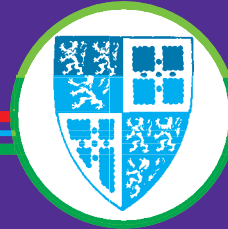


Old Saybrook



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Volume 11 Number 4 · Winter 2010



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Healthy Youth Report

The Beacon

and more!

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Selectman's Corner

Dear Residents,

I have been honored and privileged to have your overwhelming support over the past 11 years. The Board of Selectmen over those years, which include William Peace, Velma Thomas and myself, have moved this town forward. More recently our newest elected official, Carol Manning, questioned my dual capacity serving as First Selectman and as Chairman of the Connecticut Resources Recovery Authority (CRRA). This question was referred to our Ethics Commission per my request. In order for everyone to know the full legal decision of the Ethics Board the following is submitted. You will note an opinion, dated 11/09/06, from Attorney General Richard Blumenthal as well as our own Ethics Commission Attorney Edward B. O'Connell dated 10/27/10, as well as a letter from Waterbury Mayor Michael Jarjura, who is Vice Chairman of the CRRA Board of Directors. (See letters on page 2.)

Please know that in addition to being Chairman of CRRA, and while being First Selectman, I am also privileged by the support of my colleagues to be Chairman of the Lower Connecticut Valley Selectman's Association

(LCVSA), Chairman of the Connecticut River Estuary Regional Planning Agency (CRERPA), Chairman of the Connecticut River Estuary Metropolitan Planning Organization (CREMPO), on the Board of Directors for the Estuary Transit District (ETD), Vice-Chairman of the Connecticut River Area Health District (CRAHD), Vice-President of the Connecticut Conference of Municipalities (CCM) and serve on Board of Directors for the Connecticut Interlock Risk Management Agency (CIRMA).



Michael A. Pace, First Selectman

Continued on page 3



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Selectman's Corner - CRRA ... continued from page 1

From: State of Connecticut
Richard Blumenthal, Attorney General
Hartford, November 9, 2006

To: Laurie Hunt
Director of Legal Services
Connecticut Resources Recovery Authority
100 Constitution Plaza – 6th Floor
Hartford, CT 06103-1722

Dear Attorney Hunt:

I appreciated your November 8, 2006 letter concerning the duties of the four municipal members of the CRRA board of directors. I agree the Connecticut General Assembly has specifically directed those municipal board members to serve dual official roles - as municipal officials and CRRA board members - and that therefore they do not have a conflict of interest in matters affecting both the CRRA and their towns while serving in those dual official capacities.

As you note, Conn. Gen. Stat. 22a-261(c) requires four municipal officials to be appointed to the CRRA board. The statute also specifically directs that each municipal official appointed to the CRRA board be from "a municipality that has entered into a solid waste disposal services contract with the authority and pledged the municipality's full faith and credit for the payment of obligations under such contract." Since numerous actions by the CRRA board may affect the towns of all of the municipal CRRA board members, the legislature would not have mandated the inclusion of such municipal officials on the CRRA board if such board members were required to continually recuse themselves from matters that could affect their municipalities, thereby impairing the ability of the CRRA board to fulfill its responsibilities. The legislature is always presumed not to enact meaningless or futile legislation. *Quarry Knoll II Corp. v. Planning and Zoning Commission*, 256 Conn. 674, 722 (2001).

We agree with your conclusion, therefore that the legislature intended that there is no conflict of interest when municipal officials serve as both CRRA board members and municipal officials, and decide matters affecting the CRRA and their municipalities.

If I can be of further assistance, do not hesitate to contact me. Very truly yours,
Richard Blumenthal
RB/pas

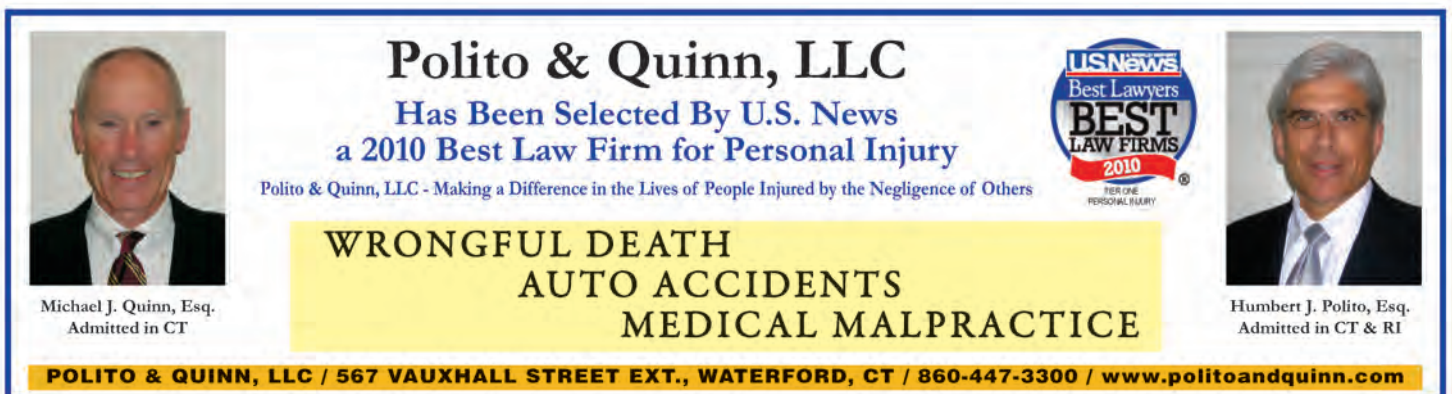
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To: Old Saybrook Ethics Commission
c/o Kerry Knobelsdorff, Secretary
P.O. Box 256
Old Saybrook, CT 06475
October 27, 2010
Re: Advisory Opinion to Michael A. Pace, et. al.

Dear Commission Members:

By a memorandum dated September 10, 2010 First Selectman Michael A. Pace (the "First Selectman") requested the commission to "discuss his role" as a board member and Chair of the Connecticut Resources Recovery Authority ("CRRA") while simultaneously serving as First Selectman of the town of Old Saybrook, which has a municipal solid waste contract with CRRA scheduled to expire in 2012. Additionally, by way of an October 12, 2010 memorandum and related materials Selectwoman Carol A. Manning requested the Commission to issue an advisory opinion as to whether the First Selectman's activities with respect to the CRRA would constitute a conflict of interest as defined by the Old Saybrook Code of Ethics (the "Code of Ethics"). Your Commission has requested our advice on these matters. In addition to reviewing Ms. Manning's submission, we have taken into account a memorandum with related materials submitted by attorneys on behalf of Mr. Pace, a memorandum and related materials submitted by attorneys on behalf of the CRRA, the Code of Ethics and our independent research.

Continued on page 4



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Selectman's Corner - CRRRA ... continued from page 3

The four (4) page letter concludes with the following paragraph. The full text of the letter may be found on the town website:

http://oldsaybrookct.virtualtownhall.net/Pages/OldSaybrookCT_News/

Here the state legislature clearly and unambiguously permits the First Selectman to act in a dual official capacity when acting on behalf of the town in its dealings with the CRRRA. To the extent that this might conflict with the provision against incompatible offices set forth in Section III(1) of the Code of Ethics, we recommend that the Commission find that the provisions of the Solid Waste Management Act apply to the First Selectmen's possible future actions with respect to CRRRA, and that in the unique circumstances of this particular request for an advisory opinion the First Selectman is not a "person governed" by the provisions of Section III(1) of the Code of Ethics.

If the Commission has any questions or comments, or needs further information we would be pleased to respond.

Very truly yours,
Edward B. O'Connell, of
Waller, Smith & Palmer, P.C.

Continued on page 5

May the magic and joy of the season be yours ~ Happy Holidays!



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Selectman's Corner - CRRA ... continued from page 4

To: Mr. Edward Cassella, Chairman
 Ms. Kerry E. Knobelsdorff
 Dr. Richard Reece
 Ms. Sylvia Schmitt
 October 1, 2010
 Ethics Commission, Town of Old Saybrook
 302 Main Street, Old Saybrook, CT 06475

Dear Mr. Cassella and Members of the Commission:

At our regular monthly meeting yesterday, the Connecticut Resources Recovery Authority Board of Directors discussed with dismay the question regarding CRRA Chairman and Old Saybrook First Selectman Michael A. Pace which has been brought to your Commission for consideration.

For the record, Mr. Pace informed the Board of this situation then recused himself from the ensuing discussion.

Our Board quickly and vociferously agreed to write this letter expressing our unqualified support for Mr. Pace. In his eight years as Chairman, he has led CRRA to accomplishments that are nothing short of extraordinary. Under Mr. Pace's leadership, the CRRA Board has taken an agency on the brink of insolvency and made it financially strong and operationally sound. Under his leadership, the towns that comprise CRRA have benefited substantially, both financially and in the quality of service received.

