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# The Selectmen's Corner

Happy winter from the Board of Selectmen, which consists of First Selectman Carl P. Fortuna, Jr. and Selectmen Scott Giegerich and Matthew Pugliese. The winter season brings the cold weather but there are still plenty of great attributes about Old Saybrook in the winter. I hope you enjoy the season. The Board of Selectmen thanks you for entrusting us with running your local government.

The Town of Old Saybrook re-funded (the equivalent of refinancing) a significant amount of debt in a transaction on September 12, 2019. In doing so, the town will save over \$400,000 in interest payments over the life of the bonds. The first part of this refunding included general obligation bonds that were used to construct The Kate as well as the 2014 bond package that included our public safety building, major repairs to two of our schools, and the track, turf and tennis court project at the high school. The second part of this refunding included debt associated with the Water Pollution Control Authority program to remediate groundwater pollution in certain areas in town. With the conclusion of Phase II of this program this past fall, several large payments were coming due and payable to the State of Connecticut to pay back the Clean Water Funding that has been borrowed over the years. As many of you know the town, and homeowners who are in the program, can access Clean Water funds from the State at a 2% interest rate payable over 20 years. With this refunding, we were able to refinance large portions of Clean Water and general obligation debt at rates lower than 2%

due to the town's good credit. This in turn saves on future interest payments that were coming or would come due. In addition, we structured the repayment of the debt in a way that will not cause a spike to the town's debt service payments. Smoothing out these debt payments prevents the WPCA project from impacting the mill rate negatively. For 2020 through 2023 the town's debt service repayment will stay level to slightly below where it is for the current fiscal year and will decrease at a rapid pace thereafter. This was factor in the refunding as we look towards the planning stages of the third and final phase of this program, which will take place over the next couple of years. This phase will include the areas of Chalker Beach, Great Hammock Beach, Saybrook Manor, Plum Bank and parts of Indiantown. There are approximately 700 homes that still need to be addressed and we are currently in negotiations with the State Department of Environmental and Energy Protection (DEEP) as to our next steps. As our readers know, we are under an order from DEEP to act; doing nothing is not an option and DEEP has made this abundantly clear. The WPCA project has been **continued on page 5**



First Selectman Carl P. Fortuna, Jr.



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

kicking around this town for thirty years. Under my administration, we have finished two thirds of this project. We need to now address the final and most difficult part of the project, which will involve treatment of waste water off site. The simple fact is that certain homes are too low lying and on too small a lot to support a septic system. These are the homes that will be in phase III. No one could have predicted the intricacies and difficulties this program would encounter over the years. When this current course of action was conceived 20 years ago, and voted on at referendum in 2009, there was a concept laid out as to how this program would work. Since 2011 when systems starting going in the ground, there have been twists and turns and we have learned a lot. The program construction has been well managed by our all-volunteer WPCA, and the town's project manager. In addition, the finances of the program are in good shape and, importantly, have not caused the town's debt levels to spike. Instead, we have sensibly financed this program so that it will fit into the town's debt profile. As we move to third phase, the WPCA and the Town will keep our residents informed.

In the past, I have written about the burden of the property tax. No one likes it but it is the primary way we fund all our town services as well as providing education to our children. Connecticut's property tax is the third highest in the United States. No surprise there! The Connecticut Conference of Municipalities (CCM), an advocacy organization that Old Saybrook belongs to and in which I am active, has kicked off a Municipal Cost Containment Study Commission with the goal of presenting to the Connecticut legislature a plan next spring for either new revenue or cost containment such that property taxes could be reduced up to 25% in every city in the State. The strategy is comprehensive. Engage the public which should not be difficult. Most everyone knows about property taxes and the burden they represent to so many homeowners. Secondly, if there is going to be opposition from special interest groups, engage and, if possible, neutralize their arguments. Who might oppose property tax reform? Municipal labor unions are a possibility as some of the reforms might include needed collective bargaining reform. At this point, the media would be engaged to educate and gain support from legislators and Connecticut residents, and finally to exert pressure on legislators to make the needed reforms. To move this conversation forward, CCM has engaged a public relations firm to assist. To come up with ideas for property tax relief, CCM has asked municipal leaders to sit on this Commission and engage with specialized consultants in formulating ideas that could lead to property tax relief. I have volunteered onto this committee and look forward to consulting with the following three organizations to move this discussion forward: The Edward J. Collins Jr. Center for Public Management, The Andrew Young School Center for State and Local Finance at Georgia State University and Gordon Hamlin from Pro Bono Public Pensions.

continued on page 6



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*As we close on 2019, I am grateful for the opportunity to help home sellers and buyers, many who will be celebrating the holidays in their new homes.*

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


The Collins Center will focus on improving the efficiency, effectiveness, governance and accountability of local governments. Their deliverable will include recommendations for cost containment strategies, including service sharing and/or consolidation. Areas that will be considered include public safety, education, public works, general government and a few other areas. Obviously, whatever is recommended has to make sense for the community and has to generate real dollar savings. The Georgia State University Team will look at local government revenue in Connecticut. Whether this means examining the sales tax, reducing property tax exemptions or imposing franchise fees, Georgia State has been hired to help CCM consider all the alternatives. Lastly, Mr. Hamlin will focus on the unsustainable pension crisis that exists in our state, both at the state level and the municipal level. I have written about the State unfunded liability problems in past issues and since then, Governor Lamont has taken some steps to ameliorate the immediate crisis. However, the liability is still crushing and is getting worse, and it is true for many municipalities in Connecticut; another stock market meltdown and it will be a fact that some retirees might not get paid. Mr. Hamlin has a very different outlook than most on this issue: of course he could recommend more funding, which would only mean higher property taxes. Instead, he recommends collective pain by all parties with an interest. More on that at a later date.

The bottom line: We as municipal leaders have to look at all possibilities when it comes to property tax relief. Will anything change? Maybe not, but if there is a chance of something good coming out of this commission, I have an obligation to explore it. I will do my best to keep our town informed on the progress of this commission.


Winter is here and that means snow. Please be patient while the town crew plows roads. If your road does not get plowed for some reason, please call and we will attempt to get to your road as soon as practicable. All snow plows angle the same way-to the driver's right-and when going by they will push the snow in front of driveways. The only way to avoid extra shoveling is to wait until DPW crews have done their final clean up on the street. After the storm, DPW may have to plow the road several times more to restore the full width. Thank you for your understanding.

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

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



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# Old Saybrook Chamber of Commerce

## FROM BEACH TRASH COMES A SCARECROW

**Say Hello to Harvey!** He is unaware that the garbage he leaves on the beach can be harmful to beachgoers and ocean life, and does not mean to “trash” Old Saybrook. So, he’s a reminder to all of us to recycle or properly discard our trash.

Harvey the scarecrow was created to be entered in the Chamber of Commerce’s annual Scarecrow Fest. He was assembled by an Old Saybrook Middle School student from the trash collected during the Coastal Cleanup sponsored by the Old Saybrook Conservation Commission on September 21st, 2019. Dozens of volunteers helped with the cleanup from throughout the area, including the High School Ecology Clubs from Old Saybrook and Haddam/Killingworth, the Chamber of Commerce PLOT group and the Conservation Commission. The trash was picked up from along the shoreline and roadway from Town Beach to Harvey’s Beach and the Causeway.

The most numerous trash items were: cigarette butts, broken glass and snack packaging. More than 100 pounds of garbage were collected, helping to keep our roadways, beaches and the Long Island Sound that much cleaner.

Harvey didn’t win the contest, but he more importantly demonstrated both the negative effects of careless littering and the



Harvey thanks all the cleanup volunteers!

positive results of people getting together to fix a problem. The next International Coastal Cleanup Day is September 19, 2020- see you at the beach!



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# Old Saybrook Economic Development



The CT Green Bank and its C-PACE program make Going Green financially feasible.

the U.S., will soon generate over 90 percent of its electricity needs from a solar photovoltaic (PV) rooftop system with support through the C-PACE program.

Old Saybrook participates in Connecticut's Commercial Property Assessed Clean Energy (C-PACE) program which gives property owners like Stencil Ease access to financing from the Connecticut Green Bank to install energy efficiency upgrades or renewables on their buildings without upfront costs. The financing is repaid through the town's property tax billing system as a benefit assessment. Through C-PACE, energy savings offset the cost of improvements and often exceed the investment resulting in positive cash flow.

The Town of Old Saybrook adopted the C-PACE program in February 2013. Stencil Ease's 15,000 square foot state-of-

**STENCIL EASE OF OLD SAYBROOK GOES GREEN USING C-PACE**  
Old Saybrook-based Stencil Ease, the largest specialty stencil manufacturing company in

the-art laser cutting facility is the first commercial/industrial business in town to use the program. "We put the C-PACE program in place to make it easier for our commercial, industrial and multi-family property owners to install green energy technology and lower their energy costs. We hope many others follow Stencil Ease's lead and take advantage of this opportunity," said Carl P. Fortuna, Jr., Old Saybrook First Selectman.

Stencil Ease's total cost for the project is \$215,000 with an expected average annual energy cost savings of \$20,000 a year. Stencil Ease is also a beneficiary of an Energy On The Line grant of \$14,081. The Energy On the Line grant program was developed in partnership with the state's Department of Economic and Community Development's (DECD) Manufacturing Innovation Fund to provide Connecticut manufacturers with even greater net energy savings from a C-PACE project.

For more information about the C-PACE program, contact the Economic Development Office at: 860-395-3139 or [susan.beckman@oldsaybrookct.gov](mailto:susan.beckman@oldsaybrookct.gov). Information is also available online at: <https://ctgreenbank.com/>.

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### CONGRATULATIONS!

Elia David and Sophia Lvoff - August 24th	David Trehy and Lisa Taber - September 29th
Zachary Tuchmann and Ashley Rand - September 7th	Matthew Smith and Hillary Maxson - October 4th
Joshua Panto and Kelsie Walton - September 14th	Brian Moske and Kelly Tierney - October 18th
Nicholas Abraham and Jessica Balicki - September 14th	David Loiselle, Jr. and Susanne Nolan - October 25th
Casey Strickland and Jenna Rutigliano - September 22nd	Dharmik Desai and Allison Valentine - October 26th
Thomas Maynard, II and Kelsey Root - September 21st	Matthew Rovelli and Gina Sirico - November 10th
Michael Kennedy and Claire Mitchell - September 28th	

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# Let's Make Some SMART Resolutions



With the year-end fast approaching new beginnings and resolutions begin to creep into many of our thoughts. There is something about the turning of the calendar page or the writing of the year that triggers the feelings of change and new starts.

