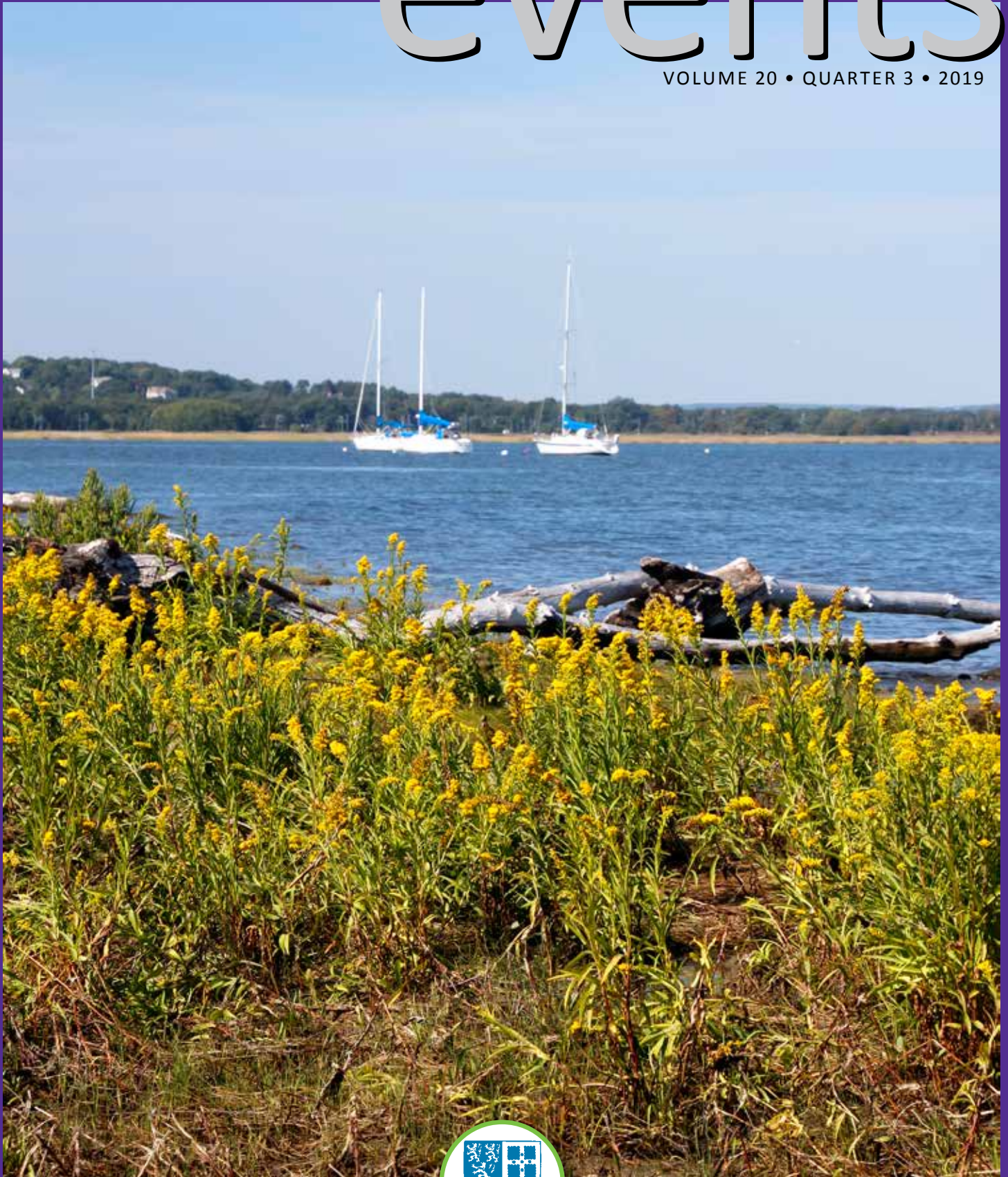


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[MiddlesexHealth.org/women](http://MiddlesexHealth.org/women)



\*American Cancer Society



# The Selectmen's Corner

Happy fall from the Board of Selectmen, which consists of First Selectman Carl P. Fortuna, Jr., and Selectmen Scott Giegerich and Carol Conklin. The summer season seems to come and go quickly so make the most of it. I hope you enjoy the season. We thank you for entrusting us with running your local government.

The town concluded its 2019 fiscal year (which runs from July 1, 2018-June 30, 2019) with excellent numbers both on the expenditure and revenue side of the ledger. The town's \$20 million budget was underspent by about two percent which shows excellent discipline by our department heads. Every year, we budget needs and if a department does not spend all the funds allocated to it, the remaining dollars will drop to the "bottom line" and become surplus. We have eliminated the "use it or lose it" mentality and always stress budgeting for those projects that will best serve the public. Funds become left over as a result of a variety of factors: weather, unavailability of consultants, lower than expected use of services. When funds become surplus, they typically add to the town's "rainy day" fund which, as per Board of Finance policy, is directed to be approximately 15% of the town's operating budget, inclusive of the Board of Education budget. On \$46 million, that is \$6.9 million in reserves! While that is certainly a lot of money, most New England towns range from 10-20% in reserves while in many other parts of the country reserves can top 25%. Reserves are significant when a town

seeks to borrow money through bonding. Rating agencies like Moody's, Fitch and Standard & Poors look at a town's reserves as an important factor as it relates to financial stability and the ability to withstand a temporary crisis. Old Saybrook has steadily built its reserves over the eight years and attaining the 15% percent reserve level is a significant financial achievement, though it may not garner wide headlines.



First Selectman Carl P. Fortuna, Jr.

Continuing on with the town's overall 2019 finances, the revenues that were received by the town exceeded our projections, also by about 2%. This was due to at least one large overdue tax payment, and better than budgeted state revenues. The good news is that we expect state revenues to be level funded for the (very) near future (FY '20 and FY '21) but we are have positioned the town for the day when the State again starts to cut town funding. All in all, though an official audit of the town's finances remains to be completed, the 2019 fiscal year was another excellent one.

As most of our residents have surely noticed, The Katharine  
**continued on page 5**



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## CONTENTS

The Selectmen’s Corner..... 3

goPINK Celebrates 10th Anniversary  
of Supporting People with Cancer ..... 7

OSCC Old Saybrook Chamber of Commerce..... 8

XTRAMile Extended Through Fall 2019 ..... 10

Town Clerk’s Office..... 11

Borrow A Bag ..... 12

Old Saybrook Conservation Committee  
& Plastic Free July Campaign ..... 14

Social Services-Energy Assistance..... 16

Social Services - Help Days..... 18

Shoreline Job Fair Coming Soon!..... 19

H.E.A.T. - Spaghetti Dinner ..... 19

Old Saybrook Parks and Recreation Department ..... 20

Legislation for Our First Responders ..... 24

Cappella Cantorum begins its 50th Year with  
Bach’s ‘Christmas Oratorio’ ..... 25

Old Saybrook Garden Club ..... 26

Old Saybrook Education Foundation (OSEF)..... 27

THE BEACON..... 28 - 29

Meet Our New Teachers..... 28

OSPS Fund for Teachers ..... 28

Fourth Grade Joins Goodwin School ..... 29

Camp Hazen Freshman Orientation..... 29

Acton Library Events: October through December 2019 ..... 30

Acton Public Library ..... 30

Acton Public Library Receives  
Conservation Commission Donation..... 35

Friends of Acton Library..... 35

Don’t Let the Flu Stop You!..... 36

What affects your mood? ..... 36

What You Need to Know: Endometrial Cancer ..... 37

Beware the Itch that Spans the Seasons..... 37

OSYFS Programs Grounded in Research ..... 38

Mindfulness & Meditation at the Pavilion ..... 40

Old Saybrook Holiday Giving Program..... 42

Old Saybrook Youth Action Council ..... 44

Old Saybrook Historical Society ..... 44

The Benefits of a Rain Garden..... 48

The Different Styles of Vermont ..... 52

The Last Word... Jackie Robinson: An Ongoing Legacy of  
Impact and Achievement ..... 54

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

Hepburn Cultural Arts Center has been undergoing some exterior renovations recently. The cement pedestal and stairs have been fixed and the rot and the base of the pillars has been removed and reinforced. The exterior is painted and new lights for the front of the building have been installed. The non-profit that operates The Kate has funded all the exterior painting and also concluded interior renovation including painting and new carpet installation. This building is now ready to celebrate its 10th anniversary over the course of 2019-2020. The building renovation that took place 10 years ago stirred great controversy in our community. There was concern that spending millions on an arts and cultural center was not a good use of public funds. Now, with the advantage of 10 years of operations in the books, it is fair to say that The Kate is a resounding success by any measure. The theatre itself has approximately 250 seats. In the first year The Kate opened, 2009/2010, 14,989 customers came through the door. In subsequent years, the numbers are as follows: 26,123; 27,255; 23,013; 26,864; 28,267; 31,746; 33,826; 39,855 and in 2018/2019, 43,344 customers came to The Kate. Sometimes there are 8-10 shows a week, depending on the offerings. Most interesting, approximately 22% of the customers are from Old Saybrook. The Kate draws a staggering amount of interest from all over Connecticut. The people come to our town, dine in our restaurants and, we hope, do some shopping along the way. This exposure is good for Old Saybrook and may lead to repeat visits, and perhaps relocation to our town. After all, once you get a flavor for Old Saybrook, it's hard to not want to be here permanently. The Kate is a town owned building. The town budget allocates approximately \$60,000 per year to its upkeep and maintenance. The return on that investment, based on the numbers above, is significant. Building The Kate was no doubt a bruising fight. Looking back on that moment in time, it is a bit frightening to think what Main Street would be like without this incredible attraction.

### **GARBAGE. Let's talk garbage.**

It has become more expensive (about 20%) for many of Connecticut's municipalities to dispose of their garbage due to the aging infrastructure of a "trash to energy" plant in Hartford. For this reason, we will be cracking down on scofflaws using our station. The Town of Old Saybrook will be implementing a sticker system; you must have an affixed transfer station sticker on your windshield to enter the transfer station starting this fall. The sticker can be obtained by coming into town hall and showing your license AND registration in the Selectman's office or in the office of the Town Clerk. Internally, we will write down the year, make and model of the vehicle for cross-checking at the transfer station. Stickers will be free. This should give our residents the confidence that our transfer station is being used by Old Saybrook residents only. As

continued on page 6



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

always, we encourage you to recycle as much as possible. We still only pay to get rid of trash: there is no disposal fee (yet) for recyclables though that may be coming. Any way for our community to reduce the tonnage we sent to Hartford results in real savings to our town. Food waste is a huge contributor to tonnage, as much as 20%. Composting is hard but doable. Most importantly, shop smart and don't waste food and this should lead to lower trash fees. Thank you.

### THE CENSUS IS COMING. Do not fear the census!

Mandated by federal law to be conducted every ten years, the census is a critical government function. The results of the 2000 census reduced Connecticut's six U.S. representatives to just five. Now that representation is in jeopardy of being downsized yet again to four. The census determines the boundaries of state voting precincts and school districts and affects the allocation of roughly 676 billion federal dollars to states for our most important programs: healthcare, the Medicaid federal match program, community block grants, Pell grants, nutritional programs like WIC and SNAP as well as others that depend on getting an

accurate count to get the correct allocation. The census process will roll out in five steps, with the first communication to residents arriving between March 12 and 20, 2020, inviting people to respond online or via a toll-free phone number. The surveys will be available in 12 of the more commonly spoken languages with instructions for filling out the census. From March 16 to 24, those who haven't responded will receive a reminder letter, to be followed by a reminder postcard between March 26 and April 3. Those who have still not responded will receive a paper survey between April 8 and 16. A final reminder postcard will be sent by April 20 before someone in person, an enumerator, will knock on your door. The town will be making a big push to have Old Saybrook stand out with its census compliance. Please help us by spreading the word.

There are always exciting and fun events happening in our beautiful town, no matter the season. Have a happy and safe fall.

Carl P. Fortuna,  
Jr. Old Saybrook's First Selectman

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## goPINK Celebrates 10th Anniversary of Supporting People with Cancer

You can support cancer patients this fall during the 10th anniversary of goPINK. Donations help cover the costs of integrative medicine therapy for all cancer sur-vivors served by Middlesex Health Cancer Center, including those with breast cancer.