For his service to Old Saybrook and 117 other CRRA towns, Mr. Pace has been recognized and appreciated. But, regrettably, he has also been subject to politically motivated attacks and distortions by individuals and organizations whose self-interests conflict with the best interests of CRRA and the towns it serves. It is clear to us these actions are designed to diminish his effectiveness as First Selectman and Chairman or impugn his character, which we have observed to be of the highest order. Considering the circumstances and the overwhelming statutory and regulatory evidence, any reasonable observer should conclude that the alleged conflict of interest issue before your commission is motivated by self-interested parties or individuals rather than the best interests of Old Saybrook.

Six of the 10 CRRA Directors (including me) are mayors, first selectmen or town managers. We all can recognize a politically-motivated attack when we see one. Sadly, this particular attack abuses the important function of the Ethics Commission and its role in ensuring integrity in town government. We hope the Old Saybrook Ethics Commission can similarly recognize this unfortunate fact and act accordingly.

Sincerely,
 Michael J. Jarjura
 Vice Chairman, CRRA
 Mayor, City of Waterbury

C: T. Kirk, CRRA
 L. Hunt, CRRA

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Acton Public Library

From the Library Director

The Acton Public Library catalog has a new look! If you use the library catalog, you may have noticed a few changes. We changed our computer system this past summer, and as a result, our catalog. The new catalog features cover most of the items in the collection, and is easy to use with keyword searching. Advanced searching allows you to search specifically by title, author, subject, language, or series. The most exciting feature is that you can now access your account from any computer or internet device! From the library's webpage (actonlibrary.org), you can click on the CATALOG button and log in to your personal account. Your log in is your 13-digit library card number, and the password is the last 4 digits of your primary phone number. Once you log in, you can see what is checked out on your card and when it is due. You can renew items and reserve items that are currently checked out to someone else. You can customize e-mail messages so that you are notified when your books are due or a few days in advance of when they are due. You can receive an e-mail when your reserve items are available. If you frequently return items to other libraries, you can request an e-mail to let you know when the Acton Library has received them.

Continued on page 8

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Publisher & Editor

David V. Winstead, Ph.D.
dwinstead@eventsmagazines.com

Marketing Director

Donna Fiorentino townevents@comcast.net

Advertising

Diane Brown dbrown@eventsmagazines.com 860-383-6376

Art Director/ Designer

Kathy Alsop kathy.events@comcast.net 860-391-4372

Designer

Amy Bransfield

Proofreader

Michele Dickey

Motor Sports Editor

Dana Hill

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Acton Public Library ... continued from page 6

We hope that you will use these new features and that they will enhance your library experience! Of course, you are still welcome to call the library to renew items or e-mail us. And we hope that you'll come to the library often this winter to take advantage of the many services and programs we have to offer! See you soon!

Adult Programs - Thursday, January 20, 7 p.m. – Greg Thompson will provide an overview on researching your family's history.

Wednesday Book Discussions - The Wednesday Book Discussion Group meets on the first Wednesday of the month at 10:30 a.m., October through June. Join us in conversation about the following books

January 5 – *The Postmistress*, by Sarah Blake

February 2 – *The Help*, by Kathryn Stockett

March 2 – *The Right Attitude to Rain*, by Alexander McCall Smith

April 6 – *The Art of Racing in the Rain*, by Garth Stein

On Display at the Library - In the library display case, the following exhibits will be featured:

November 15 – December 23: Hand-painted seashells, by Suzanne Burnham of Clinton

December 27 – February 5: Captain Earl Maxfield Jr., of Old Saybrook will exhibit his collection of lighthouses.

February 7 – March 19: Miniatures, by Sherry (Irene) Martel of Old Saybrook

March 21 – April 23: Mini abstract paintings by Jane Hall

The library art gallery will feature the following artists:

November 15 – December 27: Gus Lucarelli of Deep River: paintings in acrylics.

December 28 – February 5: Clay Farrell of Old Saybrook: photographs.

March 21 – April 30: Artwork by Gene Creighton of Old Saybrook

From the Children's Library

Story Times - "Story Time for Wee-Ones," is held every Wednesday morning at 10 a.m. for children ages birth to 2 years old. The program includes stories, songs, hand rhymes, and time for grown-ups to socialize.

Friday morning "Preschool Story Time" at 10:30 a.m. for children ages 2 – 5. Stories, songs, hand rhymes, creative activities, and lots of fun are all part of this program.

Special Programs

Wednesday, December 29 at 1:30 p.m. – Origami for Beginners. Students will create several projects by just folding a piece of paper. Supplies will be provided.

Wednesday, February 23 at 1:30 p.m. – School Vacation Week Crafts.

Wednesday, April 20 at 1:30 p.m. – School Vacation Week Crafts.

Fun, Anytime - "Games of All Kinds for All Ages" are available during regular library hours. Games in the "Teen Space" include chess, checkers, Boggle, Yahtzee, Teasers,

and puzzles. Games in the Children's Library include chess, checkers, Backgammon, Connect Four, Sorry!, and puzzles. Challenge your friends to a good, old-fashioned board game in the quiet atmosphere of the library.

All programs are free. For more information, please call Acton Public Library at 860-395-3184 or visit the library during regular hours: Monday – Thursday, 10:00 a.m.- 8:30 p.m.; Friday and Saturday, 9:00 a.m. – 5:00 p.m.

Are you looking for a better job, more pay, a new career, or to advance in your current job?

The Old Saybrook office of Middletown Adult Education is now accepting new applicants for the spring semester in the National External Diploma Program. The NEDP is an experience-based program for the mature adult who has been away from the classroom for a while. It incorporates a person's life experiences, from family to work, into activity-oriented tasks designed to meet certain basic competencies. It is a complete system that enables adults to demonstrate transferable skills for which a high school diploma is awarded.

The program was created to provide competent adults with an alternative method of receiving recognition for the skills they already possess and use. The need for an alternative process arose when it became clear that traditional methods of testing were not always appropriate or adequate for adults with testing anxiety or those who had been out of school for many years.

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- Awarding credit for what adults already know while allowing them to learn what they do not know
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- Classes are free of charge, offered day and evening and enrollment is ongoing.
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Please note the SNOW CLOSING policy at the Estuary Council: if Old Saybrook school system closes due to weather, the Estuary and all Café sites will be closed. Meals on Wheels clients should use their emergency meals. EMOTS clients should use their backup driver for appointments. We are open normal hours if schools are delayed. Closings posted on local media.

New! Get fit where you sit - Chair Yoga, Saturdays, 10 - 11 a.m. Very beneficial for conditions such as osteoporosis, arthritis, chronic pain, COPD. Increases flexibility and energy, too! Mary Shapiro, Certified Instructor 203-214-4853. Cost \$3 per class - classes are ongoing.

NEW! INDOOR WALKING TRACK - The town of Old Saybrook has invited Estuary Council patrons to use the walking track in the town hall on designated days. You must call Deb at 860-388-1611 and register before you can use the track. Please remember that we are guests and it is very

important to follow the rules & regulations set up by the Parks and Recreation commission. Running is not allowed on the track.

Interested in Woodcarving? 1st and 3rd Wednesday at 9 a.m. Beginners to advanced levels welcome. This group of men and women met and did their first project! Call Ed Gorman at 860-388-5737 for more information.

Stan Greimann Estuary Medical Outpatient Transportation - For medical appointments to any medical location beyond the nine-town estuary region. Call Judy at 388-1611. Suggested donation of \$25. EMOTS is supported by the Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

Cafe Meal Sites - Chester, Clinton, Old Lyme, Old Saybrook, & Westbrook. Reservations required by calling 860-388-1611 by 11 a.m., 24 hours in advance.

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Continued on next page



Mihae Lee, Artistic Director

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Residents can now verify that the record has been input on the Town WPCA pages or the WPCA website by choosing the Septic Search link (below).

<http://www.septicsearch.com/Default.aspx>

Estuary ... continued from previous page

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Estuary Thrift Shop - Hours are from 10 a.m. - 4 p.m. Mon. - Fri. and 9 a.m. - 1 p.m. on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available! Donations are accepted and volunteers always needed!
Classes and Activities - Computer Classes, Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Wii, Tai Chi, Cribbage, Writer's Group, Book Club, Quilter's Group, Dominoes, Needlecrafters, Hand and Foot, and more!

Estuary Thrift Shop - Hours are from 10 a.m. - 4 p.m. Mon. - Fri. and 9 a.m. - 1 p.m. on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available! Donations are accepted and volunteers always needed!

