3 Basketball Tournament on Friday, March 20. We will also be hosting the annual Teen Center Olympics and 8th Grade Goodbye BBQ to round out the school year in May. As the warmer weather approaches, we offer a friendly reminder to all students wishing to ride skateboards, scooters, and bikes while at the Teen Center - helmets please!

For those in High School, don't forget that once a month the Parks and Recreation Department holds special events specifically for you! Typically on the 3rd Saturday of each month, events range from tournaments to open gym time. Have an idea or suggestion for an event? Stop in to OSPR and let us know! For more information regarding the Teen Center program, please contact Samantha Wilson at [Samantha.Wilson@OldSaybrookCT.gov](mailto:Samantha.Wilson@OldSaybrookCT.gov) or by phone at 860-395-3152.

## MLB PHR Contest



On Saturday, April 18, OSPR will hold its 2nd annual MLB Pitch, Hit & Run competition outside the Rec. Center. This fun competition is a great way to get in the swing of things for the upcoming baseball season. Each participant will compete in a running contest, batting for distance and accuracy competition and a pitching accuracy contest. This event is for OS resident's ages 7-14 years of age and they are split into four age groups for boys and girls.

Last year's overall champions for the 7 groups were: 7 & 8 year olds, Abby Colella and Connor Lane, 9 & 10 year olds, Cassie Johnson and Tyler Appleby, 11 & 12 year olds, Mackenzie Cart and Will Bergeron and for the 13 & 14 year old boys, Sebastiano Gallitto.

## OSPR Summer Camps

Summer will be here before you know it and OSPR has some great camps this year. We will have our Pre-K through Kindergarten camp, our 1st-5th grade camp and our 6th-8th grade camp. Each week campers will have multiple field trips which include, the beach, mini golf, Brownstone, Quassy, Lake Compounce, CT Science Center, NBA Hall of Fame and a whole lot more!! Each day campers will also participate in fun gym games, art-n-crafts projects and have fun with

continued on page 19



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## PARKS AND RECREATION ... continued from page 18

friends. Summer camp at OSPR is a great way to spend the summer! We are also offering Teen Trips for any resident entering grades 7th-12th this summer. These trips include Horseback riding, Zip-lining and high ropes course, Kayak and Paddle Tour, Providence Place Mall and many, many more.

In addition to our traditional day camps, OSPR has many sport camps we are offering as well, from Basketball, to Lacrosse and Volleyball. For more information on our summer camps and any programs at OSPR, please visit our website at [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com) or email Jonathan Paradis at [Jonathan.Paradis@OldSaybrookCT.gov](mailto:Jonathan.Paradis@OldSaybrookCT.gov). Registration for all of our summer and spring programs starts on Wednesday, April 1 at 9:00 a.m. You can register online or in person at the Rec. Center.

### CT Trails Weekend



On Saturday, June 6 OSPR is participating in the CT D.E.E.P and CT Forest and Parks Association's CT Trails Weekend. The State of Connecticut has the largest celebration of trails in the nation. Last year they had 269 registered events with 143 towns. This year Old Saybrook will add two more events with a hike in the trails of Clark Community Park and a paddle tour of Oyster River. The hike will meet at the basketball courts and head up to the yellow trail to start the 2.25 mile hike. This hike should take between 2-3 hours and participants should wear appropriate clothes and bring water and a snack.

At 1:00 p.m. a paddle tour will depart from the launch under the RT1 Bridge, behind the produce stand on Ingham Hill Rd. You may use your kayak, canoe, row boat or float bike to make the roughly 4 mile round trip up and down the river. This is a great opportunity to see all of the wildlife in our salt marshes and coastal habitat.

Both of these events are free to OS residents. For more information please visit our website or contact Jonathan Paradis at [Jonathan.Paradis@OldSaybrookCT.gov](mailto:Jonathan.Paradis@OldSaybrookCT.gov).

### Summer Concert Series at the Town Green

Summer Concerts are back this summer every Wednesday night starting on June 17 and will run through August 19. This year we have 10 weeks packed of live music from a wide range of genres. We have our annual classic shows and added a few new acts to round out the series. This year on Wednesday, July 22 we will have an opening act to one of our shows and this special concert will start at 6:00 p.m. As always, pack a picnic, bring your blanket or chairs and come down to Main St. to enjoy a great evening of music on the Green!

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

## Congratulations!!

We congratulate the following on their recent marriage:

Robert Signor and Deborah Welton - November 29  
 Mathew Seymour and Erin Smith - November 27  
 Jose Salgado and Jennifer Jaques - December 6  
 John Doyle and Tara Carver - December 6  
 Thomas Fryer and JoAnn Colon - December 13

Douglas Hull and Kathleen Fulton - February 13  
 Robert Tulisano and Debra Buckley-Pomerence -  
 February 14  
 John Findley and Lori Hughes - February 15

## With Sympathy

Maylin Abrahamsson	Margaret Grabowski
Elizabeth Berlepsch	Donald Greene
David Chambers, Sr.	Ronald Griffen
Evelyn Chiarito	Walter Hansen
Joseph Chojnowski	David Heiney, Sr.
Kathryn Conforto	Nancy Helfant
Jennie Corso	Robert Ianniello
Jean Crescenzi	Kathleen Kundel
Florence Davis	Dolores LaCava
Edward Forster	John Lawson

Helene McGuire	Kingmon Snow
Gloria Morico	Alexander Strand
Elfriede Murphy	Robert Strom
Doris Oviatt	Caroline Tracz
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# WPCA Update

Now that Phase I of the Wastewater Management District (WWMD) Program has been completed, the WPCA has focused its attention on planning for work to be done in Phase II. Approximately 200 conventional system upgrades are scheduled to be done in 2015.

The site investigation data for Ingham Hill and Meadowood has been collected and processed. That data is necessary to develop bid documents for the proposed work. Our engineering consultant, Fuss & O'Neill, has prepared the first bid package, Ingham Hill 1- Meadowood 1, which was released for bidding in February. We recently advertised for our second Meadowood contract and more will follow as they are developed. Each contract contains 25-30 properties to be remediated. Our actual start date may be impacted by the cold weather and snow cover.

Maple Avenue North site investigations are expected to be completed in the spring with bid releases to follow for approximately 5 contracts. Construction for all three areas is slated to progress over the summer and into the fall. The WPCA will begin conducting site investigations in Indiantown this spring to gather data for septic system upgrades that will be constructed in 2016.

Over the winter, as soil tests were being performed outdoors (weather permitting) and interior inspections conducted, the WPCA has also been in the process of: acquiring the funding, refining the scope of the project for Phase II, and evaluating the approaches, site conditions, and technology pertaining to the remaining areas. Like other parts of New England, the WPCA is viewing the WWMD as a watershed and working with the Department of Energy and Environmental Protection to establish the best way to reduce nitrogen loading in ground and surface waters emanating from the District as a whole. This perspective influences the types of wastewater treatment systems proposed for installation.

Included in this issue is an article on the benefits of gardening with native plants.

For further information, please feel free to visit our office, call 860-395-2876, 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.

# White Wine Blends for Spring

It has been a very long winter, and hopefully with the snow starting to melt we will once again be able to sit outside and enjoy a nice glass of wine. When that day arrives, we will be eagerly waiting with a refreshing white blend to kick off the season. There are a lot of interesting white blends to choose from, and with the huge interest and popularity of red blends in today's market, it is no surprise that white blends were next to be on the rise. Although not new to the market by any means, these blends are becoming more sought after.

In France, white Bordeaux is one of the oldest forms of the "white blend", being comprised of mostly Sauvignon Blanc, and then blended with Semillon and in some cases Muscadelle. This wine compliments seafood dishes exquisitely, being soft and dry with nice acidity. France is also well known for their Rhone Valley varietals, Marsanne, Roussanne, Viognier, Grenache Blanc and Clairette. When blended these grapes produce a weightier dry white that bursts with flavor. They are typically labeled as "Cotes du Rhone Blanc" or "Châteauneuf-Du-Pape Blanc."

Italy is also known for their white blends, although many people are unaware of the fact that they are actually drinking a blend. Orvieto is one of the most popular

blends, being comprised of 40%-60% Trebbiano, 15%-25% Verdello, and any remaining percentage can consist of Grechetto, Canaiolo, Drupeggio, or Malvasia. Having a slight fruity edge and complexity to it Orvieto can pair well with chicken and pork dishes.

If you are looking for something a little fruitier, or to pair with a spicy dish, California has a large variety of White Blends to choose from. Viognier and Chenin Blanc blend together beautifully for a fruity yet dry wine. Many California blends use Gewürztraminer and/or Moscato to give the blend a sweeter edge, since the market is once again leaning towards sweeter wines. They pair wonderfully with Asian foods and anything with heat!