Integrative medicine complements conventional cancer treatment. It focuses on the whole person - mind, body and spirit, and can help many patients find relief from pain, neuropathy and other cancer-related symptoms. Patients who are cared for by Middlesex Health Cancer Center in Middletown and Westbrook can choose from acupuncture, reflexology, massage therapy and more.

The local community has donated more than \$215,000 to goPINK since 2010, which has helped more than 1,200 cancer patients receive free integrative medi-cine therapy. To learn more about the month of activities visit: [gopinkproject.com](http://gopinkproject.com).

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# OSCC Old Saybrook Chamber of Commerce

## VOTE FOR YOUR FAVORITE SCARECROW

Get ready for Scarecrow Fest-the time of year when scarecrows begin popping up all over town! Scarecrow Fest is organized by the Old Saybrook Chamber of Commerce and is open to the entire community-schools, non-profits, families, and businesses are encouraged to submit a scarecrow!

From the traditional to scary to whimsical, Scarecrow Fest encourages the community to take part in the fun and compete for "Best Scarecrow." Past entries have featured dancers, athletes, a baker, hair stylist, doctor, and dentist, often representative of the business or organization submitting them, while others lean toward the creative, with elaborately dressed mermaids and skeletons making an appearance.

The winning scarecrow is determined through a "text-to-vote" system, and the winning scarecrow receives the coveted "Golden Broom Award!" Each scarecrow is assigned a unique number. To vote for your favorite scarecrow, text SCARECROW followed by the corresponding number to 74574. Voting will open October 16 and end on October 28. A list of scarecrows and their assigned voting number may be found online at [oldsaybrookchamber.com/scarecrow](http://oldsaybrookchamber.com/scarecrow).

Entries must be received by October 15, along with a \$25



This scarecrow beauty is the handiwork of Tove Vigen, owner of Tova's Vintage Shop, dressed, appropriately, in vintage clothing.

registration fee. Register online at: [oldsaybrookchamber.com/scarecrow](http://oldsaybrookchamber.com/scarecrow).

## INTRODUCING "PEPPERMINT PERKS"

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## Chamber of Commerce... continued from page 8

Perks” card—a new holiday shopping and dining promotion that offers a savings of \$5 on a purchase of \$25 or more. Introduced by the Old Saybrook Chamber of Commerce, the promotion is valid at more than three dozen local businesses, including retail, restaurants, and services.

“The idea is to encourage our residents and visitors to patronize Chamber member businesses, while also enjoying a savings,” explained Old Saybrook Chamber of Commerce Executive Director Judy Sullivan. The “Perks” card will be inserted into

seven Shore Publishing newspapers, from East Haven to East Lyme, on November 21, reaching 65,000 doorsteps. The promotion runs from Small Business Saturday on November 30, through Saturday, January 4, 2020. The “Perks” card has perforated tabs that may be redeemed at the participating business, and may be used once per customer per business.

Visit: [oldsaybrookchamber.com/peppermintperks](http://oldsaybrookchamber.com/peppermintperks) for more information.

## XTRAMile Extended Through Fall 2019



9 Town Transit is offering a FREE on-demand shuttle service until November, 2019. The service is called XtraMile and was designed to solve the first/last mile challenge created by commuting by bus and train. Although designed with commuters in mind to provide shuttle service

from the station to their workplace, anyone can use the service.

Visitors and commuters can use the service for a ride anywhere in Old Saybrook, the village of Centerbrook in Essex, the Essex Steam Train, and Westbrook.

If you arrive at the Old Saybrook Train Station or at one of the Marinas, you can hail the service by using the app on your cell phone just like Uber and Lyft service.



### GET THE APP & RIDE!

Download the app from the 9 Town Transit website: <http://estuary>

[transit.org/xtramile/](http://transit.org/xtramile/), open the app and click where you want to go. Then the shuttle bus will pick you up and take you there. It's that easy. And it's FREE during the pilot program which runs until November.

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

### CONGRATULATIONS!

Jess Elias and Kathleen Nadolny - May 24th  
Brian McNeil and Kyrsta Brenhant - May 31st  
Colin McGoodwine and Sarah Showalter - June 1st  
Stephen Patton and Bethany Lepine - June 1st  
Thomas Prendergast and Katherine Liggio - June 8th  
John Klages and Sharon Eddy - July 1st  
Daniel Ferrara and Xaviera Gamboa - June 29th  
Timothy Velys and Katherine Clawson - June 29th

Mark Guarnaccia and Marilynne Anderson - July 6th  
Robert Fata, Jr. and Morgan Kauffman - July 12th  
Andrew Cusson and Valquiria De Sales - July 13th  
Philip Chapell II and Lexie Eastman - July 19th  
Christopher Cryder and Ann Webster - July 26th  
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Brian Zaklukiewicz and Emily Johnson - Aug 17th  
Elia David and Sophia Lyoff - Aug 24th

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# Borrow A Bag



## FORGET YOUR REUSABLE SHOPPING BAG?

No problem, just borrow one! At several area farmers' markets you can now stop by the reusable bag stand and grab a bag to carry home your market finds. You don't have to opt for a single-use plastic bag, which will now cost 10 cents each, due to a plastic bag fee imposed by the State of CT as of August 1st. Already have too many of those reusable bags in your back seat? Drop them off at a stand to help others.

The "Take A Bag/Leave A Bag" program was initiated by the Town of Old Saybrook Land Use Department, in partnership with the Lower CT River Valley Council of Governments, which coordinates regional land use and transportation planning (RiverCOG.org); and Sustainable CT, a voluntary state-wide program which promotes sustainability (SustainableCT.org.)

## The free-standing racks are located at all of these participating farmers' markets:

Chester	East Haddam	Lyme
Cromwell	Ivoryton	Old Saybrook
Durham	Killingworth	Westbrook

This program is being piloted at farmers' markets, but the goal is to have these reusable bag stations located in stores and shopping districts throughout the region in time for the full ban on single-use plastic bags in July of 2021. Municipalities are also authorized to enact their own plastic bag restrictions prior to that date, and many Connecticut towns have already done it. Several retailers, including Big Y, are also planning to reduce their use of throw-away plastics.

In the meantime, as we adjust to this more sustainable lifestyle, we will keep trying to remember our reusable bags, water bottles, **continued on page 14**

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## Borrow a Bag... continued from page 12

etc. until it becomes as familiar as taking our phones everywhere. But when you do forget, you can still say

“No thank you” to plastic- you’ll save a little money, and help keep our town and waterways clean.

# Old Saybrook Conservation Committee & Plastic Free July Campaign

These days, it’s not difficult to find media reference to reducing our use of plastics. Plastic straws, grocery bags and water bottles are frequently named as easy items to eliminate.

The Old Saybrook Conservation Committee adopted plastic reduction and elimination as a focus area for fiscal year 2019-2020. As part of this initiative, the committee decided to use a global program called “Plastic Free July.” On June 28, during the Old Saybrook summer side-walk sale, the committee introduced this program to the public.

Members of the committee stationed

a table and distributed a checklist of items that individuals and families could pledge to avoid during the month of July. And hopefully, the practice would continue throughout the year!

This list showed the impact to our land-fill waste, oceans and global warming. The overall intent was to educate and hopefully engage people in seeking alternatives to plastic. Aluminum water bottles were distributed to those that stopped by and took the pledge.

Recycling isn’t the best answer anymore - our landfills have fewer options to dispose of recycled plastic. So eliminating plastic wherever possible is crucial



to solving this problem. You may be familiar with the 4R’s Pledge which is refuse, reuse, reduce and recycle.

Check-out the following websites for additional information on how you can make a difference. Please visit: [www.plasticfreejuly.org](http://www.plasticfreejuly.org) or [www.plasticpollutioncoalition.org](http://www.plasticpollutioncoalition.org).



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Kelli DeAngelo  
860.304.2920



Matt Diamond  
860.391.9461



Carol Ieronimo  
860.575.6032



Sangah Jee  
860.575.1897



Julia King  
860.876.7097



Barbara Krucko  
860.883.2099



Joanne Lariviere  
860.391.1930



Kathryn Lauterbach Bell  
203.530.8485



Lara Luciani  
203.623.2473



Rose McWaid  
860.573.0667



Carla Mousch  
860.227.4306



Star Rueckert  
802.760.7866



Peg Serapilia  
860.463.8530



Arlene Soden  
860.575.0707



Dylan Walker  
860.227.5277



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# Social Services-Energy Assistance

## ENERGY ASSISTANCE

November 15, 2019 – March 15, 2020

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

Household Size 1,	under \$34,366
Household Size 2,	under \$44,941
Household Size 3,	under \$55,515
Household Size 4,	under \$66,089
Household Size 5,	under \$76,633
Household Size 6,	under \$87,237
Household Size 7,	under \$89,220
Household Size 8,	under \$91,203

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

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

## HELP IS AVAILABLE FOR ALL TYPES OF HEAT.

The program has tiered levels of help depending on income and family size and the amounts awarded will help families struggling with high heating costs keep warm this winter. This program begins on November 15, 2019 for fuel assistance and will run through March 15 of 2020. You can also call us here in the Old Saybrook office for help through Operation Fuel and our local HEAT program.

Program guidelines, including important dates and benefit levels, will be updated once the 2019/2020 Low Income Home Energy Assistance Program Allocation Plan is approved in early September. Please note the dates and benefit information displayed above are from last winter's program as this article went to print prior to September.

Appointments need to be scheduled in advance and information on what documentation you should bring will be provided. We will be hosting a town wide sign up day in town hall sometime in October prior to the November 15 start date. Please call for information.

Please contact Susan Consoli, MA, LPC, Social Services Coordinator, at: 860-395-3188 or by email to: [susan.consoli@oldsaybrookct.gov](mailto:susan.consoli@oldsaybrookct.gov).



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**Hosted by: Coburn Financial Group**

**Thursday, October 10th, 2019, 5:30 pm**

**Saybrook Point – Vicki G. Duffy Pavilion, 155 College Street, Old Saybrook**

Space is limited. Please call 877-323-9950 to make a reservation for you and a guest by October 7th. This is an informational seminar. There is no cost or obligation. Light refreshments will be provided.

Charles McSorley is not affiliated with Ameriprise Financial Services.  
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549 Maple Avenue, Old Saybrook | A Fenwick Gem - Architecturally designed and built in 2003. Offered at \$3,575,000



102B Sequassen Avenue, Old Saybrook | Traditional Fenwick home has spectacular water views. Offered at \$3,480,000



25 Pettipaug Avenue, Old Saybrook | Classic Fenwick cottage has been in the Grant-Hepburn family for four generations. Offered at \$3,375,000



1 Foxboro Road, Essex | Essex waterfront signature property is reborn- total renovation of the 1870 Victorian style house. Offered at \$2,995,000



5 Foxboro Road, Essex | The last waterfront building lot at Foxboro Point with breathtaking water views. Offered at \$1,600,000



184 North Cove, Old Saybrook | This circa 1850 Colonial was fully meticulously restored and refurbished. Offered at \$1,595,000



101A Sequassen Avenue, Old Saybrook | A rare opportunity to build a new waterfront home in Fenwick! Offered at \$1,280,000



20 River Road, Essex | Unique Colonial is sited on five beautiful private acres, surrounded by spectacular mature specimen trees. Offered at \$990,000



36 Gates Road, Essex | Classic Stephen Starkey Circa 1847 home, surrounded by flowering shrubbery on a nearly one acre lot. Offered at \$449,000



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# Social Services - Help Days

## SOCIAL SERVICES HELP DAY

Provided 4th Thursday of Every Month in Old Saybrook

### HUSKY, Access Health CT

Social Services Help Days are sponsored by Old Saybrook Social Services and held at Grace Church Hall, 336 Main Street in Old Saybrook every 4th Thursday of the month. We provide help for state applications for HUSKY and ACCESS Health Open Enrollment this fall.

### CT Food Bank Truck

The CT Food Bank truck mobile pantry will come between 1:30 and 2:30 pm to provide fresh food and produce for all who need it; please bring a recyclable bag.

We offer ongoing health screenings for blood pressure, cholesterol and diabetes as well as health education and flu vaccinations with CRAHD, CT River Area Health District, our town RN and Big Y Pharmacy.

Workforce Alliance/American Job Center is on site to bring employment job opportunities to our residents in need of a job or training to obtain a job. Prepare your resume and job interviewing skills here for our Job Fair coming Oct. 16!