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Old Saybrook Lions Club

The Old Saybrook Lions Club is celebrating its 60th year as a service organization. This small club of twenty-seven members is part of a global service network under the auspices of the Lions Clubs International, located in Oakbrook, Illinois. There are more than 1.3 million members in more than 45,000 clubs in more than 200 countries and geographic areas worldwide. Founded in 1917, Lions Clubs are best known for fighting blindness but we also volunteer for many different kinds of community projects doing whatever is necessary to help our local communities.

Speaking of local community projects, one of our most popular projects is the Lions Club of Old Saybrook Phone Book. The 2010 phone book, the club's 6th edition, featured a novel concept for local organizations to receive donations from the Old Saybrook Lions Club through residents' participation in two contests: "Locate the Ad" and "Mystery Photo." Rules for participation were given on pages 46 and the inside back cover of the phone book, respectively. The random drawings for the contests were held during our meeting on November 9, and the following local organizations received donations of \$200 each on November 23:

"Locate the Ad" Contest

Acton Public Library

Old Saybrook Fire Department

Old Saybrook Memorial Day Parade Committee

Safe Grad Night

Shoreline Soup Kitchens

The winner for the "Mystery Photo" contest chose Acton Public Library to receive a \$200 donation. (By the way, the mystery photo was taken from the end of Point Road just left of the telephone pole at Cornfield Point.) Congratulations to all of our winners!

Another popular local project is the collection of used eyeglasses and frames at various locations throughout town. "Gift of Sight" boxes or baskets are located as follows:

Estuary Council of Senior Clubs, Inc., 220 Main Street

Town Hall, 302 Main Street (front entrance)

Saybrook Probate Court Office (Town Hall, 2nd level)

Acton Public Library, 60 Old Boston Post Road

Office of Elgart, Pinn, Gordon and Elgart, Optometrists,
1156 Boston Post Road

LensCrafters 761 Boston Post Road

Cartier Optical, 266 Main Street

The Old Saybrook Lions Club has a "Local Eyesight Assistance" fund available to Old Saybrook residents who are in need of eye exams or eyeglasses but cannot afford them. Applicants who have exhausted all other means of payment sources or financial assistance may request an application form by writing to the Old Saybrook Lions Club, P.O. Box 21, Old Saybrook, CT 06475.

We invite you to look through your 2010 Lions Club of Old Saybrook Phone Book for more information about the Lions Club and its activities, i.e., pages 15, 19, 29, 34, 48, 49, 52, 61, 74, 87, and 88. As you peruse, you will see the advertisements of local businesses; we encourage you to patronize them whenever possible. If you are a business owner, we strongly urge you to consider placing an ad in the next issue. Lions Club members will be seeking ads from January through April of 2011. The telephone books are delivered to households throughout Old Saybrook with extra copies available at the Town Hall, Acton Public Library, the Chamber of Commerce, and other locations throughout Old Saybrook.

Best wishes to one and all for a happy and healthy 2011!

Imagine Your Family... Being Shattered In an Instant



This is what happened to the family of my colleague Kellie Kenney, R.N. On June 10, she underwent outpatient surgery to remove polyps from her sinuses. When doctors couldn't awaken her after the procedure, a CT scan was done. It revealed that her carotid artery had been severed during the procedure

and brain damage had already occurred.

This crisis has galvanized her family who are by her side as much as possible. She remains hospitalized in Boston and is receiving the best care possible. Kellie's husband, Mark, works all day as a police officer and then drives to

Boston each night to be with Kellie. Her 5-year-old special needs son prays every night for mommy to come home.

Kellie is in a coma, and the future is unclear. What is clear, however, is the financial devastation the family is experiencing. I ask everyone who reads this story to open your hearts and make a donation to this family. I personally assure you that every dollar donated will go to help the Kenney family to help with their enormous expenses. Kellie needs a miracle and prayers are also vital to her recovery.

To make a donation, please contact me; Dianne Hunt-Mason, A.P.R.N./Psychotherapist, 67 North Main Street, Essex, CT 06426. I can also be reached by phone at (860) 662-0650 or email at dihm8@yahoo.com.

REAL ESTATE IS NOW ON SALE!

Let us show you what savings are currently available in the real estate market.

This information is for the following towns: Old Lyme, Old Saybrook, Westbrook, Clinton, Essex, Deep River and Chester ... do you live in any of these towns?

Over the past 5 years (2005 - 2010) the highest median sales price for single family homes was \$382,950 in 2006. At that time the average 30 year fixed mortgage rate was 6.42%... doesn't sound too bad, right? So to buy a home that cost \$382,950 @ 6.42% you would have paid a monthly mortgage payment of \$2,400.39 in 2006. (This figure does not include down payment, taxes, insurance or private mortgage insurance - if required. For comparison only.)

4 YEARS LATER ... HERE'S THE GOOD NEWS ...

In 2010, the median price for single family homes in the same area is \$333,250 at an average 30 year fixed interest rate of 4.78%. So to buy this home you will pay a monthly mortgage payment of \$1,744.42.

That's a savings of \$665.97 a month!


**Do you like to save money?
Contact us to find out more.
*That's what we're here for.***

Brian Jermaine, ABR, ASR, CRS, ePRO, GRI, SRES, SRS
Broker/Owner
Brian@TeamJermaine.com

Leslie Jermaine, ePRO
Realtor
Leslie@TeamJermaine.com



860-662-0230

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www.TeamJermaine.com

Slips, Trips, and Falls, Oh My!

The fear of falling is often so great in the elderly that once they fall they will choose to limit their activity in order to avoid another fall. While this may sometimes be the right direction to go when the cause of the fall is risky activity, it is just as hazardous to a person's well-being to stay sedentary and isolated. In fact most experts would agree that activity is important to overall well being as we age. The risk of falling does increase as we age, and falls tend to happen more often in women. That may be due to the loss of bone density experienced by women after menopause.

I like to think of fall prevention as an inside/outside issue. There are changes that can be made outside of yourself that will reduce the risk of falling. Take a good look around at your environment or that of your older loved one. What fall hazards exist? Some common problems for all of us:

- * Electrical, computer, or telephone cords
- * Scatter rugs not fastened to floor
- * Poor lighting
- * Unstable furniture
- * Lack of hand rails or grab bars
- * Using a bathtub versus a shower
- * Outdoor walking on uneven ground
- * Reaching for objects overhead or on high shelves
- * Poorly fitted shoes and clothing that is too long

* Walkers or canes used inappropriately
 Inside yourself can also pose some risks. It's a good idea to take time to think about the following when you consider fall risk:

- * Side effects of medications
- * Weakened bones from osteoporosis
- * Poor trunk or leg strength
- * Decreased endurance from inactivity
- * Poor posture
- * Diminished eye sight, outdated eyeglasses

Many of these fall risks can be prevented with small modifications and minimal changes. Others such as building strength in your trunk or legs takes a bit longer but is not impossible even in the elderly. Talk to your doctor about starting an exercise program and check out the offerings in your local area.

With falls being the number-one cause of death from injury in the elderly, it's worth the investment to make some changes to reduce your risk. For more information or to consult with Tina Belmont, the Old Saybrook Wellness nurse, stop by the Estuary Council of Seniors on Wednesdays from 8 to 10 a.m.

- By Mary Lenzini, BSN, MA, CHCE
 President, VNA of Southeastern CT - Your Old Saybrook Town Nurses

Earhtone Pottery

Potter Kathy Citron of Earhtone Pottery recently opened a studio at 188 Main Street Old Saybrook, CT, located behind Artisans Harbor. She's been a potter for 25 years, is a certified CT art educator and member of the Wesleyan Pottery in Middletown, CT. Her work is also displayed in the Artisans Harbor Gallery.

Kathy is offering pottery classes to children, teens and adults. Instruction on the potter's wheel, hand building techniques, decorating and glazing will be covered along with an emphasis on individual creativity. Sessions run for six weeks and are ongoing.

Classes run on Thursdays from 12:00 p.m. - 2:00 p.m. and Saturdays from 10:00 a.m. -12:00 p.m., and 12:00 p.m. - 2:00 p.m. with more classes to be added. Tuition for a six week session for adults is \$195.00 plus a materials fee of \$25.00. Teen classes are \$125.00 plus a materials fee of \$25.00, and children grades three and up are \$125.00 with materials included. Adult and teen students also receive extra practice time each week.

Stop by and say hi, or for more information, call Kathy at 203-215-5925 or 203-250-8648, or visit her website at www.earhtonepottery.com.



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Nine Town Transit is Operated by the Estuary Transit District

Middlesex County Community Foundation Honored

Middlesex County Community Foundation was honored at the Association of Fundraising Professionals (AFP) National Philanthropy Day awards luncheon on November 18, with the award for Outstanding Foundation.