Start prepping for green grass and barbeques by seeking out your favorite wine guru and having them suggest a great white blend. Whether it be to pair with food or simply to enjoy with friends, they are gems searching to be found ... and they will not disappoint!

Art Lipuma - General Manager  
SeaSide Wine & Spirits  
Spirits of Madison

# Lions Club

By Kate Delaney

Questions: Please contact Kate at 860-388-6454 (H), 860-395-3128 (c) or email: [cornfieldkate@comcast.net](mailto:cornfieldkate@comcast.net)

We are in the midst of another busy year with the club under the guidance of Lion President Sharon Tracy and her board of directors.

On November 25th, 2014, the club held a very successful Pampered Chef demonstration at the Acton Public Library.

Every year, there is a Humanitarian of the Year Banquet on or near the birthday of our founder, Melvin Jones. This year it was held on January 17, 2015. A person who is not a member of a Lions Club is nominated by clubs in our district as a Humanitarian of the year candidate. Our recommendation this year was Gerri Lewis, who is involved in so many activities and events in our town. She has been a member of the Rotary club for 11 years and has been president twice, assistant district governor for 4 years and has chaired the silent auctions and raffles for the annual Wine Tasting fund-raiser for years. She co-chaired the "Warm the Children" effort this past year. Currently, she is President of the Board of Directors of the Estuary Council of Seniors. She has been a member of our Chamber of Commerce for 12 and was an officer for 4 years.

All of this while working as a paralegal and as member of several commissions and boards for the Town of Old Saybrook. As you can see, Gerri Lewis just does not know the word "no" when asked to give back to her community. She has organized more raffles, silent and live auctions than we can count, all for very worthy causes. Congratulations to Gerri Lewis, Old Saybrook's Humanitarian Award recipient!

The club will join the Park and Recreation Department to sponsor the annual Easter Egg Hunt for children 2 years old through third grade. The date is March 28.

The club still collects used eyeglasses at the Estuary Council of Seniors, Inc., 220 Main Street; Town Hall (front entrance), 302 Main Street; Acton Public Library, 60 Old Boston Post Road; the offices of Elgart, Pinn, Gordon and Elgart, Optometrists, 1156 Boston Post Road; LensCrafters, 761 Boston Post Road; John B. Hornby, M.D., 48 Main Street; Cartier Optical, Inc, 266 Main Street and Kennedy & Perkins, 105 Elm Street.

Used hearing aids are accepted at County Hearing and Balance, 900 Boston Post Road and at the Acton Public Library, 60 Old Boston Post Road.

The club has a "Local Eyesight Assistance" fund available to Old Saybrook residents who are in need of eye exams or eyeglasses, but who cannot afford them. Forms to request financial assistance for eye exams and glasses are available at Youth and Family Services. Applicants may also request a form by writing to the Old Saybrook Lions Club, P.O. Box 21, Old Saybrook, CT 06475.

There are still Old Saybrook Outer Lighthouse Pins for sale for \$5.00. We'll be at Stop & Shop, The Saybrook Hardware Store and other locations now that the weather is warmer! Also, look for pins when you shop at Bellwether's, 875 Boston Post Road, M.A.R. Flowers on Main Street, Harbor Books on Main Street and the Town Beach Store at Cornfield Point.

The Old Saybrook Lions Club is celebrating its 65th Anniversary on June 27. As part of its celebration, there will be a 65th Anniversary Gala on September 12 at the Castle at Cornfield Point. Mark your calendar now for a memorable event!

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# THE BEACON

## THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

### GOODWIN SCHOOL

#### LITTLE RAMS BRING SPIRIT TO OLD SAYBROOK HIGH SCHOOL BOYS AND GIRLS BASKETBALL GAMES

On Friday Evening, January 30, over 100 Goodwin Students and their families filled the bleachers at Old Saybrook gym to cheer on the Boys Basketball team to victory. Each child wore a blue "Little Rams" jersey, which was their family's free ticket to the game. At half time the Ram mascot, with the help of high school students and Jeff Mauri, the athletic director, led the children in the Chicken Dance.

On Thursday, February 12<sup>th</sup>, the Little Rams of Goodwin attended the Girls Basketball Game, and an additional 50 students signed up to join the original 100 from the previous game. At half time Mr. Mauri conducted relay races with the volunteers and the high school staff cheered them on.

It is our intention to provide many more opportunities for Goodwin students to experience the spirit and camaraderie of the High School Community and, at the same time, provide support and encouragement to their high school friends, many of whom are mentors and volunteers at Goodwin.



Little Rams Spirit Night



Little Ram Cheerleaders and Mrs. Barnes

### CELEBRATION OF READING WEEK

In concert with Read Across America Week and Dr. Seuss' birthday, the Goodwin School held its week-long celebration of reading. Several events were planned by the coordinators, beginning with a greeting from the Cat in the Hat as the students arrived on February 23<sup>rd</sup>. Gently used books were recycled throughout the week and every child had the opportunity to choose books from a traveling cart that visited each classroom. Grade Level guests included: songwriter Laura Clapp Davidson in the 3<sup>rd</sup> grade; Mark Dixon WFSB weatherman in the 2<sup>nd</sup> grade, Author Jessica Southwick in the 1st Grade and author Mark O'Brien in kindergarten. The Honorable Judge Ed Domnarski also visited his daughter Kate Durie's class, representing the Judicial Court's commitment to Read Across America. Community members, including central office staff, school administrators, board of education members and police and fire department staff read their favorite books to individual classes during their library period. An annual tradition that everyone, including staff and students, look forward to is the visit from Len Cabral, an internationally renowned story teller. On Friday, February 23<sup>rd</sup>, he held his audience captive to his age appropriate songs and stories. At the end of the performance the students were asked

to describe what made Len a great storyteller. They listed every one of his attributes including his ability to paint pictures in their minds with his words and actions. Families are always invited to his performance and those in attendance share their love and appreciation for what he is able to give to their children.

### Pictures of Celebration of Reading Week



Mrs. Joanne Sullivan, Board of Education Celebrity Reader at Celebration of Reading



Len Cabral International Storyteller at Celebration of Reading Performance

### Annual Fun Fair

On Saturday, February 7<sup>th</sup>, hundreds of children and their families spent the morning engaged in the dozens of games and challenges designed by the volunteer parents of the PTA. Toddlers and recent 'alumni' alike enjoy the old favorites as well as the new stations. Several area merchants including Paesan Pizza, Fiore's, Taylor Rental and Steve Songs contribute goods and services and dozens of parents and former students provide hours of volunteer time facilitating the games, managing the prize table and serving food. This annual event is open to the community and even though it usually nets several hundred dollars, the goal is to provide an affordable, fun filled family event.

### Fun Fair Photos



Cameron Tedesco trying his luck at fishing for a prize at the Fun Fair.



Fun Fair Volunteers

## OLD SAYBROOK MIDDLE SCHOOL AND KATHLEEN E. GOODWIN BUILDING PROJECT UPDATE

We are excited to see the progress of the Old Saybrook Middle School Re-roofing and the Kathleen E. Goodwin window replacement projects designs come together. The Board of Education Facility committee has reviewed the plans and specifications and the State Department of Education has approved both projects for the bidding process. The start date for the projects will be when school ends in June.

Invitations to bid are going out the week of March 2, 2015 and prospective bidders will be invited to participate in a walk-thru prior to bid submissions. Once bids are received for both projects, plans will begin to be developed for the construction phases of these projects. Timelines, schedules, moves, and packing of materials will be shared with all staff members in order to allow teachers the ability to secure their classrooms and to allow the construction to run as smoothly as possible.

Plans for summer school and other programs that generally run during the summer are being developed by administration. Due to the nature of these projects there may be limited use of the buildings for activities. It is anticipated that Kathleen E. Goodwin School will remain closed for the summer and playground areas surrounding the school will be closed to the public for safety reasons.

We will continue to keep you informed about these projects as things move forward. If you should like additional information you can call or email the Board of Education office. [jpendleton@oldsaybrook.k12.ct.us](mailto:jpendleton@oldsaybrook.k12.ct.us) or 860-395-3158 x-1013.

## OLD SAYBROOK MIDDLE SCHOOL WELLNESS DAY

Old Saybrook Middle School's Safety and Wellness Day will be held on April 9. This annual event was first held ten years ago when an eighth grade teacher and her family experienced a tragedy as a result of carbon monoxide poisoning. This misfortune was the springboard that opened opportunities to educate our students on topics of safety and wellness and give them the knowledge they need to live healthy and safe lives.

Students in grades four through eight will have an opportunity to explore developmentally appropriate health and wellness topics. The experiences vary from year to year so that students will be exposed to different seminars and activities during their five years at the middle school.

Some of this year's topics will include taking care of your eyes, exposing more than 500 students to the basics of CPR, the dangers of carbon monoxide poisoning, fire safety and the dangers associated with smoking.