## THE OLD SAYBROOK DATES & EVENTS ARE:

**Sept. 26, 9:00 am - 3:00 pm,**

Workforce Alliance/American Job,  
CT Food Truck 1:30 - 2:30 pm

**Oct. 24, 9:00 am - 3:00 pm,**

Energy Assistance/Weatherization,  
CT Food Truck 1:30 - 2:30 pm

**Nov. 28, Thanksgiving Day, closed,**

dinner at Grace Church at 1:00 pm

**December 26, 9:00 am - 3:00 pm,**

Dental supplies, CT Food Truck 1:30 - 2:30 pm

**Additional Shoreline CT Food Bank** stop is at Clinton Town Hall annex building parking lot on the first Fridays of the month.

Old Saybrook residents welcome:

**October 4,** CT Food Bank Truck 9:00 - 10:00 am

**November 1,** CT Food Bank Truck 9:00 - 10:00 am

**December 6,** CT Food Bank Truck 9:00 - 10:00 am

For more information please contact Susan Consoli, MA, LPC, Social Services Coordinator at: 860-395-3188 or by email at: susan.consoli@oldsaybrookct.gov.



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## Shoreline Job Fair Coming Soon!

Old Saybrook Social Services is collaborating with Workforce Alliance and American Job Center to bring a Job Fair with employers with jobs available in the shoreline area and within a reasonable commute to take job applications from those seeking employment. The Job Fair will be held at the Westbrook Town Hall from 12:00 - 3:00 pm, on Wednesday, October 16th.

Employment help is currently available including resume help and training

programs for jobs from Workforce Alliance and American Job Center at our Social Services Help Day prior to this event on September 26 at Grace Church Hall in Old Saybrook from 10:00 am - 12:00 pm.

We are committed to continuing to help those in our community that are in need of employment help. If you would like help with resources available to help you find employment or are ready with your resume to talk with local employers looking to hire

now, please join us. Job seekers and employers that would like to participate should contact Susan Consoli, MA, LPC, Social Services Coordinator, at: 860-395-3188 or by email at: [susan.consoli@oldsaybrookct.gov](mailto:susan.consoli@oldsaybrookct.gov) for additional information.

Registration is required for employers wishing to participate. Registration is not needed for job seekers and walk ins are welcomed!

## H.E.A.T. - Spaghetti Dinner

**Thursday, November 14, from 4:00 pm - 6:30 pm at Fireman's Field, 210 Elm St., Old Saybrook**

Please join us for a spaghetti dinner fundraiser at Fireman's Field on November 14 from 4:00 pm to 6:30 pm. Tickets are available prior to the dinner from H.E.A.T. volunteers and at the door. Businesses are encouraged to buy a table if they would like to help sponsor this event.

Every year the volunteers of H.E.A.T., our firemen, Stop & Shop, our town organizations, businesses and community members get

together to raise funds to help their neighbors in need keep warm in the cold winter months. Meals will also be available for take-out for busy folks that would like to help but can't stay or are on their way home from work and would like to pick up to go.

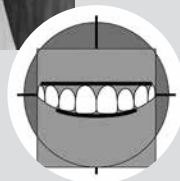
H.E.A.T. is proud to say that 100% of the proceeds go to help those in need, through our local Social Services office right here in Old Saybrook. For more information or questions please contact Susan Consoli, MA, LPC, Social Services Coordinator at: 860-395-3188 or [susan.consoli@oldsaybrookct.gov](mailto:susan.consoli@oldsaybrookct.gov).



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# OLD SAYBROOK OSPR PARKS AND RECREATION

## Autumn 2019

### TEEN CENTER 2019-2020

#### It's that time of the year again!

The kids are back to school which means the OSPR Teen Center is back in full swing. Offering a fun, safe and supervised environment for Old Saybrook youth, the Teen Center is open each day afterschool for students to engage in a variety of activities. Just a short walk from the middle school, students can play on XBOX/PlayStation gaming system, shoot some hoops or simply socialize with friends!

**Memberships for 6th-8th graders** include access to the Teen Center Monday through Thursday 2:30 - 5:30 pm and Friday Nights from 7:00 pm - 9:30 pm, a membership cost \$20.00 dollars for the entire year.

**For our 5th grade students**, the Teen Center is open exclusively

to them from 2:30 - 4:00 pm each Friday afternoon; a Membership cost \$5.00 dollars for the year.

For more information about the Teen Center or memberships, please contact Kyle Bohonowicz at: Kyle.bohonowicz@OldSaybrookCT.gov or by phone at: 860.395.3152.

### 5TH GRADE HALLOWEEN PARTY - Teen Center - October 25th

On October 25th we will have our annual Halloween Party for just 5th graders. Event will take place directly afterschool. Students are encouraged to wear costumes as we will be having a costume contest with prizes for most creative, funniest & best overall. In addition, we'll have plenty of Halloween candy on hand and some great games and activities to get everyone in the Halloween mood! Free for Members or \$5.00 at the door. Time: 2:45 - 4:00 pm. For more information about the Teen Center or memberships, please contact Kyle Bohonowicz at Kyle.bohonowicz@OldSaybrookCT.gov or call 860-395-3152.

### TEEN CENTER HALLOWEEN PARTY - October 25th

On October 25th, we're celebrating Halloween early at the Teen Center! Students are encouraged to wear costumes as we will be having a costume contest judged by Teen Center staff! In addition, we'll have plenty of Halloween candy on hand and some great games and activities to get everyone in the Halloween mood!



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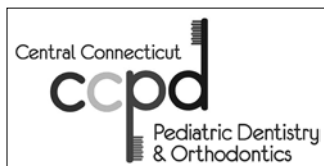



Free for Members or \$5.00 at the door. Time: 7:00 - 9:30 pm.

For more information about the Teen Center or memberships, please contact Kyle Bohonowicz at: Kyle.bohonowicz@OldSaybrookCT.gov or by phone at: 860.395.3152.

### FALL SOCCER WITH OSPR

We are in the middle of our outdoors soccer season and everyone is having a great season. Thank you to all our coaches and players for a great season.



Thank you to our league sponsor and back for a 4th consecutive season, Central CT Pediatric Dentistry & Orthodontics. Coming up in November will

be indoor soccer league which is sponsored by Sharon Linder of Berkshire Hathaway. We have two co-ed leagues, one is for those in kindergarten and one for 1st graders. Games take place on Tuesday or Thursday at the Rec. Please visit our website at: Oldsaybrookrec.com to register and we are always in need of coaches.

### ADULT PROGRAMING FROM OSPR

This fall, OSPR has some great activities for adults. At the Rec, we have two nights of open gym for basketball; Mondays is 18 and older and Tuesday is 30 and over. On Wednesday night we have

pick up volleyball and on Thursday night we have Ladies Night for open gym that includes, a variety of sports and will change from week to week. You can expect basketball, volleyball, pickleball and ultimate frisbee to name a few. All of these programs take place from 7:00 pm to 8:30 pm.

We also have pick up soccer on Saturday mornings at Trask Park, 8:00 - 9:00 am. Bring a ball, grab some friends and have some fun. Fields are lined and goals are provided.

OSPR is also pleased to say we are back for a 6th season at Fenwick Golf Course for our adult golf lessons. We will run a four week program, led by Sue Cart of Stonington Country Club. This program takes place on the 5 hole Ryder Course. Monday classes start promptly at 5:00pm and will end at sunset. This great program is just \$75 for residents. Thank you to the Borough of Fenwick and Fenwick Golf Course for their continued support of OSPR.

OSPR is also offering for the first time a new Adult Dodgeball League which will start on Wednesday, October 16th and run through December 18th. Only the team captain needs to register for their team of 8 and the cost will be \$50.00 per team. For more information or to register for these or any programs with OSPR, please visit our website at [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com).  
**continued on page 22**

## A Round of Applause... For Supporting Our Animal Friends.



### COMMUNITY FOUNDATION

of Middlesex County

(860) 347-0025

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

**It takes a community to improve the quality of life for all** – neighbors and friends who give their time and resources to support a passion or area of interest. We applaud the good people who are working in partnership to protect wildlife and help provide for the basic needs of animals and their human friends.

**Together, we are making a real difference.** Thanks to our donors, our nonprofit partners, and the Animals: Respect & Friendship Fund (ARF!), our neighbors in need are able to keep their animals and benefit from their companionship. Together, we are increasing access to veterinary care, keeping pets in homes, and supporting pop-up veterinary clinics for pets owned by seniors living in fixed-income housing.

**Thanks to you, by combining our resources, we are able to make even the smallest gift have a big impact** - through charitable funds that support not only animal welfare, but also arts and culture, health and social services, education, the environment, history, civic improvements, recreation, and economic security and opportunity.

**We celebrate all of you who share the same desire to help our local community thrive today, and tomorrow.**

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

### THE NATURAL SIDE

Back for the 4th year is a set of programs designed to get the family outside and learn a thing or two about your community, our properties and wildlife. We have 4 great activities lead by Patricia Laudano, Naturalist Field Researcher and Educator, members of Old Saybrook Land Trust and Assistant Director Jonathan Paradis. We have a hike at The Preserve, a marine ecology scoops, kayaking in North Cove and a spooky version of Letterboxing!! All of these great programs are free, but registration is required. Please visit our website to reserve your spot! Email Jonathan Paradis at: Jonathan.Paradis@oldsaybrookct.gov to schedule a start time for Spooky Letterboxing. Space is limited.

### SAYBROOK POINT MINIATURE GOLF



We will be open through Columbus Day weekend!! Starting after Labor Day weekend, Saybrook Point Mini Golf will be open on our off season hours and still just \$5.00 per round!

Friday	5:00 pm - 10:00 pm
Saturday	11:00 am - 10:00 pm
Sunday	11:00 am - 8:00 pm

### SCARECROW MAKING WORKSHOP

Join Parks & Recreation for this great family fun workshop. Make a cool scarecrow for the "spooky" season for the whole family to enjoy. We will supply the hay, instruction, cider and donuts. All you have to bring are the clothes to stuff with hay and great big smiles.

Date: Saturday: Oct 5th Town Green Gazebo from 11:00 am - 12:00 pm  
Fee: \$5.00 per Family

### PUMPKIN DECORATING WORKSHOP

A week after you make your scarecrows, grab a pumpkin and come back down to the green for a family fun workshop to decorate your pumpkin however you'd like. Paint, glitter, fuzzies, and more will be there for you to show off your creativity and artistic talents. Participants are required to bring a pumpkin, OSPR will provide the rest.

Date: Saturday: Oct 12th Town Green Gazebo from 11:00 am - 12:00 pm  
Fee: \$5.00 per Family

### ANNUAL HALLOWEEN PARTY AT THE REC CENTER

This plans to be a scary cool night. Great music by the live DJ and dancing, Cookie decorating, games, prizes, giveaways, a photo booth to capture the night and plenty of candy for all to enjoy. This event is free to all residents!! OSPR would like to thank Liberty Dunkin Donuts and the Rianhard family for their continued sponsorship and support of this program!

Date: Saturday, October 26th from 5:00 - 7:00 pm preschool to Grade 4

For more information or questions regarding programing at OSPR please email Jonathan.Paradis@OldSaybrookCT.gov or visit our website at:www.oldsaybrookrec.com.

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# OLD SAYBROOK TOWN HALL

302 MAIN STREET

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

## SELECTMEN'S OFFICE

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

## ACCOUNTING

395-3132

## ASSESSOR

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

## BUILDING DEPARTMENT

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

## ECONOMIC DEVELOPMENT

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

Pete Terenzi	395-3133	Pete.Terenzi@OldSaybrookCT.gov
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## LAND USE

Christine Nelson, Town Planner	395-3131	Christine.Nelson@OldSaybrookCT.gov
Christina Costa, Enforcement Officer		Christina.Costa@OldSaybrookCT.gov
Sarah Lyons, Administrative Assistant		Sarah.Lyons@OldSaybrookCT.gov
Patrick Hegge, Environmental Planner		Patrick.Hegge@OldSaybrookCT.gov

## PARKS AND RECREATION

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

## PUBLIC WORKS

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

## REGISTRARS OF VOTERS

Joan Broadhurst	395-3134	Registrar@OldSaybrookCT.gov
Joan Strickland		Registrar@OldSaybrookCT.gov

## TAX COLLECTOR

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

## TOWN CLERK

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

## TREASURER

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

## WATER POLLUTION CONTROL AUTHORITY

Stephen Mongillo, Program Administrator	510-5001	Stephen.Mongillo@OldSaybrookCT.gov
Robbie Marshall, Coordinator	395-2876	Robbie.Marshall@OldSaybrookCT.gov
Gratia Lewis, Financial Manager	510-5076	Gratia.Lewis@OldSaybrookCT.gov

## OTHER TOWN DEPARTMENTS

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

Amanda Brouwer, Director	395-3184	abrouwer@actonlibrary.org
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### Police Department - 6 Custom Drive

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

### Probate Court - 302 Main Street

Jeannine Lewis, Judge of Probate	510-5028	
----------------------------------	----------	--

### 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	
------------------------	----------	--

### Youth & Family Services - 322 Main Street

Heather McNeil, Executive Director	395-3190	Heather.McNeil@OldSaybrookCT.gov
Angela Gaidry, Administrative Assistant		Angela.Gaidry@OldSaybrookCT.gov

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

## Legislation for Our First Responders



This past legislative session, there were several bills I co-sponsored that assist our brave first responders.