"We are thrilled to receive this award," said Cynthia H. Clegg, President & CEO of MCCF. "The staff and volunteers of MCCF work very hard to support the Middlesex County community and fulfill our mission. To be recognized and honored for these efforts is both an honor and humbling."

The Award for Outstanding Foundation is presented jointly by the AFP Connecticut and AFP Fairfield Chapters. It honors a foundation that demonstrates commitment to the community through financial support and through the encouragement and motivation of others to get involved, to help make the community a better place, and to take leadership roles in giving back.

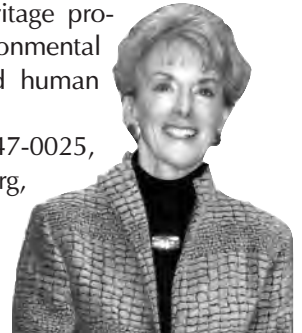
MCCF was nominated by a MCCF Fund for Women & Girls Committee member who has interacted with the Community Foundation for four years. Her work with a local nonprofit organization brought her into contact with MCCF, and her developing relationship led her to volunteer for the Fund for Women & Girls.

MCCF works from a simple premise - the Community Foundation idea is a simple one: anyone can be a philanthropist;

anyone may use it to give something back to the community. MCCF represents local people, giving locally to make an impact on the lives of others - not just for today, but forever.

The Middlesex County Community Foundation is a nonprofit organization dedicated to improving the quality of life in Middlesex County. Its twofold mission is as follows: (1) to work with charitably minded individuals and organizations to build permanent endowments and other charitable funds, and (2) to support local nonprofit organizations through effective grant-making to address community needs. Since its founding in 1997, the Community Foundation has provided more than \$1.5 million in grants to more than 200 organizations for the arts, cultural and heritage programs, educational activities, environmental improvements, and for health and human services.

For more information, call 860-347-0025, e-mail info@MiddlesexCountyCF.org, or visit the website at: www.MiddlesexCountyCF.org.



Cynthia Clegg, President & CEO, County Community Foundation, accepted the AFP award.



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THE BEACON

The Old Saybrook Public Schools Newsletter

Strategic Planning

The Old Saybrook School District utilizes the strategic planning process as a preparation and decision-making strategy to ensure that our students are ready to meet the diverse demands of a changing world. The development and implementation of a Strategic Plan serves as a primary guide. The Old Saybrook School District Strategic Plan was most recently revised in 2005.

On October 13, 14, and 15, a thirty-four member Strategic Planning Team composed of parents, community members, teachers, students, Board of Education members, and school administrators came together to review and create an updated strategic plan. The Strategic Planning Team arrived at consensus in identifying common beliefs, creating a mission statement for the school district, setting parameters, and developing objectives and far-reaching strategies for accomplishing the mission.

For each of the seven draft strategies identified by the Strategic Planning Team, an Action Team will be formed to develop plans for implementation. Following initial training in January, each action team will meet for approximately eleven two-hour sessions within the next three months to complete the step-by-step directions, time lines, assignments of responsibilities, and cost-benefit analyses for their assigned strategy. This is where you can make a difference.

The Old Saybrook School District invites you to participate on an Action Team. If you would like to participate in the Action Team process, please contact Mr. Heston Sutman, Director of Curriculum by e-mail (hsutman@oldsaybrook.k12.ct.us) or telephone 860-395-3157 indicating your interest and the strategy you would like to explore. Your perspective will help design a school system that will prepare our students for a successful future in a diverse and changing world.

Thank you in advance for your sincere interest and willingness to make a difference. It is our goal to propose these draft documents along with the corresponding action plans to the Board of Education in May 2011 for their approval.

Celebrating Veterans Day

On Thursday, November 11, 2010, Old Saybrook Public Schools celebrated Veterans Day with school assemblies, ceremonies, and activities honoring our local veterans and those who currently serve in the Armed Forces.

The day began at Old Saybrook High School with a delicious, healthy breakfast served in the cafeteria where veterans had a chance to reconnect with each other and chat while the OSHS Jazz Band provided a little background breakfast jazz music. Veterans were then escorted into the gymnasium by our Old Saybrook Police Department



Honor Guard to attend a school-wide assembly where student readers Marcus Andrew, Kourtney Hargaray, Alexis Henry, Victoria Ibbitson, and Lauren MacDonald shared their thoughts and personal experiences about patriotism and its importance in today's world. Musical highlights included the "Star-Spangled Banner" and the "Armed Service Medley," which recognized each branch of service with thematic music.

Later in the morning at Old Saybrook Middle School veterans enjoyed coffee and refreshments and attended the 5th Grade Fall Choral Presentation and interactive Q&A with students. In addition, several veterans participated in the 6th-, 7th-, and 8th-grade panel discussions in which veterans shared their wartime experiences.

The American Legion Post 113 lead the town-wide commemorative ceremony on the Town Green at 11:00 a.m., where 6th grade students Mac Coppes, Samantha Gudis, and Bryan Schuster read their award-winning essays, each receiving a medal of recognition and saving bond from the American Legion.

In the afternoon, Goodwin Elementary School students showed their appreciation and respect for the area veterans by singing a medley of patriotic songs and presenting them with dozens of hand-made cards and well wishes to be delivered to the members of the armed forces who are away from home. The veterans also answered questions posed to them by the students, such as, "What did you eat in the Army?" "What are some of the places you visited?" "How old were you when you 'joined up'?" "Did you miss your friends?" and finally, "Were you ever scared?" Each veteran always makes an effort to thank the students and the teachers for their special tribute. Even after a long day of celebration, they seem to revel in the simple company of young children.

Goodwin School Activities

On Wednesday, October 20, members of the Rotary Club visited each third-grade classroom at Goodwin School to deliver personal dictionaries to each student. This is a tradition that was established seven years ago; the students look forward to the Rotary Club members' presentations, learning about their work on the shoreline and all around the world.



On Tuesday, October 26, First Selectman Michael Pace and Board of Education member Eileen Baker met the pre-k and kindergarten children on the front lawn of the school and presented each child with the perfect-sized pumpkin. This is a tradition that the First Select-



man established several years ago and the classroom teachers as well as the students look forward to the event. The pumpkins came in handy for science and math experiments and activities before the students took them home for the holiday. On Friday, October



29, the Annual Goodwin Costume Parade took place. It was well attended as usual, and the teachers at each grade level participated in the festivities, dressing to a specific theme. Pre-k staff was a box of crayons; first-grade teachers were American symbols; second-grade teachers were pirates; and the third-grade staff members were the farmer, his wife, and all of their farm animals. On Tuesday, November 9, the Arti Dixson Jazz Quartet performed for the entire school, taking us on a musical journey over the last five decades. Students danced, sang, and even practiced how to scat like Ella Fitzgerald. The Goodwin School PTA sponsors monthly cultural arts events throughout the year, and families and younger siblings are always welcome.

On Tuesday, November 9, the Arti Dixson Jazz Quartet performed for the entire school, taking us on a musical journey over the last five decades. Students danced, sang, and even practiced how to scat like Ella Fitzgerald. The Goodwin School PTA sponsors monthly cultural arts events throughout the year, and families and younger siblings are always welcome.

Old Saybrook Middle School Activities

Destination ImagiNation

Destination ImagiNation (DI) is an educational activity in which student teams solve open-ended challenges and present their solutions at tournaments. The middle school has been committed to this program for many years. Last year the middle school had six teams –five of them achieved either first or second place in the state tournament.

DI is committed to promoting three life-long values: creativity, teamwork, and problem solving. Each challenge has its own focus; scientific, technical, fine arts, improvisational, or structural. Each team chooses a challenge that allows them to showcase their strengths. Every student is welcome to participate. This year the middle school will have between eight and nine teams.

National Recycling Day

American Recycling Day was celebrated on November 15 at Old Saybrook Middle School. Mrs. Evans' fourth-grade science classes created individual and group projects on recycling. The students showcased their accomplishments at a school assembly attended by fourth grade students, parents, and staff. All were reminded to Reduce, Reuse, and Recycle!!!

Old Saybrook High School Drama Production

On Thursday, Nov. 11 through Saturday, Nov. 13 at 7:30 p.m. the Old Saybrook High School Drama Department performed Shakespeare's Twelfth Night.

Twelfth Night is a comic fairy tale set in an imaginary land, Illyria. Sebastian, played by Morgan Lyons, and Viola, played by Sarah Schuster, are shipwrecked after a storm and end up forging new lives in this land ruled by Duke Orsino (Jeremy King). Through disguise, Viola captures the heart of Olivia, played by Nicki Palmer, and chaos ensues. The comic mechanicals have their own "drama" and delight the audience with their foolery. They are played by Briana Bardos, Molly Burns, Hunter Spitale, and Teddy

Gudis. Finally the comic foil, Malvolio (Tyler Smith), receives his comeuppance. The production is framed by music: Mary-Kate Hoey, as Feste, and Annmarie, as Curio, charm the cast and audience with their songs, accompanied by senior Mike Izadi. Stage manager Matt Pavlos leads the way to the party and keeps them all in check.