Most people will say that they made resolutions for the New Year and promptly failed at their execution. Statistics back that up. Only nine per cent of those who make resolutions actually succeed in carrying out their plan. But the Journal of Clinical Psychology reported that those who set resolutions are ten times more likely to achieve change. That sounds like pretty good odds so I think making a plan is worth it.

Borrowing from a concept attributed to management guru, Peter Drucker I think SMART resolutions might be the path to take. **S**-specific **M**-measureable **A**-achievable **R**-relevant **T**-time bound

Following SMART will help to avoid some of the pitfalls that we encounter when trying to keep our resolutions - too broad and all encompassing - too impossible to reach - too hard to know when you have succeeded.

## GO AHEAD, GIVE IT A TRY

**Old Way** - Increase my reading

**SMART way** -

Specific - Read Novels

Measureable - 1 novel a month

Achievable - I have the time to accomplish this

Relevant - I love to read

Time bound - a month at a time.

Sounds doable when you break it into smaller goals.

**Old Way** - Run a Race

**SMART Way** -

Specific - Run the Turkey Trot Race

Measureable - Turkey Trot is 5 Kilometer

Achievable - I have the health and ability to train

Relevant - my buddies are going to start training this week

Time bound - the Turkey Trot is November 22.

As we approach the New Year consider your resolution plan.

Use SMART goals to help you reach success.

And a Happy, Healthy New Year to All!

Mary Lenzini,

President/CEO VNA of Southeastern Connecticut, YNHHS

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# Middlesex Health's Mayo Clinic Care Network Membership and You

Middlesex Health's membership in the Mayo Clinic Care Network benefits patients tremendously. This relationship provides Middlesex with access to information, knowledge and expertise from Mayo Clinic, the No. 1 hospital in the nation according to U.S. News & World Report.

The Mayo Clinic Care Network is a network of like-minded organizations that share a common commitment to improving the delivery of health care in their communities through high-quality, data-driven, evidence-based medical care. From eConsults and eBoards to clinical collaborations that advance health care innovation, the Mayo Clinic Care Network allows Middlesex to continue to grow and improve the programs and services it offers while keeping care close to home.

Middlesex joined the Mayo Clinic Care Network in 2015. Since, more than 800 people have benefited from eConsults, electronic second opinions from Mayo Clinic specialists that offer Middlesex patients additional peace of mind. Patients

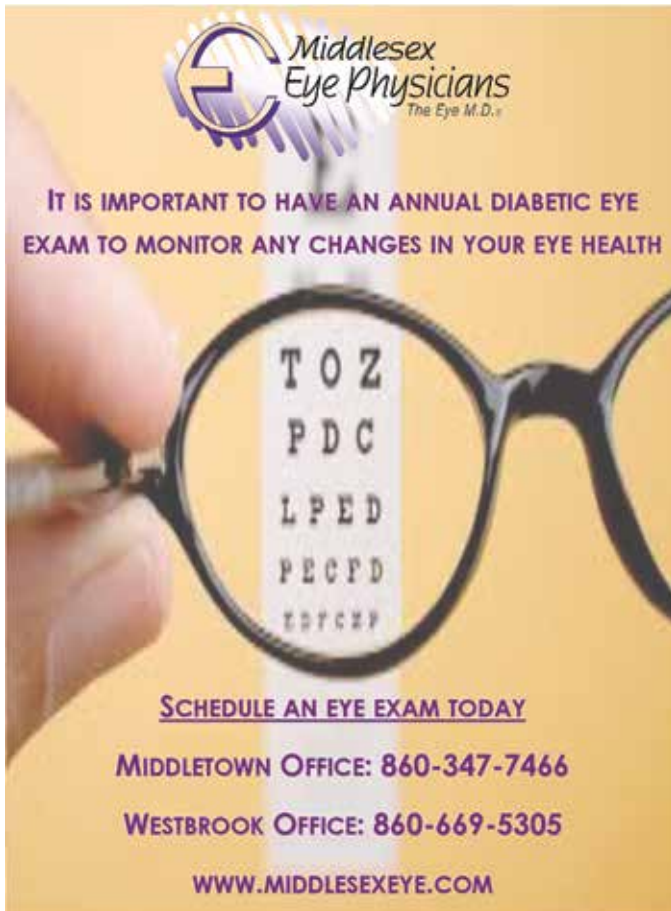
also benefit from eBoards, multi-disciplinary forums that bring Middlesex physicians together with leading Mayo experts and physicians from other Mayo Clinic Care Network hospitals. During these forums, held via video conference, clinicians review the most complex clinical cases and develop treatment options to best benefit patients.

In addition, Middlesex participates in several collaborative programs with Mayo Clinic and other Mayo Clinic Care Network members to find new ways to solve problems and improve care.

Middlesex Health remains an independent health system-one of few remaining in Connecticut, and its Mayo Clinic Care Network membership only strengthens what it can offer. Its membership in the Mayo Clinic Care Network is just one more reason why Middlesex Health is the smarter choice for care.

For more information about Middlesex Health, visit: [MiddlesexHealth.org](http://MiddlesexHealth.org).

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# Health Department - Holiday Food Safety

With colder weather upon us, the joyful holiday season is here. Feasting with family and friends is one of the most memorable and cherished activities of the season. Follow these simple tips to keep food safety a priority. Be sure to wash hands with soap and water during key times where germs are likely to spread, such as before, during, and after preparing food, after touching raw meat, before eating or drinking, after using the restroom, after touching an ani-

mal, and after blowing your nose, coughing or sneezing. Cook food thoroughly and use a food thermometer to confirm proper cooking temperatures. Keep meat, poultry, seafood, and eggs separate from all other foods while being transported and stored. Use pasteurized eggs for dishes containing raw eggs. Always ask if your guests have allergies to certain foods, such as dairy, nuts, eggs, fish, shellfish, wheat, or soy. Keep foods out of the temperature

danger zone (42°F - 134°F). Bacteria can rapidly grow at room temperature. The temperature in your refrigerator should be set at 41°F or less. If the holiday party is a prolonged one, be sure to keep hot food hot and cold food cold. Hot food should be hot held at 135°F or

more and cold food should be cold held at 41°F or less. If you are having turkey, safely thaw your turkey in the refrigerator and avoid thawing on the counter. A turkey must thaw at a safe temperature to prevent harmful bacteria from rapidly growing. Take extra care if you're pregnant or immunocompromised, or preparing food for someone who is. Avoid raw or unpasteurized dairy products such as milk and soft cheeses. Avoid drinking raw or unpasteurized juice and cider. If you have any questions regarding food safety, please contact the CT River Area Health District at: 860-661-3300.







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\*Source: SMART MLS Ranking Report: by Total Volume Closed Sales for property type is one of single family sales, condos/loft sale, multi-family sale, lots and land in Middlesex County 01/01/2018 - 12/31/18. While information is believed true, no guarantee is made for accuracy.



**25 Sheffield**

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# Mental Health Parity Signed Into Law



Earlier this year, Governor Lamont signed into law “The Mental Health Parity Act,” which unanimously passed the legislature. I was an early co-sponsor of this legislation because it will ensure that insurance companies treat and cover mental health and substance use disorders just as they do for physical illnesses.

The Act prohibits insurance policies from placing more stringent limits on mental health and substance abuse use benefits than for medical and surgical benefits. This provision applies to individual and group health insurance policies delivered, issued, renewed, amended, or continued in Connecticut on or after January 1, 2020 that cover basic hospital expenses, basic medical-surgical expenses, major medical expenses, or hospital or medical services - including those provided under an HMO plan.

In addition, the act requires health insurers to annually report that they are compliant with state and federal mental health parity laws.

This legislation was in response to an independent study that showed Connecticut had some of the worst disparities for access to affordable mental health and substance abuse services. The study found that patients often had no choice but to use costly out-of-network coverage for mental health much more than for other medical issues. These issues affect nearly every family in the State of Connecticut and people will now have greater access to the care they need, which will save lives.

It goes into effect January 1, 2020.

As always, please don't hesitate to contact me about this or any other issue at [devin.carney@housegop.ct.gov](mailto:devin.carney@housegop.ct.gov) or 860-240-8700. The 2020 legislative session begins on February 5, 2020, so please be on the lookout for upcoming office hours and future publications from my office.

I wish you and your family a wonderful holiday season and a Happy New Year!

Devin Carney,  
State Representative

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# OLD SAYBROOK OSPR PARKS AND RECREATION

## Winter 2020

### TEEN CENTER 2020

As the year 2019 comes to an end, we have some fun events planned for 2020 in the Teen Center.

To ease into the New Year, we will be holding a movie night on Friday, January 17th at the Rec. On January 31st & February 7th, our Soccer Tournament returns for its sixth year. The first night will consist of a Round Robin to determine seeding for our bracket-style tournament the following week. Participants can put together co-ed teams of 4 and construct creative names and costumes, for a chance to not only sign the coveted Soccer Ball, but win the ever popular Spirit Award, sponsored by Sweet Luna's! As we head into March, we'll gather up some March Madness and host our annual 3 on 3 Tournament. Student-picked teams will compete on Friday, March 20th in a bracket competition to win it all. For more information about the Teen Center, see Kyle Bohonowicz at the Rec!

### WINTER BASKETBALL

Winter basketball with OSPR starts next month, we have a seven week season taking place January 11th through February 24th. We will have two leagues for three different age groups, 2nd and 3rd grade, 4th and 5th grade and 6th through 8th grade for boys and girls. The league is sponsored by Mike's Barbershop and OSPR would like to thank them for their continued support. Games will take place on Friday evening and all day Saturday. If you are planning to use our gym on Saturday, please be aware of the game schedule. All league information can be found online at: [www.oldsaybrookrec.com](http://www.oldsaybrookrec.com).

