

**Salem Democratic
Town Committee**

NEWSLETTER

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GUN VIOLENCE

U.S. Mass Shootings in 2023

2023	Mass Shootings	Deaths	Injuries
TOTALS*	261	584	1128
June	325	59	293
May	74	271	99
April	56	59	233
March	39	59	138
February	40	48	153
January	52	88	212

* Data through the end of June.

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BREAKING NEWS

The SDTC fundraiser held at the Bingham Camp was a great success. David Bingham gave a very interesting talk on the history of the Camp and the surrounding farms as well as early Salem. A great time was had by all and **more than \$2800 was raised and donations are still coming in. Thank you all who donated!!**

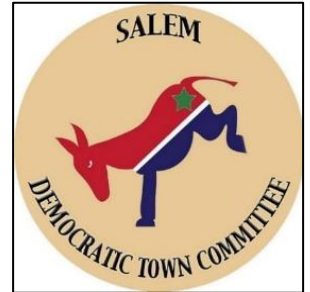
THE SDTC WILL CALL Its CAUCUS JULY 19th

MARK YOUR CALENDARS.

On July 19th the SDTC is calling the Caucus to meet at the Center School beginning at 7 PM to finalize the slate of candidates for the various positions on the Town's Boards and Commissions up for election this coming November's election. Following the Caucus, the slate of candidates will be officially submitted to the CT Secretary of State.

There are only four months until the election in November!! Below are the eight open seats on the

various Town Boards and Commissions as well as the Town Clerk, that the SDTC has not identified candidates for. The SDTC has candidates for all other open seats on the Town's Boards and Commissions.



Office/Position	#	Office/Position	#
First Selectman	1	Board of Assessment Appeals	1
Selectman	1	Zoning Board of Appeals (Full)	2
Board of Finance (Alternate)	1	Zoning Board of Appeals (Alternate)	1
Planning & Zoning Commission (Alternate)	1	Town Clerk	1

The SDTC is asking anyone who is interested in serving Salem in an elected or appointed position to please contact T. J. Bucher at t.j.butcher@att.net or Kay Zak at kayzak@hotmail.com before July 19th.

SDTC ENDORSES CANDIDATES FOR THE NOVEMBER ELECTION

The SDTC proudly endorses the following of candidates in the November Election:

Office/Position	Candidate
Selectman	Leslie Hotary
Board of Finance (full member)	Matt Rucci
Board of Finance (full member)	Kate Belleville
Board of Education (full member)	Sue Spang
Board of Education	Kelly Francis
Planning and Zoning Commission (full member)	Jen Lindo
Planning and Zoning Commission (full member)	Gary Closius
Zoning Board of Appeals	David Bingham
Board of Assessment Appeals	Kay Zak
Library Board of Directors (full member)	Wendy Lichtenstein
Library Board of Directors (full member)	Flora Drapeau
Treasurer	Pamela Henry
Tax Collector	Vivian Waters

WHAT'S INSIDE*(continued from pp 1)****Community News You Can Use
(continued)***

- Mitchell Farm Music Festival, see pp 9.
- The Economic Development & Salem Rec. Commissions Hosting Christmas in July, see pp 9.
- Salem Recreation Summer Concert, see pp 9.
- SCRRRA 2023 Household Hazardous Waste and Confidential Paper Shredding Schedule, see pp 10.
- Town Public Meeting Calendar, July Calendar, see pp 10 – 11.
- Volunteer Opportunities
 - ▶ Gardner Lake & Salem Volunteer Fire Companies, need volunteers, see pp 11.
 - ▶ Lions Club, Various Volunteer Opportunities, see pp 11.
 - ▶ Mitchell Farm Equine Retirement, needs volunteers, see pp 11.
 - ▶ Cemetery Clean-up, see pp 11.
 - ▶ Home Repair & Handy-Man Skills, help a senior, see pp 11.
 - ▶ Friends of The Salem Library, see pp 11.
 - ▶ Salem School, see pp xx.
- Salem School News, News & Events, see pp 11.
- East Lyme High School News, News & Events, see pp 11.
- Salem Lions Club Tag Sale, see pp 12.
- Friends of The Salem Library, used book sale, see pp 12.
- Salem Recreation Department Activities, many activities for all ages including adult exercise activities, kids' sports camps, and more, see pps 12-13.

Senior News

- Activities, see pp 13.

BLOOD DRIVE

Salem Volunteer Fire Dept., 424 Hartford Rd. is hosting a **Blood Drive** Tuesday, August 16th, 11 AM – 5 PM.

Call 1-800-733-2767 or visit www.RedCrossBlood.org and enter: SalemCT to schedule an appointment

OPINION**Volunteering Is Good For You, by: Gary Closius**

In last month's **SDTC Newsletter** I wrote about the decline in volunteerism in the U.S. over the last decade or so and some of the reasons that has occurred. This month I want to discuss why you should volunteer and some of the benefits.

Angela Thorenson, wrote an article citing 3 health benefits of volunteering¹. She writes research has shown that volunteering offers many health benefits, especially for older adults, including:

1. IMPROVES PHYSICAL AND MENTAL HEALTH.

Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health, and volunteers report better physical health than do non-volunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older.

Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect. Reduced stress further decreases risk of many physical and mental health problems, such as heart disease, stroke, depression, anxiety and general illness. In addition, a Longitudinal Study of Aging found that individuals who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.