Old Saybrook High School Awaits the Admiral's Visit

On May 25, students from Mr. Frese's Technical Education classes accompanied by Principal Oliver Barton, teacher Gretchen Bushnell, and Submarine Specialist Bob Andreozzi, visited the USS Virginia

(SSN774) at the Groton Sub Base. The tour gave students an educational opportunity to learn more



about the design and functions of submarines as well as with the research and planning for their own human-powered submarine.

Students have been involved in building a human-powered submarine for the last year-and-a-half that they will race in the International Submarine Races in Bethesda, Maryland in June 2011. A predominantly female crew has been taking diving classes in preparation for the races and they are involved in all aspects of the design and building of the submarine.

After the tour of the USS Virginia, Mr. Frese decided to extend an invitation to Admiral Michael McLaughlin to visit Old Saybrook High School, Mr. Frese's students, and observe firsthand the progress being made on the submarine project. The admiral has graciously accepted the invitation and will be visiting Old Saybrook High School Friday, December 10 at 2:00 p.m.

2010 CABE Board of Distinction Award

The Old Saybrook Board of Education submitted an application for the 2010 CABE Board of Distinction Award – Level Two. Only school boards who have achieved Level One distinction at least twice in the prior four years are eligible to receive the Board of Distinction Award. A Board of Education must also submit documentation that supports their effective leadership in student achievement, community relations, board operations, district policy, professional development, and organizational leadership to qualify for the award. The Board of Education earned the CABE Board Leadership Award – Level One recognition in 2009, 2008, and 1999. The Old Saybrook Board of Education has successfully met all of the criteria established for this level-two award. We are very pleased to announce to the community that the Old Saybrook Board of Education has earned the CABE Board of Distinction exemplary award.

Congratulations to our board!

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***Inland Wetlands and
Watercourses Commission***

We approach the end of the calendar year 2010. It has been a slow year for construction in our town as reflected in only thirteen new items on the agendas of the Inland Wetlands and Watercourses Commission. A number of the items are not new construction applications but rather brought to the town's attention by either the Wetlands Enforcement Officer or citizens who observe activity in wetlands and contact the Land Use Office at Town Hall. It's important to remember: The burden of responsibility for activity on one's property lies with the property owner. Even if a contractor is hired to do work, the property owner is responsible for the activity in any wetlands on or near the property. An application for a permit is required any time any activity occurs within 100 feet of an inland wetland or watercourse or if the activity might affect a wetland or watercourse near your property. Activities include any digging, cutting of brush or trees, mowing, cutting of native wetland vegetation, filling or converting of wetlands to lawns, and any construction within the regulated wetlands area. If in doubt call the Land Use Office.

The IWWC learned within the past month that decisions reached in 1999 and 2005 regarding the property referred to as "The Preserve" have been upheld by the CT courts. This is a credit to the commission members who spent many hours hearing testimony and being thorough and complete in their deliberations and decision-making. The Preserve is a tract of about 1000 acres of wetlands and upland woodlands, with most acreage within Old Saybrook. Located on the property are the headwaters of three rivers that flow to Essex, Westbrook, and the Oyster River in Saybrook.

The Land Use Office and Inland Wetlands and Watercourses Commission lost Wetlands Enforcement Officer Kelly Volansky in August when Kelly and her family relocated out-of-state due to her husband's change of jobs. Kelly spent about three years with the town as the Wetlands Enforcement Office and served as a mapping specialist in the Land Use Office. She worked on mapping and documenting vernal pools and updated the Wetlands Map, Planning Map, and other land use maps. Her hard work on updating the town's Land Use maps will be appreciated for many years to come.

- William Pollock

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GENERAL CONTRACTORS

Town Clerk's Office

Congratulations!

We congratulate the following on their recent marriages:
 Mak Pitke and Rebecca Lundin – August 21
 Brian Field and Stacey Potkin – September 5
 Reginald Grover, Jr. and Lucille Millspaugh – September 18
 Michael Livernoche and Cory Kiaunis – September 18
 Jonathan Foster and Rebecca Wollack – September 24
 James Frazier and Rhonda LaPointe – September 25
 Kevin McCarthy and Tracey Reid – September 25
 Richard Merrill and Natalie Nagy – October 10
 Barry Scaplen and Kristin Kerr – Oct 15
 Robert Schultz, Jr. and Carleigh Cappetta – Oct 10
 Colin Crowley and Julie Millspaugh – Oct 23
 David Orr and Jessica Carnevale – Nov 6
 Michael Brown and Constance Demartino – Nov 6

With Sympathy

We would like to express our condolences to the families of recently deceased Old Saybrook residents:

Marie Barrere	Mary O'Connell
Louise Cerruti	Helen Orlando
William Clark	Dorothy Patterson
Richard Cole	Ernest Pechon
Richard Commander	John Pierini
Mary Duchemin	Carlin Schneider
Effie Fiskaali	Deborah Scott
Rose Galullo	Carol Skelly
John Gordon	Helen Slater
Friu Gyurmey	Howard Slocum, Jr.
Barbara Hart	Mary Thurston
Joyce Heckman	Donald Turnbull
Nils Henriksen	Lucy Wadsworth
Eileen Karpiej	Joan Walker
Rosalie LaPorta	Barbara Welch

Sarah V. Becker, Town Clerk
Christina Antolino, Assistant Town Clerk
Cindy Kane, Assistant Town Clerk
 Office Hours: M-F, 8:30 a.m. - 4:30 p.m.
 Phone Number (860) 395-3135
 Town Website: www.oldsaybrookct.org



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"THE Business Referral Organization"

**BNI Meets every Tuesday morning at 7:30 a.m.
 at the ESSEX TOWN HALL**

Carl Bulgini 860-388-5626
 Lindsay Eisensmith 860-434-1792
 Dianne Hunt-Mason 860-662-0650

OLD SAYBROOK TOWN HALL

302 MAIN STREET

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

Selectmen's Office

Michael A. Pace, First Selectman	395-3123	mpace@town.oldsaybrook.ct.us
Georgiann Neri, Administrative Secretary		gneri@town.oldsaybrook.ct.us
Elaine Seaforth, Administrative Clerk		eseaforth@town.oldsaybrook.ct.us
Roland W. Laine, Executive Assistant	395-3127	rlaine@town.oldsaybrook.ct.us

Accounting

Sharon Migliaccio, Accounting Supervisor	395-3132	smigliaccio@town.oldsaybrook.ct.us
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Assessor

Norman Wood, Assessor	395-3137	nwood@town.oldsaybrook.ct.us
Melanie Roberts, Assistant to Assessor		mroberts@town.oldsaybrook.ct.us

Building Department

Don Lucas, Building Official	395-3130	dllucas@town.oldsaybrook.ct.us
Kathleen Marshall, Administrative Secretary		

Economic Development

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

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

Christine Nelson, Town Planner	395-3131	cnelson@town.oldsaybrook.ct.us
Christina Costa, Enforcement Officer		ccosta@town.oldsaybrook.ct.us
Carol Suits, Administrative Assistant		

Parks and Recreation

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

Public Works

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

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

Tax Collector

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

Town Clerk

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

Treasurer

Robert Fish	395-3070	rfish@town.oldsaybrook.ct.us
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Water Pollution Control Authority

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

Acton Public Library – 60 Old Boston Post Road

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

Non-emergency	395-3142	
Michael Spera, Chief of Police	395-3142	mspera@town.oldsaybrook.ct.us
Jean Marie Harvey, Office Manager	395-3140	jmharvey@town.oldsaybrook.ct.us

Probate Court – 302 Main Street

Roger Goodnow, Judge of Probate	510-5028	
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Social Services – 322 Main Street

Susan Consoli, Social Services Coordinator	395-3188	sconsoli@town.oldsaybrook.ct.us
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Transfer Station

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

Heather McNeil, Executive Director	395-3190	hmcneil@town.oldsaybrook.ct.us
Linda McCall, Administrative Assistant		lmccall@town.oldsaybrook.ct.us

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WPCA Update

The WPCA has been working diligently to move the Wastewater Management District forward and was optimistic about getting “the shovels in the ground” this fall. However, even though the administrative and financial preparation of documents for the program are on schedule as well as the site investigations, the funding has been slow to materialize. The bid package for the first neighborhood in Saybrook Acres has also hit a snag stemming from technical review.