### SNOWMAN BUILDING CHAMPIONSHIP

Back for a 2nd year, the Championship is planned for Saturday, January 18th on the Town Green. If Mother Nature does not provide the snow, Eric Lintelman of Maximum Snowmaking Co. will! We will have up to 16 teams this year compete for Best in Snow. Thank you to the OSFD for their help and support of the program and we will look to have NBC 30 and Snow Monster on hand as well. To register your team of snow engineers, please visit [oldsaybrookrec.com](http://oldsaybrookrec.com). Only one person per team needs to register.

### FEBRUARY VACATION CAMP

Looking for something fun and exciting for your child to do during our mid-winter break? OSPR will be offering a three day camp starting on Monday, February 17th through Wednesday the

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19th. Camp will start at 9:00 am and go until 4:00 pm. Campers will play games in the gym, hang out in the teen center and enjoy crafts and other games throughout the week. OSPR will air a movie during the week on the large projector screen! Camp is just \$75 for the three days.

Vacation camp is open for those in K-5th Grade. Registration starts on Tuesday, January 2nd. Space is limited, so make sure to sign up early! To register, please visit our website.



### CRPA HOTSHOTS CONTEST

On Saturday, February 29th, Old Saybrook Parks and Recreation will be holding the Connecticut Recreation and Parks Association's HotShots

Contest. The Connecticut Recreation and Parks Association HotShots Contest is a statewide event. This event is offered to boys/girls, ages 9-15. Each player will have one minute to shoot from "hotspots" placed on one half of the court. Starting at the center of half-court, the player dribbles into shooting range. The contest challenges a player's speed, shooting, dribbling and rebounding ability. Three one-minute rounds constitute the duration of play for each player. The top scorer in each division will move on to the next level of the contest. The HotShots

Contest is a recreational program designed to promote basketball enthusiasm as much as basketball skill, fun, physical fitness, friendship and good sportsmanship. Regional winners will play at the state championship level.

### OSLL SPRING TRAINING W / OSPR

Every March, OSPR teams up with Old Saybrook Little League to offer a four week spring training program. This year we are offering two programs. The first program is for ages 6 & 7 starting at 5:00 pm for one hour. Our second program is for 8 & 9 year olds and starts at 6:00 pm. Both programs run on Tuesdays and Thursdays. Both of these programs are just \$5.00! OSPR would like to thank all of the volunteers from OSLL who make these programs possible!

### T-BALL AND COACH PITCH WITH OSPR & OSLL

For the 2020 baseball and softball season, OSPR is working with OSLL to make minor changes and clarify the question of "where and when do I play T-ball or Coach Pitch." For years, OSPR has handled both, but age and skill was always a question. It left some kids playing up and some kids playing down.

For 2020, any child who 6 and under who has not yet played a full season of T-Ball, must play T-ball with OSPR. Our T-ball League is for any child 5 yrs old or in Kindergarten and will begin in **continued on page 18**

## A Round of Applause *and* Many Thanks to You.



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**Thanks to you, great things happen every day in your community.**

We invite you to learn more by calling us or visiting us online.

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## SELECTMEN'S OFFICE

Carl P. Fortuna, Jr., First Selectman	395-3123	Carl.Fortuna@OldSaybrookCT.gov
Georgiann Neri, Administrative Secretary		Georgiann.Neri@OldSaybrookCT.gov
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
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## 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
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## 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
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## WATER POLLUTION CONTROL AUTHORITY

Gratia Lewis, Financial Manager	510-5076	Gratia.Lewis@OldSaybrookCT.gov
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## 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	
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### Social Services - 322 Main Street

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

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

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

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

## Parks and Recreation... continued from page 17

April. If your child has participated in our pre-k "T-Ball for Beginners" program, that does NOT count to a year of T-ball. If your child is in 1st grade or HAS played a full season of T-Ball, they need to register for Coach Pitch with OSLL. Registration for both programs opened in December.

## SUMMER EMPLOYMENT

Beginning in February, OSPR will begin to collect applications for summer employment. We offer a variety of jobs at our beaches, Mini Golf and Rec. Center. We look for responsible, outgoing and dedicated individuals to join our team each summer. If you are interested in becoming a member of our team, please stop by the Rec. to pick up an application or download online.

**Summer Positions include:** Lifeguard, Camp Counselor, Parking Attendant, Concessions Stand, Mini Golf Attendant and others.

For more information regarding these articles, registration or programs with OSPR, please visit our website at: [www.OldSaybrookRec.com](http://www.OldSaybrookRec.com) or contact Jonathan Paradis via email at: [Jonathan.Paradis@oldsaybrookct.gov](mailto:Jonathan.Paradis@oldsaybrookct.gov).

## Old Saybrook Historical Society

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

## HISTORY'S UNFINISHED STORY

It is surprising how far Saybrook documents and other materials travel over time and heartening to know some eventually make their way home again. And, those documents and other materials often add our understanding of the human experience and the incomplete history of Old Saybrook. Such was the case a few months ago.

This story begins when a Georgia couple were cleaning out the attic in an old house they were renovating and came upon a small, old trunk. Before tossing it out the window, as they did with other items, they opened the chest and came upon a bundle of 19th century family letters, deeds, wills, photos and documents and quickly, and thankfully, realized that they should find out more about their discovery.

They spend several weeks attempting to decipher the old script and find out about the people who originally wrote or received the letters. It turns out that they were renovating the Mercer Spencer house in Woodstock, Georgia and the former occupants were related to the Spencer family of Saybrook.

They saw that the documents came from Saybrook and decided that they should be returned. Responding to the request for more information, they prepared a list of more than 200 documents. They also indicated that they would like to sell the entire collection to the Historical Society.

Unable to put a price on the collection and hesitant about sending it through the mail, they decided to bring the documents to Old Saybrook. After a 14-hour train ride from Georgia they arrived and the following day brought the items to the Archives. An historical society committee reviewed the material and were excited by the information found in the roughly 200 items. They decided it would be a worthy addition to the Archives and a price was agreed upon. A local benefactor, who wishes to remain anonymous, purchased and presented the collection to the Historical Society.



Old Saybrook Historical Society president Marie McFarlin, left, and vice president Wayne Harms, standing, met with Carmen and Elliot Kruger to examine some 200+ Saybrook documents they discovered in Georgia.

**HERE ARE A FEW HIGHLIGHTS FROM THE NEW COLLECTION OBTAINED BY THE HISTORICAL SOCIETY:**

**Presidential appointment, January, 1842.**

George Pratt wrote to President John Tyler “urging reappointment of William Willard as Surveyor and Inspector of the port of Saybrook. Another term of four years in office would be a convenience in the down hill road of life - especially with several young children.”

**Lynde Point Lighthouse, Dec. 5th, 1824.**

The sudden death of Daniel Whittlesey, keeper of Lynde Point Light House, caused an unexpected vacancy. A petition was sent to the Secretary of the Treasury, recommending “Mrs. Catherine Whittlesey his widow... as a suitable person by experience and good character to be appointed keeper of said Light House and we venture to predict that she would prove herself to be a most efficient and faithful Light House keeper.” (She did get the job.)

**Horses for the Ferry, Sept. 23, 1846**

Stephen Peck and Gilbert Pratt were assigned to investigate complaints about how Capt. Jedidiah Tyron, Jr. ran the ferry and their report stated that they “do find just and reasonable cause of complaint.” Tyron was told “to immediately produce

**continued on page 20**




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## Historical Society... continued from page 19

larger & more convenient scow during the repairing of the present Horse Boat” and that the horses used are “wholly and entirely unfit for the business... Capt. must procure two good and suitable horses for the business of said Ferry... and to have repairs & horse for the accommodation of the public within two days from the date hereof.”

### Advice from Father to Son, Jany. 8th 1866.

Dear Samuel,

As you are about going from home to mingle with the world, let me try a say words to you. I am pleased to see you have ambition enough to try to do something, and be something. It gratifies me very much.

Be a man & gentleman every where, in all your conduct and intercourse with others. You can do well if you try, and do try. Keep only good companions.

Be honest, truthful, & faithful with your employes - try in all things to please him. Do just as he request you to do in all things that are right & honest. It is in you to be a complete merchant or business man. In all business be very particular & take time to be correct - be not too hasty in doing things. Improve all your leisure time in reading & figures & writing - read good, sensible books & papers - above all read your Bible daily - let not a morning pass without reading it attentively, and before you retire to rest at night - avoid all bad company.

I think this is a good opportunity to begin business, and as you progress I will help you along. Keep well up with your penmanship and figures all the time and learn all you can in your present situation.

Do not begin away from home by writing letters to anyone but to us at home. Have no confidants. If you wish to say anything about your own affairs or your business, say it to me only, and if you require anything for your own need, ask me for it. Write home once a week. Take care of all your clothes, and don't spend your money for needless things...

Now good bye & remember us all at home at all times. Keep this letter, and read it over often as coming from yr. affectionate Father,  
Gilbert Pratt

### MOBILE HISTORY JUST AN APP AWAY

Connecticut Humanities has launched a new mobile app - aptly named ConnTours - that serves as a mobile-friendly guide to unique and interesting places that make up the historic Connecticut landscape.

Old Saybrook is represented by “The Siege and Battle of Saybrook Fort, 1636-1637” which features a tour of 12 sites associated with

events relating to Saybrook events during the Pequot War.

The app provides short introductions to the history of each stop, images, maps, links to social media, directions to each stop, and links to resources that will allow users the opportunity to plan their visit.

The ConnTours app is made available by Connecticut Humanities without charge and can be found in Google Play and the Apple App Store. It can be explored on computers at: <https://conntours.oncell.com/en/old-saybrook-218443.html>.

The goal for individual users is to get inspired to get out and explore all the interesting and distinctive places that shape the history and culture of Connecticut.

*Connecticut Humanities - the nonprofit state affiliate of the National Endowment for the Humanities - has encouraged curiosity, understanding, and critical thinking through grants, partnerships, and collaborative programs since its founding in 1974.*

### BURIED TREASURES

For several years the Historical Society has been working to find out more about Saybrook's first fort, built 1636 and destroyed by fire in 1647. That effort has included work with the Mashantucket Pequot Museum and Research Center archaeologists to investigate Saybrook Point.