2. PROVIDES A SENSE OF PURPOSE AND TEACHES VALUABLE SKILLS.

The work that volunteers provide is essential to everyday activities, which gives volunteers a sense of purpose, especially when volunteering in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

At Mayo Clinic Health System, they serve as greeters and waiting room attendants, provide patient room information and directions, and assist in transporting patients and patient items. Many volunteers use their craft skills to make prayer shawls, blankets, sweaters and hats, which are typically given to newborn babies and patients with cancer. Other services they provide include working in the hospital gift shop, performing clerical duties for staff or offering pet therapy to patients through the Paws Force team.

3. NURTURE NEW AND EXISTING RELATIONSHIPS.

Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity. Dedicating time as a volunteer helps expand social network and practice social skills with others.

Volunteers at Mayo Clinic Health System have a variety of backgrounds but share a desire to care for the health and welfare of people in their communities. They are men, women, retirees, teenagers, former patients, professionals, homemakers and students. They volunteer for different reasons, such as to explore health care careers, sharpen skills to reenter the workforce, stay active during retirement, meet new people and serve their communities.

HOW DO I GET A COPY OF THE NEWSLETTER?

If you would like to receive this newsletter via e-mail, please send your request along with your e-mail address to: Gary Closius:
gclosius@sbcglobal.net

SDTC CONTACT INFORMATION

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Kay Zak – Vice Chairperson
kayzak@hotmail.com

Leslie Hotary – Secretary
hotaryleslie@gmail.com

Gary Closius – Newsletter Editor
gclosius@sbcglobal.net

OPINION (continued from page 2)

Are you interested in becoming a volunteer? There is a wide variety of volunteer opportunities in every community, whether you are interested in youth, environmental, health, religious or community causes. Check with local nonprofit and cultural organizations, schools, faith communities, or hospitals for options. Or consider joining Mayo Clinic Health System's team of volunteers and make a difference in the lives of patients and staff. Sign up to volunteer at a location near you.

¹ The Mayo Clinic Health System, *Speaking Of Health*, Thursday, September 16, 2021, Article entitled: ***“Helping people, changing lives: 3 Health Benefits of Volunteering”*** by Angela Thorenson. (Angela is a licensed independent clinical social worker in Psychiatry & Psychology in the Mayo Clinic Health System in Austin, Minnesota).

In an article written by **Joanne Fritz** for *LiveAbout* she cited 15 unexpected benefits of volunteering that will inspire you².

Joanne discusses 15 unexpected benefits of volunteering that will inspire you. She also suggests that you should not only volunteer for Others but also for yourself. She asks “did you know that we, as a society, value volunteers so much that we even put a monetary value on their time?” and “our volunteer work may be more valuable than our regular work!”

The **Independent Sector**, an organization that gathers tons of statistics about charitable activities, places an estimated national value of each volunteer hour every year. That value stands, as of 2019, at \$27.20 an hour. The actual amount varies from state to state, but we can see that volunteers are precious people.

But money means nothing to volunteers. They do it for many other reasons, but primarily to help other people or animals. Nevertheless, there are many side effects of volunteering that make it even more worthwhile.

Most of us want to help those less fortunate than ourselves. We do not volunteer, for the most part, because it benefits us. ***We volunteer because it makes a difference.***

But, there are even more benefits to volunteering. We notice a subtle shift in ourselves when we volunteer. We feel more connected to others, and we become less absorbed in the normal stresses of daily life. We share our experiences with others and want to help more.

Sure, we know that volunteering makes us *feel good*. Did you know that, when you volunteer, you are improving your life and maybe even your health?

The benefits of volunteering are countless. But there are social, emotional, physical, and professional perks.

Here are fifteen proven benefits of volunteering. Maybe one of them will convince you to get off the couch and out the door to engage with your community.

1. VOLUNTEERING BUILDS COMMUNITY

According to the ***Corporation for National & Community Service***, you strengthen your community and your social network when you volunteer. You make connections with the people you are helping, and you cultivate friendships with other volunteers.

2. ENDS LONELINESS

The ***Campaign to End Loneliness*** says that close to 45 percent of people in the US and the UK admit to feeling lonely. On top of that, one in ten adults reports that they have no close friends. Loneliness and social isolation are two of the most severe epidemics in the world today. ***The simplest way to reverse this? Volunteer!***

3. INCREASES SOCIALIZING

Socially, the benefits of volunteering show up quickly and have long-term effects. Social interaction improves mental and physical health, according to ***Psychology Today***. The benefits of consistent socializing include better brain function and lower risk for depression and anxiety. You also improve your immune system.

4. BUILDS BONDS, CREATES FRIENDS

Volunteering creates stronger bonds between friends, family, and coworkers. People build closer relationships, better connections, and more powerful attachments to people when they work together. If you feel the need for deeper connections with other people, try volunteering. You might live longer and be happier.

OPINION (continued from page 3)**5. DEVELOPS EMOTIONAL STABILITY**

Depression, Post-Traumatic Stress Disorder, low self-esteem, and even Obsessive Compulsive Disorder, have all been helped by volunteering. When people with OCD, PTSD, or anger management issues volunteer, they feel more connected to others. They have an increased sense of purpose. Connection and meaning translate to decreased symptoms and improved social function.

6. IMPROVES SELF-ESTEEM

When teens or young adults volunteer, they develop self-esteem, confidence, and feelings of self-worth. Imagine the benefits to volunteering today, where both girls and boys struggle with self-esteem issues. Consider the advantages of volunteering for teens and young adults with eating disorders, social anxiety, and depression. Volunteering could be life-changing (and life-saving).

7. HELPS THOSE MOST AFFECTED BY MENTAL ILLNESS

Volunteering can also help prisoners who make up the largest demographic of mental illness in North America. It is estimated that 37 percent of inmates in the U.S. have some form of mental illness.