That being said, the WPCA is anticipating the official beginning of construction in the spring, as well as the first steps being completed for Oyster River East. These steps include some site investigation and the fall public information session with the simultaneous release of their Notice of Entry Letters.

The WPCA has also overhauled the Pumpout Program process (see Pumpout Program Update and Septic Search Facility) and is pursuing a “Bin and Barrel Sale” for the spring. If the WPCA is able to participate and vendors and program coordinators provide the materials, the WPCA will sponsor a town-wide (or larger) sale of compost bins and rain barrels. This sale is organized on a regional basis through the Northeast Resource Recovery Association (www.nrra.net).

Continued on next page

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ahoy@toysahoyessex.com

WPCA ... continued from previous page

They work with the company supplying the Earth Machine composter and the System rain barrel.

For more information on the products please access www.earthmachine.com or www.norsemanplastics.com. The sale will likely be conducted on a pre-order basis rather than a truckload sale during the winter for a spring delivery - Earth Day! We received an initial quote of \$42 per bin and \$60 per barrel but are exploring opportunities to reduce the costs.

Here are some remarks about the products:

"The Earth Machine composter provides a nutrient-rich "super-soil" to add to your garden, lawn and house plants. It takes as little as 10 minutes a week, reduces use of artificial fertilizers and pesticides, can reduce gardening water bill by 30%, can reduce garbage by 30%, improves soil texture and water holding capacity where used as an amendment, and is big enough for a family of five."

"Rain barrels conserve municipal water supply and cut household water bills by up to 40%. Rain water, free from chlorine and water treatment chemicals, is an excellent water source for lawns, plants and gardens. The use of rain barrels reduces water pollution and storm water runoff."

Please stay tuned to our website(s) and local information sources (Library, Town Hall, press) for an update on this event. www.oswpc.org www.oldsaybrookct.org

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Historical Society

Historical Society Marks Successful Year, Plans Exciting Program for 2011

In the warm and friendly setting of the historic General William Hart House, the Old Saybrook Historical Society recently held its annual meeting to elect officers and a board of trustees for the coming year.

Crowded into the historic house for dinner catered by Pasta Vita, members heard outgoing president Randi Bradbury review the accomplishments of the past year, capped by the highly successful "Step Back in Time" celebration at the Bushnell House and Farm to mark the 375th anniversary of the founding of Saybrook Colony in 1635.

Newly elected president Linda Kinsella introduced fellow officers Marie McFarlin, vice president; Robert Pedemonti, treasurer, and Diane Hoyt, secretary.

Members of the board of trustees elected with terms ending in October 2011 include Lisa LeMonte, Robert Duncan, and Suzanna Otto. Trustees with terms ending 2012 include Arlene Sakatos and Edmund Mosca. And those with terms ending in 2013 include Irmay Hermanson, Tedd Levy, and Karen Emack-Dolson.

Several members were presented with "Outstanding Volunteer Awards" for unselfishly giving of their time over ten years. Those recognized for their contributions in the Hart House gardens included Flavia Adamsa, Joan Wendler, Audrey Goodhue, Marianne Pfeiffer, and Edna Haagensen.

Those recognized for their contributions in the Stevenson Archives include Martha Soper, Ann Sweet, Dorothy Swan,

Margaret Buckridge Bock, and Polly Timken. Membership in the Old Saybrook Historical Society is open to anyone interested in Old Saybrook history. In addition to maintaining the General William Hart House, gardens, and the Stevenson Archives, the society conducts a public lecture series and various other public programs and publishes a monthly newsletter. Further information may be obtained by calling (860) 388-2622 or checking the website: <http://www.saybrook-history.org/>



Want to find out about your unknown past?

Have you ever wanted to find out more about your family history but didn't know quite where or how to start? Now the Old Saybrook Historical Society is offering a way for you to easily learn about your unique and fascinating past by investigating your family's past. As part of the Chapman Lecture series, the society is sponsoring a talk by Greg Thompson, an experienced genealogist, who will provide an overview about researching family history. The lecture is scheduled for January 20 at 7:00 p.m. and is open to the public without charge.



Following the lecture, you may sign up for six more in-depth genealogy sessions, which will be held at the Stevenson Archives, 350 Main Street. The program of study will provide you with the knowledge, skills, and tools for digging into your family history and include how to research your family and where you can find information that you need to explore your family's past. Materials will be provided and certificates will be presented to those who successfully complete the six-week series.

The presenter for all sessions is Greg Thompson, a professional genealogist who has been teaching genealogy for fifteen years. Greg is the Treasurer of the CT Society of Genealogists, the Historian of the Elder William Brewster Society, Archivist of the CT Society of Mayflower Descendants, Genealogist of the Avery Memorial Association, and a member of several genealogical and historical societies. He is a descendant of several Mayflower Pilgrims and a direct descendant of the Indian Princess Pocahontas.

Enrollment in the six-session course is limited and tuition is \$40 for historical society members and \$45 for nonmembers. All of these sessions will be held in the Frank Stevenson Archives, 350 Main Street, beginning at 7:00 p.m. on Wednesday, February 2, 9, 17 (Thursday), 23, and on March 2 and 9, 2011.

Further information: call (860) 388-2622 or check the website: <http://www.saybrookhistory.org/>

Essex Winter Series

Our Mission - The Essex Winter Series mission is to bring the finest music, in live performance, to the Connecticut River Valley and Shoreline Region during the winter months and to cultivate its appreciation to the widest audience.

January 9 - Tokyo String Quartet with pianist Mihae Lee - The Tokyo String Quartet has captivated audiences and critics alike for over 40 years. Regarded as one of the supreme chamber ensembles of the world, the quartet – Martin Beaver and Kikuei Ikeda (violins), Kazuhide Isomura (viola) and Clive Greensmith (cello) – has built a comprehensive catalogue of critically acclaimed recordings and collaborated with a remarkable array of artists and composers. Joined by our Artistic Director and renowned Deep River artist Mihae Lee, the group’s performance will include the Mozart String Quartet No. 16, K. 428 and the brilliant Schumann Piano Quintet. Sponsored by Essex Printing and Linda and David Frankel.

January 30 - Soprano Dawn Upshaw and pianist Gilbert Kalish - Four-time Grammy Award winner Dawn Upshaw has achieved worldwide celebrity as a singer of opera and concert repertoire ranging from sacred works to today’s freshest sounds. Her acclaimed performances comprise the great Mozart roles (Pamina, Ilia, Susanna, Despina) as well as modern works by Stravinsky, Poulenc and Messiaen. Her ability to reach to the heart of music and text has earned her the devotion of an exceptionally diverse audience. A long-time collaborator and distinguished pianist, Gilbert Kalish will join Ms. Upshaw for an unforgettable debut recital with the Essex Winter Series. Sponsored by Landscape Specialties and Herb and Sherry Clark.

February 20 - Jeff Barnhart and the Northeast All-Stars - Get ready for great jazz. Jeff Barnhart, a world-class musician, band leader and entertainer, will present a program that demonstrates the various styles of piano and their proponents that came into being during the period when jazz was developing (1890-1935). He also will discuss each notable pianist’s influence on the changing scene. Assisting him will be the Northeast All-Stars, a six-piece band comprised of an equally outstanding group of musicians, all of whom are band leaders in their own right. This is a rich and entertaining “history lesson” on the growth of jazz, America’s unique contribution to the art of the world. Sponsored by Essex Savings Bank.

March 27 - Stringfest - Ani Kavafian, violin, Ettore Causa, viola, Carter Brey, cello, and three emerging artists Closing our thirty-third season is a very special event we have titled Stringfest, a new concept for Essex Winter Series that brings young talent together with world-renowned artists. This unique concert will feature returning violinist Ani Kavafian, Italian violinist Ettore Causa, and New York Philharmonic’s Principal Cellist Carter Brey with three exciting emerging

Continued on page 24

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Essex Winter Series ... continued from page 23

artists. This talented ensemble will perform Tchaikovsky's sensational string sextet *Souvenir de Florence* and Mozart's beloved *Viola Quintet in C Major*. Stringfest will be a spectacular concert that you will not want to miss. Sponsored by Guilford Savings Bank and Community Music School.

Concert Times and Locations. All concerts are on Sundays. Our first three are at 3 p.m. at Valley Regional High School. Our final (March 27) concert is at 4 p.m. at John Winthrop Junior High School.

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The individual concert ticket price for senior citizens is \$20; for children and students \$6.

Please send check, self-addressed, stamped envelope and this form to:

EssexWinter Series, P.O. Box 383, Essex, CT 06426-0383

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Community Music School Receives Grant

Centerbrook - Community Music School has received a grant of \$6,079 from the Connecticut Commission on Culture & Tourism, a state agency. This grant was awarded through the General Operating Support program and it will help to fund music education and appreciation programs at the

School. State grants are awarded through a competitive process. This grant signifies that Community Music School provides a high level of quality in its programs, community service and administrative ability.