### AN ACT

#### Including Certain Mental or Emotional Impairments within the Definition of "Personal Injury" Under the Workers' Compensation Statutes.

This bill allows police officers, parole officers, and firefighters to receive certain workers' compensation benefits for post-traumatic stress disorder caused by their participation in certain qualifying events. Such events include seeing, while in the line of duty, a deceased minor, someone's death, or a traumatic physical injury that results in the loss of a vital body part. This changes current law, which generally doesn't provide workers' compensation benefits for an employee's mental or emotional injury unless it arises from the employee's physical injury or occupational disease. It is my hope that, next year, ambulance service providers and paramedics will be added and will also be able to receive workers' compensation benefits for PTSD.

### AN ACT

#### Concerning Additional Compensation for Certain Retired Public Safety Employees.

This bill authorizes municipalities to compensate, by a two-thirds vote of their legislative bodies (board of selectmen,) certain disabled public safety employees who were severely injured in the line of duty and retired from service as a result of their injuries. This resulted from a police officer who was accidentally shot and severely disabled during a training exercise.

### AN ACT

#### Increasing the Property Tax Abatement for Certain First Responders.

This bill increases the maximum property tax abatement municipalities may, by ordinance, provide to certain active and retired volunteer emergency personnel from \$1,000 to \$1,500 for FYs 20-21, and from \$1,500 to \$2,000 for FY 22 and thereafter.

As always, please let me know if you have any questions about these or any other bills by contacting me at: [devin.carney@housegop.ct.gov](mailto:devin.carney@housegop.ct.gov) or 860-240-8700.

Devin Carney,  
State Representative



# Cappella Cantorum begins its 50th Year with Bach's 'Christmas Oratorio'

Imagine the Old Saybrook and valley-shore areas without the inspiring concerts of choral music that we have access to today. It would be a much less artistically rich area in which to live. Following a December 1969 concert by an expanded First Congregational Church of Essex choir, Old Saybrook resident Barry Asch and Phil Zimmerman set out to correct this deficit and organized its first community chorus. They named it Cappella Cantorum, and the group has been performing ever since.

The first concert by Cappella featured the Schubert Mass No. 6 in E flat major and was performed March 22, 1970, by 51 singers at Valley Regional High School in Deep River accompanied by an amateur orchestra. Over the years Cappella has performed such choral masterpieces as Mozart's Mass in C major and Requiem, Carl Orff's Carmina Burana, Vivaldi's Gloria, Faure's Requiem, Handel's Messiah, Judas Maccabaeus, Haydn's The Creation and many more.

For 48 years Barry Asch directed the group and guided its growth. The chorus has performed by invitation at Carnegie Hall and Lincoln Center in New York City. It also toured Europe many times during the summer.

In 2017 Cappella welcomed Simon Holt to lead the chorus. Holt received undergraduate and graduate degrees from The Royal College of Music in London and was a prize winner at the Royal College of Organists. He has toured Europe widely including performances at Notre Dame, Sacre Coeur and St. Mark's.

Cappella's next concert will be Sunday, Dec. 15, 3:00 pm at John Winthrop Middle School in Deep River featuring Parts I and II of Bach's Christmas Oratorio. For more information, visit [www.CappellaCantorum.org](http://www.CappellaCantorum.org).

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# Old Saybrook Garden Club

Wow! Summer flew by! The Old Saybrook Garden Club is excited to be starting a new year. We will be holding monthly meetings and planning our yearly activities. Some of our activities include: creating a weekly arrangement for the Acton Public Library by individual members, holding a monthly horticulture meeting as well as a monthly floral design workshops for members. In addition, there is conservation education for members and bird awareness education for members at our monthly meetings.



Before the winter months are upon us and the weather is still pleasant, take a walk down Main Street and take in our stunning Constitution Garden, all 23 Main Street median gardens, and the garden in front of the Fire Department. Also, you will notice Street Garden Participant markers in front of many businesses. The program is designed to foster civic beautification and to recognize businesses that make a special effort to use plants and flowers for the pleasure of residents

and visitors to our community. More than 80 businesses participated this year. The Street Garden Participant Awards were handed out in August. The winners are: Ongoing Excellence: Primp, pictured below left. Best container winners: Dagmar and Denver Tire, Honorable mention, CCI and Middlesex Cardiology. Best window box: Jazzercise, Saybrook Home and Coldwell Banker; Honorable mention Fromage. Best Inground Garden: Cloud Nine and Old Saybrook Dental. Best new business: Little Pub. Stop by and congratulate them!

In late fall the "Big Remove" will take place. Members will be clearing the medians and getting ready to decorate for the holiday season.

The Old Saybrook Garden Club and the Federated Garden Clubs of Connecticut are focusing this year and next on "Out with Invasives-In with Natives." The program is to encourage Connecticut residents to remove invasive plants in their yards and neighborhoods and to replace them with native plants to support a balanced environment and to protect animal habitats.

Interested in joining our club? Please contact our Membership Chair by emailing [emailvelainegilmore@comcast.net](mailto:emailvelainegilmore@comcast.net). Follow the Old Saybrook Garden Club's activities on Facebook at: [www.facebook.com/oldsaybrookgardenclub](http://www.facebook.com/oldsaybrookgardenclub) and "like" us.

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# Old Saybrook Education Foundation (OSEF)



The Old Saybrook Education Foundation (OSEF) is committed to supporting innovative and enhancement grants for all three of Old Saybrook's public schools, which provides programming for teachers in their classrooms

and students. OSEF is excited to move forward with several ideas on how best to utilize current funds and for some new ideas for our fundraising efforts.

## OSEF WAS A PROUD SPONSOR OF THE FOLLOWING INITIATIVES:

### At Old Saybrook Middle School

- 6th Grade Survivorship Guest Speaker, Geoff Krill
- STEAM Day

### At the High School

- Honduras Trip - Summer 2019
- Drama Club Trip
- Conference for four students to attend the 29th Leadership Forum on substance abuse and addiction prevention.

The Board of the Old Saybrook Education Foundation would like to congratulate all those who graduated from Old Saybrook High School this past June. The Foundation was honored to present awards to the following during the annual Senior Awards Night:

Ethan Alexander	Karla Matute
Amanda Beck	Delane Moore
Alexandra Bishop	Gina Morelli
Shannon Braumann	Lily Petrucelli
Antonio Castro	Caroline Potter
Cassidy Clark	Santos Romero Murica
Nick Condulis	Patrick Sirisoukh
Luciano Duffy	Bridgett Souriyamath
Shane Henderson	Kathryn Spotts
Sierra Jenkins	Georgia Sylvester
Patrick Kelley	Jewelina Taylor
Sydney Lang	Amy Young
Morgan Leopoldino	

For more information, please visit: [oldsaybrookeducationfoundation.org](http://oldsaybrookeducationfoundation.org) or call Sally Ann Lee at: 860-235-3220.



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# JM REALTY

## THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

### Meet Our New Teachers



Left to right: Nicholas Sagnella, Shannon Chapman, Katelyn Cross and Jason Deeble.

#### OLD SAYBROOK MIDDLE SCHOOL IS EXCITED TO ADD FOUR FABULOUS TEACHERS TO OUR STAFF

**Shannon Chapman** will be teaching art at the Middle School and to grade 4 students at Goodwin. Ms. Chapman comes to us from the Integrated Day Charter School in Norwich where she taught visual arts to students from kindergarten through grade 8. She holds a master's degree from Tufts University in Boston and a bachelor's from Boston University. Shannon brings unique experiences to our school. She was an intern at the Boston Museum of Fine Art, studied in Venice, Italy and is an experienced artist herself.

Joining us from UCONN, **Katelyn Cross** will be our new teacher of French in grades 6 and 7. Katelyn has experience teaching French language and culture classes at UCONN where she has been a graduate assistant and is currently working toward a

doctorate. She also holds a master's degree from UCONN and a bachelor's degree from Manhattan College. Katelyn received a provost letter for teaching excellence. In addition, she has experience teaching elementary intervention in New London and annual classes to high school students. Katelyn can also speak basic Danish.

**Jason Deeble** has experience teaching middle school math and science at the Integrated Day Charter School in Norwich and will be joining our grade 8 team as our new math teacher. Mr. Deeble holds a master's degree from University of New Haven and a bachelor's degree from the University of Delaware. In addition to teaching, Jason is a published author/illustrator, enjoys creating art and playing music, and also designs webpages.

Our last new faculty member comes to us from student-teaching at Cromwell High School. **Nicholas Sagnella** received his bachelor's degree from Connecticut Central State University this spring with high honors. Mr. Sagnella is very excited about starting his career as our new technology education teacher here at Old Saybrook Middle School. Being a former student of Mr. Carlone at the High School, these two will make a great pair in supporting students in developing their technology skills.

Our process for hiring involves multiple interviews and teaching demonstration lessons. It's a rigorous process, but as a result, we feel we have hired the very best teachers to instruct our students. Please join us in welcoming them to the Old Saybrook community.

### OSPS Fund for Teachers



#### OLD SAYBROOK TEACHER AWARDED GRANT TO SEARCH FOR ARTIFACTS OF NATIVE PEOPLE & SETTLERS IN THE MIDWEST

Mr. Eric Yale, 5th Grade teacher at Old Saybrook Middle School, has been awarded a \$5,000 grant by Fund for Teachers. This grant is being used during the first two weeks of August for Mr. Yale to travel to several National Parks throughout the Midwest where he will learn about the geology, plant and animal life, and the geography of the region. His trip is being

documented through the Old Saybrook Public Schools' Twitter Page, OS\_RAM\_PRIDE. It began on August 1st, and through videos released on the District website, [www.oldsaybrookschools.org](http://www.oldsaybrookschools.org), began on August 26, 2019.

During the 2018-2019 academic year Fund for Teachers visited Old Saybrook Public Schools and offered our faculty an opportunity to obtain grant money that would be used to pay for any expenses towards designing a summer learning experience that would transform their

classroom. The organization encourages applicants to, "Craft an odyssey that brings out the scholar, explorer, scientist or artist in you - and then, your students." Mr. Yale plans to bring back artifacts and primary learning resources to his students for his yearly unit on the Midwest. He will also be sharing his knowledge and artifacts with his fellow teachers to improve District curriculum so that all students may benefit from his trip.

Mr. Yale outlined his overall goal for the project, "Currently, my students learn about the Midwest through reading a National Geographic text book. Like many National Geographic materials, it provides

excellent photographs, maps and text. I would be able to enrich the unit significantly by bringing back artifacts much more tailored to their learning objectives."

The Old Saybrook Public School District is supporting Mr. Yale's endeavor through access to the District's Twitter Page so that he can post photos and videos of his journey and share the experience with students and the community in real time. The District is also partnering with Mr. Yale to create informative videos of each National Park that is visited so that teachers in the District can share those videos with students throughout the District. The videos will also be shared through-

out the community on the District's YouTube page. Superintendent Jan Perruccio excitedly spoke about Mr. Yale's trip, "Fund for Teachers has provided Mr. Yale with such a wonderful opportunity that we are thrilled to support him and feel fortunate to be able to share in his experiences in this way."

To see more from Eric Yale's trip, please visit the District Twitter page at: [www.twitter.com/os\\_ram\\_pride](http://www.twitter.com/os_ram_pride). Informational videos will be posted on the District Website: [www.oldsaybrookschoools.org](http://www.oldsaybrookschoools.org). You can also find the videos on the District YouTube page by searching Old Saybrook Public Schools and subscribing to the channel.