This event allows the students at Old Saybrook Middle School to work with and be educated by the many talented and local community agencies that work so hard to keep us all healthy and safe. Old Saybrook Middle School parent and Yale nurse Maureen Coppes has put in many hours helping to organize this special day.

## CURRICULUM INSTRUCTION

On Monday, March 2, the Old Saybrook Public Schools World Language and Music Departments hosted the Spring Regional Professional Development Day at the Old Saybrook Middle School and High School. Approximately 150 World Language and music teachers were part of the Region's Professional Development

training. Bi-annually, teachers from Westbrook, Region 18, Lyme/Old Lyme, Stonington, Lisbon, Groton, Colchester, East Lyme, Montville, Waterford and other surrounding towns attend workshops in an effort to share ideas, collaborate with each other and keep up to date with the most current trends in World Language and music instruction. Old Saybrook Public Schools is very appreciative of our teacher leaders Lois Geer, Jacquie Hakim and Patricia Namin for organizing these training sessions.

**World Language:** At this most recent gathering there were two sessions: "Supporting the Common Core State Standards in the World Language Class" and "Creating an Inclusive and Engaging Classroom." Many of the presenters have shared their expertise at local and regional conferences and we were fortunate to have them present in Old Saybrook. There were ten other workshops offered throughout the day all by teachers within the region – including our own Amy Laverty, Mark Wallace and Manon Zumbaum. Bravo! A wide variety of topics including: how to incorporate technology into our classrooms, educational games to play in the classroom, differentiation, and how to prepare our students for the Advanced Placement Test. The committee was glad to host the event in Old Saybrook and add its own personal touches to the day – including having the option to buy lunch from a local Taco Truck - ¡Fue delicioso!

**Music:** Old Saybrook High School hosted professional development for regional music educators. The event featured workshops for choral directors, instrumental teachers, and general music teachers. Dee Hansen from Hartt School of Music presented an overview of the new music standards. Instrumental teachers participated in a conducting master class with renowned conductor, Dr. Glen Adsit, as well as a networking session. Old Saybrook Public School teachers Jeremy Milton facilitated sessions for choral directors in vocal pedagogy and choral reading, Lois Geer facilitated a recorder methodology session, as well as a lesson share, and Jeremy Taylor played a critical role in assembling a band for the conducting master class.

## HIGH SCHOOL

Prior to midterm exams, Old Saybrook High School hosted its first annual "Cocoa and Cram," an event designed to help freshmen learn tips from upperclassmen on how to prepare for midterm exams. Many National Honor Society members and other Peer Tutors were stationed at tables throughout the cafeteria covering specific core subject areas. Freshmen had the opportunity to go from table to table getting tips from their older counterparts on how to study for comprehensive exams, something that most freshmen experienced for the first time in their school careers. The school provided hot cocoa, and parents, faculty and staff donated baked goods for the kids to snack on while they studied.

## Sub Team Prepares for International Competition

The Old Saybrook High School Submarine Team, under the direction of teachers Fred Frese and Gretchen Bushnell, recently had the opportunity to tour the USS Virginia submarine at the US Submarine Base in Groton, CT.

This is one of the submarines that will deploy with female officers for the first time this year. Team members include advisors Fred Frese, Gretchen Bushnell, and Ashley Malinovsky, seniors Alexis Bardos, Carl Anderson, Adam Burkhardt, MailLe Chaplar, Larissa Beecher, and Chelsea Weiland, juniors Clay Duffy, Peter Blank,

Peter Malinovsky, Ryan Bergeron, sophomore Megan Schulmeister, and freshman Matt Listorti. The team has been preparing for the International Submarine Races for two years. The races are June 21-26<sup>th</sup> in Bethesda, MD. Students are redesigning the diving planes and propeller, getting scuba certification, and working on the mechanics of the boat. For more information about the races or how you can contribute to offset the expenses of this team, please contact Gretchen Bushnell at the high school.

*Gretchen Bushnell, OSHS English Teacher*

### Ellis Island Comes Alive at OSHS

Immigration is a hot topic in the United States and in the classroom these days at Old Saybrook High School. The American Studies classes recently participated in an immigration simulation to Ellis Island. Students were given roles to play and researched the reasons they might have left their countries. They also planned their trip in steerage aboard the USS Bushnell enroute from Liverpool, England to New York City.

The kids also had to research what problems they might have encountered here in the states and write a creative monologue about their experiences. On the day of the simulation, all students dressed as turn of the century immigrants and embarked on an experience in steerage aboard a boat created in Gretchen Bushnell's and Stephen Woods' classroom. After crossing the Atlantic, they went through a simulation on Ellis Island. This experience is part of the American Studies curriculum and is preparation for a trip to Ellis Island and the Statue of Liberty in the spring.

*Gretchen Bushnell, OSHS English Teacher*

### PUPIL PROFESSIONAL SERVICES

**Transition Services:** The Pupil and Professional Services Department recently conducted a presentation on transition services provided to all students with individualized education plans from the time they turn 16 years of age until they graduate.

Transition services are a coordinated set of activities that are focused on facilitating a student's transition to life following their senior year. Once a student turns 16 their individual plan includes goals for post-secondary education, post-secondary employment, and if applicable, independent living. All students are invited to their planning and placement team meetings to have input into their plans. Students also meet with the district's transition coordinator to discuss their vocational, and educational paths and develop plans to achieve those goals.

Students complete interest, personality and learning style inventories and this information is used to direct activities. Many students participate in job shadows, career conversations, and school visits to help determine potential future careers. Examples of these are a recent trip to a local fire department to explore careers, a presentation by the armed services, college fairs and visits to technical schools. Some students engage in job placements with a job coach in order to build job skills and assist in further defining a career fit.

The goal of transition services is to prepare our students to lead productive and independent lives to the maximum extent possible. These activities assist students and families to achieve that end.

### PUBLIC RELATIONS COMMITTEE - WORK WITH US

For those of you who don't already know, Old Saybrook Public Schools has a very active Public Relations Committee. This Committee was established at the beginning of the 2014-2015 school year with the sole purpose of improving and expanding the Old Saybrook brand by creating a public relations plan, recommending communication protocols designed to improve overall two-way communication and connecting with the world beyond Old Saybrook. While it's true we have a sharp, hard-working group of faculty, staff, and administration; improving the Old Saybrook brand is not a job just for employees of the district. To really understand where our schools stand and where we want to go, we need feedback from other town agencies, local businesses, members of the community, and YOU!

With that in mind, the Public Relations Committee boasts a diverse roster made up of administrators, faculty, parents, and public relations experts. The various backgrounds of the Committee Members has led to robust discussions and the completion of some exciting projects such as the new Old Saybrook letterhead, the Ram Pride Initiative, our first Old Saybrook Updates video with Superintendent Perruccio, and weekly updates on our school building projects. The Public Relations Committee has also begun work on a Public Relations Manual that will detail the various modes of communication and how the district uses it. Drafts of the new district website have also been reviewed by the Committee for aesthetic appeal, usability, and design/layout.

Each product that the Public Relations Committee produces is introduced to faculty, staff, and members of the public. Then, the Committee engages in one of the most important acts of its charge, which is the solicitation of feedback. For example, the release of the first Old Saybrook Updates video was a big success and consistently produced two important pieces of feedback: people enjoy the lighthearted approach to delivering important information and there is a desire for Old Saybrook to begin to engage the public using Social Media. Given these results, the Public Relations Committee has begun a conversation about producing more videos and the potential creation of a social media outlet for two-way communication.

Two-way communication is at the heart of improving the Old Saybrook brand. We are constantly speaking with members of the public, sending out community surveys and hosting events like the Community Conversation. Constant feedback is the most efficient form of self-reflection and the best way for the district to continually improve and move in the direction desired by the Community. The Public Relations Committee is always looking for new ways to connect to different groups of people such as working with parent founded organizations, investigating new methods of two-way communication, or forming partnerships with local businesses to create a stronger overall community. Strong community is the goal of every town. We have a very strong school system and we want everyone to know about it, but we can't get to where we want to go without help from you. If you are interested in contributing or serving on the Committee, please contact Trent Gerbers at [tgerbers@oldsaybrookschoools.org](mailto:tgerbers@oldsaybrookschoools.org).

# The Connecticut River Area Health District (CRAHD) Asks You This Question

## Are Your Contractors EPA Lead Safe Certified?

This is a question you want to get answered when you hire a home improvement contractor to do work in your home.

Why? In April of 2010, the US Environmental Protection Agency passed a law referred to as the RRP (Renovation, Repair and Painting) Rule that requires ALL contractors who you pay to work on any home, apartment, day care facility or school built before the year 1978 and who will be disturbing paint, must be certified in lead safe practices. This law became effective in April 2010! Many people and even contractors still do not know about this law.