Programs like *Paws for Life* allow incarcerated individuals to train shelter dogs. It is evident to prison officials that inmates become calmer when they work with the dogs. They seem more committed to their rehabilitation too.

Similar programs help war veterans recover from PTSD when they volunteer at animal shelters. Dogs are man's best friend, but helping those in need proves to be beneficial for both humans and canines.

On a more fundamental level, volunteering reduces stress and improves well-being. Volunteering gives people the tools they need to be happier, healthier, and well-rounded individuals. It also keeps us young.

8. PROMOTES LONGEVITY

While everyone benefits from a little boost in physical health, long-term volunteers have longer lives, less disease, and better overall health. One report says that people who volunteer over 100 hours a year are some of the healthiest people in the U.S.

9. REDUCES RISK OF ALZHEIMER'S

Alzheimer's disease has become a frightening possibility for millions of individuals in the U. S. and globally. However, some research has shown that people who volunteer may be at lower risk of dementia.

Studies from the Journal of Gerontology indicate that social service improves elasticity in the brain. As volunteers age, they may be able to maintain the connections in their brains that often break down in Alzheimer's patients. Any social interaction can help delay or prevent Alzheimer's, and volunteering can be a fantastic way to do that.

10. LEADS TO GRACEFUL AGING

Older volunteers benefit the most from getting out of the house, engaging with others, and moving physically. Purpose and collaboration result in mental health improvements and a better outlook on life.

Studies indicate that senior volunteers experience the most physical benefit from their service, possibly because being active and engaged leads to more happiness.

Older people who volunteer often feel younger and chronically ill people may have fewer symptoms and pain. Some research has even found that volunteers may have less heart disease.

11. BURNS THAT STUBBORN BELLY FAT

With more people in traditional desk jobs, we live a more sedentary lifestyle than ever before. The risks associated with less daily movement include back pain, disease, obesity, and more stress and mental illness. When we volunteer, even if it is not a physically demanding project, we still get up and get moving.

Walking around a shelter or food bank, playing with kids at the local YMCA, or visiting with elderly patients at a neighborhood nursing home all require that you do more than sitting at a desk or on a couch. You could even choose to volunteer for causes or programs that make you more active, such as with youth sports programs or national parks.

Volunteers live longer and are more likely to take care of themselves in general, including getting vaccinations and keeping their weight under control. Volunteering at something that requires physical energy may be more motivating than just walking around the block.

Volunteering saves lives, both the lives of the people you help and yours. When you invest the time and energy to volunteer, you are investing in yourself just as much as in the causes you support.

12. IMPROVES SCHOOL AND COLLEGE EXPERIENCE

For school-aged kids, volunteering builds social skills and develops awareness. High school students volunteer to boost their college applications, and college students volunteer to improve their job search post-graduation.

OPINION (continued from pp 4)

Such programs benefit everyone. If you can get into a great college or accept a fantastic job offer as a result of your community service, why not? The benefits of volunteering do not have to be limited to others.

13. PROVIDES BETTER JOB PROSPECTS

Many researchers have noticed that Millennials are some of the most civic-minded and socially-aware employees. They choose jobs that reflect their values and then continue to donate their money, time, and skills. According to AmeriCorps, 28.2 percent of Millennials share their talents with charitable causes, but their volunteer hours also make them competitive in the job market.

Other generations, too, are finding that civic-mindedness has become an asset in the workplace. Including related and non-related volunteer work on a résumé can often showcase your skills, as well as reveal an openness to teamwork and a talent for innovation. Employers overwhelmingly look favorably on job applicants who have volunteered.

14. DEVELOPS CORPORATE COMMUNITIES

One of the most significant trends in the volunteer world today is corporate philanthropy. More big-name companies than ever support local and national programs financially. They create employee volunteer programs to help their philanthropic efforts and to retain employees. Companies encourage employees to commit a certain number of hours every year to service programs.

These corporate volunteer programs give employees a chance to volunteer during work hours. Doing so *increases the likelihood* that people will volunteer, even during their personal time. Companies that offer employee volunteer programs may attract more committed employees, as well.

15. VOLUNTEERING ADDS FUN TO YOUR YEARS

Volunteering and freely giving your time, energy, and resources to people and causes around the world can create change on a global scale. It is incredible to think that one person's efforts can change the life of someone else somewhere in the world. However, the best part, and often overlooked is that volunteering is just plain fun.

If you are ready to make friends, improve your mental and physical health, and maybe develop new skills along the way, start volunteering. You can change your life and the lives of others when you do. ***Don't overlook the benefits of volunteering. Embrace them!***

² **15 Unexpected Benefits of Volunteering That Will Inspire You** By: Joanne Fritz, [LiveAbout](http://www.liveabout.com/unexpected-benefits-of-volunteering-4132453)
(www.liveabout.com/unexpected-benefits-of-volunteering-4132453)

(Joanne Fritz is an expert on nonprofit organizations and philanthropy. She has over 30 years of experience in nonprofits).

The following is a list of volunteer opportunities, so go out and volunteer, live longer, feel better, meet people, help others, make a difference and make our community better.