## Fourth Grade Joins Goodwin School

### THE FOURTH GRADE HAS ARRIVED AT GOODWIN SCHOOL!

Throughout the 18-19 academic school year, Old Saybrook Public Schools looked through every lens to determine if the fourth grade would join Goodwin School. After surveying and ultimately garnering the support of many members of the community, the decision was made to move the fourth grade from the Old Saybrook Middle School to Goodwin School.

For the rising fourth grade students, nothing really changed. They have been attending Goodwin since pre-school or kindergarten and had a very successful experience as third graders. Now, when they arrive to school, the only new additions are the fourth-grade teachers. Kate Hanratty, Lindsay Kiessling, Ellen Sumbly, and Kelli DeAngelo make up the fourth-grade team. Beginning in the spring and throughout the summer, the teachers moved

their classrooms from Old Saybrook Middle School to Kathleen E. Goodwin School. This was no small task, but they have hit the ground running. Specials teachers from both the Middle School and High School will also join Goodwin for one period per day to teach fourth grade specials.

### SO YOU MAY WONDER, WHY THE MOVE?

Throughout Connecticut and, more specifically, along the shoreline, school districts are experiencing a decline in student enrollment. The lower enrollment at Goodwin School opened up the teaching space to entertain the possibility of moving fourth grade to create a more typical elementary school grade configuration. This movement will also allow the Middle School to contemplate future changes in building usage. For now, it seems both fourth grade parents and students are ecstatic!

## Camp Hazen Freshman Orientation

Two dozen Old Saybrook High School upperclassmen participated in training with the incoming freshman class during the annual Old Saybrook High School freshman orientation. Students were led through a series of ice breakers and warm-up activities as a lead-in to a morning designed to help connect ninth graders with peers from other grades. Freshmen participated in various games and

exercises followed by a student-led tour of the building. Student mentors also met with freshmen in small groups to answer questions and offer advice for success at high school. The final piece of orientation ended in an overnight trip sponsored by Old Saybrook Youth and Family Services to Camp Hazen, where mentors and students competed in events, performed skits at a campfire, and bonded as classmates.



# Library Events: October through December 2019

We just came out of a very busy summer with a lot of books read for our Summer Reading Programs. This summer we had programs for kids, young adults and adults. The adult reading program was new this year and had some great prizes offered by some very generous local businesses. Overall, we had over 300 kids and teens, and 22 adults participating! We had great programs for all ages like the Goodwin Teachers and Pizza, Make It Monday Crafts, Active @ Acton (Couch to 5k) and the Thursday Night Family Night programs which featured magic, animals, and juggling!

This fall we will continue to stay busy with our regular programming. In the children's room there are a variety of storytimes, the young adult department is looking for

teens to volunteer on the Teen Advisory Board (TAB), and there will be some fun and informative adult programs including the twice monthly Genealogy Group and two different Book Clubs. There are always new programs each month, so please check our listings above to see all the great things you can do here at the library. In the month of October, we will begin offering Notary Service for the public. This will be a free service, but by appointment only as notaries have varied schedules. Notary Services will be limited to 3 documents per visit.

We will re-open on Sundays from 1:00 pm to 5:00 pm on October 20th. With the addition of the new study room, this will be a great time to get some quiet studying done. This fall the library will also be work on its

Strategic Plan. Our last plan was created in 2009 and a lot of things have changed in libraries since then. If you might be interested in hearing more about the plan or would be interested in being in a focus group please email Amanda at: [abrouwer@actonlibrary.org](mailto:abrouwer@actonlibrary.org).

Lastly, the library is interested in help our Old Saybrook residents that cannot make it into the library, or homebound. This Homebound delivery service would include books, movies, and audiobooks. Please contact Kara at: [kknobelsdorff@actonlibrary.org](mailto:kknobelsdorff@actonlibrary.org) if you are interested in get items delivered monthly.

Amanda Brouwer



## Acton Public Library

Amanda Brouwer  
Director,  
860-395-3184  
[abrouwer@actonlibrary.org](mailto:abrouwer@actonlibrary.org)

### Children's & Family Programs

#### WIGGLE BOOKWORMS

Wednesday mornings, beginning Sept. 11  
from 10:30 am - 11:00 am

Drop in and share stories, songs, and simple rhymes together. A program for children age 0 - 2 and their families.

#### STAY AND PLAY

Wednesday mornings, beginning Sept. 11  
11:00 am - 11:30 am

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

#### FANTASTIC FRIDAYS

Friday mornings, beginning Sept. 13  
10:30 am - 11:00 am

A drop in preschool story time for children ages 3-5. Have lots of fun sharing stories and music followed by imaginative play.

#### ABC AMIGOS: Preschool Story Time

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

Free and drop-in preschool bilingual story time from 10:30 am

to 11:00 am. Sing songs, play games and listen to stories in both English and Spanish. This series is open to all children regardless of Spanish-speaking ability. Sponsored by the Friends of Acton Library.

#### MUSIC WITH MISS MARTHA

The 3rd Friday of every month\*

\*Meeting on Sept. 27 the first month

10:35 am - 11:20 am

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

### Other Children's Programs

#### TREEHOUSE PLAYERS: A Children's Theater Adventure

Five Thursdays, Sept. 26 - Oct. 26

3:30 pm - 4:30 pm

Explore the world of a story through dramatic play using theater games and improvisation to create dialogue, action, song and movement. Treehouse Players encourages healthy self-expression while fostering an atmosphere of collaboration. Open to children in grades 2 through 4. Please register. Sponsored by the Friends of Acton Library.



#### FIRE SAFETY STORY TIME

Friday, October 11  
10:30 - 11:30 am

Kids! Learn about fire safety. See a real fire engine! Hear a story, see a firefighter

suit up, and sit in a real OSFD engine that is coming to the library. Free and drop-in. Best for ages 3 to 5.

**READ WITH ELLA OR LINK**

**Saturdays, September 14; October 19; November 16; December 14.**

**10:30 am - 12:30 pm**

Kids! Ella and Link love to be read to! Call to reserve a 15 minute session to READ with Ella or Link, certified therapy dogs. Both dogs come to us through the R.E.A.D. program of Cold Noses, Warm Hearts, Inc. Please register.

**CREATIVE DANCE PROGRAMS: Eastern Connecticut School of Ballet**

**Fridays, September 6 to November 1**

**4:00 - 4:45 pm**

Join Miss Christine of the Eastern Connecticut School Ballet for fun and interactive introductory dance classes. The September session will feature a special theme of 'Orchestra'. The November session will feature a special theme of 'Nutcracker.' This class is open to children ages 3 through 5. Please register. Sponsored by the Friends of Acton Library.

continued on page 32

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## Family Program



### THE LIFE AND TIMES OF WILLIAM WEBB: An African -American Civil War Soldier from Connecticut

Thursday, October 17

6:30 pm - 7:30 pm

Mr. Kevin Johnson will portray William Webb, an African-American Civil War soldier from Hartford, CT, who served in the Twenty-Ninth (Colored) Regiment, Connecticut Volunteer Infantry in several battles in Virginia. Johnson's presentation of

Webb is told from an emotional and exciting first-person perspective. Kevin Johnson, an employee of the State Library's History and Genealogy Unit, has been presenting William Webb for more than 20 years and has given more than 600 presentations. This program is appropriate for adults, high school and middle school students, and interested older elementary school students who are able to sit quietly for an hour. Registration required. Free and open to all.

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

## Adult Programs

### OCTOBER

#### GENTLE YOGA

Wednesday, October 2,

7:00 pm at Acton Public Library

Join us for a 45 minute yoga class with instructor Rebecca Santillo. Gain flexibility, strength and peace of mind. This class will also meet on the first Wednesday of November and December. Please bring your own yoga mat. Free and open to all ages 14+. Registration is suggested as spots are limited and is available one month prior to the event.

#### GAME NIGHT: Left Center Right

Tuesday, October 8

6:00 pm at Acton Public Library

LCR: Left Center Right is a fun, fast-paced dice game. Players roll the dice to determine where they pass their chips. The last player with chips is the winner! Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.

#### BOOKS ON TAP BOOK CLUB

Thursday, October 10

6:30 pm at 30 Mile Brewing Co.

Join Lisa, Acton Public Library's Head of Circulation, at 30 Mile

Brewing Co. to discuss *Beartown* by Fredrik Backman. This group will meet on the second Thursday of the month. November & December titles to be determined. Free and open to all ages 21+. Registration is suggested as seating is limited and is available one month prior to the event.



#### CRAFT NIGHT: Bandana Pumpkins

Tuesday, October 15

6:00 pm at Acton Public Library

Transform bandanas into a trio of stuffed pumpkins with minimal hand sewing. All materials will be provided. Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.

#### COOKBOOK CLUB

Tuesday, October 22

6:00 pm at Acton Public Library

This book group meets the fourth Tuesday of the month. This month's book is *The Hungry Fan's Game Day Cookbook: 165 recipes for eating, drinking & watching sports* by Daina Falk. Check out a copy of the book prior to the meeting. Make one of the recipes and bring it to share with the group (this is required to attend.) Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.

#### NEW ENGLAND'S OTHER WITCH HUNT

Wednesday, October 23

6:00 pm at Acton Public Library

Everyone knows about the witch hunt at Salem in 1692. But few people know that in the years before Salem, Connecticut was New England's fiercest witch prosecutor. The first person hanged for witchcraft in New England came from Windsor, and every single person indicted for witchcraft in Connecticut in its early years was convicted and hanged. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.



**TASTE OF KOREA: A Cooking Class of Traditional Korean Cuisine**

**Saturday, October 26**

**2:00 pm at Acton Public Library**

The Korean Spirit & Culture Promotion Project will demonstrate four dishes and then serve a full meal (rice, soup, kimchi, main and side dishes, and dessert.) In addition, participants will receive complimentary Korean recipe books. There will be a screening of a short film on Korean culture. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.



**CHILD HOLOCAUST SURVIVOR: Agnes Vertes**

**Sunday, October 27**

**6:30 p.m. at Acton Public Library**

Agnes Vertes, president of the Holocaust Child Survivors of Connecticut, will tell her story of how she survived the Holocaust at the age of 4. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

**NOVEMBER**

**UNDERSTANDING ALZHEIMER'S AND DEMENTIA**

**Tuesday, November 12**

**6:00 pm at Acton Public Library**

This program, presented by the Alzheimer's Association's Connecticut Chapter, provides information on detection, causes and risk factors, stages of Alzheimer's, treatment, and much more. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

**PRELUDE TO D-DAY (PART 1)**

**Wednesday, November 13**

**6:00 pm at Acton Public Library**

This presentation by Connecticut historian, Kelvin Cole will describe the fall of Western Europe to the Nazis and the

continued on page 34

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**Acton Library... continued from page 33**



construction of their defenses and "The Atlantic Wall" in their bid to keep it. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

**PAMPER YOURSELF**

**Saturday, November 16, 2:00 pm at Acton Public Library**

Join the Grounded Goodwife duo, Velya Jancz-Urban & Ehris Urban, and make an Indulgent Chocolate Face Mask & Calm Down Herbal Spritz. Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.

**BOOK CRAFT: Spiky Decoration**

**Tuesday, November 19, 6:00 pm at Acton Public Library**

Transform magazine pages into a spike decoration. All materials will be provided. Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.

**D-DAY: N-O-R-M-A-N-D-Y (PART 2)**

**Wednesday, November 20, 6:00 pm at Acton Public Library**

This presentation by Connecticut historian, Kelvin Cole will describe the "Perfect Storm" of events that descended upon the Nazi's "Fortress Europe" and resulted in the Allied Victory with the collapse and German surrender eleven months later. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

**DECEMBER**

**GAME NIGHT: Bingo**

**Tuesday, December 10, 6:00 pm at Acton Public Library**

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

**CRAFT NIGHT: Cigar Box Purses**

**Tuesday, December 17, 6:00 pm at Acton Public Library**

Turn a cigar box into a purse. All materials will be provided. Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.



**AUTHOR VISIT & BOOK SIGNING**

**Wednesday, December 18, 6:00 pm at Acton Public Library**

Poet Sandra Yannone returns to her hometown of Old Saybrook for a special reading from her debut collection of poetry, Boats for Women (Salmon Poetry, 2019). First edition copies available for purchase. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

## Acton Public Library Receives Conservation Commission Donation



The Acton Public Library has some new additions to its children's collection thanks to a \$500 donation from the Old Saybrook Conservation Commission. The new materials of books and PBS DVD's focus on conservation issues such as trash in our oceans as well as nature guides, ocean life, insect fact books, and outdoor activities and projects for kids of all

ages. Go check out these new items with your kids if you haven't already.