This work is finished for the time being and the location of the first fort identified and a number of artifacts uncovered that are now housed in the Historical Society's Archives.

There is always the possibility of discovering something more. Any resident doing excavations for new construction, driveways, patio or similar activities may come across a Native American or early artifact, although you are more likely to find a tab from an old soda can.

The Historical Society would very much like to have the opportunity to examine your newly uncovered “treasure.” We can identify many objects or, if the item appears to be significant, we can contact archaeologists and other experts that can provide information. So, if you find something, call after you dig.

*The Old Saybrook Historical Society, established 1958, is a non-profit organization of several hundred members. Its work is done by friendly, skilled and dedicated volunteers who welcome others willing to support our mission. We offer a variety of programs that contribute to the history, culture and economy of our community. We invite you to join.*

To obtain further information, email: [contact@saybrookhistory.org](mailto:contact@saybrookhistory.org) or call 860-395-1635.

# Cypress Cemetery & the Early Colonial Tombstone Carvers

Cypress Cemetery on Saybrook Point is the oldest cemetery in Old Saybrook and one of the oldest cemeteries in Connecticut. It was established around 1635 when the first English settlers came to the lower river valley to build a fort to protect the river mouth. In 2017, Cypress was named to the National Register of Historic Places because of many examples of exemplary early colonial tombstones carvers dating back to the mid-1600s. In addition, the examples of carving styles through the 1600s, 1700s and 1800s exist side-by-side allowing for side-by-side comparisons of how the art of tombstone carving and philosophy of honoring the dead has changed through the centuries. Earliest markers include the “winged death heads” that were intended to remind of us of death, with no flourishes or pleasantries. As time passed, the tombstone “effigies” became less “scary,” with depictions of winged “cherubs” reminding that death was about ascending to heavenly bliss.

Moreover, particular designs can be attributed to some of the most prominent early stone cutting artisans in the river valley. Ebenezer Drake, a popular carver from the mid-1700s had a design that included a smiling face with large “wings” that look more like large banana leaves or elephant ears. Pictured below left. Another popular carver from the early 1700s had a characteristic “winged death head” along with a geometric border of interlinked chains underneath, and scrolls ending in what appear to be forks along both sides. Shown below right. The two effigy designs show the progression from “death heads” to “winged cherubs.”



A walk through Cypress will allow you to identify these and other carvers just based upon the tombstone designs. When you become familiar with their styles, you can walk through any historic cemetery throughout the river valley from Massachusetts to Long Island Sound and know who carved the tombstones that you see.

Visit the Cypress Cemetery website to see more information at: [www.cypresscemeteryosct.org](http://www.cypresscemeteryosct.org).

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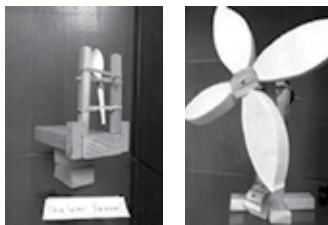
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## THE OLD SAYBROOK PUBLIC SCHOOLS NEWSLETTER

### Problem Solving Comes to Life in Technology Education at Old Saybrook Middle School

For students to take ownership of their learning, they need opportunities to struggle with real problems. They need opportunities to try things and see how they work. They need to learn from their experiences and make decisions based on what they learn. At Old Saybrook Middle School, Technology Education teacher Nick Sagnella, who is new to the school this year, has been redesigning his course units to make them more student-centered.



they build prototypes, test their designs, and analyze their data.

The main goal of the program is to have students learn by understanding and applying the design process. The design process allows students to get involved in a hands-on learning environment where

Throughout the first trimester of the 2019-2020 school year, students have used the design process to create and improve wind turbines, catapults, balsa wood towers, CO2 cars, solar cars, mouse-trap boats, and much more. Each time, students learned from their successes and failures to improve their work.



The design process is also a useful model for developing students' problem-solving skills - one of the 21st-century skills. One of Mr. Sagnella's goals for students is to have them leave the program as 8th graders with the knowledge and skills necessary to resolve

real-world challenges. The variety of projects and scenarios provide students with opportunities to learn how to be resilient and grapple with difficulties throughout their lives. Mr. Sagnella looks forward to continuing to grow the program and watching each student become the best they can be.

### Social and Emotional Learning at Goodwin School



The social and emotional wellbeing of children has been receiving significant attention throughout the country and around the world. Schools are positioned, not only to provide rigorous curricula but to teach the necessary skills for children to navigate the modern pressures of being a child.

This year at Goodwin School, several staff members are piloting a social and emotional curriculum called the Responsive Classroom. The model focuses on four key domains.

#### 1. Engaging Academics:

Learner-centered lessons that are

participatory, appropriately challenging, fun, and relevant and promote curiosity, wonder, and interest.

#### 2. Positive Community:

A safe, predictable, joyful, and inclusive environment where all students have a sense of belonging and significance.

#### 3. Effective Management:

A calm and orderly learning environment that promotes autonomy, responsibility, and high engagement in learning.

#### 4. Developmentally Responsive Teaching:

Basing all decisions for teaching and

discipline upon research and knowledge of students' social, emotional, physical, and cognitive development.

One of the benefits of having a systematic approach is consistency for children. The goals and expectations are uniform throughout the school. This approach gives students a sense of security that we are all working together.

To learn more about the Responsive Classroom Model, please visit: <https://www.responsiveclassroom.org/about/>.

*Social and emotional wellbeing of children has been receiving significant attention... around the world*



## Wreaths Across America at Old Saybrook High School

**WREATHS ACROSS AMERICA CAME TO OLD SAYBROOK HIGH SCHOOL ON DECEMBER 10.**

The Wreaths Across America caravan made its only official Connecticut stop at Old Saybrook High School on December 10th.

The members of the caravan went on their way to Arlington National Cemetery to lay wreaths on thousands of graves of fallen soldiers. The initiative began in 1992 when Morrill Worcester, owner of Worcester Wreaths in Maine, traveled to Arlington National Cemetery with a trailer full of wreaths and volunteers to pay respect to our fallen heroes.

The visit to Old Saybrook High School included a ceremony at 1:15 pm that was open to the public. Several state and local dignitaries were invited to attend, and students from the high

school paid tribute to the volunteers and veterans. In addition, an Educational Trailer with a 22-seat video room was available to the public. The focus of the Wreaths Mission is to “Remember, Honor, and Teach” the value of freedom in today’s world.



### Dismissals, Closures and Delays

In the event it is necessary due to adverse weather or other unforeseen circumstances to alter the normal school day schedule, information about such changes will be posted to our website homepage as soon as they are known. Information relative to weather related schedule changes is routinely posted with the following radio and television stations:

- \* WLIS 1420 AM | \* WTIC 1080 AM / 96.5 FM
- \* Channel 3 | \* Channel 30 | \* Channel 8



#### Delayed Opening

The school opening times for a 2-hour delay are:

- Old Saybrook High School - 9:30 am
- Old Saybrook Middle School - 10:05 am
- Kathleen E. Goodwin School - 10:50 am

#### Early Dismissal

On scheduled early dismissal days, students will be released at the following times (*no lunch is served*):

- Old Saybrook High School - 11:30 am
- Old Saybrook Middle School - 11:55 am
- Kathleen E. Goodwin School - 12:30 pm for K-4 and 12:10 pm for ECP

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

# Acton Public Library LION Program

Did you know that the Acton Public Library is part of the 30 member LION library consortium? That means we have more buying power when we are looking at new databases, services and materials to bring to the library. It also means we have an enormous selection of materials for you to check out! While Acton Library houses about 73,000 items; including books, movies, kits, audiobooks and museum passes, the 30 member LION Consortium holds 2.3 million items for borrowing and lending.

While this may seem like an overwhelming amount of items to put in your To Be Read

pile, we do recommend that you put your items on hold if you want to get those items more quickly. Many times our book buyers will order items months in advance. Once that item is populated in the computer catalog system, you can put your hold on it to insure a high place (so you get the item faster) on the holds list. Sometimes we sense that people get frustrated that an item isn't on the shelf, so we hope this will help our patrons to get the items faster, plus we will email you when it is ready for you!

Another great feature is the delivery service that the consortium provides. We can get

items that are on the shelf at Meriden, Middletown, or Norwich delivered to our library in just a few days. Plus, you can return items that you picked up at East Lyme or Essex, and we will return it for you back to the original library.

We hope you make use of the hold services on our catalog, because we are happy when you get the books that you want as fast as you can. Our catalog can be found through our website or directly here: <https://os.catalog.lionlibraries.org/>.

Amanda Brouwer, Library Director



## Acton Public Library

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

## Children's & Family Programs

### Weekly Children's Programs

#### WIGGLE BOOKWORMS

**Wednesday mornings, 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, 11:00 am - 11:30 am**

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

#### FANTASTIC FRIDAYS

**Friday mornings, 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 to 11:00 am**

Free and drop-in preschool bilingual story time. 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, 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.

#### CRAFTERNOONS

**Thursday afternoons, 3:15 pm - 4:00 pm**

Kids in Grades 2 - 4! Join in and create a fun craft each week after school on Thursdays. Light refreshments will be served. Please register for any or all afternoons.

#### FRIDAY AFTER SCHOOL MOVIES

**Friday afternoons, 3:30 pm - 4:30 pm**

Especially for kids in Kindergarten and Grade 1! Watch a fun 30-minute movie on our big screen and then make a simple craft to take home. Light refreshments will be served. Please register for any or all afternoons.

#### Special Children's Programs

##### TREEHOUSE PLAYERS: A CHILDREN'S THEATER ADVENTURE FOR GRADES 1 AND 2

**Five Tuesdays, January 14 - February 11, 3:30 - 4:30 pm**

Explore the world of a story with Miss Amy through dramatic play using theater games and improvisation to create dialogue, action, song and movement. Open to children in Grades 1 through 2. Please register. Sponsored by the Friends of Acton.