Community Music School is a not-for-profit arts organization that has been serving the music education needs of students for more than 25 years. Founded in Essex, CT in 1983, Community Music School has grown steadily over the years and now occupies 6,000 square feet of space in two buildings with 17 studios and small group performance space. Today, we have nearly 500 students of all ages from Essex and 17 surrounding towns throughout Middlesex, New London and New Haven counties. Our mission is to provide a full range of the finest possible instruction and musical opportunities to persons of all ages and abilities, to increase appreciation of music and to encourage a sense of joy in learning and performing, thus enriching the life of the community.

The Connecticut Commission on Culture & Tourism brings together tourism, historic preservation and the arts. Its mission is to preserve and promote Connecticut's cultural and tourism assets in order to enhance the quality of life and economic vitality of the

Please call 860-767-0026 or visit www.community-music-school.org for additional information about Community Music School programs.

Robin Andreoli, Executive Director
 Community Music School
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OLD SAYBROOK NEWCOMERS' GUIDE

WELCOME TO OLD SAYBROOK!

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

- BUSINESS & PROFESSIONAL SERVICES -

CLUBS AND ORGANIZATIONS	
American Legion	860-388-9482
Chamber of Commerce	860-388-3266
Estuary Council of Seniors	860-388-1611
Main Street Business Association	860-388-6850
Old Saybrook Historical Society	860-388-2622
Old Saybrook Lions Club.....	860-399-6850
Old Saybrook Woman's Club	860-395-1206
Rotary Club	860-388-4271
Veterans Affairs & Memorial Day Parade	860-388-9170
Middlesex County Community Foundation	860-347-0025
PUBLIC LIBRARY	
Acton Public Library	860-395-3184
PUBLIC SCHOOLS	
Superintendent's Office	860-395-3157
Goodwin School.....	860-395-3165
Middle School	860-395-3168
Senior High School	860-395-3175
RELIGIOUS SERVICES	
Full Gospel Tabernacle Church ..	860-388-2085
St. John's Roman Catholic Church	860-388-3787
First Church of Christ, Congregational	860-388-3008
Emmanuel Baptist Church.....	860-388-2582
Grace Episcopal Church	860-388-0895
St. Paul Lutheran Church	860-388-2398
Christian Science Church	860-388-2670
Valley Shore Assembly of God ..	860-388-0662
Baha'is of Old Saybrook	860-388-5948
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Artisans Harbor	860-388-9070

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Coldwell Banker / Susan Malton	860-227-0117
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Chester Village West	860-526-6800
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*Painting by Bernard McTigue
Painting Instructor for upcoming class*

Continued on page 26

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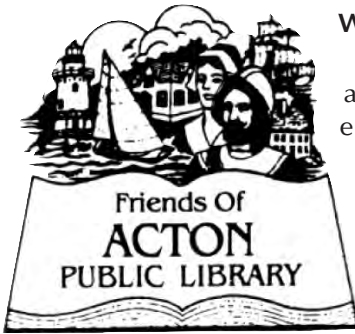
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“Friends”



What is a library “Friend”?

A “Friend” is an ally: an associate who provides cooperation, person who gives assistance; patron; supporter: Friends of the Acton Public Library.

What does the Friends group do?

The purpose of the Friends of Acton Public Library is to foster closer relations between the Acton Public Library and the citizens of Old Saybrook and its environs; effectively promote and advocate for libraries, encouraging the development of library, and engaging corporate supporters to unite and strengthen voices in support of the library, to promote knowledge of the functions, resources, services, and needs of the library; and to aid in the development of programs for extension and improvement of library services and resources. Aid in the development of new services through fundraising functions such as annual membership drive held in March, mini book sale held in-March, the ongoing book sale as well as the major book sale held in July.

What have the Friends done?

The Friends have provided the funding for the following: audio books, adult programming, and equipment, book discussion, children’s book discussion, children’s programs, children’s DVDs, Christmastime gifts for children, classic audio books, classic books, copier, counting contest, museum passes, new shelving for CDs and DVDs, poetry contest, program room tables, replacement of classic children’s books, summer reading club prizes, teen programming, children’s room cushions, teen summer reading prizes, Tucker Library Fund, web page maintenance, wheelchair for patron use, and more.

We welcome you to join our dedicated group of volunteers who work year-round to raise funds for children’s and adult programming, library awards programs, and special library needs.

Information can be obtained from the library staff. Like all of us, your library needs friends. So join us and be a “Friend of the Library” by sending in your membership to the library.

The Friends of the Acton Public Library extend to you and your family best wishes for a happy and healthy holiday season.

For further information check out the Acton Public Library webpage at actonlibrary.org

- Gerry Halgren, Co-president
- Maureen McWay Co-president

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Marian Bairstow,
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This is a question often asked by those inquiring about our senior community. As the Marketing Director at Chester Village West, I would enjoy answering your questions in person, so give me a call today!

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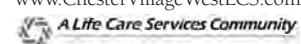
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Artisans Harbor ... continued from page 24

Our collection also includes the photography of Leslie Kohnke, Chip Rutan, Don Hutchinson, & Barbara Vietzke. Custom pillows, belts, and scarfs, by decorator Leslie Kohnke; scenic handpainted tables, chairs and stools created by P.J. Cook, & beautiful hand painted crystal by Carole Young. Special orders available. We are truly a gallery & destination that will appeal to everyone! Cheryl Powell owner and creative director, along with the artists, invite you to experience this vibrant cultural atmosphere and look forward to meeting the visitors to the gallery on Tues. 2-5 p.m., Thurs., Fri., Sat., & Sun. 12-5 p.m.



*Painting by P.J. Cook
Painting Instructor for upcoming class*

Winter Art Classes - only \$135.00 for 6 classes! Watercolor painting: 6 Sundays 2:00-4:00 pm, Dec. 12, 19, Jan. 9, 16, 23, 30. Oil painting: 6 classes Tuesdays 2:30-4:30 pm, Dec. 14, 21, Jan. 11, 18, 25, Feb. 1. Pottery: learn to throw clay on a wheel, and glaze. Call for info on dates and times. Give a gift you created! Your own artwork for someone special on your list!

BRAYCE

If you come to Chester on Saturday evening, Feb. 19, you'll not only be transported to the festive atmosphere of Carnival in Brazil, you'll also be helping to raise funds to provide unique opportunities for young people from Brazil and the U.S. For six years,



BRAYCE (the Brazilian and American Youth Cultural Exchange), a nonprofit agency in Chester, has facilitated cultural exchanges that provide educational and leadership opportunities for Brazilian and American youth. For young Brazilians the real impact of these exchange experiences is measured by the returning program participants becoming inspired role models in their communities. For the young American interns, it's the impact they have had on the young favela children as well as their own lives.

BRAYCE's major fundraiser, the Samba Rio Ball, will be held on Sat., Feb. 19, from 8 to 11 p.m. in Chester, on the eve of the 21st Annual Chester Winter Carnivale. This year, you'll catch that Latin beat with Trinity Samba and Jose Paulo Brazilian Group, and learn samba dance moves with exotic Brazilian performer, Quenia Ribiero. The event features a silent auction, which includes primitive paintings and items from Brazil, and Brazilian foods & beverages, including their world-famous Caipirinha cocktails. Prizes are awarded for best masks, best costumes, and best samba dancing. More information and tickets are available through the website, www.brayce.org.

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Old Saybrook Healthy Communities·Healthy Youth Report To The Community

Based Upon the November 2009 Student Survey

An Update On Asset Building With And For Our Youth

Dear Neighbors,

Over the past 13 years, Healthy Communities·Healthy Youth has been committed to enriching the lives of Old Saybrook's young people by *building assets* with and for them. Through extensive research, the Search Institute has identified *40 developmental assets*, which can be considered the building blocks or ingredients to a young person's success. (Please look inside for a complete list.) Put simply, the more *assets* any one young person possesses the more likely he/she will be emotionally healthy and successful in life.

The mission of HCHY is to be a catalyst for *asset-building* and to involve all sectors of the community in providing meaningful experiences, opportunities, skills and relationships that benefit all our children.

Within this publication you will find the results of the 2009 Mini-Survey, for students grades 8, 9 and 11. This survey was designed in collaboration with our Drug Free Communities Coordinator to measure substance abuse within a 30-day period, perception of risk and perception of parent disapproval. We have also included data from previous surveys done in 1997 and 2003 for comparison purposes. We are very proud of the results that in many areas exceed national averages. Since 1997 we have shown progress in developing *34 of the 40 assets*, demonstrating significant gains in many areas. While we think the community is on the right path, there are still concerns about our children, reflected within this Report. We still have much work to do!