## Friends of Acton Library

Summertime at Acton Library is filled with activities for all ages from the youngest patrons to the oldest. Many of those programs are funded by the Friends of Acton Library from our coffers that are filled from the income from book sales and the membership drive. And our Big Summer Book Sale in July was a tremendous success! Many thanks to everyone who stopped by during those three days and took home a few... or a bagful of treasures. An important goal of summer programming is to keep kids reading during the break from school and the staff has found many ways to put that goal into action. Now, the fall approaches and our focus makes a bit of a shift to

*continued on page 36*

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## Friends of Acton Library... continued from page 35

building community and encouraging creativity. We continue to have the book discussion groups. But also, there are many craft activities, games nights, and other entertainments. The Friends are very proud of their support for the Museum Pass program. It offers passes to many local museums, historic sites and special places. Patrons can reserve passes for a

few days with their library cards and they will get a variety of discounts on admissions. Those opportunities include the Wadsworth Athanaeum, Mystic Seaport, Florence Griswold Museum, and many more. We will review the list of passes we offer in October, so if there is one you would like to see in the array, please let us know.

Whenever you are in the library, check out the books offered on the A-Frame bookshelf near the circulation desk. The shelves are restocked weekly and there is always a wide range of choices of books that are in excellent condition-and all for just \$3 apiece.

Sheila McPharlin, President,  
Friends of Acton Library

## Don't Let the Flu Stop You!

The flu is a viral infection that affects a person's lungs and airways. Common symptoms include fever, cough, runny nose, sore throat, headaches, body aches, and extreme fatigue. Anyone can catch the flu regardless of how healthy a person is. The flu can spread easily by person to person due to uncovered coughs and sneezes. In addition, one can get the flu by coming in contact with something that has the flu virus on it and then touching their nose or mouth.

To prevent the spread of flu, one can cover their nose and mouth with a tissue when they sneeze and cough, wash their hands with soap and warm water, avoid touching their nose, mouth, and eyes, avoid close contact with sick people, and if they are sick, stay at home from work or school to limit contact with other people. Young children, the elderly, pregnant women, and people with a weakened immune systems have a higher risk of developing serious complications. The most important step in preventing the flu is getting a yearly flu vaccine.

- CDC recommends everyone 6 months of age and older should get a flu vaccine every year.

- While there are many different flu viruses, flu vaccines protect against the 3 or 4 viruses that research suggests will be most common.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to them.

Connecticut River Area Health District will have flu vaccine available for the 2019-2020 season. Please visit our website at: [www.CRAHD.net](http://www.CRAHD.net) for dates and locations of flu clinics throughout our district.

Beginning October 11th, CRAHD will host a clinic every Thursday from 7:00 am - 7:00 pm for anyone 4 years or older. Under 18 must be accompanied by a parent or legal guardian.

### For more information please contact:

Connecticut River Area Health District  
455 Boston Post Rd. suite 7, Old Saybrook, CT 06475  
Contact Chris at: 860-661-3300 or email [ccollier@crahd.net](mailto:ccollier@crahd.net)

## What affects your mood?

### DO YOU EVER ASK YOURSELF WHY YOU ARE IN A CERTAIN MOOD?

Is it really about getting up on the wrong side of the bed? Some days we seem to feel a certain way - angry, annoyed, happy, confident - with no idea why. These days, people identify themselves as hangry - angry and irritable because they're hungry. There's an easy solution once we recognize that's what going on.

### BUT WHAT ABOUT OTHER TIMES?

We know that our environment can have a profound effect on our mood. Certain smells trigger sensations from

long-forgotten memories. Some of us find the smell of the ocean soothing, while others find it atrocious! A stranger's look or mannerisms hit us in a certain way due to subtle reminders of someone familiar. Our mood is affected by the food we eat, the medicines we take, the quality of the air we breathe, and the amount of restful sleep we got. Did you know that room color can affect how you feel?

Some of these are factors we control, such as nutrition and sleep. Others we don't control, but we can still be aware of them and their effects. That awareness allows us to make a

conscious decision about our reactions. We don't have to be at the mercy of these environmental factors, but can choose instead to check our moods and decide how to respond.

Mood is often easily altered, once we bring it to conscious thought. Just like we eat a snack to stop feeling hangry, we can change our mood by recognizing the subtle factors influencing our emotions, and choosing to change our response.

Nancy Randall, Psy.D.,  
East Lyme Psychological Associates

## What You Need to Know: Endometrial Cancer

Endometrial cancer, the most common cancer of the female reproductive system, begins in the lining of the uterus.

Symptoms include post-menopausal bleeding, abnormal vaginal bleeding and abdominal pain. Risk factors include being obese, the long-term use of estrogen therapy, never having given birth and post-menopausal age.

Like with any cancer, early detection is important. If you experience any symptoms of endometrial cancer, you should speak to your physician. There are several

different ways they can test for this type of cancer.

One such test is a pelvic exam, which is a physical examination of the external and internal female pelvic organs. A hysteroscopy examines the cervix and the inside of the uterus, and a pelvic ultrasound scans the organs and structures of the pelvis. There's also a biopsy, which examines tissues for abnormal and cancerous cells; the CT scan, which provides detailed images of the inside of your abdomen and pelvis; and a PET scan, which scans the entire body to determine

if cancer has spread elsewhere in the body.

Middlesex Health Cancer Center takes a multidisciplinary approach to endometrial cancer care. Medical providers meet regularly to plan and discuss treatment to ensure that physical, emotional and spiritual needs are all being met. Treatment for endometrial cancer can include surgery, chemotherapy or radiation therapy.

For more information, visit: [middlesexhealth.org/women](http://middlesexhealth.org/women).

## Beware the Itch that Spans the Seasons



This spring and summer have been ideal for growing lush leafy plants and gardens looked great for a longer period than usual because of it. Frequent rain followed by sunny hot days helped support growth of pesky weeds that can continue to plague us into the fall. I'm talking about the trio that we often see in

Connecticut-poison ivy, oak and sumac. What you may not know is even after the leaves start to turn in the fall we still need to worry about the oil that is the real culprit, urushiol. It is the oil that causes the allergic reaction on our skin. A word of caution, even though the plants may have changed color and start to wither they can still wreak havoc on contact. Beware of the yard clean up that happens in the fall.

If you have come in contact with the plant, wash all of your clothes in hot soapy, water; include your shoes or boots, work gloves and any tools which may have the oil on them. Cleansing the skin with rubbing alcohol will also help to remove the oil before the body reacts to it.

The rash is not contagious and the fluid which may weep from the blisters is your body's reaction and is also not contagious to your own body or to anyone else. The rash does not spread by scratching but it can sometime look like it does. If new rash areas appear it is probably coming from touching the urushiol on an item that you forgot to wash.

Although open burning of leaves is not practiced as frequently as it used to be there are still the occasional outdoor fires that can inadvertently burn leaves or vines that are clinging to wood. When the urushiol becomes airborne in the smoke and inhaled the reaction may take place in the lungs. This

can rapidly become an emergent situation needing medical attention and treatment.

Enjoy the fall and change of seasons, but don't forget some things don't change. Poison ivy still itches!

Mary Lenzini, CEO VNA of Southeastern CT


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# OSYFS Programs Grounded in Research

If you're not a psychology research nerd like the folks over at Old Saybrook Youth & Family Services, you might have missed the article from the National Scientific Council on the Developing Child in which core principles were identified to help adults, children, and communities thrive. Grounded in science and recent advances in brain research, these core principles can be implemented by communities, policymakers, and practitioners to improve civic health and overall well-being for all community members.

## The three, evidence-based, core principles state that policies and services should:

1. **support** responsive relationships for children and adults
2. **strengthen** core life skills
3. **reduce sources of stress** in the lives of children and families

## Let me take you through a brief overview of our programming as it satisfies these core principles:

### PRINCIPLE 1: Support Responsive Relationships

Research has found that responsive communication and positive, "serve-and-return" interactions promote healthy brain development and overall well-being throughout our lifespan. OSYFS offers community events, parenting education, and programming within the schools that provide adults, children, and families

with tools for effective communication and the building blocks of healthy relationships. Opportunities for positive adult-child and peer-to-peer interactions are available throughout our programs, whether we are connecting youth with community members or with each other in ways that are positive, fun, and meaningful.

Here are some examples of programs fulfilling this essential need for connection and support: CommUnity Day, E3 Peer Facilitated Youth Prevention Program, Youth Action Council, Community Variety Show, After School Clubs at OSMS, Mom Zone, Can We Talk? Parenting Classes, In-School Health & Wellness Classes, Open Space & Drop-In OSHS Teen Supports, Modern Parenting Classes, and collaborative efforts like the annual Camp Hazen Freshman Retreat and Early Childhood Council.

### PRINCIPLE 2: Strengthen Core Life Skills

In order to successfully manage the demands of life, work, school, and our relationships, every one of us must learn and practice effective core life skills. Practical, hands-on abilities, executive functioning capabilities, and self-regulation skills are utilized to help youth and adults to function effectively in all settings and life domains. These skills assist us in navigating challenging endeavors, meeting societal expectations, and managing the uncertain terrain outside of our comfort zones, where growth **continued on page 40**



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## OSYFS Programs... continued from page 38

and fulfillment truly reside. OSYFS provides the “scaffolding,” coaching, and safe setting for individuals to build these skills, while strengthening self-efficacy (a fancy psychology term for an individual’s confidence in their ability to meet expectations and create successful outcomes.)

We continually create year-round educational and experiential programming that supports the development of life skills including: the Essential Life Skills for Teens Series, the Babysitter Training Course, Life Skills for Our Kids Parenting Classes, Lunch Bunches, Puberty Classes for Preteens & Parents, Youth Community Service Camps, and Adult Life Skills Programming.

### PRINCIPLE 3: Reduce Sources of Stress

Through our counseling services, parenting classes, and youth programming both in schools and in the community, OSYFS offers services that help adults and youth to both manage life stressors and develop effective coping skills to effectively regulate emotions. Chronic activation of the stress response exhausts one’s brain and body, diminishing the energy stores that would otherwise be used for success in life and healthy development. The lack of resources for one’s physiological and safety needs are a significant stressor for many Old Saybrook families, and our Department of Social Services provides essential necessities to many of our community members. Of course, community members who receive and those who generously offer resources and support experience a sense of connection and meaning from these exchanges.

Examples of just a few of our programs helping community members to both manage stress and reduce life stressors: Holiday Giving, Social Service Help Days, Parents/Grandparents of Children Diagnosed with Asperger Syndrome/High Functioning Autism, Anxiety Management for Families, Zen Time, Anxiety & Our Students, CBT for Anxiety Series, and Mindfulness & Meditation at the Beach & Pavilion.

The staff at OSYFS is constantly adapting and innovating based upon feedback from the community and program participants, as well as new research and data trends. At OSYFS, we strive to design programs that support individual and community strengths, as well as responding to the challenges experienced by community members at all ages and in all environments. Please feel free to reach out to us with ideas and feedback about our services. We look forward to hearing from you!

Samantha Steinmacher, LPC

## Mindfulness & Meditation at the Pavilion

This brief, 30-minute class offers practical, straight-forward relaxation skills, while introducing participants to foundational concepts supporting mindfulness and your meditation practice. We will do guided imagery, progressive muscle relaxation, present moment awareness, and more. Facilitated by Samantha Steinmacher, LPC. No Registration Required. No Experience Necessary.

<b>Date:</b>	Tuesdays in September (On-Going Classes TBA)	<b>Location:</b>	The Pavilion at Saybrook Point, Old Saybrook (Meet at the Outside Tables)
<b>Time:</b>	12:30 PM -1:00 PM	<b>Who:</b>	Old Saybrook Adults & Youth 13+.
<b>Cost:</b>	Free!		

For more details, please contact Samantha Steinmacher, OSYFS Clinician: 860-510-5046



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# Old Saybrook Holiday Giving Program

## THE TRADITION CONTINUES...

The Old Saybrook community has a rich tradition of helping those in need. The holiday season is soon to be upon us and many individuals, businesses and organizations are working once again with Youth and Family Services, Social Services, and the Department of Police Services' Toy Drive, to ensure that everyone in their community has a chance to enjoy a happy holiday season regardless of financial pressures. Last year, with the generosity and support of residents, service organizations, faith communities and local businesses, 217 holiday wishes were provided for Old Saybrook children in need.