VOLUNTEER OPPORTUNITIES:

1. **Salem Volunteer Fire Company**, 424 Hartford Road Salem, CT 06420,
Contact information: NON-EMERGENCY PHONE: 860-859-0942, e-mail: chief@salemfireco.com, website: www.salemfireco.com.
2. **Gardner Lake Volunteer Fire Company**, 429 Old Colchester Rd, Salem, CT, United States, 06420,
Contact information: NON-EMERGENCY PHONE: 860-859-1743, website: www.gardnerlakevolunteerfirecompany.com.
3. **Mitchell Farm Equine Retirement, Inc.**, 300 East Haddam Rd., (Route 82) Salem, CT 06420,
Contact information: phone: 860-303-8705, e-mail: dee@mitchellfarm.org, website: <http://mitchellfarm.org>.
4. **Salem Land Trust**, phone: 860-859-3520,
Contact information: e-mail: Lschroeder@snet.net, website: www.salemlandtrust.org.
5. **Friends of the Salem Free Library**,
Contact information: e-mail: carlybilly@aol.com (Carl Nawrocki), website: www.salemct.gov/library/pages/friends-salem-library.
6. **Salem Cemetery Clean-up**, Help the Salem VFW Post 2774, and the Salem Senior Citizens Group reclaim, clean, and maintain cemeteries in Salem,
Contact information: phone: 631-694-8169, e-mail: kayzak@hotmail.com (Kay Zak), phone: 860-961-9173, e-mail: gclosius@sbcglobal.net (Gary Closius), or phone: 860-908-7321, e-mail: gsg.ct.@fronteer.com (Gordon Gillespie).

OPINION (continued from page 5)**7. Salem School District.**

Contact information: Mail the volunteer form (which lists volunteer options) to Jennifer Kayser, Executive Assistant to the Superintendent, Salem School District, 200 Hartford Rd. Salem, CT. Use the following link to go to the Salem School website: www.salemschools.org. Put the cursor over the "**Our School**" tab, and click on the "**Forms tab**" to access the form.

8. Care & Share of East Lyme, Inc., 12 Roxbury Road in Niantic., CT 06357,

Contact information: phone: 860-739-8502, website: www.careandshareofel.org.

9. Children's Museum of Southeastern Connecticut, 409 Main St., Niantic, CT 06357,

Contact information: phone: 860-691-1111, e-mail: h.cheeseman@niantickids.org, website: www.nianticchildrensmuseum.org.

10. Mystic Seaport Museum, Inc., 75 Greenmanville Ave., Mystic, CT 06355,

Contact information: phone: 860-572-0711, website: www.mysticseaport.org.

11. Mystic Aquarium, 55 Coogan Blvd, Mystic, CT 06355,

Contact information: phone: 860-572-5955, e-mail: information@mysticaquarium.org, website: www.mysticaquarium.org/footer/volunteer.

12. Thames Valley Council for Community Action (TVCCA), 1 Sylvandale Road Jewett City, CT 06351,

Contact information: phone: 860-889-1365, website: www.tvcca.org.

13. South East Connecticut Community Center of The Blind, Inc., 75 R Granite St., New London, CT 06320,

Contact information: phone: 860 447-2048, e-mail: centeroftheblind@gmail.com, website: <http://www.centeroftheblind.com>.

14. The American Red Cross, 1031 Rt. 32, Uncasville, CT 06382,

Contact information: phone: 877-287-3327, website: www.redcross.org.

15. Lawrence + Memorial Hospital, 365 Montauk Ave., New London, CT 06320,

Contact information: phone: 860-442-0711 ext. 2375, website: www.LMVolunteerServices@ynhh.org.

16. William Backus Hospital, 326 Washington St., Norwich, CT 06360,

Contact information: phone: 860-889-8331 (Main), website: www.backushospital.org.

TOWN OF SALEM LEGAL NOTICE**PLANNING & ZONING COMMISSION PUBLIC HEARING, JULY 11, 2023**

POSTED ON: JUNE 26, 2023 - 11:26AM

TOWN OF SALEM
PLANNING & ZONING COMMISSION
 TOWN HALL, 270 HARTFORD ROAD
 SALEM, CONNECTICUT 06420

Notice of Public Hearing

The Salem Planning & Zoning Commission will hold a public hearing on Tuesday, July 11, 2023 beginning at 7:00 p.m. at Salem Town Hall, 270 Hartford Road, Salem, CT 06420. The following application will be heard:

ZRA 23-01 Salem Planning and Zoning Commission Application requesting to amend the Salem Zoning Regulations, adding new section 3.26 to establish a temporary (180-day) moratorium on cannabis establishments.

At this hearing interested persons may appear and be heard and written correspondence received. The applications with full proposed text are available for viewing on the Salem Town Website at: <https://www.salemct.gov/planning-and-zoning-commission/pages/pending-app>..., and are also on file in the office of the Salem Town Clerk.

FOR THE COMMISSION

Vernon Smith, Chairman
 Planning & Zoning Commission

This legal notice shall be published in The Day newspaper on June 29, 2023 and July 6, 2023.

COMMUNITY HELP / ASSISTANCE

- **THAMES VALLEY COUNCIL FOR COMMUNITY ACTION (TVCCA)**

**CONNECTION = Volunteering & Veterans Coffeehouses**

Now more than ever community support is so important and impactful! AmeriCorps Seniors offers the support someone needs to remain living at home. Our volunteers lend a hand with grocery shopping needs, visiting, phone reassurance or local medical rides. If you are 55+ contact us to hear how your help may improve the quality of life of an elderly or disabled person by volunteering to help a neighbor in your community.

Our volunteers are here for the community! Our services are available free of charge to seniors or disabled people that are homebound and need help with grocery shopping, medical rides, and visiting.



Contact: Renee LaBonte, Program Coordinator of Senior Volunteer Services at 860-425-6608 or e-mail: rlabonte@tvcca.org.

Visit our website at www.tvcca.org or www.facebook.com/TVCCArsvp/.

- Connect with veterans! TVCCA hosts monthly veteran coffeehouses to meet and socialize with other veterans and their spouses and receive information about veteran benefits and services. We host coffeehouses in Groton, Mystic, New London, Pawcatuck, Norwich, and Montville.