The EPA rule is to protect residents and workers from lead poisoning. Homes and other structures built prior to 1978 are likely to have some painted surfaces with lead based paint. Contractors who don't follow lead safe practices may cause lead to be released into your home environment, leaving behind a serious problem for you and your family. This leaves you with a contamination issue, and exposes you and your loved ones to unnecessary lead dust and chips. It also exposes the renovation workers to preventable levels of lead dust.

Under this rule:

1. Contractors must obtain an EPA certificate which is proof that the contractor has taken a course in lead safe renovation practices. Certificates must be renewed every 5 years.
2. To obtain a certificate, a contractor must attend an 8 hour course, approved by the EPA.
3. Not all workers within the company have to be lead certified, but someone within the company in a position of responsibility must be certified and must ensure safe lead practices are being used.
4. Your contractor must give you a pamphlet titled, "RENOVATE RIGHT" lead safe guide, which describes the rule, lead and

its health effects, and things to know before, during and after renovation.

5. ANY work, including remodeling, repair, maintenance, electrical and plumbing, carpentry, etc., that disturbs more than 6 square feet of interior space, or more than 20 square feet of exterior space falls under this rule.
6. Testing for lead paint is not necessary for this rule to apply, just the fact that the dwelling was built before 1978 puts this rule into effect.
7. Exclusions to this rule include: housing built after 1977; certified lead free housing; lead abatement projects; full demolitions; housing for the elderly or disabled, unless a child under 6 years old resides there; minor repair or maintenance; emergency renovations.

The CT Department of Public Health, in its pamphlet about this rule lists 5 reasons you should hire a lead safe contractor:

1. You'll protect your children's health
2. You'll protect your own health
3. You'll maintain the safety of your home
4. A contractor who made the effort to become certified, shows professional responsibility
5. It's the Law! Fines for non-compliance may reach \$37,500.00 for each offense!

Be a smart consumer of home renovation services and insist on ensuring your contractor is lead certified!

For more information, you may call the National Lead Information Center at 1-800-424-5323, or you may visit the EPA website at: [www.epa.gov/lead/rrp](http://www.epa.gov/lead/rrp)

CRAHD is your local health department.

## Friends of Acton Public Library

The Friends of Acton Public Library wish to thank all of our patrons who have been donating books and audio media for our March and July book sales. Your continued support and the generosity of your yearly membership donations help us to provide programming, museum passes and needed

equipment to better serve all in our Old Saybrook community.

We are looking forward to warmer spring weather, as I'm sure all of you are. We will continue to put newer books on our \$3.00 book cart with emphasis on seasonal items of interest too.

Please keep our July Book Sale dates of Thursday July 16th, Friday July 17, and Saturday July 18 on your calendars.

Our Bake Sale will be on Friday the 17 only.

Have a great spring. Come to Acton Public Library. Become a Friend.

# Spring at the Acton Public Library

First, there are two new staff members at the Acton Public Library: Reference and Young Adult Librarian Sam Perduta and Children's Librarian and Assistant Director Karen Giugno. Sam joins us most recently from the New Haven Public Library. He is very enthusiastic about his new position and has been forming partnerships with other organizations and businesses in Old Saybrook. Currently, Sam is looking for teens who would be interested in serving on the Teen Library Advisory Board. Interested future board members may contact Sam at 860-395-3184 or [sperduta@acton-library.org](mailto:sperduta@acton-library.org). Karen joins us from the Cragin Memorial Library in Colchester, but she is an Old Saybrook native. She has already put her mark on the Children's Room with reorganization, and she has some exciting programs planned for Spring and Summer!

## Children's Events:

*"Every Hero Has a Story at the Acton Public*

*Library!"* a Summer Reading Program for infants and children through grade 5 beginning on June 18 through July 31. Sign up and track your reading for summer reading prizes and incentives beginning June 18. Join us every Thursday night for *Family Night*, a weekly evening program of educational, musical or entertaining performers. Come and learn all the classic party dances at DJ Dave's Dance Party, our summer reading program kickoff event on Thursday, June 18 from 7:00 to 8:00 p.m. Daytime fun will include: a weekly "Crafternoon" open drop-in craft session for children; a special story time with Rocky, the Rock Cats baseball team's mascot; "TheaterTime! with Judy Potter" a guided theater session for children who will listen to a story and then learn how to act it out; a drop-in weekly Picnic Story Time for children ages 2-5; and more. This summer Acton Public Library is pleased to announce "Summer Reader",

the statewide online summer reading log system for you to track your reading time, from home or at the Library. Sign up ... track your minutes ... write reviews ... earn prizes! Remember, all reading counts including being read to or reading to someone else. All of the summer reading programs are free and open to all. We hope you will join us! Kids! Showcase your favorite collection in our new Children's Display case. Each month a new collection will be on show in our Children's Department for friends and family to see and enjoy. Call 860-395-3184 or sign up in person to reserve your month now!

## Young Adult Events:

Game Nights will be held the fourth Friday of every month at 5 p.m. The next Game Night will be March 27. Come use the Wii and the large screen TV at the Library after hours! The Library closes at 5 p.m. so you must arrive early.

continued on page 28

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## SELECTMEN'S OFFICE

Carl P Fortuna, Jr., First Selectman	395-3123	Carl.Fortuna@OldSaybrookCT.gov
Georgiann Neri, Administrative Secretary		Georgiann.Neri@OldSaybrookCT.gov
Elaine Seaforth, Administrative Clerk		Elaine.Seaforth@OldSaybrookCT.gov
Lisa Carver, Finance Director	395-3127	Lisa.Carver@OldSaybrookCT.gov
Larry Hayden, IT Manager	510-5000	Larry.Hayden@OldSaybrookCT.gov

## ACCOUNTING

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

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

## BUILDING DEPARTMENT

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

## ECONOMIC DEVELOPMENT

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

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

Christine Nelson, Town Planner	395-3131	Christine.Nelson@OldSaybrookCT.gov
Christina Costa, Enforcement Officer		Christina.Costa@OldSaybrookCT.gov
Sarah Lyons, Administrative Assistant		Sarah.Lyons@OldSaybrookCT.gov
Sandy Prisloe, Environmental Planner & GIS		Sandy.Prisloe@OldSaybrookCT.gov

## PARKS AND RECREATION

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

## PUBLIC WORKS

Larry Bonin, Director	395-3123	Larry.Bonin@OldSaybrookCT.gov
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## REGISTRARS OF VOTERS

Carol Conklin	395-3134	Registrar@OldSaybrookCT.gov
Joan Broadhurst		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	395-3070	Robert.Fish@OldSaybrookCT.gov
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## WATER POLLUTION CONTROL AUTHORITY

Stephen Mongillo, Program Administrator	510-5001	Stephen.Mongillo@OldSaybrookCT.gov
Robbie Marshall, Coordinator	395-2876	admin@oswpc.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
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### Police Department - 6 Custom Drive

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

### Probate Court - 302 Main Street

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

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

499 Middlesex Turnpike	395-3187	
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### Youth & Family Services - 322 Main Street

Heather McNeil, Executive Director	395-3190	Heather.McNeil@OldSaybrookCT.gov
Linda McCall, Administrative Assistant		Linda.McCall@OldSaybrookCT.gov

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

## SPRING AT THE ACTON PUBLIC LIBRARY ...

continued from page 27

### Adult Events:

Lights! Camera! ACTON! Oscar winning movies the fourth Monday of every month at 1 p.m. On April 4, Sandra Wheeler from For Peace of Mind - Professional Organizing for Home and Office will present "Spring Clearing" at 11 a.m.

Poetry Night is April 22.

Technical Assistance is available on Tuesdays from 10 a.m. - noon for questions with your personal electronics such as laptop, e-reader, tablet, or smartphone. Please bring the device with you.

### Displays:

Judith Jerome will be exhibiting in May, and June will feature the group Brushstrokes: Phyllis Bevington, Rosemarie Cushing, Diane Aldi DePaola, Gail Estrade, Catherine Jackson, Elaine Lifland, Jill Beecher Matthew, Brenda Newbegin, Carol Robertson, and Maureen Tarbox.

As always, please visit the Library website and Facebook page for the latest announcements at [http://www.oldsaybrookct.org/Pages/OldSaybrookCT\\_Library/index](http://www.oldsaybrookct.org/Pages/OldSaybrookCT_Library/index)

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# Dry Eye

Everyone will likely experience the symptoms of dry eyes at some point in their lives. Blinking replenishes our tear film providing the moisture the eyes need. The prevalence of electronic devices has resulted in a decrease in blink rate. Red, itchy, sandy, gritty, burning, and tired eyes are some of the more common complaints. Excessive tearing is also a sign of Dry Eye disease, often a result of poor tear film quality. Many dismiss and accept these symptoms as “normal”. This is an incorrect assumption. Though dryness can be transient, it becomes problematic and potentially vision threatening when it persists into Chronic Dry Eye disease.