We ask that you be aware of our mission and embrace it—be an *asset-builder* for all children. Please review this publication. Become aware of the strengths and deficits our young people are experiencing, of initiatives that are making a difference, and how you can help the children in your family, neighborhood and community.

Only together can we make positive, lasting change.

Thank you.

The HCHY Advisory Board



Fast Facts about Developmental Assets for Youth

- The 40 developmental assets are supported by years of research by the Search Institute involving 2 million young people across the country.
- Youth with more assets are less likely than youth with fewer assets to make harmful or unhealthy choices, such as substance abuse.
- Assets reflect common sense about what's good for people.
- The power of assets lies in how they work together. Having more assets increases the chance our young people will have positive attitudes and patterns of thriving behaviors.
- Asset building is an ongoing process. Building assets starts when a child is born and continues through high school and beyond.
- Consistent messages are important. It is critical for families, schools, communities, the media, and others to all give young people consistent and similar messages about what is important and what is expected of them.
- Redundancy is important—assets must be continually reinforced across the years and in all areas of a young person's life.



For more information about the developmental assets, please visit www.search-institute.org.

Survey Synopsis



In 2009, HCHY administered its' 5th student survey, collecting data from 340 students in grades 8,9 and 11. This shorter survey was comprised of 4-Core measures designed to gather responses related to students use of substances in the 30 day period prior to survey(alcohol, tobacco and marijuana), age of onset (first use), perception of risk, and perception of parent disapproval.

From the results of 2005 to 2009 there was a consistent response that students felt their parents disapproved of substance use, with students reporting on average above 85% their perception that their parents "feel it is wrong or very wrong to use alcohol, tobacco or marijuana.." The data from this survey also indicated students perceptions of the risks associated with marijuana use are very low, while they demonstrate a greater understanding of the risks associated with both alcohol and tobacco use.

The reported age of onset (first use) in 2009 for alcohol was 12.87, tobacco 13.24, and marijuana 13.8 and these results provide us with evidence that early prevention education programs are essential. In addition to the DARE program, substance use education and prevention programming needs to be offered consistently through the grade levels. Information about the risks associated with use, as well as involving parents in discussion with their youth about behavioral expectations are items HCHY will be targeting in future programming.

What is helpful when reviewing data like this is to be able to understand what it is telling us, not to be distracted by numbers and graphs. Understanding the essence of the information gathered, finding it relevant and representative, helps us design effective programming moving forward. We can see that some of our informational programming has been effective ie. students show they are aware of the risks associated with alcohol and tobacco use. We can also see that we need to make a concerted effort to heighten their awareness of the risks associated with marijuana and other substance use. We 'see' that they understand their parents would disapprove of their use, yet the numbers continue to rise of students who 'use' anyway.

The next "FULL" HCHY survey is going to be administered throughout grades 6-12 in November and will provide us with a more comprehensive up-to-date snapshot of current trends in use and perception. We will be using the information from that report to look at the issues facing our community, youth *and* parents, and targeting key areas for a concerted effort towards prevention, education and the reduction of substance use. We want to facilitate discussion between parents and their students about these kinds of issues. We want to join with all interested community members in supporting parents and students in maintaining "Healthy Community-Healthy Youth."

A Report of 1997, 2003, 2005, 2009 Surveys
Percent of Old Saybrook Youth Reporting Substance Use

Category	Behavior	Grades 6-12			Grades 8, 9 & 11
		% 1997	% 2003	% 2005	% 2009
Alcohol	Used alcohol once or more in the last 30 days.	41	26	30	28
Marijuana	Used marijuana once or more in the last 12 months.	30	18	21	16

Using The Asset Framework To Set Priorities For The Coming Year.

Old Saybrook's Search Survey results, accumulated over the last 13 years, gives us many clues about our young people and helps us to realistically look at the issues they are facing. It provides us with vital information to develop goals, implement strategies and allocate resources that directly benefit our kids and our community.

Just as other communities across the nation are struggling with underage drinking and substance abuse problems, so is Old Saybrook. (The table below summarizes substance abuse trends among our students in grades 6-12.) Though our data documents a decrease in use by our middle school students, we remain concerned about the use by our high school students. We are using the asset framework to develop an action plan that addresses these concerns.

It is obvious that parents remain the single most important factor in their children's success. Parents have a direct effect on their children through their parenting practices, modeling behavior, and the opportunities they make available to their children for positive experiences and healthy relationships in the community. HCHY appreciates the importance of parents as key asset-builders and will continue to work towards providing parents with information, education and resources that can assist parents in their challenging jobs.

While we have made significant progress in asset development in many crucial areas such as "schools providing a caring, encouraging environment" (asset #5) and "young people are given useful roles in the community" (asset #8), we still have much work to do.

Below are four assets we are targeting in our plan because they are *extremely important* in the fight against substance abuse. We need to focus our attention on these areas:

Asset #2	Positive Family Communication
Asset #6	Parental Involvement
Asset #11	Family Boundaries
Asset #14	Positive Adult Role Models



Everyone has the potential to build assets.

Ideally we should *all* be involved in asset-building to ensure that our young people have the solid foundation they need to become tomorrow's competent, caring adults. Neighborhoods, schools, congregations, businesses and all organizations serving our community can play a role in building assets for young people. Below are *just a few examples* of successful asset-building initiatives that have helped build strengths in our young people:

Community/School Partnerships: Mentoring Programs • Women's Club and Student Greenhouse Project • Rotary Club's student branch Interact Club • Estuary Council of Seniors and Student Shared Projects • MS Enrichments for All Program • Goodwin Buddies After School Club • Main Street Student Art Show • Community Service Programs • YMCA After School Programs • Tracy Art

Center's Partners in Art • Amistad Freedom Sails • Maritime Education • OS Fire Company's Junior Firefighters • OS Historical Society Student Volunteer Program •

Municipal Initiatives: Student Representation on Town Boards • Youth Summer Theatre • Youth Center • Wilderness Challenge • "Positive, Exemplary Community" • OSPD's Explorer Club • Underage Drinking Prevention Forum • Youth Employment Service • Student Internet Awareness Program • Cops N Kids Program • Acton Library Puppet Group • Student Violence Prevention Week

Parents: Music Boosters • Family Dinners • Family Support • Sports Boosters • Parents on Board • Coaches •

Business Initiatives: Youth Booth at Chamber's Arts and Crafts Festival • Business sponsored After School Clubs • Jazzercise Get Kids Fit • Advisors for HS WISE Projects • "Champions for Youth" (business-supported scholarships for youth) •

Faith Community: St. Paul Lutheran Church's "Homework Club" • Grace Episcopal Church's intergenerational Alpha Program • church youth groups • Congregational Church's "Senior Readers" •

Youth: Peer Advocates • Youth Service Clubs • Peer Mediators • Violence Prevention Week • Youth to Youth Mentoring • Teen Issues Month • Community Service • Youth Assets Team • Annual Cancer Walk •

Everyone: Family Day Celebration • Hidden Treasures Variety Show • Volunteers Leading an After School Club • Safe Grad Night • Mentors •

Businesses, organizations, the faith community, other caring adults, and the media
must support the work of parents and join them in modeling appropriate behavior and providing consistent messages about expectations. We encourage everyone's involvement in this important initiative.

All of us, in many different situations, can have a positive impact on a young person's life.

Moving From Awareness To Action To Improve The Well Being Of Our Youth

Adults can...

- ♦ become involved in Healthy Communities-Healthy Youth
- ♦ become an Adult Mentor to a child

Families can...

- ♦ model - and talk about values and priorities
- ♦ do things together, including projects around the house, recreational activities, and service projects
- ♦ talk about assets and ways to strengthen everyone's.

Businesses can...

- ♦ develop employee policies that encourage asset building, including flexible work schedules for parents and other employees, so that they can volunteer in youth programs.

Young people can...

- ♦ become involved in their school
- ♦ volunteer time to help others
- ♦ become a Youth Mentor to a younger child

Organizations can...

- ♦ host a speaker on Asset-Building for your group
- ♦ include youth on your Boards
- ♦ sponsor a youth initiative

Parents can...

- ♦ commit to building a healthy, safe and nurturing community for all youth.



Healthy Communities-Healthy Youth
 c/o Youth and Family Services
 322 Main Street
 Old Saybrook, Connecticut 06475

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For more information call
 HCHY Community Coordinator
 Wendy Mill at
 Youth and Family Services,
 860-395-3190.



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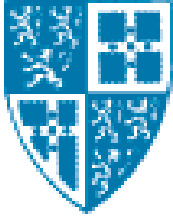
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