Contact James Hodge, Veterans Coffeehouse Coordinator at 860-425-6615 or e-mail: jhodge@tvcca.org.

COMMUNITY HELP / ASSISTANCE

- **WINTER HEATING AND OTHER ASSISTANCE PROGRAMS AVAILABLE FROM THAMES VALLEY COUNCIL FOR COMMUNITY ACTION, INC. (TVCCS)**

TVCCS provides winter heating assistance among other community assistance services. Use the following link to visit the TVCCA website: <https://www.tvcca.org/energy-assistance/> for more information and a direct link to the application. If you have any questions or need help completing the application form, contact TVCCA at 860-889-1365. Note that not only does TVCCA provide funding for oil, but also for wood. TVCCA also has a Senior Nutrition Program for seniors 60 and over & Volunteer programs for seniors age 55 or over.

COMMUNITY NEWS YOU CAN USE

- **CARE & SHARE – Website link: <http://www.careandshareofel.org/>**

Care & Share of East Lyme, Inc. provides food, financial and emergency support to individuals and families in East Lyme, Niantic and Salem. *If you are interested in receiving assistance, contact them at 860-739-8502.* Leave a message with your name, telephone number and the type of assistance you are looking for, as well as the best time you can be reached. A responder will confidentially return your call.

- **211 INFOLINE HELP STARTS HERE**

Call 2-1-1 for your connection to:

- Alzheimer's resources
- Basic needs – food, clothing, shelter
- Child care services
- Child health care
- Consumer health
- Crisis intervention
- Disability services
- Drug & alcohol programs
- Emergency shelter
- Emergency assistance
- Financial assistance
- Health care
- HIV/AIDS
- Housing
- Legal assistance
- Parenting programs
- Pre-natal care
- Senior services
- Suicide prevention
- Transportation
- Veteran's services
- Volunteering
- And much more

COMMUNITY NEWS YOU CAN USE (continued from pp 7)

• **SALEM FREE PUBLIC LIBRARY
NEWS & EVENTS**

- **The Salem Free Public Library Offers Museum Passes**

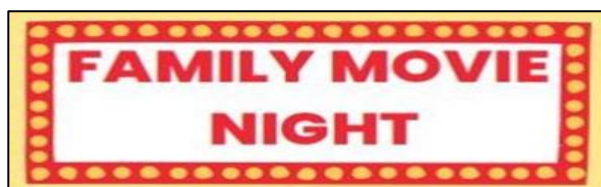
- ▶ Connecticut Old State House, Hartford
- ▶ Connecticut River Museum, 2 adults and their children or grandchildren under 18
- ▶ CT State Parks Dinosaur State Park, Gillette Castle, Fort Trumbull (this pass waives entrance fees for 2 adults and 4 children at the museums)
- ▶ Custom House Maritime Museum, New London 2 free admissions
- ▶ Denison Pequotsepos Nature Center, mystic free admission for up to 5 persons
- ▶ Florence Griswold Museum, Old Lyme admits 2 adults and 2 children under 12 free
- ▶ Lyman Allyn Art Museum, New London, Free admission for 2 Adults and 2 Children ages 0-12
- ▶ New Britain Museum of American Art, Free admission for 4 people 1 adult must accompany children under 16. (Closed Mondays and Tuesdays) USS Constitution Museum Boston MA (Free up to 9 people per pass)
- ▶ Wadsworth Atheneum Museum of Art, Hartford CT Free General admission for 2 adults

- **Discounted Admission Passes:**

- ▶ Beardsley Zoo, Bridgeport, Valid for \$9 admission per person for up to 6 people in same family
- ▶ Mystic Seaport Museum, Mystic 50% off admission for 2 adults and 3 children
- ▶ Roger Williams Zoo, Pass valid from March 1st through December 21st, \$3 off each paid admission tickets, for up to 4 people. Discount code redeemable online only.

Use this link to view what they have to offer and pass availability: <https://www.salemct.gov/library/pages/museum-passes>.

- **Family Movie Night**



Check out a movie from the library on Fridays from June 23rd – August 12th and get a free bag popcorn. (Limit one bag per household)

- **THE AMERICAN CHESTNUT**

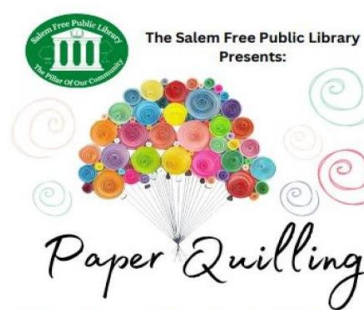
The American Chestnut

Presented by Fred Behringer
Board member of the CT Chapter of the
America Chestnut Foundation
Wednesday July 19th, @ 6 PM.

Come learn about the environmental and economic value that the American Chestnut once provided, the pathogen that resulted in its demise and what is being done to restore this valuable tree.

Register at the Library or call 860-859-1130.

- **Paper Quilling**



Saturday, July 15th @ 10 AM.
FOR AGES 13 & UP.
Register at the Library or calling 860-859-1130.

- **The Language of Flowers**



Saturday, August 5th, 2023 @ 11:00 AM
Learn the meaning of flowers and make a bouquet to convey your message. Limited to 10 Participants, ages 13 & up.
Register at the Library or call 860-859-1130.

TO REGISTER CALL THE LIBRARY AT 860- 859-1130 (some events may be filled or will have limited participation).
For additional information use the following link visit the Salem Town Webpage for the Library at:
www.salemct.gov/library.