##### READ WITH ELLA, PATRICK, OR LINK

**Saturdays, January 18, February 15 and March 14, 10:30 am - 12:30 pm**

Kids! Ella, Patrick, and Link love to be read to! Call to reserve a 15-minute session to READ to one of these loveable, special certified therapy dogs. All three dogs come to us through the R.E.A.D. program of Cold Noses, Warm Hearts, Inc. Please register.

##### OLD SAYBROOK GARDEN CLUB: BIRD NEST KIT & SEED FEEDER PROGRAM FOR CHILDREN IN GRADES K-2



**Saturday, January 11, 10:30 am - 12:30 pm**

Kids in Grades K-2! Do you love birds? Learn how to make a nesting kit and a seed feeder for backyard birds. This program is generously taught and sponsored by the Old Saybrook Garden Club. Seating is limited; please register.

**ENGINEERING IMAGINATION, LLC: HOW THINGS WORK - REVERSE ENGINEERING FOR GRADES 4-6**

**Wednesday, January 22, 3:30 pm - 5:30 pm**

Kids will use a reverse engineering process to learn about how things are put together, how they function, and how to fix them. We will disassemble and then reassemble a remote-control car with the goal of correct functioning after reassembly. This program is run by Engineering Imagination, LLC. Registration is required.

**ENGINEERING IMAGINATION, LLC: ROLLER COASTER ENGINEERING FOR GRADES 3-5.**

**Wednesday, January 29, 3:30 pm - 5:30 pm**

Design, build and test customized roller coasters. Students will learn about the pertinent engineering, planning, and mechanics while having a blast constructing their own unique designs! This program is offered and run by Engineering Imagination, LLC. Registration is required.

**TAKE YOUR CHILD TO THE LIBRARY DAY: CREEPY CRAWLIES!**

**Saturday, February 1, 11:00 am - 12:00 pm**

The Denison Pequotsepos Nature Center is bringing live insects and animals. Learn more about our 6 and 8 legged friends and their amazing adaptations. Free and open to all; no registration is necessary. Sponsored by the Friends of Acton Library.

**TAKE YOUR CHILD TO THE LIBRARY DAY: MR. MAGIC!**

**Saturday, February 1, 3:00 - 4:00 pm**

Mr. Magic has been performing for 30 years for young and old alike. Don't miss this fun hour of music, magic, and audience participation. This family program is free and open to all; no registration is necessary. Sponsored by the Friends of Acton Library.

**SCHOOL'S OUT "DRIVE-IN MOVIE:"**

**TOY STORY 4**

**Tuesday, February 18, 2:30 pm - 4:30 pm**

Come to the library for a "drive-in" movie during midwinter school break on Tuesday, February 18th. See Toy Story 4 on our big screen and sit in your own little "car" made from a box and decorated by the students from the Old Saybrook High School! Snack, juice, and/or water will be provided. Please register to ensure that you get your own "car!"

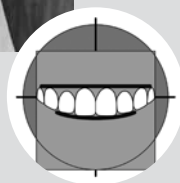
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## Acton Library... continued from page 25

### CHARACTER PARTY WITH "ELSA"

**Saturday, March 7, 11:00 am - 1:00 pm**

Come and meet Elsa at our "Frozen" character party brought to us by Kaleidoscope Art & Entertainment. Join Elsa for stories, games, songs, and a glitter tattoo. This program is best for ages 2 - 9 years old. Registration is required. Sponsored by the Friends of Acton Library.

### GRAY SCHOOL OF IRISH DANCE

**Saturday, March 7, 4:00 - 4:45 pm**

The Gray School of Irish Dance will perform a lively Irish Dance demonstration. This family style program is free and open to all.

**PLEASE NOTE:** Because of limited room capacity and high interest, registration is required for entry into this program. Sponsored by the Friends of the Acton Public Library.

### PLEASE NOTE: FOR ALL CHILDREN'S PROGRAMS

Children under the age of twelve need to be accompanied by a responsible adult, 18 years age or older according to the Connecticut State Statute 53-21a. At all times, caregivers are responsible for the conduct and safety of their children on Library premises. Caregivers must provide appropriate supervision based on the ages, the abilities and the levels of responsibility of their children.

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.

## Young Adult - Teen Programs

### JANUARY

#### YA MINDFUL MONDAYS

**Mondays, January 6th, 13th, 27th, 3:00 pm at**

**Acton Public Library**

Join us each week for a brief, guided meditation with YA Librarian, Brian Story. "Bring only yourself, leave only your stress" Free and open to all ages 12-18. Drop in and participate

#### YA WEDNESDAY CRAFTS

**Wednesdays, January 8th, 15th, 22nd, 3:00 pm at**

**Acton Public Library**

MYO Magnets 1/8

Metal Rats Brush bots 1/15

MYO Mugs and Cocoa 1/22

Join us and YA Librarian Brian Story as we gather each week for creative crafts. Free and open to all ages 12-18. Drop in and participate

#### YA GAME DAYS

**Fridays, January 3rd, 10th, 17th, 24th, 31st, 3:00 pm at**

**Acton Public Library**

Join us for our exciting game day selections! Come play Dungeons

and Dragons, Chickapig, UNO, The Mind and more from a selection of our favorite table top and card game adventures. Free and open to all ages 12-18. Registration for DnD sessions is suggested as seating is limited and available one month prior to the event. See calendar for details at: <http://actonlibrary.org/teen/>.

#### YA COOKING CLASS: #1 SLOPPY JOES

**Thursday, January 23rd, 3:00 pm at Acton Public Library**

Come hungry. Learn to prepare and get your fill of this classic dish. Free and open to all ages 12-18. Registration is suggested as seating is limited and available one month prior to the event. See calendar for details at: <http://actonlibrary.org/teen/>.

#### YA COMPETITION EVENT:

##### RUBE GOLDBERG MACHINE-MAKING EVENT

**Saturday, January 18th and 25th, 10:30 am at**

**Acton Public Library**

Teams of 3 Wanted for this exciting competition. Sign up now! Build the best, most interesting, effective or fun machine with materials provided in the time allotted to claim the trophy, bragging rights and prizes. Round one is 1/18, Finals on 1/25 Participate or come to cheer on your favorite teams. Refreshments provided. Prizes for participation and the best loved machines. Registration is suggested as seating is limited and available one month prior to the event. See calendar for details at: <http://actonlibrary.org/teen/>.

#### YA POETRY COMPETITION

**Monday, January 13th, 10:00 am at Acton Public Library**

**Entries will be accepted January 13 - February 24, 2020.**

Entry forms and rules are available at the library or on the website. Winners will be notified beginning March 25, and will be recognized during the library's annual Poetry Night, Wednesday, April 1, 2020. Sponsored by the Friends of Acton Public Library.

### FEBRUARY

#### YA MINDFUL MONDAYS

**Monday, February 3rd, 10th, 24th, 3:00 pm at**

**Acton Public Library**

Join us each week for a brief, guided meditation with YA Librarian, Brian Story. "Bring only yourself, leave only your stress." Free and open to all ages 12-18. Drop in and participate.

#### YA WEDNESDAY CRAFTS

**Wednesdays, February 5th, 12th, 19th, 26th, 3:00 pm at**

**Acton Public Library**

Join us and YA Librarian Brian Story as we gather each week for creative crafts. Crafts TBD. Free and open to all ages 12-18. Drop in and participate.

#### YA COOKING CLASS: #2 RAVIOLI

**Thursday, February 13th, 3:00 pm at Acton Public Library**

Come hungry. Learn to prepare and get your fill of this classic dish. Free and open to all ages 12-18. Registration is suggested as seating is limited and available one month prior to the event. See calendar for details at: <http://actonlibrary.org/teen/>.

#### YA GAME DAYS

**Fridays, February 7th, 14th, 21st, 28th, 3:00 pm at Acton Public Library**

Join us for our exciting game day selections! Come play Dungeons and Dragons, Chickapig, UNO, The Mind and more from a selection of our favorite table top and card game adventures. Free and open to all ages 12-18. Registration for DnD sessions are suggested as seating is limited and available one month prior to the event. See calendar for details at: <http://actonlibrary.org/teen/>.

#### YA EVENT: PAINT DATE

**Saturday, February 15th, 10:30 am at Acton Public Library**

You're welcome to partner with us on this day as we tickle the canvas and play with them brushes. Local business partners will provide the materials, you bring the creativity. Refreshments provided. Registration is suggested as seating is limited and available one month prior to the event. See calendar for details at: <http://actonlibrary.org/teen/>

#### MARCH

#### YA MINDFUL MONDAYS

**Mondays, March 2nd, 9th, 16th, 23rd, 30th, 3:00 pm at Acton Public Library**

Join us each week for a brief, guided meditation with YA Librarian, Brian Story. "Bring only yourself, leave only your stress." Free and open to all ages 12-18. Drop in and participate.

#### YA WEDNESDAY CRAFTS

**Wednesdays, March 4th, 11th, 18th, 25th at 3:00 pm at Acton Public Library**

Join us and YA Librarian Brian Story as we gather each week for creative crafts. Crafts TBD. Free and open to all ages 12-18. Drop in and participate.

#### YA COOKING CLASS: #3 ROOT VEGGIES

**Thursday, March 19th, 3:00 pm at Acton Public Library**

Come hungry. Learn to prepare and get your fill of a classic dish. Free and open to all ages 12-18. Registration is suggested as seating is limited and available one month prior to the event. See calendar for details at: <http://actonlibrary.org/teen/>.

#### YA GAME DAYS

**Fridays, March 6th, 13th, 20th, 27th, 3:00 pm at Acton Public Library**

Join us for our exciting game day selections! Come play Dungeons and Dragons, Chickapig, UNO, The Mind and more from a selection of our favorite table top and card game adventures. Free and open to all ages 12-18. Registration for DnD sessions are suggested as seating is limited and available one month prior to the event. See calendar for details at: <http://actonlibrary.org/teen/>.

#### YA EVENT: TEEN JOBS PREP

**Saturday, March 28th, 10:30 am at Acton Public Library**

Are you ready for your First resume? First interview? First job? Local Business Partners will provide the materials, you bring your best dressed, dynamic selves and a pen. Refreshments provided. Registration is suggested as seating is limited  
continued on page 28



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## Acton Library... continued from page 27

and available one month prior to the event. See calendar for details <http://actonlibrary.org/teen/>.