The tear film not only keeps the eyes lubricated, it also maintains the optical and anatomical integrity of the ocular surface. It provides a smooth interface between the eyelids and the eye itself. It also helps remove environmental debris that can cause ocular allergies. The tear film partially supplies nutrients to the cornea, as well as help defend the eye from infection. Without a sufficiently healthy tear film, the front surface of the eye is more susceptible to irritation, infection, and

allergic reaction. The ocular surface insult dry eyes are subject to eventually lead to inflammation of the cornea which can lead to blurry vision. In severe cases, corneal scarring may lead to permanent vision impairment.

Certain medical conditions may also cause Chronic Dry Eyes. Autoimmune disease (e.g. Sjogrens, Rheumatoid Arthritis, Lupus, etc.), Bell's Palsy, Menopause, Skin disease (e.g. Rosacea, eczema, etc.), and Thyroid disorders are only some of the more common conditions. Medications such as anti-histamines, anti-depressants, birth control pills, tranquilizers, and certain blood pressure medications can also cause dry eyes.

Fortunately, there are many treatment options available for dry eye disease. Though, it is important to customize and tailor these treatment options to each individual. Regardless of the severity or cause, dry eye disease should be addressed and treated accordingly before it threatens vision, and before it affects the quality of your life.

Dr. Scot Yap, Middlesex Eye Physicians, 860-669-5305



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# Where Are We? Where Are We Going? How Do We Get There?

These are the questions and focus of the Sea Level Rise Climate Adaptation Committee (SLRCAC). To recap, the SLRCAC is charged with the following mission: "The Sea Level Rise Climate Adaptation Committee (SLRCAC) will provide recommended policies and actions for the town to adapt to and mitigate against the effects of climate change and the impacts of sea level rise on Old Saybrook in the near and long term. The Committee will educate the townspeople about its findings."

In an attempt to educate committee members of the complexities and immediacy of the impact of rising sea levels as the climate continues to change, the following is a list of the Presenters and their areas of expertise:

Ralph Lewis, Professor, Marine Sciences Department, UConn, Avery Point - "The Effects of Sea Level Rise on Marine Geology in OS"

Roman Zajac, Ph.D., Professor, Biology & Environmental Science, University New Haven, "Salt Marsh Change: Responses of Flora & Fauna"

Jeremy DeCarli, Associate Planner, RiverCOG, "Natural Hazard Mitigation"

James O'Donnell, Executive Director of CIRCA, Coastal Institute of Resilience & Climate Adaptation, UConn Avery Point

Chris Costa, Zoning Enforcement Officer, "Construction in Special Flood Hazard Areas"

Dr. Adam Whechel, Director of Science, Nature Conservancy in CT, "An Assessment of the Salt Marsh Mitigation Zone in OS"

The Committee has been studying the effects of sea level rise on 3 major components of life in Old Saybrook - our Economy, our Community and our Environment.

The Economy task force has focused on: (a) Transportation & Public Infrastructure, (b) Commerce & Industry, (c) Marine Commerce & Industry, & (d) Residences.

The Community task force has focused on (a) Demographics, (b) Public Health & Safety, & (c) Water Dependent Related Recreation.

Finally, the Environmental task force has focused on (a) Coastal Plant Communities, (b) Aquatic & Terrestrial Animal Populations, & (c) Shoreline Geology & Climate Precipitation.

The SLRCAC meets the 2nd and 4th Thursdays of each month from 3:30-5 p.m. A series of public forums is being planned for 2015 to present the community with the committee's findings and recommendations, answer questions and obtain valuable feedback. All meetings are open to the public and those interested are encouraged to attend. The committee will complete its study by June 2015 and will submit its final report and recommendations by December, 2015.

Michael Momparler  
Secretary, SLRCAC

## An Update From the Capitol

by State Representative Devin Carney



Devin Carney

I hope everyone is enjoying a well-deserved spring!

On February 18, Governor Malloy presented his budget proposal for biennial fiscal year 2016-2017 (which starts July 1, 2015 and ends June 30, 2017). The governor's proposal includes increases in spending of 3.3% the first year and 3.1%

the second with debt service taking up around 9.7% of it overall, a ten-year high. Cuts were made to certain social and healthcare services and the state higher educational system, but town funding stayed relatively flat. There is a proposed decrease in the sales tax to 6.2%, but the tax will remain on shoes and clothing under \$50. The proposed budget is currently being deliberated in the legislature and will be voted on before the end of session, which is on June 3.

The governor has proposed upgrades to our transportation infrastructure with a 5-year 'ramp-up' plan to address certain projects

such as widening I-95 from Old Saybrook to New London and making improvements to Shoreline East. This is all part of a 30-year, \$100 billion 'vision' which also proposes to take on projects such as replacing the Connecticut River Railroad Bridge. The issue is always cost, which is why it's so integral to protect the special transportation fund and also why border tolls have been discussed. I encourage you to contact me with your thoughts on tolls.

As a member of the Environment Committee, I recently heard testimony regarding the governor's proposed Long Island Sound Blue Plan. It is a long-term plan aimed at protecting the natural resources of the Sound while also supporting existing and future recreational and commercial uses, including increased potential for shellfishing.

As always, please contact me at any time with your questions or concerns. I can be reached by e-mail at [repdevincarney@gmail.com](mailto:repdevincarney@gmail.com) or by phone at 860-240-8700.

# Public Health Nursing Board

## 2015 Nightingale Scholarship Appeal

Dear Friend,

The Old Saybrook Public Health Nursing Board established the "Nightingale Fund" eleven years ago; since that time members have conducted an annual scholarship appeal. The appeal provides scholarships for high school seniors who are planning a career in nursing and/or other medical fields. Scholarship recipients are Old Saybrook residents who have been accepted into accredited college programs. Each year due to your generosity the PHNB has continued to provide scholarships. Since the Nightingale Fund was established eleven years ago, the PHNB awarded a total of \$77,000 in scholarships to 35 outstanding seniors.

The topic of healthcare continues to remain front and center in our daily lives. We see a rising demand for services as

our population ages, and with increasing numbers of people with health insurance eligible to receive care. Also, the demands on nurses are more complex; as recently demonstrated by heroic nursing professionals courageously caring for critically ill patients suffering from serious viral diseases both here at home, and abroad.

We are also becoming more aware of the mounting load of student loan debt incurred by most students as they attempt to finance the cost of their education.

This reality also imposes increasing hardship on those families who are helping to finance the cost of that education. By giving now, our community will benefit for years to come as many of our past scholarship recipients hold key nursing positions in our state.

We again appeal to you, our friends, neighbors, and local businesses. We ask you to show your generosity and support of our aspiring nursing professionals by making a tax deductible\* donation to the *Nightingale Fund*. Please return your contribution with the form below. Together we will make a real and meaningful difference in our health care delivery system by supporting our future nurses and caregivers. We sincerely thank you for caring about our community.

Diane Aldi DePaola  
Chairman, Public Health Nursing Board

OSPNHB Members: Diane Aldi DePaola RN, Sharon Craft RN, Don Mill, Mary Kennedy APRN, Elizabeth Owen PhD., Joseph Termine CPA, Janet Temple LPN

Old Saybrook Public Health Nursing Board, Town Hall, 302 Main Street, Old Saybrook, CT 06475						
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Donation: \$1000 _____	\$500 _____	\$300 _____	\$200 _____	\$100 _____	\$50 _____	\$25 _____ Other _____
*Please keep your cancelled check as a receipt for your Income Taxes.						

## Middlesex Hospital ~ New Urgent Care Center

Old Saybrook, CT - Middlesex Hospital will open a new urgent care walk-in medical center this spring at 1687 Boston Post Road (at the intersection of Spencer Plains Road). The center will provide patients with a lower-cost alternative for non-emergency medical care. The Hospital has two other urgent care centers, one in Madison and another in Middletown.

More and more people are seeking lower-cost, more convenient options for their health care needs. As a result, urgent care centers have begun to spring up in many communities to address this consumer preference.

The Middlesex Hospital Center is unique from other such centers, because of the electronic patient medical records system that ties together all hospital medical records, as well as medical records from all Middlesex primary care physicians. This gives the

providers at the urgent care center access to a patient's medical history, as well as allowing for results of the urgent care visit to be reviewed by the patient's primary care provider.

The new urgent care center treats non-emergency health problems, including colds, coughs, earaches, moderate fevers, minor cuts, bruises, severe sprains and more. Patients should seek immediate emergency care for things such as head injuries, broken bones, uncontrolled bleeding, chest pains and any signs of a stroke.

The urgent care center is staffed with physician assistants and advanced practice registered nurses, and also has x-ray capabilities.

More information on Middlesex Hospital Urgent Care Centers can be found at [www.mhurstcare.com](http://www.mhurstcare.com).