COMMUNITY NEWS YOU CAN USE (continued from pp 8)

THE WHALEMOBILE

Thursday, July 27th, 1:30-3:30 PM. *The program will be held at the Salem School gymnasium, 200 Hartford Road, Salem. Children ages 6 & up*

Register for a 30-minute time slot (1:30-2 PM; 2-2:30 PM; 2:30-3 PM; 3-3:30 PM) by calling 860-859-1130.

Parents must register if they want to go inside Nile with their children. Limited to 20 participants per 30 min. time slot. Step inside Nile, the life-sized inflatable humpback whale. You will learn about how whales and humans are similar and different, and have a chance baleen, teeth, and bones.

Step inside Nile, the life-sized inflatable humpback whale.



You will learn about how whales and humans are similar and different, and have a chance baleen, teeth, and bones.

THERE ARE A NUMBER OF STORY TIMES, AND A VARIETY OF OTHER PROGRAMS AVAILABLE.

Use the following link visit the Salem Town Webpage for the Library at: www.salemct.gov/library.

TO REGISTER CALL THE LIBRARY AT 860- 859-1130 (some events may be filled or will have limited participation).

For additional information use the following link visit the Salem Town Webpage for the Library at: www.salemct.gov/library.

• MITCHELL FARM MUSIC FESTIVAL RT 82 SALEM, CT SATURDAY, SEPTEMBER 16TH

Tickets \$58

Laurel Canyon & Broken Arrow



Enjoy the magic of 70's music surrounded by peaceful grazing horses at this outdoor tented charitable event. Be transported by a masterful, day long tribute to the music of **Crosby, Stills, Nash and Neil Young** with **Laurel Canyon** and **Broken Arrow**.

Tickets on sale May 1st. www.mitchellfarm.org/events.

Salem Senior's get your tickets through us and pay \$50 contact Kay Zak: 860 889-3989, or kayzak@hotmail.com.

Gate opens at 1:30 PM. Music begins at 2:30 PM. Bring a lawn chair, picnic if you like, food vendors available. Come early and let's have a senior section at the concert.

CHRISTMAS IN JULY

The Economic Development & Salem Recreation Commissions are hosting

CHRISTMAS IN JULY. Saturday, July 29th, 11 AM – 4 PM at the Salem Community Park Pavilion.

- Are you a Salem Resident?
- Are you a Musician, a Member of a Band?
- Are you a DJ, an Entertainer?
- Do you have a Food Cart / Truck?
- Are you an owner of a Salem Business?

Share your talents with your community.

Contact us to reserve your spot today!

Salem Recreation: recreation@salemct.gov or call 860-859-3873, x275



SALEM RECREATION SUMMER CONCERT

FREE Summer Concert Thursday, August 24th at the Salem Community Park Pavilion, 89 Norwich Road.

Featuring **Cover 2 Cover**. High energy dance music from the 60s – 70s – 80s.

A family and pet friendly event. Bring your friends, a chair, a blanket, and your dancing shoes.

Special thanks to our sponsors:

Sid's Auto Sales, RADCOR, LLC, Casella.

COMMUNITY NEWS YOU CAN USE *(continued from pp 9)*

- **THE SOUTHEASTERN CT REGIONAL RESOURCES RECOVERY AUTHORITY (SCRRRA)**

SCRRRA is the waste management and recycling authority for the twelve member municipalities of East Lyme, Griswold, Groton, Ledyard, Montville, New London, North Stonington, Norwich, Preston, Sprague, Stonington, and Waterford.

**2023 Household Hazardous Waste and Confidential Paper Shredding Schedule.**

- **Saturday, July 8th – 9:00AM – 1:00 PM** Fitch High School, 101 Groton Long Point Rd., Groton
- **Saturday, Aug. 5th – 9:00AM – 1:00 PM** Tyl Middle School, 166 Chesterfield Rd., Montville
- **Saturday, Sept. – 9:00AM – 1:00 PM** Wheeler High School, 297 Norwich-Westerly Rd., North Stonington
- **Saturday, Oct. 7th – 9:00AM – 1:00 PM** Griswold High Way Garage, 1148 Voluntown Rd. (Rt. 38), Griswold
- **Saturday, Nov. 4th – 9:00AM – 1:00 PM** Ledyard High School 24 Gallup Hill Rd. Ledyard

ACCEPTABLE ITEMS**From the Shed & Garage**

- Kerosene
- Old Gasoline
- Radiator Chemicals
- Auto Body Chemicals
- Fuel Additives
- Car Battery Acid
- Camp Stove Fuel
- All Light Bulbs

From the Lawn & Garden

- Insecticides
- Pool Chemicals
- Herbicides
- Rat Poison
- Moth Balls
- Fungicides
- Weed Removal Chemicals
- And much more!!

From the Basement & Bathroom

- Latex & Oil Paint, Stains & Varnish
- Paint Thinner
- Drain Cleaners
- Photographic Chemicals
- Nail Polish Remover
- Oven Cleaners
- Toilet Bowl Cleaners
- All Home Batteries

NOT ACCEPTED

- Tires
- Ammunition / Gun Powder
- Auto & Marine Flares
- Radioactive Materials
- Large Barrels or Drums
- Commercial Qty's of Paint, Etc.
- Businesses with large amounts of Paper Shredding