### Adult Programs

#### JANUARY

#### 26TH ANNUAL POETRY COMPETITION

**Monday, January 13 - Monday, February 24 at**

**Acton Public Library**

**Entries will be accepted January 13 - February 24, 2020.**

Entry forms and rules are available at the library or on the website. Winners will be notified beginning March 25, and will be recognized during the library's annual Poetry Night, Wednesday, April 1, 2020. Free and open to all grade 1 - adult. Sponsored by the Friends of Acton Public Library.

#### EASTERN COYOTES IN CONNECTICUT

**Thursday, January 16, 6:00 pm at Acton Public Library**



Master Wildlife Conservationist, Paul Colburn, will present Eastern Coyotes in Connecticut. This presentation focuses on the history of coyotes in Connecticut, an overview of coyote habitat, diet, behavior, and reproduction. It also provides practical recommendations for optimum coexistence with our coyote population. Coyote artifacts are shared with the audience. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

#### DIY HERBAL HAND SANITIZER

**Saturday, January 18, 2:00 pm at Acton Public Library**

Join Velya Jancz-Urban & Ehris Urban, from the Grounded Goodwife, to make a homemade hand sanitizer with ingredients you can actually pronounce. Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.

#### SQUARE DANCE DEMONSTRATION AND LESSON

**Saturday, January 25 at 2:00 pm at Acton Public Library**

The Sound Steppers Square Dance Club will be giving a Modern Western Square Dance demonstration and lesson. Please wear a comfortable pair of soft soled, non-marking shoes or sneakers to participate in the dancing. Participation is not required. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

#### FEBRUARY

#### UKULELE LESSON

**Saturday, February 22, 2:00 pm at Acton Public Library**

Want to try an instrument that is fun and easy to play? Join



Julie Stepanek as she shows the fundamentals of ukulele playing. You'll learn how to tune, strum and read chords. After a short lesson, you'll be able to play songs. No experience necessary. Bring your own ukulele or borrow one of hers. Free and open to all ages 14+. Registration is suggested as seating is limited and is available one month prior to the event.

#### 26TH ANNUAL POETRY COMPETITION ENTRIES DUE Monday, February 24 at Acton Public Library

#### MARCH

#### THESE UNITED STATES

**Thursdays, March, 5, 12, 19 & 26, 6:30 pm at Acton Public Library**

The United States is a big country and can often be confusing. Is it a State? City? River? Mountain? All of the above? And where is it? This four-week program will cover the fifty states, important cities, waterways, mountain ranges, monuments - and much more. Sessions are designed to be fun, interactive and enlightening. Learn more about the country you call home. And no, you won't have to memorize state capitals. All materials provided. Facilitated by Rich Carter, a lifelong lover of geography. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

#### KERRY BOYS

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

The Kerry Boys, Connecticut's Irish balladeers, have been performing together for over 23 years, dazzling fans of all ages from Maine to New York. Their humorous, high-energy show will have you clapping and singing along in no time, engaging you from start to finish with their wide collection of traditional



and original Irish/Celtic songs. Sponsored by the Friends of 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.

**AUTHOR VISIT AND BOOK SIGNING: WE WERE THERE**  
**Wednesday, March 18, 6:00 pm at Acton Public Library**

The Russell Library Veterans' Writing Group has been meeting and writing stories of their incredible experiences for several years which have been published into a book. Come listen to the true stories from WWII, Korea, and Vietnam. The veterans from all the branches of service, and from multiple conflicts will tell their stories, and answer questions about their time in service. The group is led by Old Saybrook native Elisabeth Petry. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

**SMUDGE STICKS**

**Saturday, March 21, 2:00 pm at Acton Public Library**

Join the Grounded Goodwife duo, Velya Jancz-Urban & Ehris Urban, to learn about the history and practice of smudging, the herbal benefits, and make a mugwort smudge stick for your own use. "Smudging" is performed to correct the energy in a home, office, object or even a person. This is done by burning herbs like sage, mugwort, pine and cedar in a focused, intentional way to cleanse negative energy, and replenish with positive, healing

energy. Sponsored by the Friends of 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.

**GARDENING 201**

**Saturday, March 28, 2:00 pm at Acton Public Library**

Kristy Benson from Bittersweet Farm returns to present Gardening 201. The Gardening 201 class focuses on layout, succession planting, and a detailed look at soil and composting. She will also discuss organic pest control and organic gardening practices. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

**AARP FRAUD WATCH NETWORK**

**Tuesday, March 31, 6:00 pm at Acton Public Library**

The AARP Fraud Watch Network will be offering a conversation entitled: The Con Artist Playbook: A look inside the mind of a criminal.

Join us to understand the psychology behind ID theft, fraud & other scams affecting your family and community. This interactive conversation allows you to hear first-hand from the scammers how they get you under their ETHER! Tools and tips will be offered to get out ahead of their maze. Prevention is your first line of defense. Free and open to all. Registration is suggested as seating is limited and is available one month prior to the event.

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## Lions Club

We began a new Lion Year on July 1, 2019 with Lion Diane Pare as our President. We're off to a good start, having set up a food booth during the Arts and Crafts Festival at the end of July, Community Day on September 21st, eyesight screenings for students at the Goodwin School, St. John's School and the Montessori School during the month of October and, of course, collection of used eyeglasses at the various locations throughout town. After the holidays, we began production of our 16th edition of the Lions Club of Old Saybrook Phone Book. Owners of new businesses, here is an opportunity for you to promote your business right here in Old Saybrook. From January through February, lions club members will be asking if you would like to submit an ad for this year's phone book, which is mailed to over 6,000 residences and businesses throughout Old Saybrook and is made available in public locations such as the Town Hall, Chamber of Commerce, Acton Public Library.

On behalf of all of us in the Old Saybrook Lions Club, thank you for your generosity and support and we look forward to seeing you at future events. We wish one and all a Happy, Healthy 2020!

For more information about the Old Saybrook Lions Club, contact us by telephone: Kate at: 860 388-6454 or send a note to: The Old Saybrook Lions Club, P.O. Box 21, Old Saybrook, CT 06475.

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REMODEL WITH PURPOSE

# Connecticut Cancer Foundation Comes to the Rescue



Sgt. Ian Brown.



The Connecticut Cancer Foundation, (CCF) helps hundreds of CT cancer patients each year. How-

ever, one recent story really stands out. On Wednesday evening, Nov 20, Terri Eickel (Director of Development & Special Events,) received a phone call from Tracie Brown, the wife of Sgt. Ian Brown (Willimantic Police Department). Tracie told Terri that they were in a financial crisis and there was no hope or help for them. Bills were past due, late fees were piling up, and nobody was willing to extend them any grace or compassion. Feeling that she had nowhere to turn, Tracie called CCF.

Ian was the Ambassador for CCF's No Shave November CT campaign, which meant that Ian would receive a significant grant as a result of what No Shave November CT raises. But CCF usually issue the checks in December, once it is known what the whole month has raised. But for the Browns, even a check on December 2 was not going to be soon enough to stop the repossession of their car, which they need to get Ian to treatment. Obviously, help was needed.

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## CT Cancer Foundation... continued from page 31

And help CCF did! On Thursday, November 21, CCF over-nighted the Browns a significant grant that brought them up to date on their bills and gave them a cushion for December.

When Terri called Tracie to tell her the good news, there was a long silence. Terri thought, "Oh no, is she upset with me? Is something wrong?" And then she realized - Tracie was crying. She was crying from relief and gratitude and once she got her voice back, she said, "Terri, you guys are all amazing! Nobody else would help us and you are saving us! Thank you!"

This is just one story of many. Last year, CCF helped over 500 CT cancer patients. But CCF couldn't have done it without your support! To help CT cancer patients this holiday season and throughout the year please visit [www.ctcancerfoundation.org](http://www.ctcancerfoundation.org).



Connecticut Cancer Foundation.

## Fun with a Purpose: Family Festival Supports At-Risk Boys Fund

It was a perfect September afternoon at the Chester Fair Grounds on September 21<sup>st</sup> to bring out great people, great cars and great blues musicians to support a great cause - the At-Risk Boys Fund.

The idea of a family-friendly fundraiser originated with the first Cruise, Blues, & Brews festival in 2015. This year was the fifth consecutive year of the festival. The 6th annual festival

will be held September 26, 2020.

Established in 2013 at the Community Foundation of Middlesex County, the At-Risk Boys and Young Men Fund



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Committee's mission is to help young men and boys reach their full potential by funding programs that focus on family stability, mentoring, education, self-respect and self-confidence, career skill development and provide positive work and life experiences. Thanks to the generosity of our donors and funds raised through the festival, grants of over \$15,000 were awarded in 2018/19 and grants of nearly \$80,000 have been made since the fund's inception.

Working in partnership with local nonprofits, the At-Risk Boys Fund has helped hundreds of boys grow up to be successful and productive members of our communities. Recent grants have funded legal services to help homeless youth and families and support advocacy programs for children in foster care. In addition, funded programs empower young men and boys through one-on-one, community-based mentoring that provides positive experiences and support. Find out more at: [AtRiskBoysFund.com](http://AtRiskBoysFund.com).

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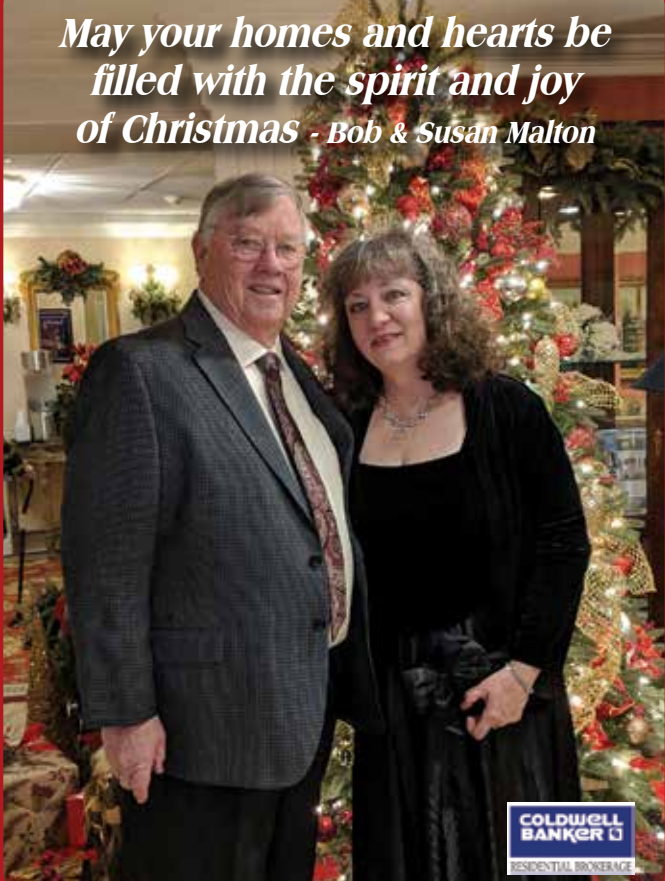



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# Old Saybrook Garden Club



The "Great Dig Out."