If you would like to help your neighbors in need this holiday, please register today and we will partner you with specific holiday wishes you can help fulfill. Whether you are prepared to adopt one wish for one child, or the wishes of several children, we can find the perfect family match for your situation!

Registering for the program with Old Saybrook Youth and Family Services is quick and easy using any of these methods:

1. Register on line at: [www.osyfs.org](http://www.osyfs.org) and follow the link
2. Call OSYFS at: 860-395-3190
3. Register in person at OSYFS, 322 Main St., Old Saybrook.

We do request that all donated items be unwrapped. We are happy to accept wrapping paper donations to assist parents/guardians in preparing their child's pre-sent for the holiday morning. Donations should be marked with the family number assigned and delivered to the Old Saybrook Fire House (side entrance) during the following drop-off times: Monday, December 16th from 2:00 pm to 6:30 pm or Tuesday, December 17th from 9:00 am to 4:00 pm.

Perhaps shopping is not your thing. "Ghost-shoppers" are available to do the shopping for you! Monetary contributions to the

program, in the form of financial donations or gift certificates to local stores, will be used to help fill children's unanswered holiday wishes.

## Still have questions about your donations?

Please contact: Wendy Mill, Program Coordinator at: 860-510-5050 or [Wendy.Mill@OldSaybrookCT.gov](mailto:Wendy.Mill@OldSaybrookCT.gov).

Anyone in Old Saybrook needing toys or gifts for their child or with other essential needs this holiday season should contact Susan Consoli, Old Saybrook's Social Services Coordinator at: 860-395-3188 or [susan.consoli@OldSaybrookCT.gov](mailto:susan.consoli@OldSaybrookCT.gov). All requests are confidential.

Financial contributions are also needed at this time to help Old Saybrook families avoid heating crises or other emergencies through the coming winter months. Thank you in advance for your thoughtfulness and generosity. Best holiday wishes to all.

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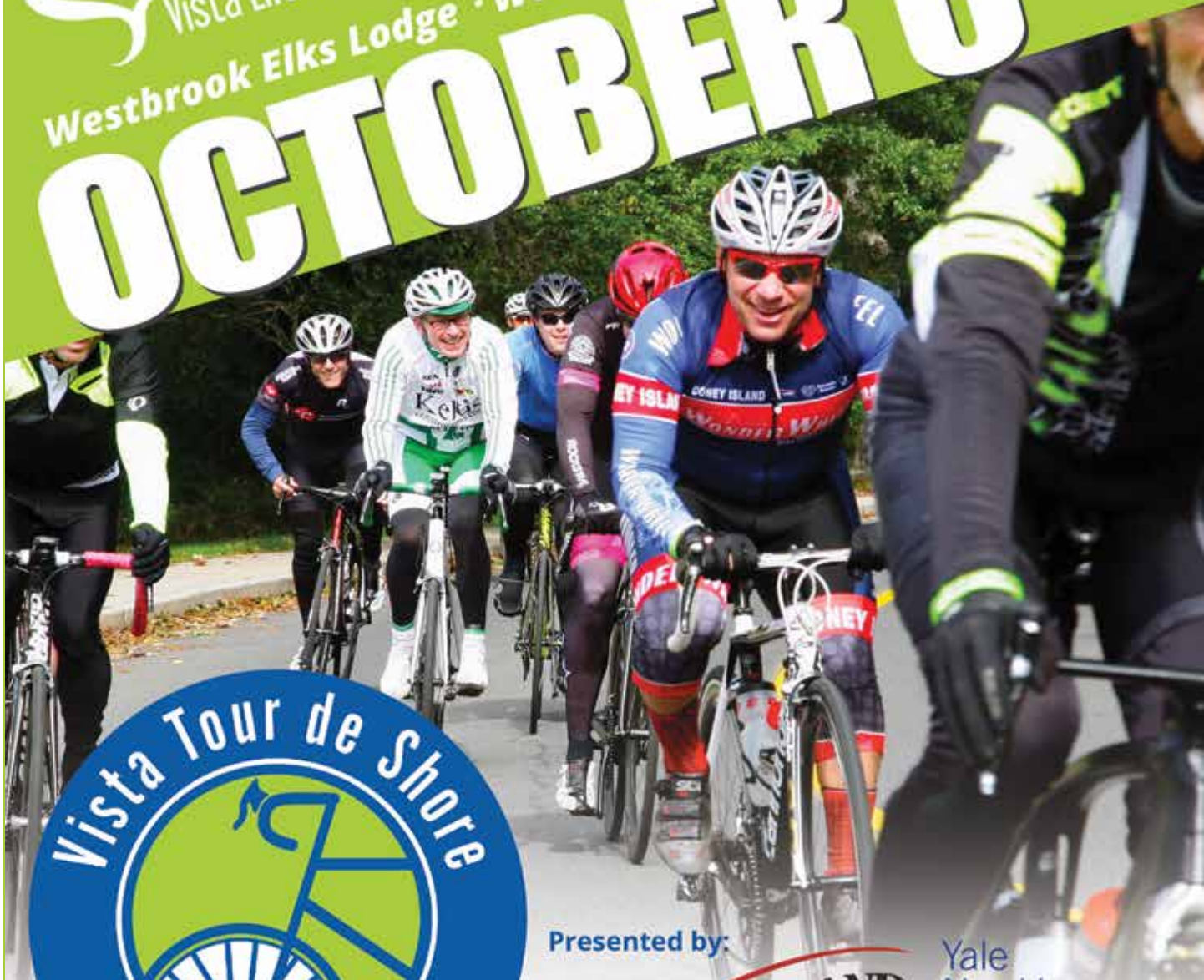
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## Old Saybrook Youth Action Council

Old Saybrook Youth Action Council is a community-based Positive Youth Development program, facilitated by Youth & Family Services. Entering its 5th, year, OS Youth Action Council has received statewide and National recognition and been invited to present at multiple PYD conferences in CT and Maine. YAC is open to any Old Saybrook student in grades 9-12, and includes youth who are home-schooled or may attend school out-of-district.

While the main premise of YAC is to

provide experiences and opportunities for students to be engaged with their community on many levels, we also focus on the development of leadership skills, creativity, mentoring, and cultural awareness. Students work together to identify a need within the community, or an issue that they feel they want to advocate for change, and spend time creating a community project to inspire change!

YAC students play a big role in OS CommUNITY Day, a fall pasta dinner at the Masonic Lodge, Chili Fest and Holiday

Caroling at Apple Rehab and Gladeview.

We also plan fun activities like trips to Lake Compounce, Escape Rooms, Outdoor Ropes courses, New York, and more!

The kick-off meeting is 9/12/19, 6:00 - 8:00 pm at The Pavilion. To register a student, please visit: [www.OSYFS.org](http://www.OSYFS.org). If you have any questions about YAC, or would like more information, please call Heather McNeil, Director, 860-510-5042. We look forward to having your student become a YACer!

## Old Saybrook Historical Society

*Dedicated to preserving, protecting and promoting the History of Old Saybrook*

As autumn leaves start to fall and the days grow short, memories linger of the Historical Society's successful summer season.

### HISTORIC PRESERVATION AWARD

This year's Award for Historic Preservation went to Barbara J. May-

nard for her lifetime achievements and was presented July 12th by Historical Society president Marie McFarlin at well attended ceremonies at Saybrook Fort Monument Park.

Barbara was recognized with the planting of an elm tree and a bench and plaque. Speakers included First Selectman Carl Fortuna, State Senator Norm Needleman, State Representative **continued on page 46**



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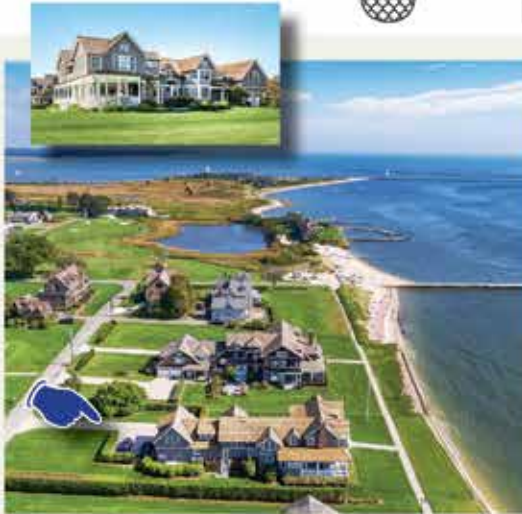
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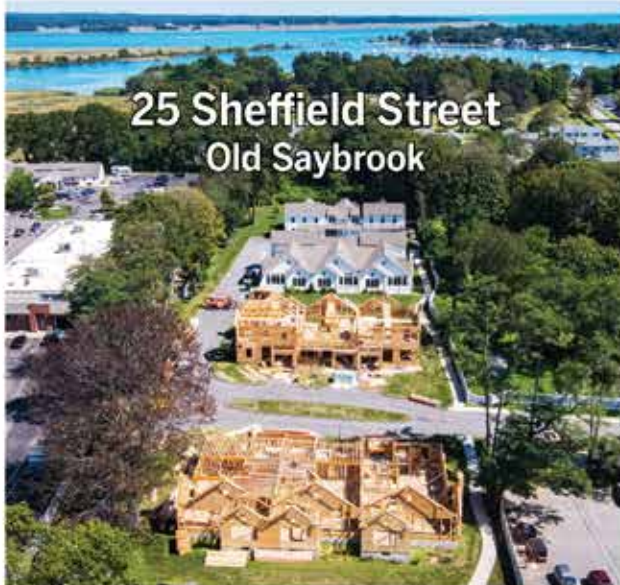


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## Historical Society... continued from page 44

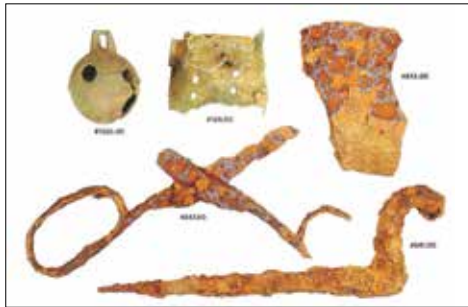


Above: Historical Society - BJM Preservation group. Seated: Barbara and George Maynard at Preservation Award ceremonies, Saybrook Fort Monument Park.

Devin Carney, CT Trust for Historic Preservation Executive Director Jane Montanaro and long-time former Police Chief and friend Ed Mosca.

### SAYBROOK FORT & PEQUOT WAR EXHIBIT

Over the past several year's researchers have conducted an archaeological study to locate Saybrook Fort and the site of battles between the settlers and Pequot natives. Their findings have been documented and materials have been developed by the Historical Society to share these important developments with the public.



Some of the artifacts discovered by archaeologists working to locate the first Saybrook Fort.

In addition to placing markers at historic sites, the Historic Society has prepared a walking/biking tour guide, and has gathered numerous artifacts, photos and descriptive items which have been placed on display at the Hart House Exhibit Gallery.

The Exhibit Gallery opened to the public this past June and is now open, as is the Gen. Hart House, by appointment.

### U.S. COAST GUARD DIXIELAND JAZZ BAND



US Coast Guard Dixieland Jazz Band concert at General William Hart House.

The garden rocks when the U.S. Coast Guard Dixieland Jazz Band performs at the summer concert at the General William Hart House. The highly talented and popular ensemble, once again, provided a delightful August afternoon of musical entertainment. Playing

familiar tunes along with a variety of jazz pieces the concert has become the seasonal highpoint and a family favorite. This was the third annual appearance of the Dixieland Jazz Band in Old Saybrook and we look forward to many more visits.

### TASTE OF THE TOWN

Fun, friends, and fine food marked this year's Taste of the Town with a variety of fine wines and a menu featuring fabulous food from favorite restaurants and specialty shops of the town. Dining under the tent in the beautiful Hart House gardens, patrons were treated by such distinguished establishments as Paradise Wine and Spirits, Alforno Trattoria, Atlantic Seafood, Dagmar's Desserts, Fromage Fine Foods and Coffees, Mersina's, The Little Pub, Back Porch/Scotch Plains Tavern, Pasta Vita, Walt's Market, Starbuck, Saybrook Point Inn and many more. Music was provided by the popular Rhode Island Fiddlers.