PUBLIC TOWN MEETINGS FOR JUNE

- **Inland Wetlands & Conservation Commission,**
July 3rd, 7:00 PM CANCELLED
- **Inland Wetlands & Conservation Commission,**
July 10th, 7:00 PM
- **Library Board of Directors**
July 11th, 6:00 PM
- **Emergency Preparedness Agency,**
July 11th, 7:00 PM
- **Planning and Zoning Commission,**
July 11th, 7:00 PM
- **Board of Selectmen,**
July 11th, 7:00 PM
- **Recreation Commission**
7:00 PM
- **Board of Finance,**
July 13th, 7:00 PM
- **Gardner Lake Authority,**
7:00 PM
- **BOE Long-Range Educational Planning,**
July 17th, 5:00 PM
- **BOE Personnel/Contract Negotiations,**
July 17th, 6:00 PM
- **Board of Education,**
July 17th, 2023, 7:00 PM
- **Recreation Commission,**
July 17th, 7:00 PM
- **BOE Curriculum,**
July 24th, 4:00 PM

PUBLIC TOWN MEETINGS FOR JUNE (continued from pp 10)

- **Economic Development Commission,**
July 18th, 7:00 PM
- **Board of Education Policy,**
July 24th, 2:00 PM
- **Planning & Zoning Commission**
July 25th, 7:00 PM
- **Zoning Board of Appeals,**
July 27th, 7:00 PM

Use the following link to go the Town Public Meeting Calendar: <https://www.salemct.gov/calendar-by-event-type/16/month/2023-05>

VOLUNTEER OPPORTUNITIES

- **GARDNER LAKE AND SALEM VOLUNTEER FIRE COMPANIES**

Both the Salem and Gardner Lake Volunteer Fire Companies are looking for volunteers of **ALL AGES**.

- Salem Volunteer Fire Company – NON-EMERGENCY PHONE: 860-859-0942
- Gardner Lake Fire Company – NON-EMERGENCY PHONE: 860- 859-1743

Website: <https://www.gardnerlakevolunteerfirecompany.com/home>.

- **LION'S CLUB**

The Lions are looking for volunteers as well as new members. Please consider volunteering or joining. **Contact John Houchin at 860-887-2518 (home) or 860-705-1227 (mobile), or Hugh McKenney at 860-303-0042 (mobile).**

- **MITCHELL FARM EQUINE RETIREMENT**

The Horse Retirement, Horse Sanctuary is looking for help. Contact Dee Doolittle 860 303-8705, or email dee@mitchellfarm.org.

- **CEMETERY CLEAN-UP**

The Salem VFW is looking for help to clean up the branches and leaves from cemeteries before the grass starts to grow. **Our next clean-up will be Saturday June 10th at 9:00 AM** at the **Hillard Cemetery on Music Vale Road**. Bring your gloves, weedwhacker, mower, rakes and tarps. Watch the Facebook website for future dates on other cemetery clean up opportunities.

- **HOME REPAIR AND HANDY-MAN SKILLS.**

Would you like to volunteer, or do you need help?

Please let us know:

- what your skills are and / or what you can help with?
- what your needs are? (i.e., pull a pool cover on in summer; reset a knocked down mailbox; change the oil in a lawn mower; etc.).

Contact Kay Zak at: 860-889-3989 or e-mail at: kayzak@hotmail.com., or
Gary Closius at: gclosius@sbcglobal.net, or 860-961-9173.

- **FRIENDS OF SALEM THE LIBRARY**

The Friends of The Salem Library could always use help sorting books for the book sale, and with the book sales. If you would like to help, contact **Carl Nawrocki at 860-608-9970, or Bart Drennen at 860-235-5889.**

- **SALEM SCHOOL**

Volunteers are always welcome at Salem School. Anyone interested in volunteering can mail the volunteer form (which lists volunteer options) to Jennifer Kayser, Executive Assistant to the Superintendent, Salem School District, 200 Hartford Rd. Salem, CT. Use the following link to go to the Salem School website: www.salemschools.org. Put the cursor over the "Our School" tab, and click on the "Forms tab" to access the form.

SALEM SCHOOL NEWS

Salem School website link: To view the Salem School website use the following link: <https://www.salemschools.org/>

- **SCHOOL CALENDAR**

- Monday, August 28th, First day of school 23-24 year.

EAST LYME HIGH SCHOOL NEWS

East Lyme High School website link: To view the East Lyme High School website, use the following link: www.eastlymeschools.org/high-school.

- **SCHOOL CALENDAR**

- Monday, August 28th, First day of school 23-24 year.

COMMUNITY NEWS YOU CAN USE

• **SALEM LIONS TAG SALE**

Saturday, August 19th, 8 AM – 3 PM
 &
 Sunday, August 20th, 8 AM – 1 PM, at the Zemko property 232 Hartford Rd. Salem.



• **FRIENDS OF THE SALEM LIBRARY BOOK SALE**

Saturday, August 19th, 8 AM – 3 PM
 &
 Sunday, August 20th, 8 AM – 1 PM, at the Zemko property 232 Hartford Rd. Salem.



For info or donations contact Carl Nawrocki at 860-608-9970, or Bart Drennen at 860-235-5889.

SALEM RECREATION DEPARTMENT ACTIVITIES

There are many activities for Salem residents of all ages:

• **ADULT TENNIS**

- **Salem Recreation spring 2023 adult tennis** with Anne Santoro, session 3 clinic – **Advance Your Game.** Tuesday evenings – 5:00 PM-6:15 PM, July 11th – August 4th (4 classes), round hill road tennis courts.

It's time to renew and improve your tennis skills — and your fitness — outdoors this Spring! Each of the 4 classes will focus on a particular skill and includes a warm-up, drills, play, and a cool down. Topics addressed throughout the clinic are movement, stroke production, strategy, as well as balance, flexibility, agility, and strength. Taught in a relaxed atmosphere, this unique clinic is designed for those with some tennis experience and can accommodate a range of skill sets.