## Bad Beauty Habits That Are Aging You

As a cosmetic physician, I have counseled women against bad beauty habits for many years and am sharing two of them today.

You must wash your face twice a day. Over the years I have met a lot of women who only splash water on their face in the mornings. It is important to wash away any film of moisturizer left over so you start the day fresh and clean. Also, bacteria can build up on your face overnight as well.

It is equally important to develop a nighttime routine. It is imperative to take your make-up off EVERY night. When you fall asleep with make-up it gets pushed into your skin causing you to have a lack luster and aged look.

If washing at night is a problem for you, try washing your face and applying night cream when you come from work. Don't wait until 10 p.m. or 11 p.m. when you've already fallen asleep on the couch. Your face doesn't know what time it is.

You can't rely on the sunscreen in your moisturizer for protection. We seek out and sometimes pay extra money

for these products. While the ingredients provide a good start, they are not enough.

Most moisturizers contain ingredients that protect against UVB but not against UVA. It is the UVA rays that destroy your collagen and lead to wrinkles and sagging. The purpose of a moisturizer is to penetrate slightly into your skin and hydrate. The purpose of a sunscreen is to create a protective barrier in-between your skin and the sun's rays.

You should wear a separate sunscreen every day with an SPF of at least 25. My favorite ingredients for the best protection are minerals - either zinc or titanium dioxide. So even after the summer winds die down, don't let your guard down. Protect your face. Today's tan is tomorrow's wrinkle.

I am the owner and and Medical Director of Sonas Med Spa, and I'm dedicated to helping women look younger without surgery.

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

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# Asking More of the Landscape (Going Native)

Typically the WPCA includes articles in Saybrook Events featuring: reducing run-off and lawn size, proper watering techniques, planting butterfly gardens, and avoidance of nutrient pollution. To hail the return of Spring we'd like to discuss - the positive impacts of using native plants.

In February, the New York Times published an article about a Brooklyn Botanic Gardens annual event; quoting horticulturalists and landscape ecologists on this particular topic.

The focus has always been on aesthetics: what makes an attractive garden. The keynote speaker, Douglas Tallamy, noted that, "Beauty is not enough."

"We have to raise the bar on our landscapes," said Mr. Tallamy, a professor and chairman of the department of entomology and wildlife ecology at the University of Delaware. "In the past, we have asked one thing of our gardens: that they be pretty. Now they have to support life, sequester carbon, feed pollinators and manage water."

Native plants are the key to survival; if the plants crash, so do the rest of the species, including us. But, yards filled with beautiful natives that can provide all of these services, don't have to look unruly and formless.

## Let's examine some facts first.

- Pollinators pollinate 90 percent of all plants, not just crops.
- Landscape ecologists estimate that only 3 to 5% of the lower 48 states is undisturbed habitat for plants and animals. Farmland covers more than 1/2 of the country. Most of the rest is taken up by suburban sprawl; about 40 million acres of lawns (8 New Jerseys), highways, malls and growing cities.
- A world with 1/2 those lawns, might have 20 million acres of habitat, or more than 13 national parks!
- Due to vanishing habitats, we have 50% fewer birds than 40 years ago. Some 230 species of North American birds are at risk of extinction, per the 2014 State of the Birds Report (stateofthebirds.org).
- Trees are carbon sinks. A large native sugar maple sequesters 450 pounds of carbon a year; a white oak, 513 pounds. Millions of such trees planted in American yards, could help reduce global warming.
- Landscape contractors often discourage clients from planting oaks and sugar maples, because they won't live long enough to enjoy an oak tree, but it doesn't have to be 300 years old. In 14 years, a white oak can be 20 feet tall and 13 feet wide.
- Though non-native plants may provide nectar for butterflies, their leaves are unpalatable to caterpillars. Caterpillars chomp leaves of willow, black cherry, oak and other native species. A Japanese elm, sequesters carbon too, but the difference is that native oaks support 557 species of caterpillars.

- Caterpillars aren't just entertaining to look at: 96% of all our terrestrial birds eat insects. Their young can't survive without them. Chickadees need 6,000 to 9,000 caterpillars to feed one clutch.
- 90% of native insects have developed specialized relationships with native plants. Only native hummingbird moths and a few other insects have a proboscis long and narrow enough to reach the pollen and nectar of Phlox divaricata, a native ground cover, for example.
- Most plants defend themselves with toxic compounds. But certain native insects have evolved alongside specific plants to break down the plant's particular chemicals.
- The Eastern red cedar has been around for millennia, but very few insects, except the Juniper Hairstreak butterfly, can safely consume it. Unfortunately, that's the only thing the hairstreak eats. So if we don't include cedars in our yards, we lose the hairstreak.
- By the same token the only host for the great fritillary butterfly is the native violet. When violets are mowed down, we lose the fritillaries.
- If we lose the insects, including spiders and moths, we lose amphibians, bats, and rodents.
- Larger mammals like raccoons, opossums, and foxes eat insects. [Insects comprise 25% of the fox's diet.] Thus it travels up the food web.

Of course, not all of us are about to give up our beloved lilacs, tree peonies, and Japanese azaleas. Although they are not ruining the landscape, they do take up room that a native plant could occupy. Some experts advise striving for a minimum of 50% natives to make sure they are looking after the native wildlife.

When visiting nurseries, it's good environmental policy to ask where a particular plant originates from.

An anecdote on species revitalization concerns the Atala butterfly, a native of South Florida that once thrived on its sole host plant, Zamia pumila, or coontie palm, a slow-growing native cycad. The butterfly disappeared as the coontie palm was harvested to the point of extinction, to make starch out of its roots. But in the mid-1970s, landscape designers rediscovered the coontie palm as a valuable evergreen that could withstand drought and heat. As they began to fill South Florida yards, the Atala butterfly returned!

## Summary of Benefits Native Plants Provide [along with wildlife habitats]

### Stormwater Management

Using moisture-loving plants in rain gardens and in bioretention and wetland detention basins slows down and absorbs rainwater,

**continued on page 34**

## ASKING MORE OF THE LANDSCAPE ... continued from page 33

thus reducing the quantity and velocity of stormwater runoff while improving water quality.

### Less Maintenance

Compared with lawns and mulched tree, shrub, and perennial plantings, landscapes planted with appropriate native plants require less maintenance.

They require minimal watering (except during establishment and drought periods) and they need no chemical fertilizers or pesticides.

Characteristics of native plants that reduce maintenance include:

- Longevity: plants that live for many decades
- Three to four-season interest: plants that are appealing most of the year
- Variable conditions: plants that tolerate a wide range of light and moisture conditions
- Small and compact: plants that are in scale with a given space
- Weed elimination: plants that grow into dense groupings and eliminate weeds
- Seediness: plants that do not spread readily from seed

### Wildlife Habitat

A native plant garden or large planting with a diversity of trees, shrubs, perennials, and grasses provides food and shelter for insects, birds, amphibians, and mammals throughout the growing season. Leaving seed heads and plant structure throughout winter provides continuing food and shelter for many creatures and provides opportunities to observe nature up close.

### Resistance to Deer Browse

Deer are adaptable and eat a wide variety of plants. Fortunately there are many native plants that deer avoid. Deer rely on their sense of smell to determine whether an area is safe and which plants are desirable to eat. For instance, plants with aromatic foliage such as wild bergamot (*Monarda fistulosa*) and round-leaved groundsel (*Senecio obovatus*) deter deer. Some plants repel deer because of their coarse, rough, hairy or spiny textures. This group includes rattlesnake master (*Eryngium yuccifolium*). See Deer Resistant website on Resource List.

### Educational Opportunities

Native plant gardens present endless opportunities for learning about seasonal cycles, wildlife, and plant life cycles. Quiet spaces outside can be used for art and reading classes. Environmental and conservation topics are taught best outdoors.

### Sense of Place

People who have lived in one place for a while develop images of their home that create a sense of belonging and familiarity. For

instance, the Mountain Laurel (Connecticut State flower), ferns, maples, oaks, birches, holly, dogwoods, sweet pepperbush - and their foliage, blossoms, and berries have made their mark in the hearts and thoughts of residents. Many people have recognized this heartfelt connection with nature, and it often is referred to as "sense of place."

### Beautification

Native wildflowers and flowering vines, shrubs, and trees offer a wide range of colors, textures and forms to create dynamic displays. Grasses and sedges have interesting flowers and seed heads and yellow-orange fall color. Shrubs and trees have fall color and berries that persist into the winter. Choosing a wide assortment of plants ensures seasonal interest, with the bonus of attracting colorful birds, butterflies and insects.