Preparing wreaths for Main Street, Old Saybrook.

This year's "Arctic Blast" started a bit too early for most. However, the Old Saybrook Garden Club was way ahead of it. Median cleanup, otherwise known as the "Great Dig Out," took place at the end of October. Special thanks to the Old Saybrook Police Department and Old Saybrook Public Works Department for keeping us safe and helping with the clean up, pictured above.

The club immediately went into holiday mode preparing the bows and wreaths to illuminate Main Street, shown above

right. One can't help but get into a festive mood as you drive down the street in our community.

Wonder what members do during the winter months? We attend floral design workshops where we continue to learn. Stop by the library and see some of our arrangements on the front desk!

The new year, 2020, the Garden Club will dive right into preparation for our May market which this year will be on May

8th and 9th on the Town Green. Be sure to mark your calendar! Members have already divided their plants at our "Dig and Divide" session and will be available for sale at our members' table.

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, [www.facebook.com/oldsaybrookgardenclub](http://www.facebook.com/oldsaybrookgardenclub) and "like" us.

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# The Probate Court and You



Judge Jeannine Lewis, Saybrook District Probate Court.

The classic definition of real property is land and everything attached or affixed to it by nature or the hand of man, from the core of the earth to the center of the heavens. When a person dies owning real property in Connecticut, the Probate Court assists in a number of ways to ensure title to that property is either distributed to the heirs or beneficiaries of the person who died, or by helping to ensure clear title so that the property can later be sold.

A common scenario arises when one spouse in a married couple passes away, and all assets, including their home, are jointly titled. It is a mistaken belief that because the real property is held jointly,

that probate involvement is unnecessary. The Probate Court is designated by the legislature to determine whether a decedent died with a Connecticut taxable estate. When an estate is deemed to be nontaxable, the Probate Court issues a release of lien that gets recorded in the land records in the town where the decedent owned the real property. This release of lien is required for the eventual sale of the home. In the scenario where all assets are jointly owned between spouses, full probate may not be needed, and a Tax Purposes Only Estate may be appropriate.

**Tax Purposes Only Estate** - If a person dies owning no solely owned assets (can own joint assets or assets that pass by beneficiary designation such as life insurance,) the Probate Court can issue a release of lien for any real property jointly held once the following paperwork has been filed: certified copy of the decedent's death certificate, the deed to the real property, and a Connecticut Estate Tax Return (Form CT -706 NT) if assets total \$3,600,000 or less in 2019. For further information, contact the Saybrook District Probate Court at: 860-510-5028.

*\*\*Please note: The Saybrook District Probate Court serves 9 towns: Chester, Clinton, Deep River, Essex, Haddam, Killingworth, Lyme, Old Saybrook and Westbrook.*

Sharon Tiezzi, Chief Clerk, 860-510-5028 | stiezzi@ctprobate.gov

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# OSYFS - Old Saybrook Youth and Family Services

## MOM ZONE: A PLACE FOR MOM AND BABY!

Mom Zone meets once a month at the Vicki Duffy Pavilion and gives mothers the opportunity to connect with other moms who have children in the same developmental stage time to play with others.

In addition to having a space to join socially, Mom Zone provides resources, handouts (for when you don't have time to read the entire book,) support by OSYFS Clinician, other moms and additional special topic guests. Mom and baby teams please join us for this safe, judgment free, playtime and empowering atmosphere. Call 860-510-5047 for more info and dates.

## EARLY CHILDHOOD RESOURCE FAIR planned by OSYFS and the early Childhood Council, occurred in December.

Providers who primarily serve families with children between the ages of birth -5 years old shared information about what they offer for parents and young children in the community. Make sure to check out our website at: [www.osyfs.org](http://www.osyfs.org) in January for a provider resource guide from the event! Providers included: Bright and Early Children's Learning Center, Central Connecticut Pediatric Dentistry and Orthodontics, Wrap CT Connect, Action Public Library, LEARN, Connecticut Birth to Three System, Nurse-Family Partnership, ABC Shoreline Gymnastics, ACES Middlesex Early Head Start, Postpartum Support International, Dance Dynamics and Old Saybrook Early Childhood Council. Call 860-510-5051 for more information on Old Saybrook Early Childhood Council.

## HOLIDAY CALM: 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 a regular meditation practice. We will do guided imagery, progressive muscle relaxation, present moment awareness, mindful breathing, and more. Facilitated by Samantha Steinmacher, LPC. No registration required. No Experience Necessary.

Date: 11/4, 11/18, 12/2, 12/9, 12/16 (Mondays Only)

Time: 2:30 - 3:00 pm

Location: The Pavilion at Saybrook Point

Who: Old Saybrook Adults & Youth 16+

Cost: Free!

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

## MINDFULNESS & MEDITATION AT THE BEACH

Back by popular demand! A 30-minute outdoor class offering practical, straight-forward relaxation skills, while introducing participants to the foundations of a mindfulness and meditation. Classes incorporate guided imagery, progressive muscle relaxation, present moment awareness, and more. No registration required. No experience necessary. Facilitated by Samantha Steinmacher, LPC, OSYFS Clinician.

Dates: Most Tuesdays, April-August 2020. Stay tuned for details & dates!

Time: 9:30 - 10:00 pm

Location: Town Beach, O.S. (Meet at Picnic Tables)

Who: Old Saybrook Adults & Youth 13+. Must be O.S. Resident with Beach Pass.

Cost: Free!

## ESSENTIAL LIFE SKILLS FOR TEENS SERIES - March 2020, specific dates TBA

Award-winning youth program that offers practical, hands-on skill-building and pertinent information from expert professionals from our community. Topics include car maintenance, dorm-style cooking, resilience and wellbeing, college readiness and more. Contact Samantha Steinmacher, LPC for details.

## MODERN PARENTING: LIFE SKILLS FOR OUR KIDS - TBA in Spring, 3-part series

Life Skills for Our Kids returns, and we've incorporated your feedback for more classes! You'll receive practical, age-appropriate information, tools, and techniques to help your children learn life skills while developing confidence and resilience. For parents/guardians of children, infant through the teen years.

Co-facilitated by community experts and OSYFS clinician, Samantha Steinmacher. Contact Samantha Steinmacher, LPC for details.

# OSYFS - Support Group for Asperger & High-Function Autism

## SUPPORT GROUP FOR PARENTS / GRANDPARENTS OF CHILDREN Diagnosed with Asperger Syndrome / High-Functioning Autism

An individual with High-Functioning Autism (*formerly Asperger Syndrome*)

- misses/misreads social cues, and may have few friends
- hobbies and interests can border on obsessions

- may have emotional "meltdowns"
- may struggle with sensory processing
- speech patterns and verbal processing may be odd or "a little different"
- may be physically awkward
- intelligence levels range from average to superior

The impact of these differences on the child's social interactions of all kinds

(neighborhood, extended family, school, house of worship, even a simple shopping trip) can multiply stress in every aspect of a parent's / grandparent's life.

Offering camaraderie, information, encouragement and hope for these parents and grandparents, a support group meets monthly at Old Saybrook Youth and Family Services, 322 Main Street, Old Saybrook.

Each month's meeting addresses specific, timely topics. Topic-specific hand-outs with insights from experts are available at every meeting. There is no charge to attend; meetings are open to residents of Old Saybrook and surrounding towns.

## Winter 2020

### MEETING TOPICS INCLUDE:

**January 9** - Conditions that Often Co-Exist with Asperger's Syndrome/HFA: depression, anxiety, ADHD, OCD, sensory processing issues.

**February 13** - Social Struggles: Your AS/HFA Child's Preference for Adults over Peers; Helping our AS/HFA Children Develop "Small Talk" and Telephone Skills.

**March 12** - Preparing for PPTs & IEPs: Communicating your AS/HFA Child's Needs to School Personnel. Guest speaker: Attorney Lawrence Berliner, Special Education Law.

**April 9** - AS/HFA Individual's Hobbies and Obsessions; Stresses on the Neurotypical Sibling.

To accommodate schedules, two meeting times are available, 12:30 - 2:00 pm and 5:30 - 7:00 pm. The group is facilitated by Joanne Deal, LPC, NCC, M.A.

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

## Welcome to Old Saybrook, Connecticut, where the Connecticut River Meets the Sound.

We are one of the oldest towns in the state, incorporated on July 8, 1854. We have a long history dating back to 1635 when we began as an independent colony known as the Saybrook Plantation. The colony was started when a company of English Puritans headed by Viscount Saye and Sele and Lord Brook, and led by one John Winthrop, Jr. erected a fort to guard the river entrance. We are the site of the Pequot Conflict (war) in 1636.

Yale University was founded in Old Saybrook as the Collegiate School for the education of ministers in 1700.

The Saybrook College of Yale University Seal is used as the Town logo on its letterhead and town-owned vehicles.

Old Saybrook is one of the most beautiful towns in New England. Please come to visit us in person.

You are welcome in Old Saybrook, where the Connecticut River meets Long Island Sound.

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# OSYFS - Three Core Principles 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 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

# Low-Impact Development

## GRASSED SWALES VS. CATCH BASINS

One of the many considerations in development of land is management of stormwater, which must flow away from building foundations and driveways during rainfall events. Best management practices to treat stormwater runoff most often involve catch basins or vegetated “swales”. Catch basins along the edge of paved roads are a familiar sight to most as they have been the standard for many years. However, grassed swales are a newer, natural, and often less-expensive alternative to capture stormwater runoff in certain locations.