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**SHE STANDS LIKE  
A BEACON**

One of the Historical Society's longest serving and highly valued volunteer was honored in September in one of the most pleasant occasions in recent memory - Margaret "Bucky" Bock was recognized for her long years of service and also to mark her 100th birthday.

Margaret "Bucky" Bock, honored by Old Saybrook and Westbrook Historical Society for years of dedicated service as a volunteer on the occasion of her 100th birthday.

Born in 1919 in Essex, Bucky moved with her family when she was 10 to the Montauk Point Lighthouse where her father was the keeper.

Bucky spent much of her early life living in lighthouses, and is today an authority. Her father retired from Old Saybrook's Outer Light where he was the last civilian keeper before the Coast Guard took over in 1943.

continued on page 48

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The Montauk lighthouse is considered a National Historic Landmark, and is the oldest lighthouse in New York. It has been actively aiding maritime navigation since 1796.

Her professional life included work in hospitals and schools as a nurse and speech pathologist.

Bucky has written genealogy books about the Dickinson family in Essex, prepared the index for Saybrook Vital Records and authored two pamphlets on lighthouses published by the Historical Society.

In 1985 she started organizing records for the Old Saybrook Historical Society, then kept in the basement of the Town Hall and was present as a “ribbon-cutter” that year with the opening of the Archives Building.

Today she drives herself to ‘work’ and you can find her maintaining historic records using the Past Perfect computer program at both the Old Saybrook and the Westbrook Historical Societies.

The Old Saybrook and Westbrook Historical Society’s hosted a reception for “Bucky” as a special birthday tribute for this remarkable person. The secret, she said, was to “live life to the fullest, never stop learning, get out and keep in touch with people-and keep doing crossword puzzles.”

*The Old Saybrook Historical Society welcomes volunteers to support its programs and activities. For membership and other information, contact the Society at: [contact@saybrookhistory.org](mailto:contact@saybrookhistory.org) or call 860-395-1635.*

## The Benefits of a Rain Garden

Rain Gardens are designed to help capture and absorb rainwater into the ground efficiently. They are a good option to management runoff from impervious surfaces because they are inexpensive, sustainable, and make landscapes look good, too. Rain gardens create habitat for birds and butterflies and increase neighborhood and environmental value. They can be an innovative urban or suburban design that improves

**continued on page 50**

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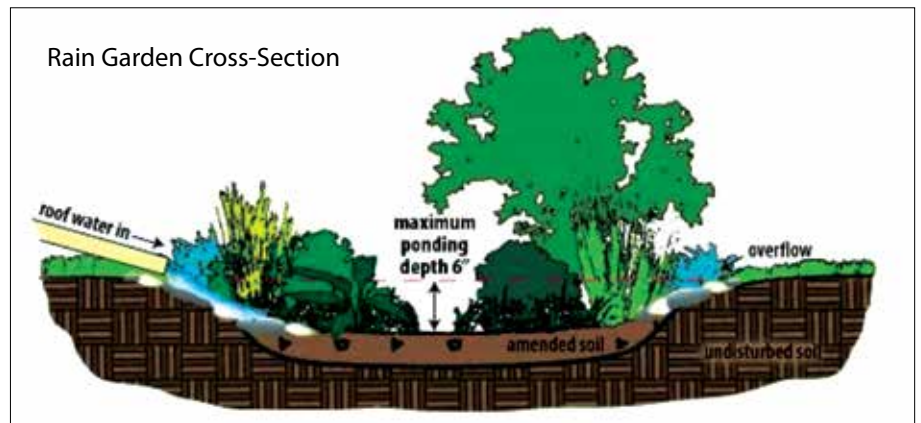
**Rain Garden... continued from page 48**

residential properties or public places. Rain Gardens protect communities from drainage problems that potentially flood.

**Rain Gardens reduce large quantities of stormwater runoff by:**

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Generally shaped like an oval or bowl in the landscape, a rain garden collects, filters, and allows stormwater to infiltrate through the ground. Rain gardens are planted with wet perennials and native shrubs that absorb rain water.



**2019 SEASON**

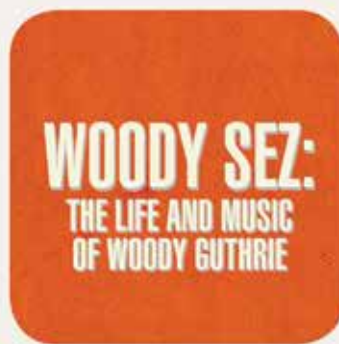
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## DEMONSTRATION OF A RAIN GARDEN

The Acton Public Library in Old Saybrook has a rain garden that demonstrates how property owners manage stormwater on their own property.

The Acton Public Library rain garden is fed by runoff from the roof, having downspout lines directed and stormwater discharge to the garden. The native shrubs and perennials planted in the garden absorb water and provide food and habitat for wildlife. The ground is covered with shredded mulch to help keep moisture in the garden. The native shrubs and perennials are compatible with the shady conditions of where the garden is located.



Acton Public Library rain garden.

## LOCATING & CREATING A GARDEN

To build a rain garden, place it at least 10 feet from a house/building or impervious surface. Find a low point in your existing yard for stormwater that discharges from roof downspouts to the low point. Review the existing topography and identify the natural drainage of the yard to see where the drainage slopes. Find the appropriate location for the rain garden to take advantage of the existing and natural drainage that will help guide any garden overflows or heavy saturation away from the dwelling or building. Make sure that the rain garden will receive enough or partial sunlight.

### Here are the steps to determine the size of a rain garden:

- Identify the area covered by the building or impervious surface
- Locate which downspouts will drain to the rain garden.
- Determine an approximate square footage to size the garden for a 1 inch rainstorm and a garden that's 6 inches deep, less than 30 feet from the building downspouts: multiply the area of the building by the ratio of downspouts that storm water will discharge to the garden, then multiply by 0.32, which is for clay soil. Designing the garden also depends on the type of soil that is on the property. For example:
  1. A house or building is 40 feet long x 30 feet wide
  2. It has 4 downspouts, which each one is collecting rain water from the roof
  3. 2 out of the 4 downspouts will drain to the rain garden
  4. The calculation you perform will be:  $40 \times 30 \times (2/4) \times 0.32 = 192$  square feet needed to design the rain garden.

Source: [www.lakesuperiorstreams.org/stormwater/toolkit/raingarden](http://www.lakesuperiorstreams.org/stormwater/toolkit/raingarden).

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# The Different Styles of Vermouth

There are two different styles of Vermouth. One is red or rosso (also known as Sweet Vermouth) while the other wine is white or bianco (also known as Dry Vermouth.)

Sweet vermouth, invented by Antonio Benedetto Carpano in 1786, is a fortified white wine with grape neutral spirit with herbs and spices. One of the key herbs in Vermouth is wormwood, which is actually where the name Vermouth was derived from. Wormwood was used for medical purpose, including as a digestive.

Dry vermouth was first produced by Joesph Noilly. This wine is made from aged white wine and mixed with fermented fortified grape juice and neutral alcohol. Although these fortified wines were originally used for ailments, they are most noted to be used for drink and cooking recipes while they both average between 16% and 18% in alcohol.

Over the years some of the vermouths are made with a concentrate of blended botanicals and spices to keep them more consistent. It is also pasteurized, filtered, and stabilized. Sweet vermouth is a bit sweeter than it was originally made. However, you can buy one called Punt e Mes from Italy which has less sweetness and more aromatics and bitterness.

Sweet vermouths are most noted to be used in a Manhattan and other cooking recipes such as chicken cacciatore. One of the

uses for dry vermouth is to enhance some flavors in fish dishes.

With gin, you can make the traditional Martini. Also popular are vodka martinis made with vodka and dry vermouth, factoring the higher quality bourbons, whiskeys, gins and vodkas that are now being produced these days. Recently, the market has been open to higher end or supreme vermouths to enjoy and make the perfect cocktail. The newer popular ones are Carpano (Antica Formula) sweet vermouth, and Dolan dry or Sweet Vermouth. Try one of these higher end vermouths and make yourself a superb cocktail.

Art LiPuma, Manager, SeaSide Wine & Spirits

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# Jackie Robinson: An Ongoing Legacy of Impact and Achievement

by Sigrid Kun



Rendering of future Jackie Robinson Museum. Courtesy Gensler/Ralph Appelbaum Associates/Mopix Studios.

Jackie Robinson's legacy is stronger than ever. It's not just every April 15th when each Major League Baseball team celebrates Jackie Robinson Day. Through the Jackie Robinson Foundation (JRF) he and his family continue to impact lives and improve the communities in which we live.

## BREAKING BARRIERS

Born on January 31, 1919 in Cairo, Georgia, Robinson grew up in Pasadena, CA. He later attended UCLA where he became the only student to letter in four varsity sports in the same year. He was drafted into the U.S. Army in 1942 and became second lieutenant. In 1944, while riding a bus back to Camp (now Fort) Hood, he was court martialed for refusing to move to the back of the bus. This ultimately led to his honorable discharge that same year.

It was around the same time that the Brooklyn Dodgers found it important to integrate Major League Baseball. Robinson signed a contract with the Dodgers in 1945 and began his baseball career with the Montreal Royals. On April 15, 1947, the color barrier was broken. Robinson became the first African American to play Major League Baseball, playing first base for the Dodgers. He carried himself with honor and grace despite facing opposition from crowds and teammates as well as threats to himself and his family. Named Rookie of the Year in 1947, his 10-year MLB career was outstanding - including being named MVP in 1949 and a World Series win in 1955. He was inducted into the Baseball Hall of Fame in 1962.

## ADVANCING EQUALITY AND CIVIL RIGHTS

Robinson transformed more than baseball. He and his wife, Rachel, became increasingly involved in the civil rights movement in the 1950s and 1960s. It was during this time (mid-1950s) that the family home in Stamford, CT was purchased - not without adversity. "Our parents faced housing discrimination during their search for a home," recalls Jackie Robinson's daughter, Sharon, who serves as Vice Chair of the JRF Board of Directors. "Andrea Simon, a prominent resident, heard of our difficulties and intervened." As Sharon and her brothers integrated into the neighborhood and schools, they faced various levels of racism. The home offered privacy, freedom, friendship, and sports.

And there were the wonderful jazz concerts. "Our family hosted our first 'Afternoon of Jazz' on our Stamford property in June of 1963," relates Sharon. "Dad was a fundraiser for the Civil Rights Movement" Robinson was also working with Dr. Martin Luther King Jr to raise money to rebuild black churches that had been bombed. The first concert was a fundraiser for Southern Christian Leadership Conference and came on the heels of Dr. King's efforts in Birmingham, Alabama.



Family portrait left to right: Sharon Robinson, Mom Rachel and David Robinson. Courtesy Jackie Robinson Foundation.

The concert was managed by a massive volunteer force of family and friends. Musicians (like Dizzy Gillespie) volunteered their time and talents. "My brother, David and I - along with our friends - sold hot dogs and sodas. Dad and Jackie Jr. parked cars. Mom was the directress with her hands in all aspects of the concert," recalls Sharon. The second concert was shortly after the Robinson family returned from the March on Washington. "Dr. King came and spoke to the crowd. It was one of the most amazing days of our young lives." The Afternoon of Jazz became a regular fundraiser for the Civil Rights Movement during Jackie Robinson's life. After he passed in 1972, the tradition continued with proceeds to support JRF.

## A LEGACY OF IMPACT AND ACHIEVEMENT

Rachel founded JRF in 1973. JRF not only honors the memory of Jackie Robinson and his heroic achievements but also provides college and graduate student scholarships and leadership development opportunities for students of color with strong capabilities but limited financial resources. It is a two-pronged approach with four-year grants and hands-on, comprehensive support.

This year, JRF is commemorating the 100th birthday of Jackie Robinson with a year-long series of events to benefit not only the organization's programs but also the future Jackie Robinson Museum. The culminating event will be the opening of the Jackie Robinson Museum in New York City in December of 2019. "It has been our family's dream to have a physical space where my father's legacy and the values and ideals by which he lived could inspire others," says Sharon. "We are excited to shine a light on my father's life, while raising funds to continue to positively impact the lives of others."

"My parents taught me the importance of loving your world," adds Sharon - an accomplished nurse-midwife, professor, author and educational consultant within the Commissioner of Baseball's Office. "We have a favorite Jackie Robinson quote: *'A life is not important except for the impact on other's lives.'*"

Photo of Jackie Robinson/Getty Images.



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