### For Further Information on Native Plants Review the Resource List.

Native Plant Database  
<http://www.wildflower.org/plants/>

CT Audubon – Plant Native Species  
<http://ct.audubon.org/plant-native-species-0>

Kick the Invasive Exotic Gardening Habit with Great Native Plant Alternatives  
<http://www.usna.usda.gov/Gardens/faqs/InvasivesAlternatives.html>

Native Plant Library and where to purchase them  
<http://www.abnativeplants.com/>

Regional Plant List  
<http://www.plantnative.org/rpl-nes.htm>

Connecticut Botanical Society  
<http://www.ct-botanical-society.org/garden/index.html>

The Native Plant Center  
<http://www.sunywcc.edu/about/npc/>

*"The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden"* & *"Bringing Nature Home"* by Douglas Tallamy

*"Essential Perennials: The Complete Reference to 2,700 Perennials for the Home Garden"* by Ruth Rogers Clausen

Deer Resistant Plants  
[http://reddinggardenclub.org/deer\\_resist.html](http://reddinggardenclub.org/deer_resist.html)

# 16th Annual Community Treasures Variety Show

## “Call For Acts”

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

Come “Catch the Wave” of excitement at this year's beach-themed show which is brought to you once again by Old Saybrook Youth and Family Services through the Healthy Communities Healthy Youth initiative. Curtain call for this year's event will be at 6:30 p.m. on Friday, May 8th at the Old Saybrook High School auditorium. All Old Saybrook residents are invited to take center stage to share your special talents with friends and neighbors alike. Family,

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

All acts to be included in this year's show must register with Youth and Family Services no later than Monday, April 6th and schedule a 10 minute performance preview appointment. The Variety Show Committee is now scheduling previews from 5:00 p.m. to 8:00 p.m. on Wednesday, April 8th and Thursday, April 9th at the Old Saybrook High School Auditorium. Please contact Youth and Family Services (860-395-3190) to schedule your 10 minute preview appointment. Participants must

also plan to attend one Dress/Technical Rehearsal the week of the show. To accommodate all our ‘rising stars’, the length of each performance will be limited to 3 minutes and performers will be limited to one individual or small group act.

So grab your boogie board, slip on those flip-flops and prepare to celebrate at Old Saybrook's 16th Annual Community Treasures Variety Show! Come “CATCH THE WAVE” for yourself and enjoy all the cool talent right here in our community.

Tickets will be available at Youth and Family Services and at the door. For more information please contact Wendy Mill, Program Coordinator at Youth and Family Services at 860-510-5050 or [wmill@town.old-saybrook.ct.us](mailto:wmill@town.old-saybrook.ct.us) or visit the agency's website at [www.oldsaybrookct.org/youth](http://www.oldsaybrookct.org/youth).

**continued on page 36**

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## VARIETY SHOW ... continued from page 35

### News from Middle School After School Clubs



Members of the Hip Hop Club with instructor Tracey Morin look forward to performing for you!

The Hip Hop Afterschool Club will perform “It’s a Hard Knock Life” from the musical “Annie” at this year’s annual Community Variety Show.

Seventeen students enrolled in the class will perform this fun dance sequence led by dance instructor Tracey Morin. Students meet every Tuesday from 2:35-4:00 p.m. at the school.

The Drama Afterschool Club will present an improvisational piece that the students wrote and directed themselves. Students have been learning acting techniques for the past twelve weeks and are thrilled to share what they have learned.

Come see all the fun on May 8 at Old Saybrook High School for the Community Variety Show.

Old Saybrook Middle School Afterschool Clubs are a program of Youth and Family Services, in partnership with Old Saybrook Public Schools. Upcoming spring classes include Junior Detective, Babysitting, Weightlifting, Knitting, Entrepreneur Junior, Drama, Hip Hop and Lego-robotics. We are always looking for instructors as well as chaperones.

Bring us your experiences and skills! Help us to provide a variety of extracurricular activities to our students!

For more information, please visit us at [www.oldsaybrookct.org/youth](http://www.oldsaybrookct.org/youth) or call Jodi Kelly at 860-510-5051.



Old Saybrook’s Community Treasures Variety Show organizers - Debra Mals, Ryan Svec and Wendy Mill (l-r), are making plans to “CATCH THE WAVE” at this year’s community event.

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# Visiting Nurse Association of Southeastern Connecticut

## Caring for our Community

### 10 Tips for Effective Medication Management

Medication management is very important for everyone. Below are tips to help prevent medication management problems. Keep a list of all the current medications you and your loved one is taking.

#### 1. Keep a list of all the current medications you and your loved one is taking.

Make sure to include the name of the medication, frequency, dose prescribed, how it's taken, purpose for the medication and the duration you are required to take it. Include all over-the-counter medications, vitamins and herbal supplements. Even these medications can cause side effects or possible dangerous interactions. Always keep a copy in your purse or wallet.

#### 2. Share your medication list at all doctor's appointments, specialist

#### visits and with your pharmacist.

The list will give health care providers a better record of your current medications. Having a list can also reduce the chance of multiple medications being prescribed to treat the same condition.

#### 3. Stay informed about the medication you are taking. Read the patient information sheets and instructions with your medicine to become aware of any adverse reactions that may occur with certain foods or drinks. Be mindful of confusing medications that have similar names or look alike.

If you notice any of the possible side effects or adverse reactions from your medication contact your doctor right away. As you age, your body may metabolize medicine differently.

#### 4. Keep the number of pharmacies and doctors that you visit to a minimum.

When the number of providers is limited, the communication among providers is easier to manage. Some side effects can present as other health concerns and cause patients to be misdiagnosed. When your doctor is aware of all your medications and conditions, they are able to properly treat your symptoms. Talk to your pharmacist they are a great resource.

#### 5. Pick a specific day and time each week to refill your pillbox for the entire week.

This will help ensure that you do not accidentally take a double dose of medication.

#### 6. Find a system for remembering the correct time to take your medication that works best for you and stick to it.

Use a pillbox to organize your medications weekly. If necessary use separate boxes for morning and evening medications and label the boxes clearly. Take your pills at the same time each day and pick a time when

continued on page 39



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## VISITING NURSE ASSOCIATION ...

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you are typically home. Make taking your medications part of your regular routine. Take them before you brush your teeth or right before you shower. Set an alarm as a reminder, you can use your watch, an alarm clock, a cell phone or a computer to alert you each time your medication needs to be taken.

### 7. Store your medications safely in accordance with the package inserts.

The majority of medication should be stored in a cool, dry, dark location that is out of the reach of children. Storing medication in your bathroom is not always the best location. Light, heat and humidity can all cause changes in a medicine's effectiveness. Keep medicines where you are likely to see them every day.

### 8. Discuss all medication changes with your primary doctor prior to adding or stopping any regimens.

Have appointments yearly to discuss your medications, or whenever a prescription or over-the-counter medication is added.

### 9. Throw away expired medication, even over-the-counter pills and order repeat prescriptions in advance to avoid missing doses.

Expired medicine breaks down and become less effective. Try not to run out of your medication and be sure to check with your doctor before attempting to "make up" any missed dosages.

### 10. Never take medication that was prescribed for someone else, even if your symptoms are the same.

You may be diagnosed with the same disease, but have different medicine and forms of treatment. All prescriptions have been written with the individual's medical history, age and weight in mind.

If you have questions about medication management call the Old Saybrook Town Nurse she wants to help residents stay healthy. She offers free weekly blood pressure screening at the Estuary Council for Seniors and is also available for monthly screenings for fasting blood sugar and cholesterol; as well as medication reviews, diet, exercise and lifestyle teaching to help prevent and control your numbers. Clinics are also available at the Acton Public Library and Saye Brook Village. Need a quick screening for memory loss vs. dementia? Do you have other health concerns? Are you homebound and need a home visit?



Tina Belmont, RN

Call 860-271-5683 to schedule an appointment with the Old Saybrook Town Nurse, [www.vnasc.org](http://www.vnasc.org) or 860-444-1111.



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# Historical Society Events

## April 16: "Connecticut Yankee in Lincoln's Cabinet"

J. Ronald Spencer, author of "A Connecticut Yankee in Lincoln's Cabinet: Navy Secretary Gideon Welles Chronicles the Civil War," will present a talk at the Acton Public Library, 60 Old Boston Post Road, Old Saybrook on Thursday, April 16 at 7:00 p.m.

Sponsored by the Historical Society as part of their Chapman Lectures series, the public is invited and there is no charge.

Connecticut journalist and politician Gideon Welles served as Lincoln's secretary of the navy and was an architect of Union victory who kept an extensive diary with his observations of people, issues and events during this critical period in American history.

Author J. Ronald Spencer is associate academic dean and lecturer emeritus in history at Trinity College in Hartford, CT

## May 30: Antique and Appraisal Day Show

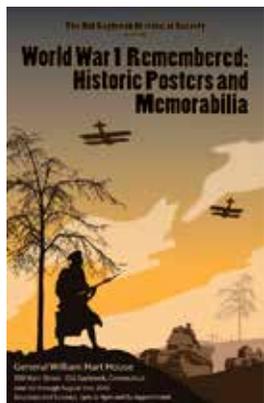
Peddlers will arrive in Saybrook to offer a wide assortment of hard-to-find treasures that will be offered to ordinary citizens at the Gen. William Hart House and the historic Trivet Green, on Saturday, May 30 from 9:00 a.m. – 4:00 p.m.