Swales are shallow, sloped, vegetated ditch channels that help treat runoff. They are generally an environmentally friendly engineering drainage solution whereby stormwater is transferred from an impervious surface, slowed down so debris and sediment can settle out, and infiltrated through the soil. The use of native plants in swale design are often a superior choice to exotic plants because they are usually more economical, more likely to survive seasonal changes and less likely to become invasive. Their deep and extensive root systems stabilize the soil, slow the flow, reduce erosion and absorb runoff.

A catch basin, by comparison, is a storm drain system where stormwater runoff enters through a grate and sediment is then

captured as it settles on the bottom of the basin. Catch basins prevent sewer pipes from being clogged and reduce the amount of sediment and trash debris that is discharged into rivers, streams, and estuaries. Installing a filter insert bag further helps to capture pollutants, trash, salt debris from snow plows, oil, and suspended solids. Sometimes the top of the grates get overloaded with organic debris preventing stormwater runoff from passing into the storm sewer. Routine upkeep is needed to remove organic debris so that the grate is not obstructed and to maintain the storage capacity on the bottom of the basin where sediments are captured.

Grassed swales need upkeep on an as-needed basis. After winter is over or during the spring melt, sediment buildup, leaf litter, or trash debris that accumulate on the bottom or side slopes of the swale should be removed. Grass should be mowed at an appropriate height and invasive species or weeds should be removed by hand. Swales should also be watered if they are dry or in a drought. In addition, swales should be monitored along the slopes and the bottom for any signs of erosion and for bare soil areas.

For more information on environmental alternatives to typical development solutions, contact Patrick Hegge, Old Saybrook's environmental planner, at: 860-395-3131 or [patrick.hegge@oldsaybrookct.gov](mailto:patrick.hegge@oldsaybrookct.gov).



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

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

## TAKE THE PLEDGE.

[BullyFreeMiddlesexCountyCF.org](http://BullyFreeMiddlesexCountyCF.org)

# Old Saybrook Land Trust: A Year of Building & Acquisitions



The Oyster River bird-viewing platform.



Ayers Point Road property.  
Photo by Amanda Adanti.

The Old Saybrook Land Trust (OSLT) continues to serve the town through the acquisition and stewardship of open spaces. OSLT is an all-volunteer, 501(C)3 nonprofit and is not part of the town government. It relies on private donations from citizens and land trust members to carry out its work, which benefits residents and visitors alike.

OSLT recently built a bird-viewing platform on their Oyster River property with the help of local Boy Scout Troop 51's Eagle Scout candidate Noah D'Ambrosi. The platform greatly enhances the usefulness and appeal of the property. All are welcome to use and enjoy it.

OSLT is also pursuing two parcels of open space in town: 11 acres at the corner of Ayers Point and Essex Roads and 55 acres of wooded upland north of I-95. Both parcels are extremely valuable to local wildlife and would make great additions to OSLT's open-space land holdings, which benefits residents and visitors alike.

## STEWARDSHIP EVENTS

The following stewardship events will be held on the third Saturday of each month from 8:30 to 10:30 am on four different land trust properties. All are welcome to participate.

### January 18:

Oyster River property (location of the bird platform,) access down the driveway for 66-71 Ingham Hill Road.

### February 15:

Beach Road, off Maple Avenue.

### March 21:

Edmund Street and Windsor Oval, both off Maple Avenue.



# What is Sustainable CT?



You may have heard the phrase or seen the logo, but what does it mean- and why should you care? Sustainable CT is a

voluntary program open to every city and town in the state. Participating municipalities choose which actions to complete from a long list of options, and then apply to become certified as a sustainable community. The actions are carefully crafted to make communities more resilient, healthy (in a variety of ways), and inclusive. The program offers no-charge assistance, and certification comes with recognition and enhanced opportunities for funding.

An array of action categories are covered including the economy, environment, transportation, housing, arts and culture, energy, and public services. The program strongly promotes inclusivity and encourages local citizens to get involved in completing the actions. Having such a broad range of tasks to choose from allows anyone to dive into an activity they really care about, to help ensure Old Saybrook will continue to thrive as a healthy, vibrant, desirable community.

The Sustainable CT program kicked off in 2018, and already half of the state-89 municipalities- are participating. 47 communities, including Old Saybrook, have achieved certification. Sustainable CT is privately funded and is administered by the Institute for Sustainable Energy at Eastern CT State University.

The program also includes an innovative crowd funding opportunity, in partnership with ioby, which provides a match of up to \$25,000 for local sustainability projects. In coming articles, we will highlight each of the ten Sustainable CT action categories, the first being Thriving Local Economies.

You can learn more about the Sustainable CT program by visiting their website: SustainableCT.org. To find out how to become involved, please contact Susan Beckman, Old Saybrook's economic development director at: Susan.beckman@OldSaybrookCT.gov, or Christine Nelson, Old Saybrook's town planner, at: Christine.nelson@OldSaybrookCT.gov.

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## The Hartford Whalers – Forever and Always

by Sigrid Kun



Longtime Whalers radio broadcaster Chuck Kaiton leads pre-game ceremony with Whaler Alums at Yard Goats Alumni Weekend. Photo courtesy Hartford Yard Goats.



The iconic logo is omnipresent. There are Hartford Whalers hats, t-shirts, and sweatshirts seemingly everywhere. It doesn't take much to get the conversation going. Bumping into someone with Whalers' gear spawns a trading of stories, a bonding moment full of laughs and nostalgia. Why do we still care so much, yearn for the past, and continue to hope for the future?

Alums like Chuck Kaiton, the beloved voice of the Whalers and John Forslund, former Whalers PR director/television broadcaster and now television broadcaster for the Carolina Hurricanes and NBC, provide some answers.

They fondly recall the Whalers as a pioneering organization that focused its efforts around the community and the fans. Together, they can compile a number of firsts: the first National Hockey League (NHL) team to earmark a charity as its own (the UConn Children's Cancer Fund); the first NHL team to have a team store right in the arena; the first NHL team to boast a blimp that dropped prizes and gift certificates to the crowd. Kaiton points out that the Whalers came up with the idea for a skills competition for the 1986 All-Star game held in Hartford. The team spearheaded youth hockey development that ultimately evolved into today's local elite programs. "We were ahead of our time," said Kaiton. "Speaking engagements, school visits. It cemented the relationship between the team and the community. The 1980s were a great period with a lot of innovation that has carried into today."

Forslund agrees. The tradition continued into the 1990s with events like the "Tip-a-Whaler" fundraiser (soon after adopted by the Kings) and Casino Nights (also later in vogue). "When we had PR and marketing meetings, we talked about programs with high schools and boys and girls clubs. It was grass roots." The community connection remains, he says, due to the hands on nature of the team.

The history is also special - beginning with the upstart World Hockey Association (WHA) to become the only U.S. based WHA team to enter the NHL in 1979. There are so many names and moments. Gordie Howe, of course. The playoff run in 1986. And there were the low moments. The Ron Francis trade in 1991. The ultimate heartbreak? The move to Carolina.

The Whaler passion endures. For the past three years, the Hartford Yard Goats host a Whalers Alumni Weekend. "It's terrific," says Kaiton. He, among other Whalers, attends every year. The weekend kicks off with tradition - visiting patients at the UConn Health Center. A luncheon on Saturday precedes the first pitch that is thrown out by the Whalers alumni. There is an autograph session.

The Whalers Booster Club continues a presence. Once down to 30 or so members it is 140+ strong.

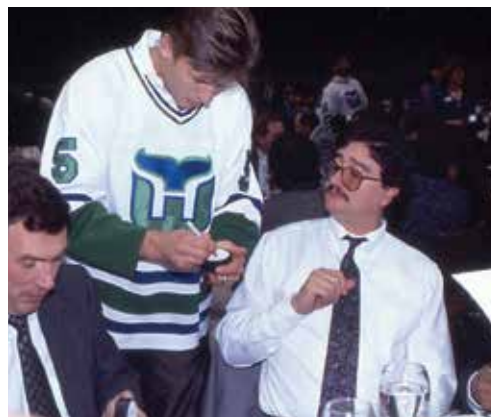
The club meets monthly. It provides for an annual scholarship for a CT student, organizes a trip to see at least one NHL game a year, and continues to hope for a Whalers return. "We do what we can to try to bring back a team," says Mark Anderson, a member since 2011. "Since we can't do it with money, we keep the name out there. We keep the spirit alive."

There are Whalers, too numerous to mention, still making a hockey impact. A few examples include; Joel Quenneville (Florida Panthers' coach), Dave Tippett (Edmonton coach), Ron Francis (Seattle GM), Mike Liut (agent), Ray Ferraro (broadcaster), and Mark Johnson (University of Wisconsin women's coach).

Both Kaiton and Forslund refer to the Whalers in terms of "we." Kaiton was there for the NHL start. "I was the luckiest person to be chosen and to broadcast from day one. I will never forget it. The relationships with management, the players, the fans ... so passionate. I really cherish the memories. 18 years - I wish it were 28 or 38." Forslund joined the Whalers shortly after the Francis trade. "We were doing damage control," he recalls. The ticket base went from over 11,000 to around 6,000." But there were still high moments. "We got through a lot of adversity. The fans came back. We wanted to be more competitive. The team was good enough to make the playoffs."

Forslund vividly recalls broadcasting the last Whalers game. It took him until a few years ago to actually watch. He wasn't sure he had done the moment justice. "It was the toughest thing I've ever done in my career," he notes. "How do you go on the air for the last game? There's no playbook for closing a franchise and leaving a city. How do you present that so it makes sense... is poignant. No one wanted to see it happen. We did [the broadcast] in the right way. You could feel the emotion of the fans."

As Kaiton puts it the Whalers years "were special years and it was a special place." The same goes for Forslund. "That's the one thing to convey, how special that time was... It was like family."



Ulf Samuelsson signing a hockey puck at the "Tip-a-Whaler" fundraiser. Photo by Diane Sobolewski Photography.



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