Required equipment: Tennis racquet; tennis shoes or supportive sneakers; water; large towel (or mat) for stretching; athletic clothing you can easily move in. Limit of 6 students per clinic. All health and safety protocols will be followed. **FEE: \$80 resident; \$85 non-resident. REGISTER AT: salemct.gov/recreation.**

• **PLATES, SESSION II**

Monday evenings, June 26th – August 14th, 5:30 – 6:30 PM at the Salem Volunteer Fire Co., 424 Hartford Rd. **FEE: Residents – \$50; Non-Residents – \$ 55. REGISTER AT: salemct.gov/recreation.**

• **MEDITATION, CHI KUNG, AND TAI CHI CHUAN CLASSES**

Come follow the **International Way of the Martial Arts** and discover how to find your inner peace, strengthen your Chi (energy), improve and maintain your overall health, become stronger and more flexible, improve your balance and coordination. Become a new and improved you through Meditation, Chi Kung and Tai Chi.....the International Way!

Tai Chi class

Tuesdays, 6 – 7 PM
 July 5th – Aug 1st (4 weeks)
 Salem Community Park Pavilion

Meditation / Chi Kung class

Wednesdays, 6 – 7 PM
 July 5th – July 26th (4 weeks)
 Salem Community Park Pavilion

Residents: \$28 Non-Residents: \$33 for one class
 Residents: \$46 Non-Residents: \$1 for both classes

Minimum: 5 students; Maximum: 10 students

Instructor: Ted La Femina, **Bow Sim Mark Tai Chi Arts Association**

Register at: salemct.gov/recreation, e-mail: recreation@salemct.gov, phone: 860-859-3873 x275.

• **ADULT CO-ED PICKLEBALL PICKUP GAMES**

For Salem & East Lyme Residents

Saturday Mornings 8-10 AM
 Tuesday Evenings 5-7 PM
 Round Hill Road Tennis / Pickleball Courts
Sign In Upon Arrival

• **2023 SALEM FUN RUN SERIES**

Tuesdays, July 11th – August 15th
 Salem School, Bingham Field
 5:30 PM – Beginners 1-mile Walk / Run
 6 PM 3-mile Fun Run
 Check-in begins at 4:30 PM
 Pre-Register online at:
salemct.gov/summerfunrunseriesregistration

SALEM RECREATION DEPARTMENT ACTIVITIES (continued from pp 12)

• **FIND YOUR FOOTPRINT! MEDALLION PROJECT**

Hike, Explore and Enjoy our Town's trails while searching for your 2023 Footprint



**Darling Road Preserve • Zemko Sawmill Preserve
Multi-Purpose Path/Harris Brook Trail • Walden Preserve
Smuggler's Rock Preserve • Tatson's Woods Preserve**

And, let us know when you've found one!

www.salemct.gov/recreation/footprintproject

According to our records, past footprints are still out there waiting to be found!



Special Thanks to  and all of our volunteers

• **ATTRACTION TICKETS**



Order tickets at:

salemct.gov/recreation/goodanytimetickets

or contact us at: www.recreation@salemct.gov

or call 860-859-3873, x275.

• **SKYHAWKS SPORTS CAMPS**

July 10th – 13th, 9 AM – 12 PM
Mini-Hawk Camp, Ages 5-7, \$145
Baseball, Basketball, & Soccer
Round Hill Road Soccer Field

July 24th – 27th, 9 AM – 12 PM
Beginning Golf Camp, Ages 5-8, \$145
Baseball, Basketball, & Soccer
Salem Community Park



July 10th – 13th, 9 AM – 3 PM
Multi-Sport Camp, Ages 7-12, \$185
Baseball, Basketball, Flag Football, & Soccer
Round Hill Road Soccer Field

July 31th – August 3rd, 9 AM – 12 PM
Beginner Tennis Camp, Ages 6-8, \$145
Intermediate to Advanced Tennis, Ages 9-11, \$145
Round Hill Road Tennis Courts

• **ROUND HILL WILDLIFE GARDEN.**

Visit the Round Hill Wildlife Garden at the Round Hill Road Baseball Field, located outside the fence near the playground. Special Thanks to Veronika & her team for volunteering to help beautify the area and support our pollinators. You can also keep up-to-date virtually at by using the following link:

www.facebook.com/roundhillwildlifegarden.

• **SPRING TINYTYKES SOCCER CAMPS**

Spring TinyTykes Soccer Camps – Volunteer Park, Forsyth Road. **Cost: \$90.**

- Cubs: ages 2-3, 9:00 AM-9:45 AM, Lions: ages 4-5, 10:00 AM-10.45 AM.
- TinyTykes Soccer Camp, Tuesdays May 2nd-June 6th.
- TinyTykes MultiSkills Program, Thursdays, May 4th-June 8th.



Information and Registration: use the following link to go to the Salem Recreation page and look for TinyTykes Soccer Camps: www.salemct.gov/recreation.

SENIOR NEWS

• **Salem Senior Citizens Group**

The **Salem Senior Citizen's Group** boasts a current enrolment of over 132 members. Membership has more than doubled since the beginning of 2022.

• **Seniors' Gardening Team Work at the Salem School**

The team will work on the playscapes removing the Mugwort and vines from the fencing. **The renovations on the court yard gardens have been rescheduled for August 8, 2023, weather permitting.** At that time Sprigs and Twigs will be digging out weeds, overgrown grass, and start low maintenance plantings that will revitalize the courtyard for years to come.

Any questions about the project, please contact Joan Gaynor at salemtech53@yahoo.com. Or call Joan at 860 449-3064

• **The July Senior's Meeting will be held on July 11th at the Bingham Camp.**