It's time for the third annual Old Saybrook Historical Society's Antique and Appraisal Day show and there'll be opportunities to find items that you simply must have. Many of these incredible objects will be displayed by more than 60 quality dealers from all over Connecticut and the other colonies.

In addition, there will be some ten experts who will happily inspect any prized possessions to let you know if it should be identified in the will, or merely contributed to a worthy charity. The charge for this priceless information will be \$7 for one item, \$20 for three.

Refreshments will be offered by Boy Scouts and the Historical Society, plants will be available at very modest prices by the Hart House Garden volunteers, and a good time will be had by all.

There is no charge for admission and the event will be held rain or shine. For further information, contact Karen Emack-Dolson at 860-662-0245 or karensrfe@me.com



## June 7: World War I Remembered

It was called the Great War or the war to end all wars, but within a generation it was renamed, as World War I. It claimed more than 10 million lives and communities all over the world are remembering. The Old Saybrook Historical Society is commemorating this tragic event with a special musical program to open the exhibit: World War I Remembered: Historic Posters and Memorabilia.

The commemoration will be held on Sunday, June 7 beginning with a musical program at the Grace Episcopal Church meeting room at 3:00 p.m. immediately followed by a reception and viewing of the poster and memorabilia exhibit in the gallery at the Gen. William Hart House.

continued on page 42

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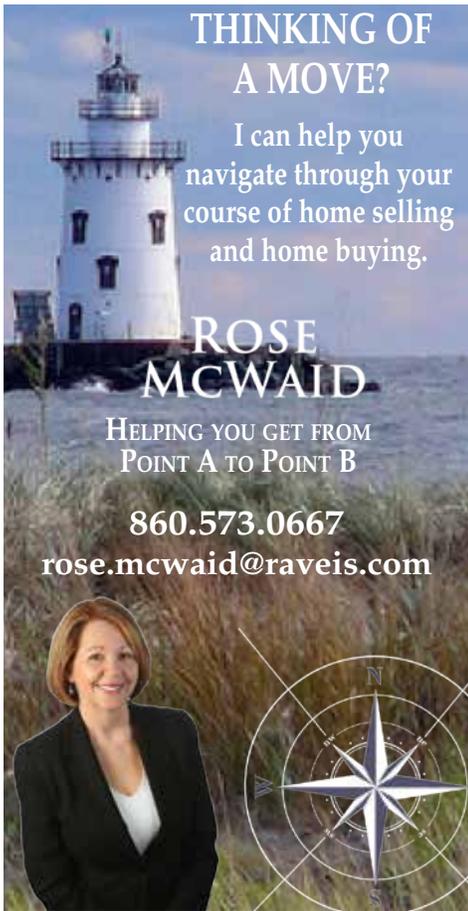
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## HISTORICAL SOCIETY EVENTS ... continued from page 41

Sponsored by the Old Saybrook Historical Society as a community event, the public is invited and there is no charge.

The musical performance will feature Rick Spencer, well known developer and presenter of theme-based historic music programs. With more than 25 years in the historical performance industry, including 20 years at Mystic Seaport, he has performed widely in the US, Canada and Europe.

His program will include patriotic and popular folk songs of the First World War. Often humorous, they are also filled with tragedy, loss, fear and hope and tie the men on the battlefield to the home-front. To listen to the songs of the First World War is to hear the cultural history of the period brought to life.

After this special opening, the exhibit will be available without charge on Saturdays and Sundays, from 1:00 -4:00 pm, through August 31.

The Historical Society wishes to acknowledge the support of Grace Episcopal Church and is grateful to William Temple for the loan of World War I artifacts from his collection.



Donn Trenner at the piano

### June 27: Hosting for History - Pizza and Piano

All are invited to indulge your appetite for sizzling pizza and lively piano music at the Society's annual Hosting for History event, Saturday, June 27 starting at 5:00 p.m. on the beautiful campus of the Gen. William Hart House, 350 Main Street, Old Saybrook.

Open to the public, the gathering will feature the New Haven Pizza Truck with a selection of stone oven pizzas, salad, dessert and coffee. The nationally known Donn Trenner Trio will provide live music from 6:30 – 9:00 p.m.

Donn Trenner is an Emmy Nominated musical director, conductor, arranger that came up in the ranks of early bebop pianists. He appeared nightly on the famed Steve Allen Show, leading the Donn Trenner Orchestra. He has performed with numerous orchestras and in several television specials, both here and in Europe.

In addition, a special wine tasting will be offered courtesy of Shore Discount Liquors and there will be numerous auction items. The event will be under a tent and will be held rain or shine.

Reservations are required as the event is expected to sell-out. Tickets are \$50 per person and are available after May 1 at the Frank Stevenson Archives, Thursday mornings from 9 - 12 or by mail. Mail orders should be sent to the Old Saybrook Historical Society, P.O. Box 4, Old Saybrook, CT 06475 Payment and a self-addressed, stamped envelope should be enclosed.

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## HISTORICAL SOCIETY EVENTS

... continued from page 42

The Historical Society wishes to thank out sponsors: Shore Discount Liquors, Hadass and Matthew Rubin, and Saybrook Recycle Furniture.

For tickets and more information call (860) 395-1635 or check [www.saybrookhistory.org](http://www.saybrookhistory.org)

### July 11: Popular Civil War Reenactment Returns

For a fun-filled family day and exciting learning opportunity, come see and talk with members of Company F 14th Civil War Infantry as they reenact a Civil War campsite, cook over the camp fire, and fire their muskets.

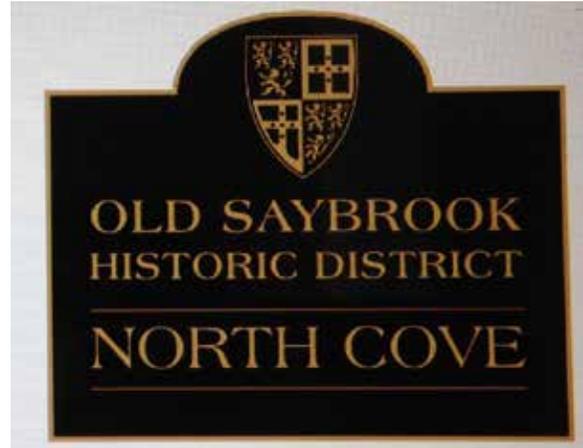
The knowledgeable and friendly reenactors will happily show and explain objects from the period and discuss war-time and daily life.

This popular community event will be held on Saturday, July 11 from 10:00 a.m. - 2:00 p.m. on the campus of the Gen. William Hart House and is open to all without charge.

## Historic District Commission

The Town of Old Saybrook and The Old Saybrook Historic District Commission officially recognized the boundaries of The North Cove Historic District with plaques. Because of its significance, the Town has recognized the district as an asset to both residents and visitors and as a place of historic value to our community.

*Diane Aldi DePaola, Chairman*



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## Estuary Council Regional Senior Center

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The Estuary Council of Seniors in Old Saybrook at 220 Main Street is hosting the first annual "Junk in the Trunk" - A Parking Lot Shoreline Market, on Saturday, April 25.

The market will feature vendors and artisans showcasing their one of a kind treasures, antiques, vintage pieces, arts and crafts and other assorted bric-a-brac during this one day shopping event. The market will be open from 10:00 a.m. to 3:00 p.m., rain or shine. There will be food available for purchase, music, information and tours of our wonderful Senior Center, a gift drawing and much, much more. If you are interested in being a vendor, please call Director, Paul Doyle at 860-388-1611, extension 211. For more information, visit us at <http://www.ecsenior.org>.

## Sing For Joy, Cappella Cantorum Men's Chorus Concert 2015

Cappella Cantorum Men's Chorus Concert will be presented on Sunday, June 7, 3:00 pm at St. Paul Lutheran Church, 56 Great Hammock Rd. Old Saybrook, CT 06475. The concert in air conditioned comfort, features Spirituals, Gospel, Sea Chanteys, Classical and Broadway Music. The Hill Top Four, Barbershop Quartet will also be featured. Tickets \$15 at: CappellaCantorum.org or 860-577-2950 or \$18 at the door. 12 and under free.



Cappella Cantorum Men's Chorus drawing inspired in St. Paul Lutheran Church in a 2005 concert, drawn by Madeleine Favre of Deep River.



Kathy Alsop, Art Director and Suzanne Spires, Operations Director at Events Magazines showing the International Benny Award won by Essex Printing for being the Best of the Best in the printing industry while attending the Old Saybrook Chamber of Commerce Business Expo.



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